



SPRING NEWSLETTER 2026

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 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, all email correspondence from the Regulator is accessible within the NSRD profile. Contact information can be updated by editing the profile details within a dietitian's individual NSRD account.

PRESCRIBING STANDARDS AND NEW PRACTICE DIRECTION NOW AVAILABLE

The NSRD is introducing a new [Practice Direction: Insulin Dose Adjustment and Diabetes Self-Management](#), which provides additional guidance for dietitians involved in insulin dose adjustment within diabetes care.

The NSRD is pleased to share updated [Prescribing Standards for Dietitians](#), which reflect feedback received through consultation and help clarify expectations to support safe, consistent prescribing in the public interest. While the rollout of dietitian prescribing in community pharmacies is delayed due to external system limitations, the NSRD is preparing its regulatory systems in anticipation of potential implementation in employer-approved inpatient hospital settings.

Thank you to all those who contributed feedback during the consultation period for each document. Your thoughtful input was invaluable in shaping the updated standards and the new practice direction. Registrants are encouraged to review these materials to ensure familiarity with current expectations.

REGULATORY RESPONSIBILITIES: RESOURCES TO REVIEW

As a reminder, the NSRD has a number of helpful resources available to support registrants in understanding their roles, responsibilities, and obligations as Registered Dietitians licensed in Nova Scotia. These resources cover essential topics, including:

- [Professional Liability Insurance](#)
- [Duty to Report](#)
- [Holding a License](#)
- **Professional Self-regulation:** privileges and responsibilities – Ryan Baxter, lawyer
 - [Recording](#)
 - [Presentation Slides](#)

Registrants are encouraged to revisit these materials to ensure they remain up to date on regulatory expectations and professional responsibilities.

NOTICE OF FEE ADJUSTMENTS

Following careful consideration at its March 2027 meeting, the NSRD Board approved updates to annual licensing fees for the 2027–2028 and 2028–2029 years, along with a review and revision of the insurance lapse and late renewal fee.

To provide as much notice to registrants as possible, this fee increase will take effect during the 2027 and 2028 renewal period.

2027-2028 Licensing fees

Full year: \$670

Term license: \$315

2028-2029 Licensing fees

Full year: \$700

Term license: \$330

The Board reviewed the insurance lapse and late renewal fee and approved setting this fee at \$300. This replaces the previous approach, which set the fee at 50% of the licensing fee.

To be transparent about the reasons for this increase, we provide answers to frequently asked questions below. If you have a question about these fee changes that is not answered here, please write to info@nsrd.ca.

Why are fees increasing in 2027?

NSRD has forecast an increase in expenses over the coming years. The reasons for this increase are varied, and include the following:

- NSRD has a new legislated regulatory mandate that is set out in the *Regulated Health Professions Act (RHPA)*. Under the *RHPA*, all regulated health professions must operate new comprehensive programs and processes which require additional resources and staffing, such as the Practice Review process.
- Inflation continues to have a large impact on the general operating expenses for all regulatory bodies, including NSRD.

When setting fees, NSRD focuses what is needed to provide quality and effective regulatory programs that meet NSRD's legislative mandate and serve the public interest. These regulatory programs include continuing competency, professional conduct, and the creation of practice standards.

How does NSRD limit expenses?

NSRD continues to exercise prudent financial stewardship by optimizing resources and leveraging shared services with other Nova Scotia health regulators and Canadian dietetic regulatory bodies. However, considering projected cost pressures, additional revenue generation will be required to ensure the Regulator's ongoing sustainability and ability to meet its public-interest mandate.

Why do dietitians pay an annual licensure fee to NSRD?

Under the regulated Health Professions Act, dietetics is a self-regulating profession in Nova Scotia. In short, this means that the expectation is that professionals support all the cost of regulating their profession. As the Regulator for dietetics, NSRD relies on applicant and registrant fees to cover the costs of our regulatory functions and remain financially sustainable.

COMMON PRACTICE QUESTIONS

I do not work as a clinical dietitian; what should I consider when determining whether to maintain my dietetic licence?

When determining whether a dietetic licence should be maintained, a dietitian should consider the following:

- Whether they are practising within the dietetic scope of practice, as defined in Section 6 of the [Dietetic Regulations](#).
- Whether their role within the health-care system draws on their dietetic education, training, and professional knowledge, and impacts members of the public.
- Whether they provide advice, guidance, or make decisions related to nutrition or health that could influence client, patient, or population outcomes.

I'm reducing my paid work hours and want to make sure I'm tracking my active practice hours correctly. What activities outside of direct client care can count toward the 500-hour requirement?

Both paid and unpaid activities can count toward your active practice hours, as long as they reflect engagement in the practice of dietetics. The NSRD [Active Practice Policy](#) defines active practice broadly to include research, education, consultation, management, administration, regulation, and policy or system development relevant to the defined scope of practice. It also takes into account whether the dietitian is actively using their education, training, and competence in their current role or working within the health-care system.

Some examples of unpaid activities that may count include:

- Researching and preparing presentations on dietetic topics (note: preparation time counts as unpaid hours; paid delivery time counts as paid hours)
- Mentoring dietetic students or interns
- Serving on professional or nutrition-related committees
- Contributing to research with a dietetic focus
- Developing nutrition resources or educational materials
- Providing community nutrition education

Registrants often assume that participating in short, less formal learning activities, such as webinars, counts toward active practice hours. While these activities can support your Continuing Competency Program (CCP), they do not count toward active practice hours, even if nutrition-focused. Formalized education (e.g., enrollment in a degree program) that directly involves the practice of dietetics would apply to active practice hours. If you are unsure about a specific activity, contact practice@nsrd.ca.



What is the difference between a Regulator (NSRD) and a professional dietetic association? Are they the same thing?

A regulator and a professional association serve different purposes, and it's a common source of confusion.

The NSRD is a regulatory body established under provincial legislation, the Regulated Health Professions Act. Its primary role is to protect the public by:

- Setting standards for entry to practice
- Setting registration, annual renewal, and continuing competence requirements.
- Establishing professional requirements through standards of practice, code of ethics, and other guidance documents
- Addressing concerns related to a registrant's conduct or competence

Licensure with the NSRD is mandatory to use the protected titles *dietitian*, *RD*, or *nutritionist*, and to practise within the dietetic scope of practice in Nova Scotia. These requirements exist to serve and protect the public interest.

By contrast, a professional association exists primarily to serve the interests of its members. Associations typically focus on professional advocacy, networking, continuing education opportunities, and peer support. One such example is Dietitians of Canada. Membership in a professional association is generally voluntary for dietitians.

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.