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AUSTRALIA

CONTINUOUS IMPROVEMENT & BUILDING COLLABORATION IN PRACTICE

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OUTLINE

- What is CI ?
- Benefits in adopting CI
- How CI works ?
- Self motivation
- Quality nutrition & dietetic practice
- Collaboration strategy

What, exactly is CI?

- **Focus on Growth**

The company should have an ongoing focus on **incrementally** improving their processes, services or products.

Meaning, perfecting the way you do things on-the-go instead of carrying out one-off change initiatives.



What, exactly is CI?...

- **Creating a Culture of Improvement**

It's the employee on the shop floor who's an expert on company processes, not the management.

CI should be the **responsibility of everyone** in the company (not just for the process improvement team).



Benefits of Adopting CI:

Increased Productivity & Profits

By incrementally improving processes, your business will start seeing a much higher product per input. This, as a given, makes your entire organization more efficient, which finally translates into higher profits.

Benefits of Adopting Cl...

Employee Morale & Accountability

In a company with the culture of CI, **every employee is key to organizational growth**. Allowing your employees to walk the extra mile and actually contribute to progress makes them feel valued, increasing overall morale and accountability.

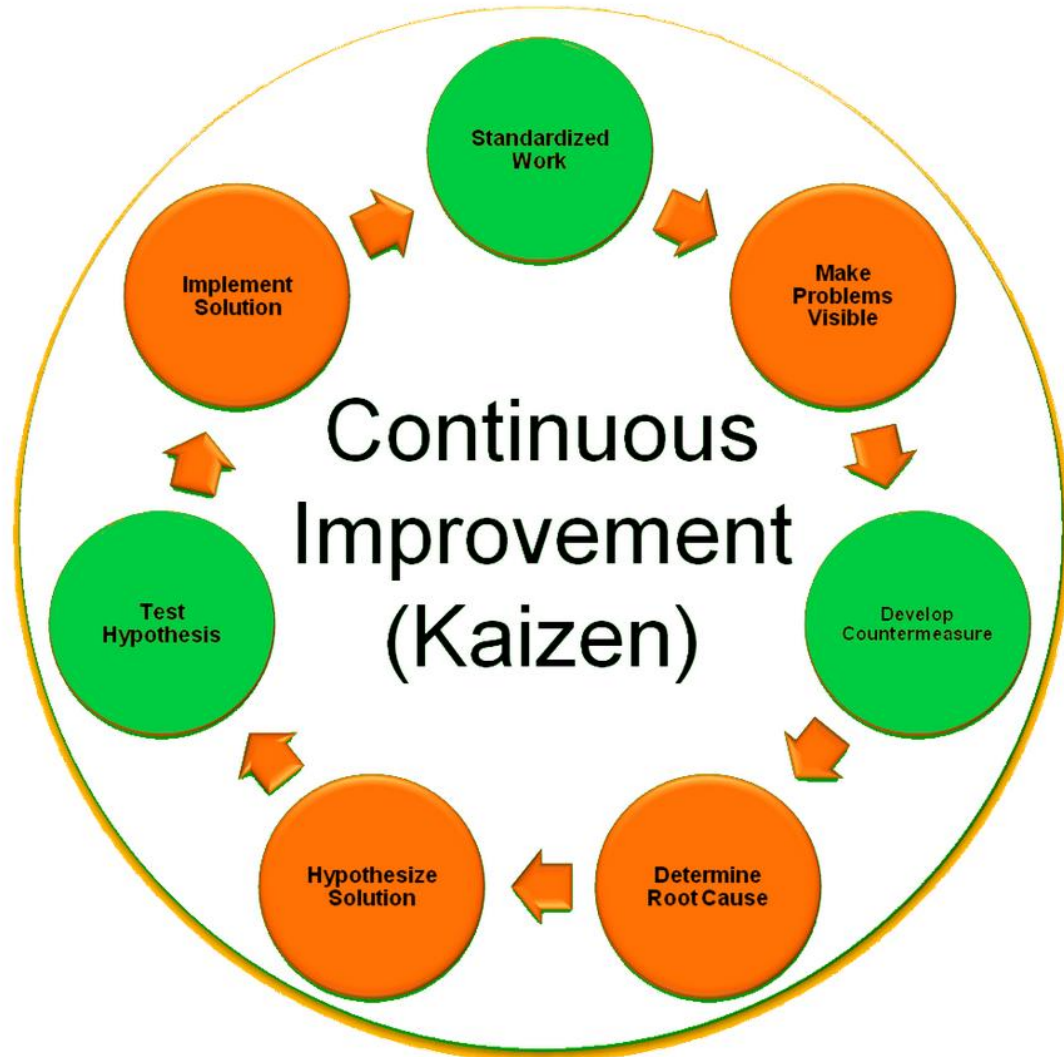
Benefits of Adopting Cl...

Greater Agility

An organization has to be changing at all times to keep up with the competition. If your employees are used to change on a regular basis, they won't be phased during times of crisis and change.

How do you CI yourself ?

How CI works ?



THE PDCA CYCLE

The "Plan Do Check Act Cycle" is a four-step model shown as a circle because continuous improvement is a process that should be repeated over and over again.



Plan: Identify the opportunity and create a plan for change.

Do: Implement this change on a small scale.

Check: Compare your results to the expected outcome you outlined in the planning phase.

Act: Implement your solution on a wider scale.

Continuum of Motivation

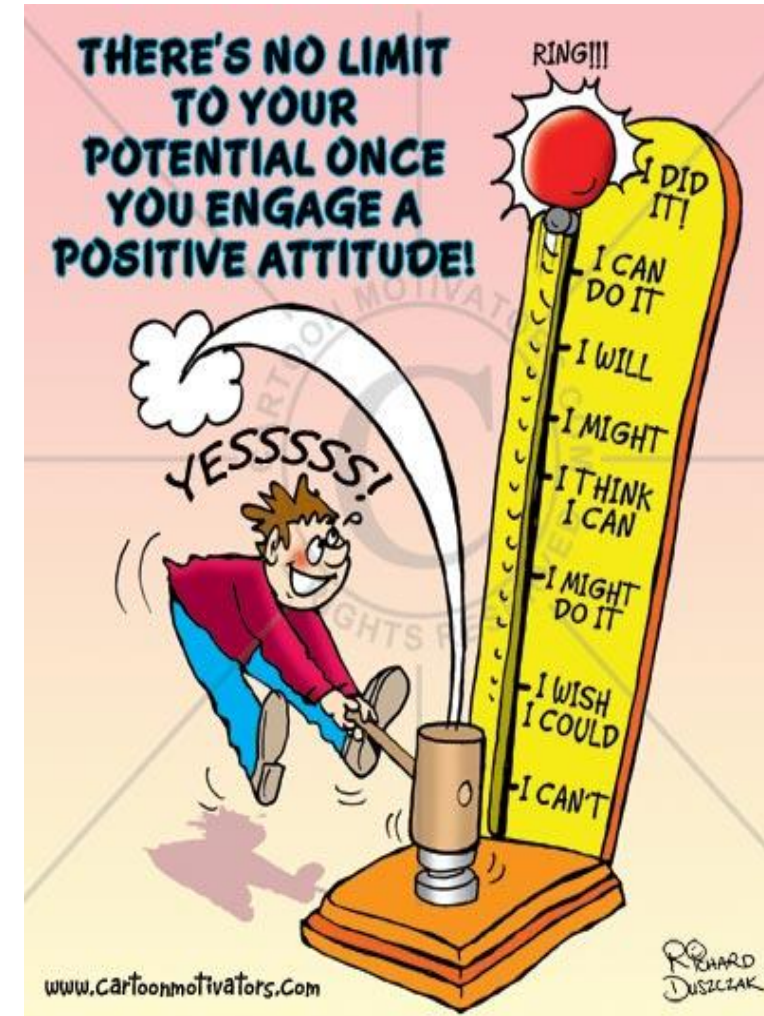
bit.ly/continuum-motivation



Internal Motivation

You do something purely because you enjoy the activity itself.

- People who are internally motivated show:
 - more interest and excitement over what they do, and have more confidence.
 - more persistence and creativity, and because of that you'll have increased happiness and self-esteem.



External Motivation

You're doing something because the activity will bring some reward/benefit at the end of it.

- Think about job hunting. People job hunt because they want an outcome- a job.
- The motivation for actually working is also usually external. Would you do your job if you didn't get paid for it?



