

GUIDED PORTFOLIO (GP) - CPD REQUIREMENTS FORM

- This route is available for nutritional therapy practitioners whose qualifications **DO NOT fully meet the National Occupational Standards (NOS)** because certain areas were omitted from the courses they completed.
- You will be able to apply using this route if you graduated from the following training providers in the years indicated below:

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| ○ UK College of Nutrition and Health (BCNH) – 2006-2009 |
| ○ Institute for Optimum Nutrition (ION) – 2001-2009 |
| ○ Raworth College – 2003-2009 |
| ○ Thames Valley University (TVU)/University West London (UWL) – 2004-2009 |

- The gaps that have been identified by training providers have been listed in the following pages. Please provide the documentation set out below along with evidence of CPD to cover the identified gaps.
 - ☐ A copy of your **certificate of graduation** from your training provider.
 - ☐ **CPD** - You need to show that you have developed your knowledge to cover the areas that were not covered in your course as required by the NOS. These areas can be covered by CPD, which can be done by attending a course or by self-directed learning. You should then write a short piece to show that you have understood the subject (500 words is sufficient). The areas required are set out in the next few pages, separately for each training provider.
 - ☐ **One case study** - a sample is located on the BANT website at the following link:
www.bant.org.uk/bant/jsp/member/CNHCregistration.faces
 - ☐ **Complete a Practice Self Audit** – this is located on the BANT website at the following link:
www.bant.org.uk/bant/jsp/member/CNHCregistration.faces

The rest of this document contains the instructions on how to complete the CPD requirements.

Please make sure that you complete and print off the Page 2 as well as the CPD section that belongs to the course you completed.

CPD REQUIREMENTS FOR THE GUIDED PORTFOLIO (GP)

Applicant Number is your Date of Birth:

(Do not add your name as this will be assessed anonymously)

Name of Training Provider: _____

Enrolment Date: _____ **Graduation Date:** _____

Instructions

1. You need to show that you have developed your knowledge to cover the areas that were not covered in your course as required by the NOS. These areas can be covered by CPD, which can be done by attending a course or by self-directed learning.
2. Please make sure that you complete and print off this page as well as the CPD section that belongs to the course you completed.
3. In the column **"Learning Mode"** indicate how you have completed each Learning Outcome required by using the following keys:

SD – Self Directed Learning

C – CPD course

4. You will also need to submit a short piece of reflective writing for each area you are required to cover – **500 words**. You need to demonstrate your understanding of the subjects and indicate that you have done this in the **"Evidence Provided"** column.
5. Use the following table to find what CPD requirements you need to complete. You will see that they are colour coded.

TRAINING PROVIDER	GRADUATION YEAR								
	2000	2001	2002	2003	2004	2005	2006 - 2009	2010-2011	
BCNH (Pages 3-4)							✓		CPD required
ION (Page 5)		✓	✓	✓	✓	✓	✓		CPD required
Raworth College (Page 6)				✓	✓	✓	✓	Full Portfolio Application	CPD required
TVU / UWL (Page 7)					✓	✓	✓	Full Portfolio Application	CPD required

UK COLLEGE OF NUTRITION AND HEALTH (BCNH) – 2006-2009

NTC CORE CURRICULUM ITEM (LEARNING OUTCOMES)	Learning Mode	Evidence Provided	Assessor Use Only
<p>A) Applicants that graduated from BCNH, whose course has been partly mapped, are required to demonstrate an understanding in Pharmacology and Pharmacokinetics.</p> <p>1) PHARMACOLOGY AND PHARMACOKINETICS</p> <p><i>Demonstrate understanding in PHARMACOLOGY and PHARMACOKINETICS</i></p> <ul style="list-style-type: none"> i) Describe possible consequences of interactions between foods, nutraceuticals, herbal medicines and drugs. ii) Discuss classes of commonly used drugs, their general actions, possible side effects and contraindications. iii) Explain the factors affecting variability of responses to drugs. iv) Identify information from standard reference sources about possible interactions between named drugs, foods, nutraceuticals and herbal medicines. v) Explain the principles of pharmacodynamics and pharmacokinetics relating to drugs, herbal medicines, nutraceuticals and natural components of food. <p>B) Applicants that graduated from BCNH in the years between 2006 - 2009 also need to undertake CPD to cover the following learning outcomes and provide documented evidence.</p> <p>2.1.3 MICRONUTRIENTS AS IT RELATES TO PHYTONUTRIENTS ONLY</p> <p><i>Complete short piece of reflective writing each topic.</i></p> <ul style="list-style-type: none"> 1. Discuss factors affecting individual requirements for phytonutrients. 2. Discuss bioavailability of dietary and food supplement sources of phytonutrients. 3. Explain functions and interactions of micronutrients, including phytonutrients and other orthomolecular compounds, at the cellular level. 5. Describe the main categories of phytonutrients, their occurrence and their physiological actions and potential toxicity. 			

