

# Scope of Practice Tool

– for stage 2 of the roadmap



# Introduction

All dietitians working towards First Contact Practice (FCP) in primary care, need to evidence capability against the 12 capabilities (12.15) detailed in the roadmap. In addition to the 12 capabilities, each dietitian working at or towards FCP needs to agree the areas of dietetic practice (12.16 'Dietetic-specific FCD Key Areas') which are within their scope of practice and establish their personal development plan with their employer and primary care clinical supervisor (CS). Where a dietitian is employed via a non-primary care organisation (for example on a service level agreement with an acute hospital), the primary care clinical supervisor must be involved in agreeing this scope of practice.

Once the Dietitian, employer and CS have agreed on a minimum of one Dietetic-specific FCD Key Area within the dietitians' scope of practice, the tables below can be used to document which key area has been identified. The dietitian, with support from their CS will then need to review their competence for each task within the key area – either agreeing where competence is not required for the role, providing evidence they are competent, or adding to their personal development plan if not competent and this is required ([example of personal development plan](#)).

The generic requirements relating to clinical examination and history taking for all FCPs are not captured within this scope of practice tool as these should be evidenced through completion of a taught module in clinical assessment (page 18 of the roadmap) and /or FCP.

There is also a table to identify the dietitians' scope of practice for providing dietetic treatment and management for [pre-existing diagnosed conditions](#).

A personal development plan (12.7 of the roadmap and example below) should be used to outline how the dietitian will work towards demonstrating capability in other dietetic specific key areas as their skills develop. This can be incorporated into annual appraisals or performance reviews.

## Working as a First Contact Dietitian - diabetes

Dietetic-specific FCD Key Area	Tasks in scope of role <i>(These tasks are taken from 'Key clinical investigations / referrals' column of the roadmap – page 141 onwards)</i>	Evidence	Added to PDP	Signed agreed within scope of practice - dietitian	Signed agreed within scope of practice - employer or primary care clinical supervisor
Diabetes	<input type="checkbox"/> Diabetes/pre diabetes referral to NHS DPP or structured education and online services. Be able to code this correctly on the clinical system				
	<input type="checkbox"/> Order, interpret and action Blood tests to include FBC, TFT, HbA1c, LFT, U&Es, cholesterol, PSA, ACR				
	<input type="checkbox"/> Take Blood pressure, document within clinical system and take appropriate action on results				
	<input type="checkbox"/> Referral for peripheral neurological checks				
	<input type="checkbox"/> Referral for annual screening including foot and eye				
	<input type="checkbox"/> Measure Height and record within clinical notes				
	<input type="checkbox"/> Measure weight, take a weight History and record within clinical notes				
	<input type="checkbox"/> Action a referral for specialist nutritional management as appropriate				
	Other:				

## Working as a First Contact Dietitian - frailty

Dietetic-specific FCD Key Area	Tasks in scope of role <i>(These tasks are taken from 'Key clinical investigations / referrals' column of the roadmap – page 141 onwards)</i>	Evidence	Added to PDP	Signed agreed within scope of practice - dietitian	Signed agreed within scope of practice - employer or primary care clinical supervisor
Frailty	<input type="checkbox"/> Utilise appropriate frailty screening tools (as per Frailty framework)				
	<input type="checkbox"/> Utilise appropriate malnutrition screening tools				
	<input type="checkbox"/> Initiate onward referral to support a person to optimise their mobility in relation to specific support regarding strength, balance and falls prevention				
	<input type="checkbox"/> Measure weight, take a weight History and record within clinical notes				
	<input type="checkbox"/> Measure Mid upper arm circumference (MUAC) and record within clinical notes				
	<input type="checkbox"/> Measure height, or alternatives and record within clinical notes				
	<input type="checkbox"/> Order, interpret and action Blood tests to include FBC, TFT, HbA1c, LFT, U&Es, haematinics, Vitamin D				
	<input type="checkbox"/> Take Blood pressure, document within clinical system and take appropriate action on results				
	<input type="checkbox"/> Referral for specialist nutritional management as appropriate				
	<input type="checkbox"/> Mini mental state examination				
Other:					