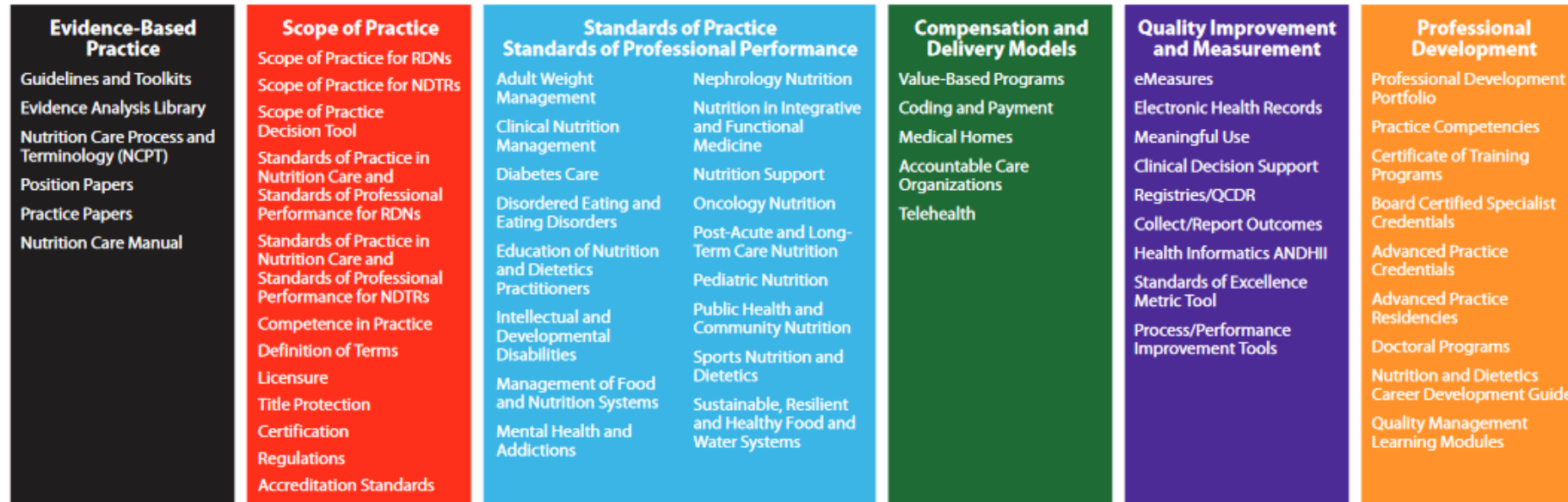
Motivation/s encourage someone to do her/his jobs optimally



Quality

Nutrition and Dietetics Practice

Safe • Effective • Person-Centered • Timely • Efficient • Equitable



Quality nutrition and dietetics practice is built on a solid foundation of education and credential assessment processes to assure the competence of the RDN and NDTR.

The six pillars represent the six areas of quality practice as outlined by the National Academies of Science, Engineering, Medicine: Health and Medicine Division:

- Follows a consistent process and model based on practice knowledge, evidence, research and science
- Exists within an individual's scope of practice, state licensure and statutory scope of practice, regulations and standards
- Provides for self-evaluation and used by regulatory agencies to determine competence for credentialed nutrition and dietetics practitioners
- Aims for compensated, equitable and reimbursable services
- Evaluates and measures outcomes through data sources
- Enables lifelong learning with career ladder through credentialing, certification and advanced practice standards

Code of Ethics

This Code applies to nutrition and dietetics practitioners who act in a wide variety of capacities, provides general principles and specific ethical standards for situations frequently encountered in daily practice. The primary goal is the protection of the individuals, groups, organizations, communities, or populations with whom the practitioner works and interacts. (<https://www.eatrightpro.org/practice/code-of-ethics/what-is-the-code-of-ethics>)

Check Your Quality IQ



Do you know your Scope of Practice? The current trends in practice?	
How do you know you are competent to perform what you are asked to do? How are you maintaining your competence?	
What is your state licensure law for Nutrition and Dietetics?	
Are you participating in the organization's quality and interprofessional meetings?	
How are you collecting measures data and reporting outcomes? Performing Quality Assurance & Performance Improvement-QAPI?	
How do you use the evidence-based resources in your practice? Academy Evidence Analysis Library; Toolkits, Position and Practice Papers?	
Do you utilize the Nutrition Care Process and Standardized Terminology in your current practice?	
What is the cost-effectiveness of your practice?	

