



DECEMBER NEWSLETTER 2025

NSRD COMMUNICATIONS: STAY INFORMED, STAY CONNECTED

The NSRD communicates primarily through email. It is each registrant's responsibility to ensure that their NSRD profile, including contact and employment information, is kept up to date. If emails from the NSRD are not being received, registrants should verify that their contact details are accurate. Registrants are also encouraged to adjust email settings to mark NSRD (info@nsrd.ca) as a trusted sender. Additionally, email correspondence from the Regulator is accessible within the NSRD profile. Contact information can be updated by editing the profile details within the NSRD account.

2026 LICENSE RENEWAL

The 2026/27 renewal period opens January 15, 2026.

For details on the renewal process, please review the [Renewal Requirements Guide](#) and related resources available on the [Renewal page](#) of the NSRD website. If you have questions after reviewing these materials, please contact Monica Rodriguez, NSRD Registration Coordinator, at registration@nsrd.ca.



*Dietitians are strongly encouraged to begin the renewal process at least one to two weeks before the **February 28, 2026, deadline**. Please note that a late fee will apply to renewals submitted after February 28, 2026.*

PRESCRIBING STANDARDS REVISION – CONSULTATION REQUEST

The NSRD has completed a comprehensive update of the *Prescribing Standards for Dietitians* (previously the *Nutrition Prescription Standards*) to align with recent legislative and regulatory updates and is asking for registrant consultation and feedback on the revised document.

Key updates include:

- **Alignment with the Regulated Health Professions Act (RHPA):** The standards have been updated to reflect the language and legislation introduced under the RHPA, which came into effect in August 2025.
- **Expanded prescribing activities:** The updated standards now include authorization for prescribing bloodwork.
- **Enhanced clarity and structure:** The revised document strives to provide improved flow and organization, making it easier to interpret the roles, responsibilities, and processes associated with authorized prescribing.
- **Clearer differentiation of practice areas:** The standards specify that authorization applies only to dietitians seeking designation as *Authorized Prescribers (APs)*: those prescribing drugs, laboratory tests, parenteral nutrition, or other nutrition interventions requiring an AP designation. Routine activities such as ordering diets or recommending nutrition care plans remain within the dietetic scope of practice but do not require additional authorization.

Consultation

The NSRD is requesting your feedback to ensure that the standards are clear, practical, and reflective of current practice. Please complete the consultation by **January 20, 2026**.

- [Prescribing Standards for Dietitians](#)
- [Revised Prescribing Standards for Dietitians – Feedback Form](#)

VOLUNTEER RECRUITMENT

The NSRD is seeking volunteers to participate in the review of the *Prescribing Standards Quiz (E-Learning Module)*. This review will help ensure that quiz questions are clear and align with the revised standards and application process for Authorized Prescribers.

If you are interested in contributing to this review process, please contact practice@nsrd.ca by **January 14, 2026**, to express your interest. Interested reviewers will be contacted in January with more details.



NEW PRACTICE DIRECTION LAUNCHED: INSULIN DOSE ADJUSTMENT AND DIABETES SELF-MANAGEMENT

The NSRD recently released a practice direction, [Insulin Dose Adjustment and Diabetes Self-Management](#). This resource supports dietitians in providing safe, evidence-based care for clients managing diabetes within the dietetic scope of practice.

The NSRD extends its sincere thank you to all registrants who shared their feedback during the consultation process. Your input was invaluable in shaping this document.

VIRTUAL PRACTICE UPDATE

NSRD has recently updated its position on registration and licensing for virtual practice, which will take effect on April 1, 2026. Under the revised policy, dietitians who are registered in another jurisdiction and provide services to Nova Scotia residents must meet NSRD registration requirements and follow the regulatory standards in both their home jurisdiction and Nova Scotia. For the purposes of this policy, Nova Scotia residents are defined as individuals who are registered for a Nova Scotia Health Card (MSI). The related policy, Registration Requirements for Virtual and In-Person Dietetic Services, is located in the [Registration Policy Manual](#).

REGULATED HEALTH PROFESSION ACT MIGRATION

On August 20, 2025, the NSCDN migrated from the Dietitians Act to the Regulated Health Professions Act (RHPA), becoming the Nova Scotia Regulator of Dietetics. Information related to these changes can be found in the resources below.

- [RHPA Migration Newsletter](#)
- Short video series on regulatory responsibilities under the RHPA:
 - [Professional Liability Insurance](#)
 - [Duty to Report](#)
 - [Holding a License](#)

TRUTH AND RECONCILIATION IN DIETETIC PRACTICE

In October, the NSRD partnered with four provincial dietetic regulators to offer registrants a workshop series focused on privilege, oppression, and fostering respectful relationships in dietetic practice. Details about the workshops, along with recordings, are available below.

Part 1: Workshop – Truth - October 3, 2025

Learn to use and apply the [Coin Model of Privilege and Critical Allyship](#) framework to deepen our understanding of unearned advantage and disadvantage, allowing a reflective look at ourselves, wherever we are in our journey of learning and unlearning. This session will be facilitated by Drs. Stephanie Nixon and Ed/Tecumseh Connors, of [Future Building](#).

Recording: [Part 1: Truth & Reconciliation in Dietetic Practice](#)

Part 2: Panel Discussion – Reconciliation – October 23, 2025

Building on Part 1, this moderated panel will share Indigenous teachings and powerful storytelling to guide inclusive, culturally responsive dietetic care. Our session panelists are Dr. Ed/Tecumseh Connors and Kelly Gordon, RD.

Recording: [Part 2: Truth & Reconciliation in Dietetic Practice](#)

HOLIDAY OFFICE CLOSURE

The NSRD offices will be closed for the holidays beginning on December 24 until January 2. Limited services will be available during this time, and response times will be slower than normal. In the event of an urgent regulatory matter, please reach out directly to Amanda Connors, Registrar and Executive Director, at registrar@nsrd.ca. Regular services will resume on January 5, 2026.

Questions?

If you have questions regarding the NSRD, please visit the NSRD website at www.nsrld.ca or email your question to info@nsrd.ca.



NOVA SCOTIA
Regulator of
Dietetics

SEASON'S GREETINGS FROM NSRD

