

Goal	Competency	Performance Indicator	CPE Activity	Activity Title	Site	CPE Units	Date	How I used the knowledge, skill, judgment, and attitude acquired from this learning activity?
1	1.1 Identifies with and adheres to the code of ethics for the profession.	1.1.5 Recognizes and maintains appropriate relationships and boundaries	Ethics	Follow HIPAA Guidelines	MTH, Birchwood, Nemours	20	11/13/22-5/5/22	During all of my clinical rotations, I followed HIPAA practices to protect patient information. Used EMRs regularly.
2	2.3 Employs Strategies and facilitates team building skills.	2.3.5 Facilitates an understanding and appreciation of the differences among team members and how they contribute to the team	Interdisciplinary	Team Collaboration and Interprofessional Communication	MTH, Birchwood	20	11/13/22-03/15/22	Worked collaboratively with other RDNs and healthcare providers to provide the best possible patient care.
3	3.1 Demonstrates and applies leadership skills.	3.1.5 Seeks opportunities for, and actively engages in, mentoring and mentorship.	Leadership and advocacy	Assist Nutrition Manager with the development and management of several projects and meetings.	MTH	5	11/13/22-01/21/22	Attended daily patient rounds and tele-rounds. During my last couple of weeks at MTH, I independently participated in these meetings and provided input and feedback. Also used managerial skills when educating nurses on

								where to find nutrition manuals on each unit to prepare for Joint Commission inspection.
4	8.3 Demonstrates a commitment to maintaining and enhancing knowledge	8.3.6. Keeps abreast of current nutrition and dietetics knowledge and trends	Food, Nutrition and Dietetics and Physical Activity	Used evidence-based research to deliver effective and credible nutrition advice.	MTH, Birchwood, Nemours	10	11/13/22-05/05/22	Researched nutrition topics, diseases, medications, food properties, etc. Throughout all of my rotations. Used peer-reviewed articles and scholarly/credible websites to access new information. Provided credible and accurate nutrition advice to patients and audiences.
5	9.6 Uses effective counseling and coaching skills and strategies in practice	9.6.4. Assesses customers readiness to change when applying specific counseling strategies.	Education and Counseling	Presented a group education lesson on how to build a satiating snack for busy nurses	MTH	10	11/13/22-1/22/22	Presented a nutrition education lesson to nurses at MTH on how to prepare a balanced and satiating snack. Performed motivational interviewing techniques with outpatients, and during

								mock-counseling sessions with preceptor.