Individual Scope of Practice



source: [https://jandonline.org/article/S2212-2672\(17\)31624-6/pdf](https://jandonline.org/article/S2212-2672(17)31624-6/pdf)



Visit the Academy

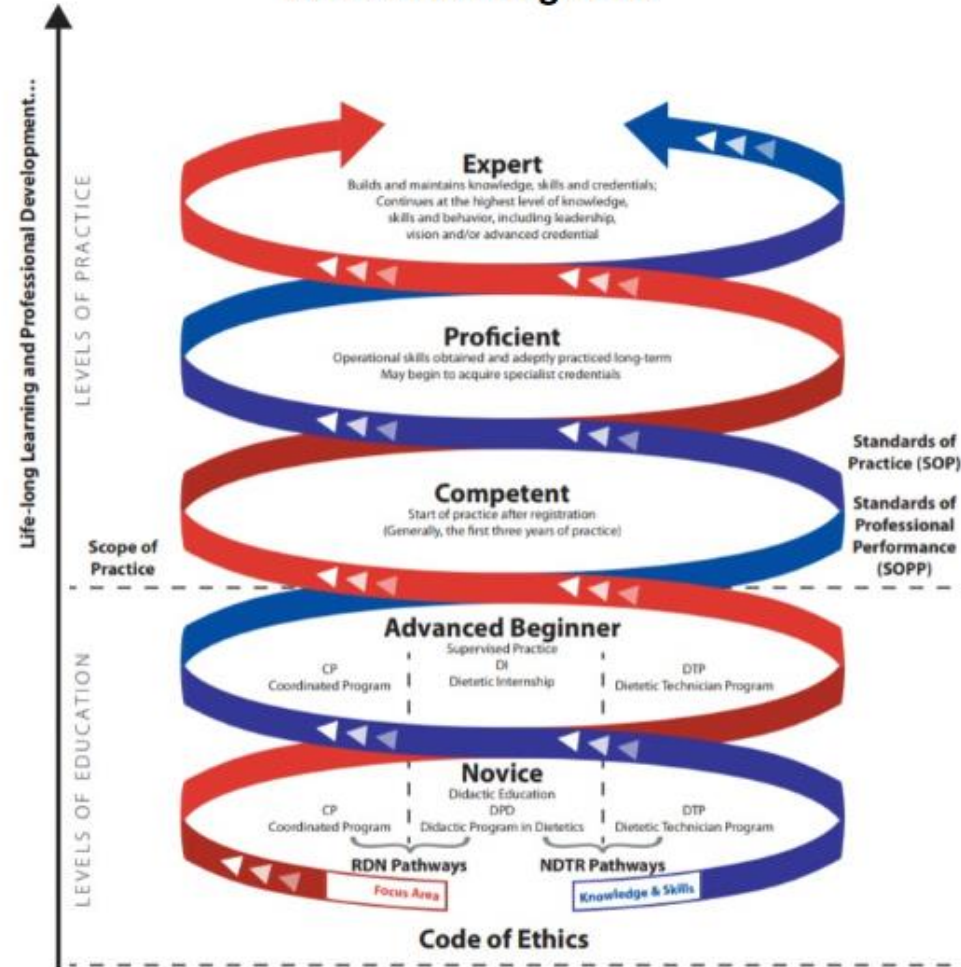
Quality Management WebPages:

www.eatright.org/quality

- [Competence, Case Studies and Practice Tips](#)
 - [Quality Improvement](#)
 - [Scope of Practice](#)
 - [Standards of Practice](#)
 - [Standards of Excellence](#)
- [National Quality Accreditation and Regulations](#)

RESOURCES

Advance Your Practice with Career Planning Tools



Adapted from the *Dietetics Career Development Guide*. For more information, please visit www.eatrightPRO.org/futurepractice

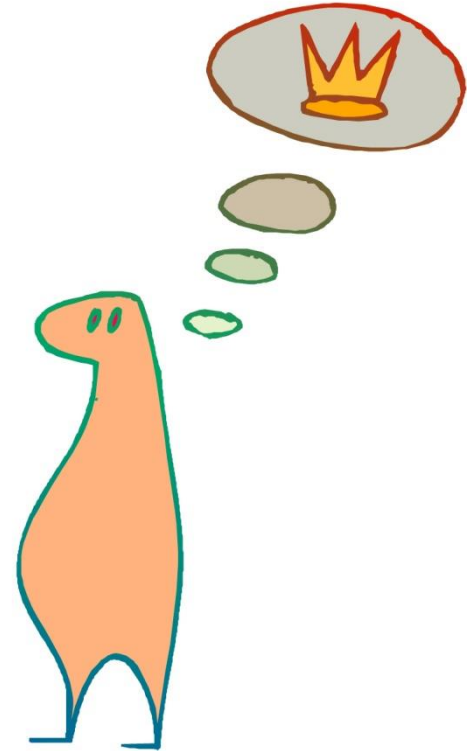
Use the Standards of Practice and Standards of Professional Performance to self-evaluate knowledge, skill and judgment. Review quality indicators in Competent, Proficient and Expert levels for drafting professional development portfolio.

