

## Wimpfheimer-Guggenheim Essays Competition

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*Winning essay from 2014*

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### **Beyond Borders: A Vision on Dietetics Education, Credentials, and Practice**

*By: Beatriz Dykes, PhD, RDN, LD, FADA, FAND*

#### **Background**

I, Beatriz Dykes, own my own business Bea Dykes and Associates, Inc. and serve as an adjunct professor at Lehman College, City University of New York, New York. I have been an active member of the education community in both the United States and the Philippines including establishing the Department of Dietetics and Nutritional Management at Sinclair Community College in Dayton, Ohio; retiring after 37 years. I also served as a visiting professor at three universities in the Philippines\*.

I was the founder, president, and presently serve as the treasurer and newsletter *BALITA* editor of the Filipino Americans in Dietetics and Nutrition, Member Interest Group of the Academy of Nutrition and Dietetics. I have served as a Delegate (11 years) in the Academy's House of Delegates and was chair and member on the Academy's Diversity and Nominating Committees. It was during my term as president of the Ohio Academy of Nutrition and Dietetics that the Ohio Dietitian Licensure Law was passed. I have served also as public policy chair and was a member of the of the legislative and program planning committees. I was a founding member of the Ohio Consultant Dietitians in Health Care Facilities and Ohio Dietetic Educators of Practitioners.

I have traveled extensively throughout the world sharing my expertise with colleagues through professional presentations and consultations. I have presented at the International Congress in Dietetics in the Philippines, Scotland, Australia, Israel, Japan, France, Canada, and the United States; and at three Asian Congress of Dietetics, the Philippines, Korea, and Japan.

The Academy has recognized my contributions to the profession by presenting me with the Medallion Award in 2004. Other awards were from the Ohio Academy of Nutrition and Dietetics that included the President's Award. My contributions to the Dietetic Practice Groups and Member Interest Groups were also recognized with the Most Distinguished Member Awards.

I am the recipient of the Balik Scientist Award twice (2011, 2012-2013) from the Philippine Department of Science and Technology; and is one of the recipients of the 100 Outstanding

Alumnae Awards of the College of the Holy Spirit at its 2013-2014 Centennial celebration. I am a member of the Kappa Omicron Nu Honor Society.

*\*University of the Philippines (Diliman), Philippine Women's University (Manila), University of San Carlos (Cebu City).*

## **Introduction**

The Philippines is made up of 7,107 islands and islets. There are more than 100 dialects, eight major ones and one, Tagalog, is the national language. English is a second language and is the medium of instruction in schools. Education is based on Western and Eastern ideology but takes only ten years to complete the elementary and high school. Concerns on students not having sufficient time for the mastery of concepts and skills before college is now being addressed.

I am connected to dietetics colleagues in the Philippines, especially since facilitating the Dietitian Reciprocity Agreement on RDN examination eligibility between the Commission on Dietetic Registration (CDR) and the Philippine Professional Regulations Commission (PRC) on September 29, 1993. I have been interested in the education, credentialing, and practice of dietetics. And in 2013, for the second time, I was especially involved as I was presented with the Balik Scientist Award. To better understand my role, I am providing the following organizations and their role in nutrition and dietetics:

## **The Philippine Professional Regulations Commission**

The [Professional Regulation Commission \(PRC\)](#) is responsible for the administration, implementation and enforcement of regulatory policies on the regulation and licensing of various professions and occupations under its jurisdiction. It is the instrument of the Filipino people in securing for the nation a reliable, trustworthy, and progressive system of developing professionals whose personal integrity and spiritual values are solid and respected, whose competencies are globally competitive, and whose commitment to serve the Filipino nation and the whole global community is strong and steadfast.

## **ASEAN Economic Community Blueprint**

The ASEAN Economic Community Blueprint (Vision 2015) means the consolidation of the region into a single market and production base. There will be a free flow of goods, services, investments, capital and labor among these countries. Needed is an understanding of the assessment of the competitiveness of the dietetics profession as covered by mutual recognition arrangements.

## **Five-Point Priority Program for 2011-2016**

Consistent with the Philippine President, Benigno Aquino's Social Contract, the Department of Science and Development (DOST) developed the Five-Point Priority Program for 2011-2016. This

included the development of solutions to pressing national problems, utilization of appropriate technologies to create growth in the country, expansion of programs to improve industry competitiveness, enhancement of the delivery of government and social services, and harnessing of emerging technologies to boost national and global competitiveness.

### **Balik (Returning) Scientist Program**

I received my second Balik Scientist Award in 2013, the first one being in 2011. My host this time was the Philippine Professional Regulations Commission (PRC). My program of work included providing workshops and seminars to professional organizations and the lay public, curriculum designs, meetings with the university presidents, department heads, faculty, and students. I also had the opportunity to review hospital foodservice operations, provide food safety and sanitation (Serv/Safe Program) to the staff as well as present the Nutrition Care Process (NCP) model for the clinical side of dietetics practice. I had meetings with the Professional Regulations Commission (PRC) and provided suggestions to increase the pass rates of nutritionists-dietitians who avail themselves of the Reciprocity Agreement with the Commission on Dietetics Registration (CDR). I reminded colleagues that the Philippines is one of only five countries that has such an agreement.

To specifically meet the challenge of the ASEAN Economic Community Blueprint which would allow the nutritionists-dietitians from the Philippines to work in Laos, Myanmar, Singapore, Indonesia, Vietnam, Cambodia, Brunei (ASEAN countries) without having to obtain professional licenses in these countries, I not only provided timely programs in medical nutrition therapy, but in foodservice, management, and leadership. Being globally competent in the practice of nutrition and dietetics not only desirable, but needed. The Five-Point Priority of the Department of Science and Technology (DOST) can equally be achieved.

