

MAHN July Wrap Up Week

Focused on CDRE Prep

July 14 – 17

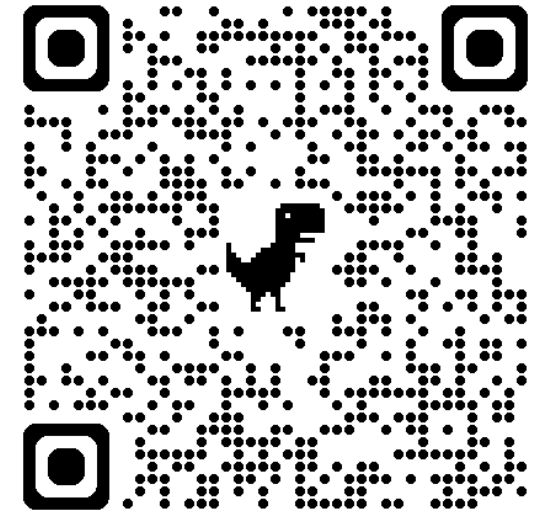
Department of Food and Human Nutritional Sciences
Faculty of Agricultural and Food Science



**University
of Manitoba**

Introduction

- The Alliance of Canadian Dietetic Regulatory Bodies
- Purpose of the CDRE – national competency exam
- Applying for the exam as a Graduate Dietitian – CDM (August 29, 2025)
- CDRE Prep Guide



CDRE

- Language options
- Accommodations – must be requested in writing by **September 4, 2025**
 - Submit Form A (p. 31) and Form B (p.32) to regulatory body
 - Form B **must** be completed by a health care professional
 - Form C for accommodations for religious reasons
- Scheduling – May and November
 - Meazure learning will email info about scheduling appointment (check spam folder)
 - Choose date and time (2-day testing window) *be mindful of time zone*



Testing your Technology

- Once your exam has been scheduled, Meazure will send info and a link to FAQ
- Test technology in advance, the day before **AND** on the day of the exam
- Consistent “pass” required to prevent computer problems on the day of the exam
- May request to take exam in-person by accommodation deadline



Remote Proctored Exam

- Read instructions from Meazure learning
- Choose private, quiet setting
- Check workplace firewalls
- Mirror or cellphone needed to display monitor
- No watches or paper
- No cellphones after security check
- Face away from the door



CDRE

Withdrawing from the exam

- Submit request to regulatory body
- Within 14 days of exam: administrative fee
- Within 5 days of exam: administrative fee + cancellation fee



CDRE

Illness BEFORE the start of the exam

- If you choose to write the exam under circumstances that affect your ability to concentrate, the exam result cannot be annulled

Unable to take exam due to compelling reasons

- Accident, death in family, illness, family or personal crisis
- For refund (within 30 days), apply for:
 - A extension of eligibility period / temporary license
 - Refund / Withdrawal

CDRE

Illness arose DURING the exam

- Request nullification within 5 business days of exam date (Appendix O, page 75-77)
- Submit signed medical report and fee
- The exam result will not be provided to you



CDRE – about the exam

- Criterion referenced, pass/fail
- ICDEPs
- 4 hours, 2 parts, 15 min break in between parts
- 185 questions – passage based and independent questions
- Online notepad
- No calculator
- Online tutorial – be prepared!



CDRE Exam Blueprint

Competency Category

- Food and Nutrition Expertise – 7%
- Professionalism and Ethics – 12%
- Communication and Collaboration – 8%
- Management and Leadership – 12.5%
- Nutrition Care – 25.5%
- Population Health Promotion – 18%
- Food Provision – 17%



CDRE Exam Blueprint

Cognitive Category

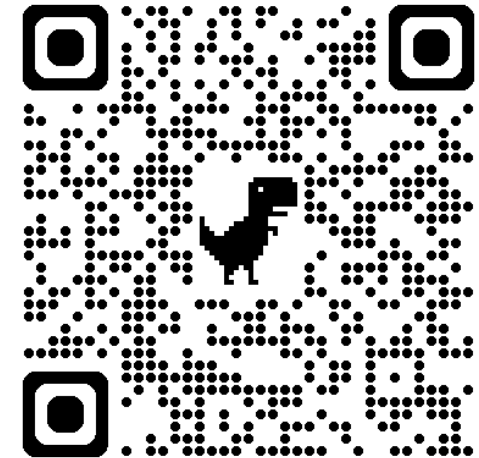
- 15% Demonstrate broad knowledge
 - Recalling previously learned material, memorizing
- 35% Demonstrate comprehension
 - Understanding principles identifying cause and effect
- 50% Employ critical thinking by analyzing, interpreting, and applying knowledge



