

Stress and Burnout in Nutrition and Dietetics: Strengthening Interprofessional Ties

Instructions:

- Read the article on page 63.
- The test for this CE activity must be taken online. Tests can not be mailed or faxed.
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- There is only one correct answer for each question. A passing score for this test is 13 correct answers. If you pass, you can print your certificate of earned contact hours and access the answer key. If you fail, you have the option of taking the test again at no additional cost.
- For questions, contact Lippincott Professional Development: 1-800-787-8985.

Registration Deadline: March 6, 2020

Continuing Education Information for Registered Dietitians and Dietetic Technicians, Registered:

The test for this activity for dietetic professionals is located online at <http://alliedhealth.ceconnection.com>. Lippincott Professional Development (LPD) is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR), provider number L1001. Registered dietitians (RDs) will receive 1.0 continuing professional education units (CPEUs) for successful completion of this program/material, CPE Level 2. Dietetics practitioners may submit evaluations of the quality of programs/materials on the CDR website: www.cdmet.org. LPD is approved as a provider of continuing education for the Florida Council for Dietetics and Nutrition, CE Broker # 50-1223.

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Lippincott Professional Development will award 1.0 contact hour for this continuing nursing education activity.

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This activity is also provider approved by the California Board of Registered Nursing, Provider Number CEP 11749 for 1.0 contact hour. Lippincott Professional Development is also an approved provider of continuing nursing education by the District of Columbia, Georgia, and Florida CE Broker #50-1223.

Disclosure Statement:

The planners have disclosed no financial relationships related to this article.

Payment:

- The registration fee for this test is \$12.95.

CE TEST QUESTIONS

GENERAL PURPOSE: To provide information about stressors impacting the role of registered dietitian nutritionists (RDNs).

LEARNING OBJECTIVES/OUTCOMES: After completing this continuing education activity, you should be able to:

1. Recognize causes of stress in clinical dietetics and dietetics education.
2. Identify initiatives aimed at combating stress in the profession.

1. The authors identify a major cause of stress and burnout among clinical RDNs as

- a. limited financial support for their work.
- b. limited patient counseling time.
- c. their work being undermined or ignored.

2. According to Devine and colleagues, the lack of respect experienced by RDNs from other members of the healthcare team may be driven in part by

- a. a lack of nutritional knowledge by the team.
- b. misunderstandings of what RDNs can contribute.
- c. past experiences.

3. Ball and colleagues found that disordered eating may develop in dietitians with personality traits such as

- a. being a perfectionist.
- b. preferences to work alone.
- c. having an inclination to worry.

4. Tremelling and colleagues found that almost half of the RDNs they surveyed were at risk of

- a. anorexia nervosa.
- b. bulimia.
- c. orthorexia nervosa.

5. Which was a factor leading to stress and burnout identified by RDNs in training and in practice?

- a. limited patient education time
- b. need to be knowledgeable about all diseases
- c. unrealistic expectations by the patient

6. The highly competitive environment for dietetics students is partly due to the lack of

- a. academic dietetic programs.
- b. qualified faculty.
- c. internship positions.

7. Preceptor RDNs identified factors that put them at risk of stress and burnout as all the following except

- a. resources.
- b. recognition.
- c. time.

8. Which is identified as critical for patient education and adherence to diet prescription?

- a. family support
- b. financial support
- c. follow-up in the outpatient setting

9. The Medicare Part B benefit for Medical Nutrition Therapy is available for

- a. all diseases.
- b. diabetes and renal diseases only.
- c. weight management only.

10. Which best describes the financial support for Medical Nutrition Therapy in the outpatient setting?

- a. There is a lot of support.
- b. There is little support.
- c. There is no support.

11. To help students be more resilient, dietetic programs are required to enact policies that give students access to

- a. mentoring resources.
- b. networking resources.
- c. student support services.

12. The 2017 Accreditation Standards issued by the Accreditation Council for Education in Nutrition and Dietetics include new knowledge and competency expectations related to

- a. mentoring.
- b. networking.
- c. researching.

13. Which is believed to be a factor that influences respect for RDNs as valued members of the healthcare team?

- a. level of education
- b. ability to work within a team
- c. years of experience

14. Which competencies were added to the new education standards of the Academy of Nutrition and Dietetics?

- a. crisis intervention
- b. interprofessional
- c. stress management

15. Helping clients make healthier food choices despite financial challenges can be accomplished by dietitians by collaborating with

- a. nurse practitioners.
- b. occupational therapists.
- c. social service professionals.

16. Which type of training may help RDNs increase their confidence and effectiveness in healthcare teams?

- a. assertiveness
- b. conflict resolution
- c. crisis management

17. Researchers have suggested online training for RDNs in resilience, mindfulness, and

- a. collaboration.
- b. empathy.
- c. meditation.

18. Research by Kemper found that online training resulted in immediate improvements in

- a. anxiety.
- b. depression.
- c. mindfulness.