

FALL 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.

NATIONAL DAY OF TRUTH AND RECONCILIATION

As we approach the National Day for Truth and Reconciliation, we encourage reflection on the ongoing journey toward reconciliation with First Nations, Inuit, and Métis Peoples. As dietitians, it is important to acknowledge the historical and ongoing impacts of colonialism and to recognize how these experiences continue to shape food, health, culture, well-being, and access to services. Reflecting on these broader influences can help support more equitable, culturally safe, and responsive care.

In recognition of the National Day of Truth and Reconciliation, the NSRD, in collaboration with regulatory partners from the dietetic regulators in Saskatchewan, Newfoundland & Labrador, and Ontario, hosted a webinar with Dr. Holly Graham, developer of CPR Racism: A Guide for Health Care Providers to Address Racism in Health Care. Dietitians and dietetic students were invited to reflect, learn, and explore actions that support equitable and inclusive dietetic care.

If you were unable to attend, or would like to revisit the session, the recording is now available on the NSRD YouTube channel: <https://youtu.be/ATINrUyAOWc> and slides can be accessed [HERE](#).

Please note that **the recording will only be available until October 30, 2026**, so we encourage you to watch it at your earliest convenience.

We would value your feedback. If you attended the webinar or watch the recording, please take a few minutes to [complete our short evaluation](#).

Dr. Graham also kindly shared the following supplemental resources during the webinar for those who would like to learn more about the CPR Racism model and continue their reflection beyond the session:

- [Article describing the CPR Racism model](#)
- [Video on CPR Racism](#)
- [CPR Racism graphic](#)
- [Indigenous Professional Nursing Practice Group](#) – additional resources and information

CALL FOR VOLUNTEERS: 2027 JURISPRUDENCE QUIZ REVIEWERS

The NSRD is seeking 5-7 registrants to review questions for the 2027 Jurisprudence quiz. Reviewer feedback helps ensure the exam remains clear, relevant, and reflective of current regulatory requirements and practice expectations. The review will involve providing feedback on draft quiz questions and identifying any areas that may benefit from clarification or revision.

If you are interested in participating, please forward your expression of interest to the NSRD Deputy Registrar at deputyregistrar@nsrd.ca.

HIRING A DIETITIAN?

Before hiring a dietitian, employers are encouraged to check the [NSRD public registry](#) to confirm that the individual holds a current licence and is authorized to practise in Nova Scotia.

DID YOU KNOW? REPORTING OBLIGATIONS UNDER THE REGULATED HEALTH PROFESSIONS ACT

The Regulated Health Professions Act (RHPA) establishes reporting obligations for both registered dietitians and employers.

Employers have a duty to report.

Employers must report to the NSRD Registrar when a registered dietitian's employment is terminated, or a dietitian resigns, because of allegations relating to professional misconduct, conduct unbecoming the profession, incompetence, or incapacity. A copy of the report will be provided to the registrant.

Registered dietitians also have a duty to report.

Registered dietitians must report concerns when they have reasonable grounds to believe another registrant has engaged in professional misconduct, conduct unbecoming the profession, incompetence, or incapacity, or is practising in a manner that may place the public at risk. Similar reporting obligations apply with respect to members of other regulated health professions.

Good-faith reports are protected.

Individuals who make reports in good faith under the RHPA are protected from legal action arising from the making of the report.

NSRD ANNUAL REPORT

The NSRD is pleased to share its [2025-2026 Annual Report](#), highlighting the organization's activities, accomplishments, and key milestones over the past year. The report provides an overview of NSRD's regulatory work, governance initiatives, and ongoing efforts to serve the public interest through the regulation of dietitians in Nova Scotia.

IMPLEMENTATION OF MASS CASUALTY COMMISSION RECOMMENDATION C.19

As part of the implementation of Recommendation C.19 of the [Mass Casualty Commission's Final Report](#), Nova Scotia's health profession regulators are introducing new measures to strengthen public protection, transparency, and accountability. Two key initiatives that will affect dietitians include the introduction of a Practice Review Program and new requirements to increase public awareness of the profession's Code of Ethics and complaints process.

Practice Review Program: The NSRD is developing a Practice Review Program to align with the Nova Scotia Regulated Health Professions Network's Practice Review Program Framework. Registrants across all practice settings may be selected for review through a random and risk-informed process. The program will be designed to support ongoing quality practice, public protection, and opportunities for professional growth. Rollout is planned for after the 2028 renewal season, with further details to be shared as development progresses.

Promoting Public Awareness of Code of Ethics and Complaints: In the coming months, registrants can expect guidance related to a new requirement to increase the visibility of the profession's Code of Ethics and information about the complaints process. This requirement is intended to help ensure that members of the public can easily access information about professional expectations and the regulatory complaints process in practice settings and online. Additional details and implementation guidance will be shared as the requirement is rolled out.

UPDATE ON VIRTUAL PRACTICE ACROSS PROVINCIAL BORDERS

New Brunswick has updated its requirements for virtual dietetic practice. Dietitians providing virtual services to New Brunswick residents must now be registered with the New Brunswick Association of Dietitians (NBAD). This means that all Canadian provinces now require registration for virtual dietetic practice. Some provinces may have provisions for specific longitudinal care related to provincially funded health clinics.

Registrants are encouraged to review their current virtual practice. If you provide virtual care to clients located outside Nova Scotia, you are encouraged to:

- **Check with the provincial regulator** in the jurisdiction where your client resides to understand that province's specific requirements, including any disclosures, notifications, or authorizations required before providing services.
- **Stay informed of changes.** Requirements can vary across provinces and may change over time. Dietitians are responsible for ensuring they are aware of and comply with the practice and licensing requirements in provinces where their clients are located.

Questions? Please forward practice questions to practice@nsrd.ca and all other inquiries to info@nsrd.ca.