**Continuing Competency Record Example**

Name:

Dates (3-year period):

Field(s) of expertise: Scientific research, Public Health, Practice

**1. Gaining knowledge**

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| **Date** | **Reading newsletters/magazine, websites & email information** |
| Ongoing | * Heart Foundation newsletters * Agencies for Nutrition Action "*Update*" and technical reports * Healthy Food Guide magazine * Research Reviews: Diabetes & Obesity, Natural health, Cardiology Maori health, Pacific health, Asian Health * Science Media Centre updates * World Obesity – News in Brief * Australia NZ Obesity Society updates * Nutrition Foundation Fortnightly News * Food Politics update – Marion Nestle * Science and Nutrition Update – William Reed business media * Harvard School of Public Health – The Nutrition Source Update * American Society for Nutrition |
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**1b. Seminar, workshop, conference attendance**

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| --- | --- | --- | --- | --- |
| Date | **Activity** | **Description** | **Time/size of activity** | **Link to competencies** |
| May 21-22, 2019 | ANA conference, Auckland | * Attended Agencies for Nutrition Action Conference | 2 days | CC1 Motivated to enrol for Te Reo Mãori course |
| March 2019 | University skills course | * Academic writing | 2 hours | CC2 Improved my skills in writing to strive for a high standard in writing publications |
| November 20-21, 2019 | Nutrition Society conference | * Wide variety of papers. Joint conference Australia, NZ | 3 days | CC1  Presentations on gut microbiome and epi-genetics both of which I had little prior knowledge. |
| March 25, 2019 | Nutrition Society webinar | * Listened to recording of Is a calorie a calorie? Professor Richard Mattes | 1 hour | CC4 Applying scientific principle of energy metabolism to body weight. Updated lecture material. |
| May 19-20, 2018 | Attended ANA conference, Wellington | * Updates on Ministry of Health guidelines | 2 days | CC3: Awareness of new guidelines and how these were developed |
| September 19, 2019 | Lancet Commission workshop | * Workshop on sustainability and diet | 3 hours | CC2: Workshop required critique of a potential model of sustainability and diet |
| September 20, 2020 | Healthy Conversations skills training | * Use of Open Discovery Questions * Reflect on practice in relation to own beliefs regarding supporting change * Use a structured goal-setting approach (incorporating SMARTER action-planning) when the individual has identified a need for change. | 6 hours | CC3: Knowledge to apply models of behavioural change and implement change talk when working with clients individually. Reflect on my ability to engage clients/patients in ‘healthy conversations’ |
| November 2, 2020 | Healthy Start Workforce Project  First 1000 days training  Early life nutrition series | * Online education modules exploring the science around why good nutrition and physical activity are important for lifelong health, especially in the first 1000 days. | 5 hours | CC1: Understanding of the importance of the first 1000 days (early life nutrition) and the impact diet has in the prevention of non-communicable diseases and maintenance of life long health |

**2. Teaching, presentations, publication**

| Date | **Activity** | **Description** | **Time/size of activity** | **Link to competencies** |
| --- | --- | --- | --- | --- |
| July 21, 2019 | Presented at Nutrition Foundation breakfast seminar | * Paying for convenience. Comparing the cost of popular takeaway meals with their healthier home-made counterparts | 40 minute presentation |  |
| November 25, 2019 | Presented poster at ANA conference | * Healthy diets are not more expensive than the current NZ diet’ | 1 poster |  |
| July 20, 2019 | Guest lecturer public health nutrition university course | * Nutrient Reference Values | 5 hours preparation and lecture | CC1: Conducted tutorial and marked assignment on NRVS which required familiarisation and clear understanding on NRV terms and application. |

**3. Work-related/report writing/community service**

| Date | **Activity** | **Description** | **Time/size of activity** | **Link to competencies** |
| --- | --- | --- | --- | --- |
| March 20, 2020 | Participated in Food-EPI workshop | * Attended University of Auckland workshop to develop and prioritise actions for government around creating healthy food environments. | 3 hours | CC4: Attended workshop with public health experts to rate the government action on food environments, identify gaps and prioritise actions. |
| August 30, 2020 | Release of a report on the NZ Food environment | * Extensive media coverage | Interviews over 1 week | CC4: Ensured messages were appropriate for the community and fair to the food companies described in the report. |
| September 2019 | Nutrient Reference Values | * Read Nutrient Reference Values for Australia and NZ | 1 day | CC2: Interpret NZ nutrient reference values and understand available nutrients in foods and recommended dietary intakes and translate this information when providing heart health advice |
| Ongoing | Regular reading and webinars | * Updated knowledge on current nutrition research and advice | Monthly | CC4: Dietary assessment and communication of dietary advice during individual consultations  CC4: Interpreting nutritional assessment information in relation to individual goals and modify nutritional requirements based on lifestyle factors |
|  | Client record-keeping | * Updated system of recording client information | 1 day | CC2: Protect wellbeing and dignity of clients by ensuring confidentiality of information is upheld and by working within scope of practice. |

**4. Contact with Nutritionists**

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| **Date** | **Activity** | **Description** | **Time/size of activity** |
| Jun-Oct 17 | Volunteer for Heart foundation | Contact with local Heart Health Advocate – 3 month period | As required |
| Apr 18 - Ongoing | Networking | Monthly meetings with Dietitians at local PHO | Ongoing |
| Sept 18 | Supervision | Professional Supervision for case reflection | 1.5 hour duration |
| Sept 19 - Ongoing | Monthly team meetings | Nutrition Advisor team meetings to discuss relevant areas to work as well as provide support | 1.5 hour duration |
| Ongoing | NZ Nutritionist Facebook group | Posts/discussions regarding relevant nutrition topics | As needed |
| Monthly | Local nutrition network | Bimonthly meeting of local nutritionists and dietitians | 1 hour every two months |

**5. Other**

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| **Date** | **Activity** | **Description** | **Time/size of activity** |
| Feb - June | Te Reo Mãori course | Introduction to conversational Te Reo, covered greetings, pepeha, numbers, time etc | 10 x 3 hour classes |
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**Checklist**

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| **Core competency** | **Met competency** |
| **CC1** | **P** |
| **CC2** | **P** |
| **CC3** | **P** |
| **CC4** | **P** |
|  |  |
| **Professional Conduct 1** |  |
| **PC2** | **P** |
| **PC3** | **P** |
| **PC4** | **P** |
| **PC5** | **P** |
| **PC6** | **P** |

If you were not able to meet each continuing competency domain for your field of expertise please explain: