



# DIETETIC PRACTICUM

Program Guide

Preparing future dietitians for evidence-informed practice.

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## Getting Started

### Program Overview

The Fraser Health Dietetic Practicum Program provides high-quality, supervised practice experiences for dietetic students preparing for entry to practice as registered dietitians (RDs) in Canada. The program supports the development of safe, ethical and evidence-informed dietetic practice across diverse health care settings.

Through structured clinical, community and food systems placements, students gain hands-on experience applying nutrition knowledge within real-world healthcare environments. Practicum students are supported by experienced Fraser Health dietitians who are committed to mentorship, teaching, and professional development.

#### The program emphasizes:

- Practical skill development
- Critical thinking and clinical reasoning
- Interprofessional collaboration
- Application of current nutrition evidence
- Equity-oriented and culturally safe care

Fraser Health offers in-person, hospital-based practicum placements for **two applicant streams**:

- [Graduates of Canadian universities with a Degree in Human Nutrition](#)
- [Internationally educated dietitians \(IEDs\)](#) who have completed a competency review through the College of Health and Care Professionals of British Columbia (CHCPBC)

Fraser Health is British Columbia's largest regional health authority, delivering a broad range of hospital, community, public health and specialized services across Metro Vancouver and the Fraser Valley. Serving diverse urban, suburban, rural, and Indigenous communities, Fraser Health is committed to providing high-quality, patient-centred care that is evidence-informed, culturally safe, and responsive to the needs of the population. Through collaboration, innovation, and a strong focus on quality and safety, Fraser Health supports people at every stage of life to achieve and maintain optimal health.

## **Placement Information**

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Placements are designed to enable students to demonstrate entry to practice competencies as outlined by national and provincial dietetic regulatory standards.

### **Placement Location**

To minimize commuting demands and eliminate the need for relocation during the practicum, all practice experiences are arranged within a single, defined geographic area for the duration of the program.

Practicum placements are offered within one of the following regions:

- Fraser East – Abbotsford
- Fraser North – Burnaby, Port Moody, New Westminster
- Fraser South – Surrey

Students remain within their assigned geographic area for the entirety of the practicum and are not required to move or relocate at any time. The program makes every effort to accommodate students' stated location preferences, subject to placement availability and operational considerations.

### **Practice Areas**

The Fraser Health Dietetic Practicum Program offers structured practice rotations designed to support students in achieving the Integrated Competencies for Dietetic Education and Practice (ICDEP). Across all placement types, students develop competencies related to safe, ethical, client-centred and evidence-informed dietetic practice within the Canadian health care system.

Placements provide progressive learning opportunities that integrate nutrition care, communication, professionalism, leadership, collaboration and population health perspectives. Supervised practice experiences enable students to apply academic knowledge to real-world settings while receiving regular feedback from experienced Fraser Health dietitians.

