

Advanced Practice Credential for Dietitians in Clinical Practice – Test Specifications¹

Examination I		% of Exam I	% Total (I and II)
Section A	Nutrition Assessment	53%	26%
Section B	Nutrition Diagnosis	9%	5%
Section C	Nutrition Intervention	14%	7%
Section D	Nutrition Monitoring and Evaluation	24%	12%

Examination II		% of Exam II	% Total (I&II)
Section A	Support Nutrition Care	11%	6%
Section B	Manage Systems of Nutrition Care	51%	25%
Section C	Conduct Research and Design/Develop Systems of Nutrition Care	38%	19%

¹ As approved by the Test Specifications Committee on April 6, 2014

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Test Specifications – Detailed Outline

Examination I		Percent of Exam
Section A	Nutrition Assessment	53%
1	Interpret nutrition-related laboratory data in context with other clinical findings	
2	Identify barriers to nutrient delivery	
3	Determine micronutrient requirements of patients/clients	
4	Use the laboratory data that is most relevant for nutrition assessment of individual patients/clients	
5	Use those components of a diet history that are most critical for the development of a nutrition diagnosis	
6	Use appropriate anthropometric and body composition measurements for a specific patient/client condition	
7	Select nutrition screening and assessment tools that are most appropriate for specific patient/client populations	
8	Interpret anthropometric and body composition measurements for a specific patient/client condition	
9	Select most appropriate predictive method for estimating calorie and protein needs	
10	Conduct a detailed health and social history of a patient/client, including procedures and treatments, with accuracy and efficiency	
11	Identify the diagnostic tests and procedures that are most relevant for the nutrition assessment of a patient/client	
12	Evaluate a patient/client's medications and assess their potential impact on the patient/client's nutrition status and co	
13	Evaluate the patient/client's social environment and lifestyle	
14	Evaluate the interactions among medications, botanicals, and nutrients and their potential impact on the patient/client	
15	Conduct in-depth, nutrition-focused physical exams, using tools and equipment that are appropriate for	
16	Interpret in-depth nutrition-focused physical examination findings and develop recommendations for nutrition intervention	
17	Evaluate a patient/client's psychosocial condition and other sources of stress that may impact nutrition status	
18	Adapt communication/interview style to optimize the effectiveness of interactions with a patient/client	
19	Evaluate a patient's/client's feeding skills and abilities and determine the need for adaptive equipment	
Section B	Nutrition Diagnosis	9%
1	Utilize the most appropriate resources to collect the information required to diagnose patient/clients who have limited	
2	Diagnose nutrition problems based on signs and symptoms in the patient/client history and nutrition-focused physical	
3	Prioritize nutrition diagnoses to identify those requiring immediate intervention	
Section C	Nutrition Intervention	14%
1	Distinguish between the effects of the nutrition intervention and the effects of the disease process or the medical intervention	
2	Design nutrition interventions that incorporate information about the patient/client's genetic profile	
3	Recommend or refer for adaptive equipment based on a patient/client's feeding skills	
4	Use appropriate education/counseling models, strategies and techniques	
5	Guide patient/client and their families in health care decision-making and setting goals	

Section D Nutrition Monitoring and Evaluation		24%
1	Evaluate the nutrition implications of the patient/client's treatment plan and adjust as needed	
2	Identify measurable outcome indicators for a nutrition intervention using an evidence-based approach	
3	Coordinate continuity of care (such as coordinating care with previous or future facilities)	
4	Arrange referrals to external agencies (such as home care agencies, community resources, etc.) as dictated by the pa	
5	Refer patient/client to appropriate nutrition/dietetics specialists	
5	Refer patient/client to appropriate healthcare team members	
6	Evaluate deviations from an expected outcome (or established guideline indicator) for a given nutrition intervention	
7	Assess an intervention's potential for adverse effects	
8	Lead discussions regarding end-of-life nutrition-related decisions with patient/client or surrogate decision maker	
Examination II		Percent of Exam
Section A Support Nutrition Care		11%
1	Lead an interdisciplinary team in designing nutrition related services, programs or protocols	
2	Develop programs or systems of care (such as support groups, educational programs) that address need	
Section B Manage Systems of Nutrition Care		51%
1	Develop standards for nutrition care such as protocols, guidelines, practice tools, etc.	
2	Direct the implementation of continuous quality improvement programs	
3	Evaluate the effectiveness of continuous quality improvement programs	
4	Evaluate the cost-effectiveness of policies and procedures for patient/client care	
5	Select available technologies (hardware and software) to improve nutrition care	
6	Analyze the safety aspects of practices and procedures in delivering nutrition services and products	
7	Evaluate new tools and techniques for nutrition care	
8	Develop and implement new tools and techniques for nutrition care	
9	Ensure compliance with local, state, and national rules and regulations	
Section C Conduct Research And Design/Develop Systems of Nutrition Care		38%
1	Design and develop continuous quality improvement programs	
2	Analyze data from nutrition care research	
3	Communicate research findings	
4	Evaluate published research to determine applicability to a clinical practice setting	
5	Utilize systematic methods to obtain published evidence to answer clinical questions and inform decision making	
6	Develop strategic plans for nutrition care for an organization/institution (or for a community)	
7	Develop operational plans for nutrition care for an organization/institution (or for a community)	