Working as a FCD - Gastroenterology including functional bowel disorders (FBD)\*, irritable bowel syndrome (IBS) and coeliac disease

Dietetic-specific FCD Key Area	Tasks in scope of role <i>(These tasks are taken from 'Key clinical investigations / referrals' column of the roadmap – page 141 onwards)</i>	Evidence	Added to PDP	Signed agreed within scope of practice - dietitian	Signed agreed within scope of practice - employer or primary care clinical supervisor
Gastroenterology including functional bowel disorders (FBD)*, irritable bowel syndrome (IBS) and coeliac disease	<input type="checkbox"/> Take temperature, Pulse rate, Blood pressure, Respiratory rate. Document within clinical system and take appropriate action on results				
	<input type="checkbox"/> Order, interpret and action Blood tests to include FBC, LFT, U&Es ESR, CRP, coeliac screen, haematinics, amylase, hepatitis and human immunodeficiency virus (HIV) screening, Immunoglobulins test (may include IgM, IgG, total IgA, IgA tTGA), CA125, nutritional deficiency screening				
	<input type="checkbox"/> Order, interpret and action tests to include Stool samples, faecal calprotectin, helicobacter-pylori testing, faecal elastase, Faecal Immunochemical Testing, Faecal Occult Blood depending on local availability				
	<input type="checkbox"/> Assessment for lymphadenopathy				
	<input type="checkbox"/> Digital rectal examination				
	<input type="checkbox"/> Recognises need for referral for abdominal Ultrasound, X-Ray				
	<input type="checkbox"/> Recognises need for direct referral for colonoscopy, gastroscopy and endoscopy				
	Other:				

## Working as a First Contact Dietitian – Overweight and Obesity

Dietetic-specific FCD Key Area	Tasks in scope of role <i>(These tasks are taken from 'Key clinical investigations / referrals' column of the roadmap – page 141 onwards)</i>	Evidence	Added to PDP	Signed agreed within scope of practice - dietitian	Signed agreed within scope of practice - employer or primary care clinical supervisor
Overweight and Obesity	<input type="checkbox"/> Consider, assess and document Cardiovascular risk factors				
	<input type="checkbox"/> Check pregnancy status				
	<input type="checkbox"/> Consider, assess and action Diabetes/pre diabetes referral to NHS DPP or Structured education or local equivalents. Be able to code this correctly on the clinical system				
	<input type="checkbox"/> Measure weight, take a weight History and record within clinical notes				
	<input type="checkbox"/> Measure Height and record within clinical notes				
	<input type="checkbox"/> Accurately calculate BMI, interpret and explain this to the person. Record within clinical notes. Be able to code correctly with the clinical system				
	<input type="checkbox"/> Accurately measure waist circumference, interpret and explain this to the person. Record within clinical notes.				
	<input type="checkbox"/> Order, interpret and action Blood tests to include FBC, TFT, HbA1c, LFT, U&Es, cholesterol, ferritin, vitamin B12, folate, vitamin D				
	<input type="checkbox"/> Referral for specialist nutritional management, as appropriate				
Other:					

## Working as a First Contact Dietitian – Paediatrics

\*Dietitians working with undifferentiated diagnosis in paediatric populations must have relevant masters level training and education (or be able to evidence equivalent experience) in the management of nutrition and dietetic practice in paediatrics\*