Practice Area	Details	Learning Experiences	Outcomes
<b>Clinical Nutrition Placements (Acute Care and Outpatient Settings)</b>	Support the development of ICDEP competencies related to nutrition care, assessment, clinical decision making, and interprofessional collaboration. Students work with registered dietitians as part of multidisciplinary healthcare teams across acute care, ambulatory, and specialty practice areas.	<ul style="list-style-type: none"> <li>• Conducting comprehensive nutrition assessments</li> <li>• Developing and implementing medical nutrition therapy plans</li> <li>• Monitoring and evaluating nutrition interventions</li> <li>• Documenting care in accordance with professional and organizational standards</li> <li>• Providing patient-centred counselling and education</li> <li>• Collaborating with physicians, nurses, and allied health professionals</li> </ul>	Emphasizes evidence-informed practice, ethical decision-making, and effective communication with patients and health care teams.
<b>Community and Population Health Nutrition</b>	Align with ICDEP competencies related to health promotion, disease prevention, population health, and equity-oriented practice. Students gain exposure to public health nutrition and community-based initiatives that address broader determinants of health.	<ul style="list-style-type: none"> <li>• Supporting nutrition education and health promotion programs</li> <li>• Contributing to program planning, implementation, and evaluation</li> <li>• Engaging with diverse populations and community partners</li> <li>• Applying culturally safe and trauma-informed approaches</li> <li>• Considering health equity, food security, and population-level nutrition needs</li> </ul>	Develops skills in program development, public health communication and collaboration within community and public health teams.
<b>Food Systems Management</b>	Support ICDEP competencies related to systems thinking, leadership, quality improvement, and safe food provision within healthcare environments. Students gain practical experience in the organization, delivery, and evaluation of food services in hospitals and care facilities.	<ul style="list-style-type: none"> <li>• Menu planning and therapeutic diet implementation</li> <li>• Food safety, sanitation, and regulatory compliance</li> <li>• Quality assurance and improvement initiatives</li> <li>• Resource management and operational decision-making</li> <li>• Leadership, communication, and teamwork within food service operations</li> </ul>	Prepares students to understand the role of food systems in supporting patient care, safety, and organizational effectiveness.
<b>Research Project (Optional)</b>	Provides additional opportunities to support ICDEP competencies related to evidence informed practice, critical thinking, and professional inquiry. Students may participate in a research, quality improvement, or evaluation project under the guidance of a Fraser Health dietitian.	<ul style="list-style-type: none"> <li>• Reviewing and appraising scientific literature</li> <li>• Contributing to data collection, analysis, or knowledge translation</li> <li>• Applying evidence to practice or policy contexts</li> <li>• Communicating findings in a professional manner</li> </ul>	Supports the development of lifelong learning skills and the integration of research into dietetic practice.

## Applicant Streams

### Graduates of Canadian universities with a Degree in Human Nutrition

This practicum stream is intended for individuals who have completed a Bachelor's or Master's degree in Human Nutrition from a recognized Canadian university and are pursuing registration as a registered dietitian in Canada.

#### Program Duration

Students in this stream complete structured practice rotations that typically include:

Practice Area	Duration
Clinical Nutrition Placements (Acute Care and Outpatient Settings)	18 weeks
Community and Population Health Nutrition	10 weeks
Food Systems Management	10 weeks
Research Project ( <i>Optional</i> )	4 weeks
<b>Total practicum duration:</b>	<b>38-42 weeks</b>

The practicum duration is 38–42 weeks, with options to extend placements to demonstrate the skills required for ICDEP competencies.

#### Eligibility Requirements

Applicants must be permanent residents / citizens of Canada or have the appropriate legal status to study and work in Canada. If accepted into the program, you will be required to present valid government-issued ID upon enrollment.

Admission is competitive. Applications are assessed using the following weighting:

- Academic performance: **30%**
- Letter of intent and CV/resume: **30%**
- References: **10%**
- Interview (shortlisted applicants only): **30%**

Applicants must:

- Have graduated from a Canadian university with a degree in human nutrition that meets current dietetic education requirements (see Appendix A for a list of qualifying institutions and degrees)
- Have a minimum GPA of 3.0 (approximately 75% or B), calculated based on the most recent 30 academic credits
  - Applicants with a GPA below 3.0 who have significant relevant life or work experience may be considered and are encouraged to describe this experience in their letter of intent

- Meeting the minimum GPA does not guarantee admission
- Be eligible to complete a dietetic practicum as part of the pathway toward RD registration
- Meet all Fraser Health onboarding and placement requirements (e.g., immunizations, criminal record check)

Applicants must have completed coursework in the following areas as part of their Canadian human nutrition degree:

<b>Foundational Sciences</b>	<ul style="list-style-type: none"> <li>● General chemistry</li> <li>● Organic chemistry or biochemistry</li> <li>● Human physiology</li> <li>● Microbiology</li> <li>● Introductory statistics</li> </ul>
<b>Human Nutrition and Metabolism</b>	<ul style="list-style-type: none"> <li>● Macronutrient and micronutrient metabolism</li> <li>● Nutrition across the lifecycle</li> <li>● Nutrition assessment</li> <li>● Medical nutrition therapy</li> </ul>
<b>Food Systems and Management</b>	<ul style="list-style-type: none"> <li>● Food service systems and operations</li> <li>● Food safety and sanitation</li> <li>● Menu planning</li> <li>● Quality improvement and risk management</li> <li>● Human resources or leadership</li> </ul>
<b>Community and Population Health Nutrition</b>	<ul style="list-style-type: none"> <li>● Community and public health nutrition</li> <li>● Health promotion and disease prevention</li> <li>● Program planning and nutrition education</li> </ul>
<b>Professional Practice and Communication</b>	<ul style="list-style-type: none"> <li>● Professional practice and ethics</li> <li>● Interprofessional collaboration</li> <li>● Counselling and communication skills</li> <li>● Cultural safety and equity-oriented care</li> </ul>
<b>Research and Evidence-Informed Practice</b> <i>(Recommended, but may be completed as part of the Fraser Health Dietetic Practicum)</i>	<ul style="list-style-type: none"> <li>● Introductory research methods</li> <li>● Evidence-based practice or critical appraisal</li> </ul>

## **Internationally Educated Dietitians (IEDs)**

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This practicum stream supports internationally educated dietitians (IED) who are completing licensure requirements in British Columbia.

### **Program Duration**

Practicum placements for internationally educated dietitians are individualized and designed to address the competencies identified in the applicant's Self-Directed Learning Plan. Most practicums for IEDs are 6-18 weeks in duration.

The length and focus of the practicum are determined by:

- Recommendations from the College of Health and Care Professionals of British Columbia, and
- Assessment by the Fraser Health Dietetic Practicum admissions team

Placements focus on:

- Bridging identified competency gaps
- Orientation to Canadian healthcare systems and standards of dietetic practice
- Applying evidence-informed nutrition care within Fraser Health settings

### **Eligibility Requirements**

Applicants must be permanent residents or citizens of Canada or have the appropriate legal status to study and work in Canada. International applicants are required to submit documentation.

Applicants must:

- Have completed a credential and competency review with the College of Health and Care Professionals of British Columbia (CHCPBC)
- Have received a Self-Directed Learning Plan (SDLP) that includes a supervised practice requirement
- Meet all Fraser Health onboarding and placement requirements (e.g., immunizations, criminal record check)

## How to Apply

### Step 1: Confirm Eligibility

Applicants must confirm eligibility for one of the following streams:

- [Graduates of a Canadian university](#) with a degree in human nutrition
- [Internationally educated dietitians](#) with a completed CHCPBC review and approved SDLP

### Step 2: Prepare Required Documentation

All applicants must submit the following:

1. Letter of intent (maximum 2 pages, 12-point font, 2.54 cm margins)
  - Addressed to: *Fraser Health Authority Dietetic Practicum Committee*
  - Must include:
    - Practice areas of interest
    - Reasons for applying to Fraser Health
    - Career goals (3–5 years)
    - Relevant life or work experience
2. Resume (maximum two (2) pages)
3. Three (3) references
  - Including names, phone number and email address
    - At least one reference must be from a registered dietitian
4. Additional documents
  - *Canadian university graduates*
    - Complete, up-to-date and official transcripts from an accredited Canadian institution (see [Appendix A](#) for a list of accepted institutions)
      - Digital transcripts: have all transcripts emailed directly from your university to [FHdieteticpracticum@fraserhealth.ca](mailto:FHdieteticpracticum@fraserhealth.ca)
      - Paper transcripts: mail in a sealed, signed envelope to:  
**Dietitian Services, Attention: Dietetic Practicum Program**  
**Fraser Health Authority**  
**400 - 13450 102 Avenue**  
**Surrey, BC V3T 0H1**
  - *Internationally educated dietitians*
    - Completed a credential and competency review with the College of Health and Care Professionals of British Columbia (CHCPBC)
    - Self-directed learning plan from the CHCPBC
      - Plan must include a supervised practice requirement
    - Legal status documents to work and study in Canada – submit in step 2 of the application process

### Step 3: Submit Your Application

Applications are submitted through an online application system during published intake periods. In order, please follow the three (3) steps below to complete your application.

