

EXAMPLE CAREER SUMMARY AND STATEMENT OF PRACTICE FOR EXTERNAL FULL PORTFOLIO (EFP) APPLICANTS

Statement of practice and Career Summary

[APPLICANT NUMBER] (Date of Birth)

I consider myself a general practitioner, able to practice safely, independently and effectively within the guidelines of the NOS and core curriculum, which I have read and understood. Treating a wide range of conditions in clients of all ages. I meet all the health and safety requirements, work to the BANT, and CNHC XX code of ethics. I am registered with the information commissioner and keep my records locked up. I keep up to date with the BANT competency guide. I have been a BANT member and fully insured since XX.

I work holistically but within the parameters the client wishes to deal with. If appropriate I will refer clients to other therapists to support their treatment. I give general dietary advice to most clients at the pace and level they are able to assimilate. Where conditions are complex i.e. mental health problems I exercise caution with the level and amount of advice given and I will only treat them if there are other support mechanism in place. Also in these cases treatment would be in conjunction with their GP, support workers etc.

I update regularly using CPD events, reading and meetings with fellow practitioners. I subscribe to The Nutrition Practitioner, Foresight, The Optimum Nutrition Magazine, What Doctors Don't Tell You and CAM Magazine. I am a member of Foresight, The Candida Society, an Associate of The Institute of Optimum Nutrition and a member of The Foundation for Natural Therapy.

Scope of Practice

Babies – General weaning and dietary advice is within my scope of practice. Also advice regarding autism, eczema, asthma, food allergies etc. The use of simple supplements is often recommended e.g. GLA for eczema, essential fatty acids etc. Functional testing is used for children with autism e.g. Comprehensive digestive stool analysis and hair mineral tests. I would not treat babies with complicated medical conditions or those on medication. If I were to do so it would be in conjunction with the medical profession

Children – I will treat simple conditions in children and give appropriate dietary advice as for babies. For those with serious medical conditions I would give dietary advice if required to do so and in conjunction with the medical profession.

Young adults – As above. For those with eating disorders I will only treat in conjunction with a counsellor or a GP as I deem this a specialist treatment that requires a multidisciplinary team. I

will only give those with eating disorders general nutritional advice and a simple supplement protocol.

Adults - a wide range of conditions treated on a general level- see below. For those with mental health problems I would only treat in conjunction with their support workers/ GP's etc. As usual I take particular care to investigate any drug/nutrient interactions

Older generation - as above. With regard to age onset disorders e.g. Alzheimer's I would treat these on a general level.

Conditions supported

Fertility

I am a Foresight practitioner, having attended the relevant CPD events. I treat using appropriate dietary advice, hormone assays, hair mineral tests, supplement programmes etc. Other therapies are often appropriate here so referral is often suggested.

Cardiovascular health

I practise generally in this area, giving advice on weight control, cholesterol levels, exercise and high homocysteine levels. The appropriate supplements are suggested if relevant.

Digestion

I consider myself well informed, possibly specialist on digestive issues, having attended many CPD events (see sheet). I use appropriate testing and supplement protocols with a high degree of success.

Chronic Fatigue Syndrome/Hormone issues/Joint and muscle problems/ Stress insomnia / Weight control etc

As for digestive issues

Sport Nutrition

I do not practice in this area

Mental Health problems

I treat these with caution at a general level. Experience has shown these cases are complex and those concerned are often on multi medication, which makes supplementation impossible. I give general dietary advice and will suggest tests where appropriate, although compliance is often an issue here

Breast Cancer

I obviously do not treat the cancer itself but I have considerable experience in giving diet and supplement advice to those with breast cancer. I am constantly updating through attending meetings, events and reading etc. I would consider myself a specialist in this area.

Career Summary

Previous relevant qualifications include a degree in XX and a Masters degree in XX. I undertook a Diploma in Clinical Nutrition with XX. On completion of the course I undertook some voluntary clinical practice with XX and XX. XX suggested I might like to spend some time with her and take over her practice when she retired. The rest is summarised below

October – December 2003 - six weeks with XX working on case histories, observation and clinical practice. She also left me all her books, information files, research files etc.

December 2003 to date - private practice in XX and XX. Treating a range of conditions with general nutritional therapy

2004 – date. In January 2004 Appointed a Nutritional Therapist at XX. Here I work in a similar way to my general practice, giving diet and supplement advice appropriate to the stage of treatment. The depth of the treatment varies considerably at XX and can very much depend on how the visitor is feeling, their level of interest and the stage of treatment. Although the focus is on a suitable diet and supplement programme for their breast cancer I often treat them for other conditions if appropriate. Tests I may use include Hair Mineral tests, Oestronex test and occasionally digestive tests. XX also run support workshops once a month when I give a general talk on nutrition and I have also run several cooking workshops. This work at XX has involved research, talking to experts, reading etc. Also we attend regular updating meetings and clinical supervision with other XX therapists and staff plus receiving regular research updates by email.

2005 – date. Two years ago I was asked to run a six-week course in nutrition for students in the Remedial Therapy department at XX. This was a pilot for the ITEC course in Diet and Nutrition. Following the success of the pilot I was asked to teach the diploma course. As it was a new course for the college I have researched and written the course material myself and of course had to adapt them to suit the visually impaired. I was delighted when the first group of students passed the exam! I am currently developing the course for distance learning for the visually impaired and hopefully going to be using a new technique called T3, which involves a tactile talking pad.

Talks and teaching

October 2004 – I organised a week “**Eat yourself Fitter**” campaign at (see enclosed report). This was a week of talks, demonstrations and activities based around the concept of health. Mayfair is a community centre and complementary health centre.

2004-2005 – Wrote and delivered three six week evening classes at local college called “ Nuts about Nutrition”.

2004 – Delivered several workshops for local mental health team support groups in XX.

Other workshops include, XX Baby support group, XX Food Festival, Autistic Support Group XX, The Bracken Trust (Cancer support centre in XX). Talks to Arthritis support groups in XX and XX, Cancer Care support group in XX, plus many W.I's, ladies groups and lunch clubs etc. I have also attended two Mind Body Spirit Events and the Health Fair at XX where I was on the discussion panel of experts. I have also run two workshops at a health day at the local comprehensive school.

These workshops, talks, teaching and cooking involve much research and preparation.

How I practise

I usually use a pre consultation questionnaire and weekly diet diary sheet. The questionnaire highlights major and minor symptoms, previous history, medication etc. Prior to the appointment this is analysed to determine vitamin and mineral status, weak organs and systems and the diet is evaluated. Interactions of nutrients with any prescription medication is also checked. The consultation is holistic but prioritised as requested by the patient. The initial consultation lasts approximately one hour and a follow up a month later last half an hour. Further appointments are as needed. All aspects are discussed with the patient and appropriate testing is used as necessary. Test results are analysed and advice is sought from the relevant source if necessary. All patients receive written instructions and relevant handouts and I check their understanding at the end of the consultation. I do not use a questionnaire for children but ask them to keep a diet diary. If a patient does not wish to complete a form then I proceed without using questions instead. I keep comprehensive notes and a copy of their protocol and test results. I am always sensitive to the needs of the patient as for some people even the smallest dietary change is difficult for them and I encourage them to make the small changes and then we gradually progress as their condition improves.

Since I qualified I have attended many CPD events, read many books and had many discussions with my peers. I believe I practice in a safe effective way meeting all the criteria listed in the NOS and recently a lady told me I had given her back her life!

Word count 1556