Dietetic-specific FCD Key Area	Tasks in scope of role <i>(These tasks are taken from 'Key clinical investigations / referrals' column of the roadmap – page 141 onwards)</i>	Evidence	Added to PDP	Signed agreed within scope of practice - dietitian	Signed agreed within scope of practice - employer or primary care clinical supervisor
Paediatrics	<input type="checkbox"/> Assess Temperature; Pulse rate, rhythm, volume and character; Blood pressure; Respiratory rate; Oxygen saturation; Capillary refill time. Document within clinical system and take appropriate action on results				
	<input type="checkbox"/> Conduct appropriate systems review depending on presenting problem				
	<input type="checkbox"/> Understand referral criteria for midwife, health visitor, school health team, paediatrician, community paediatrician, child safeguarding, infant feeding team				
	<input type="checkbox"/> Order, interpret and action blood tests as appropriate to presentation				
	<input type="checkbox"/> Recognise the need for Imaging (for example x-ray), ECG as appropriate to presentation				
	<input type="checkbox"/> Understand the need to limit investigations in children to avoid unnecessary distress or radiation exposure				
	<input type="checkbox"/> Demonstrate capability in Shared decision making with paediatric team and other colleagues				
	<input type="checkbox"/> Referral for specialist nutritional management as appropriate				
Other:					



## Scope of Practice as a dietitian (not FCP)

These are pre-existing diagnosed conditions for which the dietitian is providing dietetic treatment and management. The dietitian should always link in with existing dietetic services before managing pre-existing diagnosed conditions to avoid duplication of services.

Dietetic-specific FCD Key Area	Tasks in scope of role <i>(These tasks are taken from 'Key clinical investigations / referrals' column of the roadmap – page 141 onwards)</i>	Evidence	Added to PDP	Signed agreed within scope of practice - dietitian	Signed agreed within scope of practice - employer or primary care clinical supervisor
Oral nutritional supplement management and nutrition support	<input type="checkbox"/>				
Irritable Bowel Syndrome	<input type="checkbox"/>				
Coeliac Disease	<input type="checkbox"/>				
Diabetes	<input type="checkbox"/>				
Overweight and obesity	<input type="checkbox"/>				
Cows milk protein allergy	<input type="checkbox"/>				
Selective eating in children	<input type="checkbox"/>				
Other:	<input type="checkbox"/>				
Other:	<input type="checkbox"/>				
Other:	<input type="checkbox"/>				
Other:	<input type="checkbox"/>				
Other:	<input type="checkbox"/>				
Other:	<input type="checkbox"/>				
Other:	<input type="checkbox"/>				



Example Personal Development Plan (12.7 in roadmap):

LEARNING/ DEVELOPMENT NEED	DEVELOPMENT OBJECTIVE	ACHIEVEMENT DATE	STRATEGIES TO USE	OUTCOMES/ EVIDENCE
EXAMPLE Be able to manage gastrointestinal conditions as a FCP*	EXAMPLE Have the capability to order, interpret, and action the relevant blood tests	EXAMPLE Within 6 months	EXAMPLE <ul style="list-style-type: none"> <li>• agree tutorial on blood interpretation and process with Clinical Supervisor (CS)</li> <li>• Link in with *** to get correct access to order on the system</li> <li>• shadow CS ordering and actioning bloods</li> <li>• undertake 2 x CPEPs with my CS where I am ordering bloods</li> </ul>	EXAMPLE <ul style="list-style-type: none"> <li>• - date of completed tutorial</li> <li>• - ability to order on the system</li> <li>• - minimum of 2 x CPEPs assessed as capable and signed by my CS</li> </ul>
	EXAMPLE Identify red flag indicators	EXAMPLE Within 6 months	EXAMPLE <ul style="list-style-type: none"> <li>• - agree tutorial on red flag indicators for gastrointestinal conditions with CS</li> <li>• - self directed learning on consultation models to use in primary care for history taking</li> <li>• - shadow CS managing undifferentiated gastrointestinal presentations</li> <li>• - undertake 2 x CBDs with my CS where I am discussing gastrointestinal presentations</li> </ul>	EXAMPLE <ul style="list-style-type: none"> <li>• - Date of completed tutorial</li> <li>• - evidence of reflection on consultation models</li> <li>• - date of shadowing CS</li> <li>• - minimum of 2 x CBDs for gastrointestinal conditions signed by my CS</li> </ul>

\*Please note this is only an example PDP and does not cover all areas that you are likely to need to develop to manage this condition as a FCD.

