

# Writing the CDRE

MAHN Presentation

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# ABOUT ME..

Graduated MAHN Program July 2024

## Employment History :

- July 2024 Clinical Dietitian at HSC (Casual)
- Aug 2024 Clinical Dietitian IERHA (1.0 EFT Term)
  - Based in Selkirk, MB and covering Selkirk, Gimli, and Ashern
  - Mix of Primary Care, Renal Dialysis, Acute Care
- July 2025 Clinical Dietitian IERHA (0.7 EFT Perm)
  - Based in Selkirk, MB and covering Selkirk, and Oak Bank
  - Mix of Acute Care, Primary Care, LTC

## CDRE Exam :

- Wrote Exam in Nov 2024 - PASSED!

# About the CDRE..

The CDRE is a “**Criterion Referenced Exam**”

This means that performance is assessed against a fixed standard, regardless of how others perform. This standard demonstrates Minimal Competency in Dietetic Practice across all 7 Competency Categories.

- Four hour exam
  - Two 2-hour sections with a 15 minute break between each part
- 185 multiple-choice questions
  - 7.0 % Food and Nutrition Expertise
  - 12.0 % Professionalism and Ethics
  - 8.0 % Communication and Collaboration
  - 12.5 % Management and Leadership
  - 25.5 % Nutrition Care
  - 18.0 % Population Health Promotion
  - 17.0 % Food Provision

# Types of Questions

80% Independent Questions

20% Case/Passage-Based Questions

- One long passage with 3-6 questions related to a single case/scenario

15% Demonstrate Broad Knowledge

- Basic Information

35% Demonstrate Comprehension

- Identify something about the information

50% Demonstrate Critical Thinking

- Analyze, Interpret, and Apply Knowledge

# Studying - How? When? What?

Up to You! - Everyone I know was different

Me

- August - Off
- September - Prep/Organize
- October (~6 weeks prior) - Study
- November (~1-2 weeks before) - Practice Exam

# Studying - Resources



- WRHA Clinical Handbook (Adult and Pediatric)
- Practicum Experience - any notes/resources you have accumulated
  - Assessment Forms - what kinds of things fall under each competency
- Work experience
- BHNS Course Notes
  - Clinical Nutrition I/II
  - Quantity Food Production and Management
  - Macronutrients (Diabetes Info Especially!)
  - Management for Food and Nutrition
  - Nutrition Counselling
- Sue Behari Study Modules

# Other Resources

College of Dietitians of Ontario  [CDO Professional Practice Resources](#)

- info re: Professionalism

CDO Dietetic Practice Orientation and Self-Assessment Tool

- Tons of Resources on all topics  [Resources](#)
- Practice examples for each competency  [Self-Assessment](#)

# Practice Questions

Most important part of Studying

- Learn to read the questions
- Practice deciphering what questions are asking for
- Identify what type of question/what area of competence
- Repetition, repetition, repetition!



## Sue Behari - CDRE Prep Course

\$195

- Can be shared/split with a large group
- Offers both Study Modules with info on what to study & Practice Quizzes and Exams
- Unlimited tried on practice exams
- Does not save “attempts” - anyone can do it at any time

 [CDRE Prep Course](#)

 [Study Modules](#)

## Exam Prep Hero

\$90

- Can be shared with 2 or 3 individuals
- Offers 5 practice exams (185 questions each)
- Unlimited attempts - only one person can do the quiz at a time

 [CDRE Practice Exams](#)

# Registering for the Exam

## Registration

- Fee - \$600
- Must be paid when you register

## You book your day/time slot

- Time slot selection based on Province
- Any time of day - decide if you are morning/afternoon
- Budget for more time than the 4 hours

## Online Exam

- Live virtual proctor
- Webcam on - show your entire room
- Have your cellphone with you!
  - You must show them where it is sitting
- Read instructions for room set up carefully

# Computer Set Up

Test Your Technology - Using the System provided

Common issues - not enough computer storage/memory

- Restart/Clear apps running in background
- Apps that can reduce your memory

Borrowing a computer?

- Have passwords handy

Do a practice run-through

- Practice navigating through questions/flagging questions
- Use the notepad function

Technical Difficulties

- Be prepared, but Stay Calm!

## Where to go for Help!

College of Dietitian of Manitoba

Classmates - Group Chat!

Facebook Groups - other students writing this year

Sue Behari - specific facebook groups

Me -

**Hannah Beals, RD, MAHN**

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Reach Out if you have any questions about anything I have shared today!

Questions?