Knowledge, Skills and Abilities

- 1 Skill in conducting interviews
- 2 Knowledge of when to perform an in-depth NFPE and differentiate normal from abnormal
- 3 Knowledge of the language/tasks of other professionals (such as IT professionals)
- 4 Knowledge of physiological mechanisms affecting laboratory data
- 5 Knowledge of interrelationship of laboratory data (reference norms, etc.)
- 6 Knowledge of high level pharmacology, patho physiology
- 7 Knowledge of motivational interviewing techniques
- 8 Ability to use efficient, tailored patient centered counseling skills to set nutrition related goals and outcomes
- 9 Ability to use clinical information systems (databases) for collection of data to support initiatives to improve patient care
- 10 Ability to research information on medications
- 11 Ability to recognize when lab values may be abnormal due to patho-physiological reasons medications and other factors
- 12 Ability to recognize non-apparent facts, history or beliefs that may hamper outcomes
- 13 Ability to present/communicate results/research to other professionals
- 14 Ability to perform benchmarking
- 15 Ability to perform an in-depth NFPE efficiently
- 16 Ability to perform a needs assessment/ environmental scan
- 17 Ability to interpret data results from statistics
- 18 Ability to Identify laboratory data required to synthesize information to efficiently and accurately determine the most appropriate nutrition diagnoses (such as including or excluding specific diagnoses)
- 19 Ability to Identify and assess patterns with minimal information
- 20 Ability to evaluate the effectiveness of patient care monitoring plans/programs by comparing outcomes (practice) audit to evidence based goals/guidelines
- 21 Ability to evaluate research and assess gaps
- 22 Ability to evaluate outcomes systematically and identify opportunities for improvements
- 23 Ability to efficiently and accurately determine data/trends that require intervention (for a given patient condition) and assess the appropriateness of potential interventions (that is - judge what interventions to include and what to exclude, in the short and long term and what is truly required)
- 24 Ability to effectively use of patient query and counseling techniques
- 25 Ability to direct continuity of nutrition care
- 26 Ability to determine whether there is additional information needed to assess the social environment and resources available and potential sources
- 27 Ability to determine the most important actionable material
- 28 Ability to determine the best source of information to assess the diet history
- 29 Ability to autonomously order tests, referrals/consults, and what is possible within the resources available to the patient
- 30 Ability to assimilate knowledge of food composition, human physiology and metabolism and nutrient metabolism in relation to health and disease
- 31 Ability to assess the validity of laboratory results (including the process used to collect and analyze the specimen)

- 32 Ability to assess the validity of a test for a given client/patient condition
- 33 Ability to assess the most practical, effective alternative for a given patient situation
- 34 Ability to assess potential medication availability and quality (including shortages and/or adverse events such as those resulting from manufacturing errors, importing customs regulations, black box)
- 35 Ability to assess laboratory data in the context of the disease process/treatment, patient psychosocial/economic status and other clinical findings (such as activities of daily living)
- 36 Ability to assess institutional/community level research on protocols, guidelines, practice tools, etc.
- 37 Ability to assess information about medications
- 38 Ability to assess financial resources and allocations
- 39 Ability to assess external resources that may be lacking in a community/system
- 40 Ability to assess and assimilate research methods and statistics