

You can obtain 3 CEU's for reading the article "SOCIAL MEDIA AND ELECTRONIC COMMUNICATION USAGE BY SOUTH AFRICAN DIETITIANS" 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/P00008/2024/00005)

HOW TO EARN YOUR CEUs

- 1) Register at <https://www.mpconsulting.co.za/medical-cpd>.
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- 3) Click on the Menu tab
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- 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
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- 10) Answer ALL the accompanying questions in the CPD questionnaire.
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Only online questionnaires will be accepted.

Activity 180

1. Tele-nutrition entails:
 - a) the use of telephonic communication to provide nutrition counselling.
 - b) delivering nutrition services digitally to clients and patients.
 - c) the use of television programmes to distribute nutrition information.
2. To promote integrity, transparency, respect, responsibility and confidentiality when using digital platforms, South African dietitians have as a guide the:
 - a) Guidelines for Good Practice in the Healthcare Professions: Ethical and Professional Rules of the Health Professions Council of South Africa' and the 'Social Media and Communication Guidelines' published by the Association for Dietetics in South Africa (ADSA)
 - b) Declaration of Helsinki
 - c) South African Guidelines for Good Clinical Practice and the Medical Research Council (MRC) Ethical Guidelines for Research
3. The following digital platforms were preferred as social media platforms for engaging with clients and disseminating information:
 - a) Twitter and Whatsapp
 - b) Youtube and Pinterest
 - c) Instagram and Facebook
4. Most dietitians (71%) utilised ... hours per week to create content for digital platforms:
 - a) <1
 - b) 1–3
 - c) >5
5. The most commonly cited barriers/challenges to using digital platforms included:
 - a) lack of trust in technology and data/Wi-Fi connectivity issues
 - b) not having enough time, being unfamiliar with some of the platforms and lack of active participation
 - c) clients do not enjoy online consultations and maintaining confidentiality
6. Approximately half of participants (49,4%) had ... social media followers.
 - a) <500 followers
 - b) 500–1 000 followers
 - c) 1 000–1 500 followers
7. The most common form of content posted online was:
 - a) nutritional facts and information
 - b) educational information
 - c) recipes
8. The most common changes made to digital platforms due to the COVID19 pandemic were to:
 - a) increase the frequency of posts
 - b) offer online consultations
 - c) improve the quality of online content
9. The most commonly cited reason for using certain digital platforms included it being:
 - a) quick to use
 - b) user friendly
 - c) cost effective
10. ... of the participants have never reported nutritional misinformation found on other registered dietitians' accounts.
 - a) 9.7%
 - b) 90.7%
 - c) 97.7%
11. What is the primary ethical consideration that dietitians must adhere to when posting information about clients?
 - a) Confidentiality and consent
 - b) Inclusivity
 - c) Autonomy
12. With reference to digital platforms hosted by dietitians:
 - a) More than half of the dietitians offered virtual consultations as a service on their digital platforms and posted educational information.
 - b) More than half of the dietitians did not offer virtual consultations as a service on their digital platforms, but they did post educational information and nutritional facts/information.
 - c) More than half of the dietitians did not offer virtual consultations as a service on their digital platforms, and they did not post educational information.

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13. Most of the participants (70.7%) found paid partnerships/ brand endorsements and financial incentives received acceptable if the product/ brand is in line with scientific principles.
 - a) True
 - b) False
14. Which of the following statements is true based on the assessment of digital platforms.
 - a) The majority promoted branded items.
 - b) Most platforms were involved in paid partnerships
 - c) The majority did not promote branded items nor engage in paid partnerships
 - d) All platforms assessed promoted branded items.
15. What future research direction does the study suggest?
 - a) The impact of traditional media on nutrition
 - b) The quality and long-term impact of nutrition information on digital platforms
 - a) The effectiveness of face-to-face consultations only