### **Expected Outcomes**

My expected outcomes for my role as a Balik Scientist therefore include:

1. Globally competitive nutritionists-dietitians (NDs) to help the public.
2. The application of food safety and sanitation principles in the NDs practices
3. Gainful employment for those unable to complete the four year degree in dietetics through the laddering dietetics educational programs. After one year of college, the students may obtain employment as dietary managers; after two years they may work as dietetic technicians. And they do not need to complete the baccalaureate degree in four years but in time as long as all credits and requirements are met
4. Better nutrition and health of the public through contact (meetings) with the nutritionists-dietitians (NDs).
5. The development of the Filipino Diet Plates for use as teaching tools by the NDs.
6. Better delivery of health, nutrition, and food safety messages through seminars and one-on-one health and nutrition instructions through the interdisciplinary teamwork with other health professionals.

7. Encourage Filipino-based food companies to develop nutritious food products for the world market.

And the institutions and organizations which can help accomplish the above may include the Professional Regulations Commission (PRC), the Council of Department Heads of Nutrition and Dietetics (CODHEND), non-profit organizations and professional organizations such as the Nutritionists-Dietitians Association of the Philippines (NDAP), the Philippine Association of Nutritionists (PAN), the Asian Congress of Dietetics (ACD), the Accreditation Council for Education in Nutrition and Dietetics (ACEND), Commission on Dietetic Registration (CDR), and the International Congress of Dietetics Association (ICDA) as well as universities and colleges.

## Conclusion

As a 2013 Balik Scientist, I was able to assist the host institution, universities, and professional organizations in strengthening the scientific and academic capabilities of professionals through seminars, workshops, in-class teaching, and meetings; enhance the knowledge base and improve the educational capacities capacity of local institutions in adopting new strategies in communication, nutrition education, and nutrition care process in hospitals and community settings; and strengthen the international ties with the Academy of Nutrition and Dietetics (AND).

*Included in the next two pages are my activities as a Balik Scientist. Please note that I went to the islands twice to carry out my planned activities.*

## Seminars and Workshops

Organization	Topic	Date
University of San Carlos	<b>The Leadership Challenge</b> Transformational leadership skills, including competencies in a changing world	February 12, 2013
University of San Carlos	<b>The Nutrition Care Process (NCP)</b> An international accepted method of documenting (Assess- ment, Diagnosis, Intervention, Monitoring, Evaluation).	February 12, 2013
Nutritionists-Dietitians Association of the Phil. (NDAP)	<b>Global Competencies Among Nutritionists-Dietitians</b> With the free flow of the labor market in ASEAN countries commencing in 2015, it is imperative to have quality assurance in nutrition-dietetics practice.	February 21, 2013

Mayor of Calamba Laguna	<b>It's All About You - Food, Nutrition and Physical Fitness</b> Innovative talk on food, nutrition, and physical fitness for the seniors.	February 22, 2013
Professional Regulations Commission (PRC)	<b>Leadership Boot Camp 101 - Sylvia Escott-Stump, MS, RDN</b> Per Dr. Dykes's invitation, this seminar was provided by the past president of the Academy of Nutrition and Dietetics	June 16, 2013
Professional Regulations Commission (PRC), NDAP, Dept of Health	<b>Beyond Borders: A Vision on Dietetics Education, Credentials, and Practice</b> Didactic, supervised practice and experience are needed. Credentialing example from the Academy of Nutrition and Dietetics.	October 13, 2013
Professional Regulations Commission (PRC)	The 1st Philippine Professional Summit: Convergence of Professionals for Nation Building and Global Competencies <b>Benchmarking for The Health Professionals</b> Only woman speaking to an audience of over 5,000 professionals.	October 18, 2013

## Curriculum Planning

Organization	Topic	Date
University of San Carlos	<b>Career-Laddering in Dietetics</b> The first two years in the dietetics program was patterned after my DTR program at Sinclair College. The development of the Dietary Managers (first year) would allow students to gain employment until they can return to complete the two-year and then four years in the dietetics program.	February 10-14, 2013
Philippine Womens University	<b>Masters in Clinical Nutrition</b> I addressed the faculty and students during the Assembly Day Celebration.	June 9, 2013

### **Baccalaureate Degree in Gerontology**

College of the Holy Spirit

Discussion was on the feasibility of offering a baccalaureate degree in gerontology. Input on the curriculum for the nursing degree was also provided to the CHS president.

February 15, 2013

### **Other Related Activity**

#### **Organization**

#### **Topic**

#### **Date**

Vicente Soto Memorial Medical Center, Cebu

Met with the nutritionists-dietitians (NDs), observed meal service.

February 11, 2013

Miller Hospital, Cebu

Met with the NDs, reviewed patients' diets, watched meal service.

February 12, 2013

St. Paul Hospital Tuguegarao, Cagayan

A hospital with state-of-the-art equipment and procedures for the patients. Various department were visited. This included nuclear medicine, medical/surgical, maternity, and pediatrics. Meetings with nursing and dietary.

February 17, 2013

Cradinal Santos Hospital, Manila

Visited an ND in private practice at this hospital. Noted various diet plans and hand-outs.

October 13, 2013

Lemon Square Bread Company

The owners of this company are interested in developing nutrition bars and supplements and requested information. Invitation to the 2013 annual FNCE.

June 10, 2013

Banana Plantation, Davao

There were many varieties of bananas noted. Owner showed techniques of securing the best harvest with the minimal use of pesticides. Bananas from this plantation are exported to the Asian market.

October 20 and 22, 2013

Breakfast for Children Program

This was a trip to a nutrition advocate for children. Was requested and provided nutritious menus for use; suggested contacting the University of the Philippines department of nutrition and dietetics for future

October 24 and 25, 2013

assistance with menu planning and costing.