How to Become More Competent

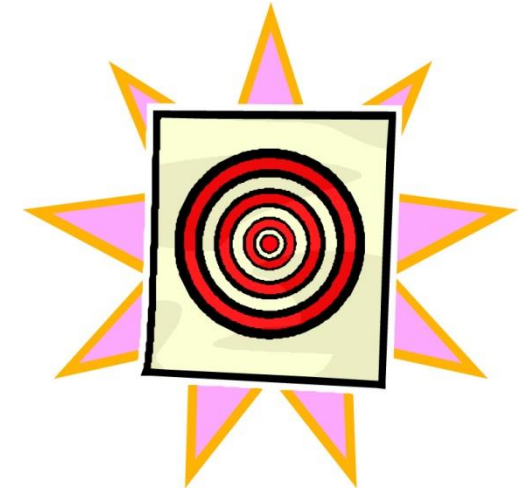
- Practice
- Look for positive feedback
- Break down your tasks and goals
- Make sure the difficulty level matches your ability
e.g. **language barrier**

Using Creative Visualization

- When you use creative visualization, you literally visualize or picture yourself accomplishing your tasks or goals.
- Try doing this when you are falling asleep at night
- Creative visualization works best when you are in a quite and calm environment away from your everyday activities.



Writing Down your Goals



- Writing down your goals will help you to stay organized and will make setting a course of action easier.
- When your goals are written down, and you begin to achieve them, your self-confidence will soar and your motivation will increase.
- You should make yearly, monthly, weekly, and daily goals.
- Set aside a time every day, to review your goals, and see which ones you have met and which ones you need to work on.

Positive Speaking & Language



- Once you know what the goal or task is, use positive language to promote your success.
- By verbally speaking or writing the opposite of the negative words you believe, you are motivating yourself and giving yourself a better chance of success.

The important of a Mentor

Guide you to reach your
vision



Partnership/collaboration





#112329752

Take advantage free online resources

The screenshot shows a web browser displaying the eatright Academy of Nutrition and Dietetics website. The browser's address bar shows the URL https://www.eatright.org. The website's navigation bar includes links for eatright, eatrightPRO, eatrightSTORE, and eatrightCPE. The main header features the eatright logo, the text 'Academy of Nutrition and Dietetics', a 'Media' link, a 'Find an Expert' button, and a search bar. Below the header is a dark navigation bar with categories: Food, Health, Fitness, + Kids, Seniors, Men, Women, and Food Safety. The main content area is divided into two sections. On the left is a large image of a person's hands holding a glass of milk. On the right is the 'Latest Articles' section, which lists three articles: 'Losing Weight While Breast-feeding', '6 Healthy Ways to Manage Weight for Sports', and 'Dietary Supplements and...'. A Windows watermark is visible in the bottom right corner of the page. The Windows taskbar at the bottom shows the search bar, task view, and various application icons, with the system clock displaying 10:44 AM on 8/21/2019.

eatright Academy of Nutrition and Dietetics

Media Find an Expert >

Search

Food Health Fitness + Kids Seniors Men Women Food Safety

Latest Articles

- Losing Weight While Breast-feeding
- 6 Healthy Ways to Manage Weight for Sports
- Dietary Supplements and...

10:44 AM 8/21/2019

Apply for Scholarships/Grants/Funding

- Education
- Research
- Leadership: SEANLP
- etc



Student Exchange Programme (SEP)

SEP provides a unique opportunity for the students to enrich their academic experience

Activate Windows

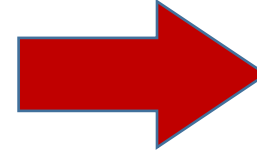


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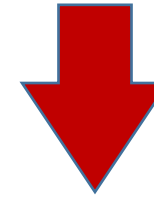
Nutrition

Available online 30 July 2019, 110564

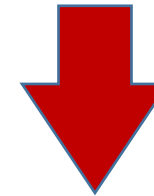
In Press, Journal Pre-proof ?



Products/Materials






Trial



Recommendation

Review

Stunting is a recognised problem: evidence for the potential benefits of omega-3 long chain polyunsaturated fatty acids

Setyaningrum Rahmawaty ^{a, 1}  , Barbara J. Meyer ^{b, c} 

 **Show more**

<https://doi.org/10.1016/j.nut.2019.110564>

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Breaking cultural difference



Advantages of CI

THANK YOU