<p><b>Step 1:</b> <i>Submit your documents</i></p>	<p>Email us your letter of intent, resume and additional documentation required for your applicant stream (outlined above in <a href="#">Step 2: Prepare Required Documentation</a>)</p> <p><b>Email to:</b> <a href="mailto:FHDieteticPracticum@fraserhealth.ca">FHDieteticPracticum@fraserhealth.ca</a></p>
<p><b>Step 2:</b> <i>Connect with Talent Acquisition</i></p>	<p><a href="#">Submit your information</a> to our Talent Acquisition team. This will help us connect you with future career opportunities at Fraser Health as you near the completion of your practicum.</p> <p><b>*International applicants:</b> <i>in this step, you are required to provide a copy of the appropriate legal status documents to work and study in Canada.</i></p>
<p><b>Step 3:</b> <i>Provide us with your references</i></p>	<p>Complete the <a href="#">Reference and Final Confirmation form</a></p>

### Step 4: Application Review and Follow-Up

Applications are reviewed by the Fraser Health Dietetic Practicum Program team. Selected applicants may be contacted for additional information or next steps. Due to the volume of applications received, only those selected for placement will be contacted.

**\*Important Notes\***

- Practicum placements are subject to operational capacity, supervisor availability and service needs
- Meeting eligibility criteria does not guarantee placement
- All students must meet Fraser Health onboarding requirements prior to placement start

## Program Costs and Fees

The Fraser Health Dietetic Practicum is a fee-based program. Costs vary by applicant pathway.

### Canadian University Graduates

- Cost: **\$4,000 CAD**
- Practicum length: approximately 38–42 weeks

### Internationally Educated Dietitians

- Cost: Base tuition of **\$1,000 CAD**, plus **\$100 CAD** for each week over six (6) weeks.
- Total cost and length are determined based on CHCPBC recommendations and Fraser Health assessment

## Payment Details

- Payment is due at the time of enrollment
  - Fees are payable by phone or in person at any Fraser Health site, details will be provided upon acceptance to the program.

### Additional Costs

Students are responsible for all other costs associated with participation, including:

- Professional liability insurance (required)
- Transportation, parking and travel expenses
- Any additional personal or placement-related costs

There are no mandatory textbooks or required learning materials.

### Reimbursement of tuition costs for eligible Fraser Health employees

Successful graduates of the Fraser Health Dietetic Practicum will be eligible for full reimbursement of tuition fees if the following criteria are met within 14 months from graduation:

- The graduate completes 900 hours of work as a casual RD in a dietitian role at Fraser Health
- The graduate works for 12 months in a temporary or permanent, part-time or full-time role as a dietitian at Fraser Health

## Program Commitment

Fraser Health is committed to fostering an inclusive, supportive and learning-focused practicum environment. The Dietetic Practicum Program values diversity in educational backgrounds, lived experiences and perspectives. The program aims to prepare future dietitians for safe, collaborative, and competent practice across the health care continuum.

## Contact Information

For questions related to eligibility, application requirements or the practicum program, please contact: [FHDieteticPracticum@fraserhealth.ca](mailto:FHDieteticPracticum@fraserhealth.ca)

## Appendix A

### List of qualifying Canadian universities by province

Province	Institution/Program
<b>Alberta</b>	University of Alberta
<b>British Columbia</b>	University of British Columbia
<b>Manitoba</b>	University of Manitoba
<b>New Brunswick</b>	Université de Moncton*
<b>Newfoundland</b>	Memorial University
<b>Nova Scotia</b>	St. Francis Xavier University Mount St. Vincent University Acadia University Cape Breton University
<b>Ontario</b>	Toronto Metro University (formerly Ryerson University) University of Guelph University of Ottawa University of Toronto University of Western Ontario
<b>Prince Edward Island</b>	University of Prince Edward Island
<b>Quebec</b>	McGill University Université de Montréal* Université Laval*
<b>Saskatchewan</b>	University of Saskatchewan

*\*For universities that offer education in French, an English language proficiency exam may be required for some applicants*