

You can obtain 3 CEU's for reading the article "JOB SATISFACTION AND PERCEPTION OF WORKLOADS AMONG DIETITIANS AND NUTRITIONISTS REGISTERED IN SOUTH AFRICA" and answering ALL the accompanying questions with a pass mark of 70% or more.

This article has been accredited for CEU's (ref. no. DT/A01/P00008/2024/00002)

### HOW TO EARN YOUR CEUs

- 1) Register at <https://www.mpconsulting.co.za/medical-cpd>.
- 2) Log in.
- 3) Click on the Menu tab
- 4) Select "Journals".
- 5) Go to "South African Journal of Clinical Nutrition".
- 6) Select relevant issue.
- 7) Click "Access"
- 8) Select the CPD questionnaire activity and click on the corresponding article link
- 9) Visit <https://www.tandfonline.com/toc/ojcn20/current> to access the relevant CPD article.
- 10) Answer ALL the accompanying questions in the CPD questionnaire.
- 11) Click "Submit" to obtain your results.

Only online questionnaires will be accepted.

### Activity 177

1. Why would it be relevant to study how dietitians and nutritionists perceive their jobs and workloads in Low- and Middle-Income Countries, like South Africa, with an overburdened public healthcare system?
  - a. Negative perceptions hasten turnover in the workforce, so more qualified dietitians and nutritionists have a chance to be employed.
  - b. Their perceptions directly impact the quality of care that patients receive.
  - c. It helps managers to be able to emphasise to their workforce that the personal/ perceptions of dietitians and nutritionists have no role in policymaking regarding resource allocations.
2. In South Africa, what percentage of the population relies on public health services?
  - a. 60%
  - b. 75%
  - c. 83%
3. Which of the following factors have NOT been associated with higher job satisfaction among healthcare professionals in general, according to the peer-reviewed literature:
  - a. having a narrow scope of assigned work tasks.
  - b. professional experience and respect from peers.
  - c. physical work environment and resource availability.
4. The construct of workload represents:
  - a. the extent to which persons like or dislike their jobs.
  - b. the amount of performance persons required to carry out work activities in a specified time.
  - c. both of the above.
5. Which instrument was used to assess job satisfaction in the study?
  - a. Occupational Satisfaction Index
  - b. Satisfaction Inventory for Healthcare Professionals
  - c. Job Satisfaction Survey (JSS)
6. How many subscales are included in the Job Satisfaction Survey (JSS) used in this study?
  - a. Nine subscales
  - b. Ten subscales
  - c. Twelve subscales
7. The National Aeronautics and Space Administration Task Load Index (NASA-TLX) used in this study to measure perceptions of workload has:
  - a. not been validated for use in healthcare workers, but this was deemed not very important for the study as it is a generic tool.
  - b. eight subscales graded according to a 5-point Likert scale.
  - c. six subscales graded according to a 10-point Likert scale.
8. Respondents had practised as a dietitian or nutritionist for a median of:
  - a. Five years
  - b. Eight years
  - c. Twelve years
9. Which aspect of their jobs, as measured with the NASA-TLX tool, were respondents most satisfied with, regardless of the sector in which they worked?
  - a. Salaries
  - b. Communication with the rest of the multi-disciplinary team that cares for patients
  - c. Nature of the work
10. Which aspect of their jobs, as measured with the tool NASA-TLX, were respondents least satisfied with, regardless of the sector in which they worked?
  - a. Salaries
  - b. Recognition as part of the multi-disciplinary team
  - c. Nature of the work
11. In which of the job satisfaction sub scores were the biggest difference found between dietitians and nutritionists working in the public compared to the private and higher education sectors?
  - a. Nature of the job
  - b. Relationships with colleagues in the workplace
  - c. The availability of resources to do the job
12. Which of the below statements are NOT TRUE regarding the workload of respondents in this study:
  - a. They perceived their daily work-related tasks as more mentally than physically demanding.
  - b. Most felt they accomplished their daily tasks to a low level, requiring high effort.
  - c. They perceived feeling slightly high levels of work-related frustration, including feelings of insecurity, discouragement, irritation, stress or annoyance.
13. Through which structures could South African dietitians and nutritionists most effectively lobby for fair compensation in salary scales and private fee structures?
  - a. SA Medical Board
  - b. Professional Board of Dietetics and Nutrition of the HPCSA and ADSA
  - c. Provincial governments
14. In this study, dietitians and nutritionists in the public sector flagged a lack of:
  - a. Office space, stationery, anthropometric equipment.
  - b. Nutritional supplements and feeds and equipment for the delivery of feeds.
  - c. All of the above.
15. In the SA public health sector, what would likely be most useful to detect professional practice difficulties and accurately anticipate dietetic staffing requirements?
  - a. Projection models based on population demands and continuing workforce data.
  - b. Projection models based on European data.
  - c. None of the above.