2.1.7 PATHOPHYSIOLOGY			
5. Evaluate common symptoms leading to a differential diagnosis.			
2.2.1 HEALTH FUNCTIONAL STATUS & WELLBEING			
6. Discuss the implication of disability legislation on clinical practice.			
2.2.2 TREATMENT AND SCOPE OF METHODS OF NUTRITIONAL THERAPY			
2. Discuss the information provided by a client and acknowledge the circumstances when it is inappropriate to accept a client or where NT may benefit from collaboration with other healthcare professionals. 3. Discuss the purpose, range and limitations of different methods of nutritional therapy. 6. Explain response to conflicting advice obtained from other practitioners.			
2.3 PRACTICE MANAGEMENT			
5. Discuss legislation relevant to practice.			
2.4 PRACTITIONER DEVELOPMENT			
4. Use reflective skills to produce an action plan for personal development. 6. Demonstrate understanding of importance of currency of knowledge 7. Demonstrate the skills required to find, review and evaluate information.			
2.5.3 EVALUATING AND REVIEWING EFFECTIVENESS OF NUTRITIONAL THERAPY			
6. Explain reasons that may necessitate a halt to nutritional therapy.			

INSTITUTE FOR OPTIMUM NUTRITION (ION) – 2001 - 2009

NTC CORE CURRICULUM ITEM (LEARNING OUTCOMES)	Learning Mode	Evidence Provided	Assessor Use Only
<p>A) Applicants that graduated from ION, whose course has been partly mapped, are required to demonstrate an understanding in Pharmacology and Pharmacokinetics.</p> <p>1) PHARMACOLOGY AND PHARMACOKINETICS</p> <p><i>Demonstrate understanding in PHARMACOLOGY and PHARMACOKINETICS</i></p> <ul style="list-style-type: none"> i) Describe possible consequences of interactions between foods, nutraceuticals, herbal medicines and drugs. ii) Discuss classes of commonly used drugs, their general actions, possible side effects and contraindications. iii) Explain the factors affecting variability of responses to drugs. iv) Identify information from standard reference sources about possible interactions between named drugs, foods, nutraceuticals and herbal medicines. v) Explain the principles of pharmacodynamics and pharmacokinetics relating to drugs, herbal medicines, nutraceuticals and natural components of food. <p>B) Applicants that graduated from ION in the years between 2001 - 2005 also need to undertake CPD to cover the following learning outcomes and provide documented evidence.</p> <p>2.1.3 MICRONUTRIENTS AS IT RELATES TO PHYTONUTRIENTS ONLY</p> <p><i>2) Complete short piece of reflective writing each topic.</i></p> <ul style="list-style-type: none"> 1. Discuss factors affecting individual requirements for phytonutrients. 2. Discuss bioavailability of dietary and food supplement sources of phytonutrients. 5. Describe the main categories of phytonutrients, their occurrence and their physiological actions and potential toxicity. <p>2.2.1 HEALTH FUNCTIONAL STATUS & WELLBEING</p> <ul style="list-style-type: none"> 6. Discuss the implication of disability legislation on clinical practice. 			

RAWORTH COLLEGE – 2003 - 2009

NTC CORE CURRICULUM ITEM (LEARNING OUTCOMES)	Learning Mode	Evidence Provided	Assessor Use Only
<p>A) Applicants that graduated from Raworth, whose course has been partly mapped, are required to demonstrate an understanding in Pharmacology and Pharmacokinetics.</p>			
<p>1) PHARMACOLOGY AND PHARMACOKINETICS</p>			
<p><i>Demonstrate understanding in PHARMACOLOGY and PHARMACOKINETICS</i></p> <ul style="list-style-type: none"> i) Describe possible consequences of interactions between foods, nutraceuticals, herbal medicines and drugs. ii) Discuss classes of commonly used drugs, their general actions, possible side effects and contraindications. iii) Explain the factors affecting variability of responses to drugs. iv) Identify information from standard reference sources about possible interactions between named drugs, foods, nutraceuticals and herbal medicines. v) Explain the principles of pharmacodynamics and pharmacokinetics relating to drugs, herbal medicines, nutraceuticals and natural components of food. 			
<p>B) Applicants that graduated from Raworth in the years between 2003 - 2009 also need to undertake CPD to cover the following learning outcomes and provide documented evidence.</p>			
<p>2.1.4 FOOD COMPOSITION & PROPERTIES</p>			
<p>LO6. Discuss sources of food toxins and possible food safety concerns</p> <p>LO8. Discuss the regulation governing food from farm to fork.</p>			

**THAMES VALLEY UNIVERSITY (TVU) – 2004 – 2009
UNIVERSITY WEST LONDON (UWL)**

NTC CORE CURRICULUM ITEM (LEARNING OUTCOMES)	Learning Mode	Evidence Provided	Assessor Use Only
<p>A) Applicants that graduated from TVU, whose course has been partly mapped, are required to demonstrate an understanding in Pharmacology and Pharmacokinetics.</p> <p>1) PHARMACOLOGY AND PHARMACOKINETICS</p> <p><i>Demonstrate understanding in PHARMACOLOGY and PHARMACOKINETICS</i></p> <ul style="list-style-type: none"> i) Describe possible consequences of interactions between foods, nutraceuticals, herbal medicines and drugs. ii) Discuss classes of commonly used drugs, their general actions, possible side effects and contraindications. iii) Explain the factors affecting variability of responses to drugs. iv) Identify information from standard reference sources about possible interactions between named drugs, foods, nutraceuticals and herbal medicines. v) Explain the principles of pharmacodynamics and pharmacokinetics relating to drugs, herbal medicines, nutraceuticals and natural components of food. <p>B) Applicants that graduated from TVU in the years between 2004 - 2010 also need to undertake CPD to cover the following learning outcomes and provide documented evidence.</p> <p>2.1.4 FOOD COMPOSITION & PROPERTIES</p> <p>LO8. Discuss the regulation governing food from farm to fork.</p>			