2. PROFESSIONALISM AND ETHICS

Dietitians use professional, ethical and [client](#)-centred approaches, to practice with integrity and accountability

PRACTICE COMPETENCIES (workplace abilities expected of the dietitian at entry-to-practice)		PERFORMANCE INDICATORS (performance that will be assessed prior to registration)	PI ASSESSMENT REQUIRED		
			K = Knows; KH – Knows How; SH – Shows How; D = Does (based on Miller's Pyramid)		
			Academic	Practicum	CDRE
2.01	Practice within the context of Canadian diversity	a. Demonstrate knowledge of the diversity in Canadian society	K		K
		b. Demonstrate knowledge of health systems in Canada	K		K
		c. Demonstrate understanding of the impact of diverse attitudes and values on health	KH		KH
		d. Identify structures that impact health equity and social justice	KH	D	KH
2.02	Act ethically and with integrity	a. Treat others with respect	SH	D	KH
		b. Act in a manner that engenders trust	SH	D	KH
		c. Act in accordance with ethical principles	SH	D	KH
		d. Accept accountability for decisions and actions	SH	D	KH
		e. Act in a manner that upholds the reputation of the profession	SH	D	KH
		f. Maintain professional boundaries	KH	D	KH



How to read a question

Which manifestations are characteristic of bulimia nervosa?

1. Knuckle calluses, unwillingness to discuss food intake, amenorrhea
2. Erosion of dental enamel, knuckle calluses, psychological distress
3. Hypertension, low blood sugar, history of weight change
4. Ketoacidosis, hypotension, edema

How to read a question

An objective of a high school nutrition program is to increase the daily consumption of vegetables and fruit. Which tool will the dietitian use to assess behaviour change?

1. Food frequency questionnaire
2. 3-day food record
3. Pre- and post-program questionnaire
4. Focus groups



How to read a question

A consulting dietitian has been hired by a 200-bed long term care facility to provide clinical nutrition services. While visiting the foodservice department, the dietitian notes a 20 L mixer bowl of freshly made hot pudding being wheeled into the refrigerator for chilling. What should the dietitian do first?

1. Suggest to the food service supervisor that they use instant puddings that require no heating
2. Document details of the incident and monitor staff food handling techniques
3. Recommend more staff training in safe food handling
4. Inform the foodservice supervisor to ensure the pudding is safely handled



On the day of the exam

- Download the attachment that connects you to your proctor
- Validate identify – make sure first and last name in the system match your government provided ID
- Candidate rules agreement / Candidate declaration to maintain confidentiality
- Technical difficulties – contact your proctor!



Results and Appeals

- The exam result is SUCCESSFUL or UNSUCCESSFUL
- The right to appeal is based on irregularities in the exam administration or extraordinary, unforeseen, personal, and not pre-existing circumstances that arise on the day of the exam
 - If your appeal is successful, you will be permitted to write the next exam and the exam that was appealed will NOT be counted as a failed attempt



Groups

3 students for each group – 15 students

- Group 1: Food and Nutrition Expertise, Professionalism and Ethics
- Group 2: Communication and Collaboration, Management and Leadership
- Group 3: Nutrition Care
- Group 4: Population Health
- Group 5: Food Provision



Study Guide Groups

Group 1: Zoe, Kamal, Emily

Group 2: Lisa, Rinat, Maya

Group 3: Lasse, Alli, Samantha, Madison

Group 4: Megan, Taira, Angeline

Group 5: Justine, Aimee, Jenn



Study Guide Outline

1. Content summary – high level overview
2. Competency mapping – aligning study with ICDEPs (*previous ax*)
3. Terminology and definitions
4. Resources
5. Sample questions (1-2)



Study Guide Presentations

July 17 at 9:30 AM – 300 Human Ecology

- Minimum 10 minutes, max 12 minutes
- 5 minutes for Q&A
- Presentation format options:
 - Powerpoint, PDF, online document (walk through)



Program Wrap Up

- Staying Connected – MAHN Alumni
- Feedback and What's Next
- Surveys



Resources

- Review pop health notes from DC course
- CDO jurisprudence
- Podcasts: RD exam made easy, chomping down the RD exam podcast, dietetics with Dana
- <https://www.pocketprep.com/exams/cdr-rd/>
- <https://www.albertahealthservices.ca/nutrition/Page15593.aspx>
- Sue Behari CDRE prep course (UM Learn)
- KCAT Guide (sample questions)
- MAHN library





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