



BANT eNews 138: Menopause Month, Connecting with GPs, IBS Survey results, AI to support research

Welcome to Issue 138 - Autumn 2024

Hello there,

The October conference schedule has kept BANT directors, managers and volunteers extremely busy: we've attended events aimed at general practice and primary care workers, BANT members and other parties with common interests. To hear about the progress we've made, read Satu Jackson's report and the BANT IBS survey results below.

Meanwhile, the BANT events team is gearing up for the next BANT virtual conference in November (full details following).

As this is "menopause awareness month", we also bring you on article on osteoporosis in the context of menopause. If osteoporosis is of interest to you, you might also be interested in the November Student Tea Session on bone health, see Student eNews section below.

Happy reading!

This email is sponsored by:



A promotional banner for VSL#3 capsules. On the left, a hand holds a white bottle of VSL#3 capsules. The background is dark blue with yellow and white text. A yellow circle contains the text 'NEW VSL#3 capsules'. To the right, it says 'High strength live bacteria supplement' and 'Trusted and recommended by NHS Healthcare Professionals'. In the top right corner, the VSL#3 logo is displayed with the tagline 'We get the gut'. A yellow button in the bottom right corner says 'Click to order a free sample'. At the very bottom right, in small text, it says 'UK-VSL3-2400047 | September 2024'.

NEW VSL#3 capsules

High strength live bacteria supplement

Trusted and recommended by NHS Healthcare Professionals

VSL#3
We get the gut

Click to order a free sample

UK-VSL3-2400047 | September 2024

Report from our BANT CEO, Satu Jackson



We are making ourselves seen and heard! BANT has multiple workstreams that focus on our mission to ...

“Support members’ professional standing through policy development and tools to promote functional, science-based nutrition and lifestyle consultation as part of integrative healthcare.”

You will have seen the [BANT Manifesto](#) that provides the background to topics on which we lobby the government. This is supported by active PR. Autumn is always a busy time for events. Early October, in one week alone, we attended two events where there were mainly GPs and practice managers in the audience and a third event where there were largely nutrition professionals in attendance. [BANT In Action](#) lists the events we attend.

It was our third year at Best Practice Birmingham and we have seen a seismic change in the response from GPs and dietitians at this event to what we do and talk about. We have a colourful stand that promotes our members, GP resources, NED and other resources, and this year, also the results of the quick IBS survey (see the article below). These generated plenty of conversation as did the talk I did on IBS and the many underlying causes we recognise and aim to resolve. By now, many GPs have come to acknowledge that there is more to solving IBS than just FODMAP diet, which is still the only route they have. We know that some GPs have followed up after these events and the subsequent email we send to them, and have got in touch with BANT members in their area to establish collaboration and referral opportunities; we hope the same will continue to happen.



There is still the question of how we best work with GPs, many still wish to support the ethos that healthcare services should be free for the public, while others are happy to refer to nutritional therapists in private practice. There are also now increasing numbers of GPs in the private sector, who are happy to use other private services such as those provided by BANT members and also get referrals by some insurance companies. BANT is working on a GP engagement project to provide additional resources to members on how to approach GPs and on what type of services they have told us that they are looking for, covering both talks and personalised consultations. Most questions from GPs are about IBS and metabolic conditions. I hear you ask, what is happening about nutritional therapy consultations being covered by insurance: this is a tough one, but we continue to explore opportunities, as does CNHC. We know some insurance companies cover nutritional therapy consultations and even testing but, at the current time, this tends to require a high insurance premium.

It is great to see more collaboration opportunities and discussions with other healthcare professionals and organisations to explore how we can increase the reach of BANT practitioners. Some might say this is not happening fast enough, but, as with anything, these relationships require nurturing in order to build trust, very similar to building the relationships with our clients. Progress is ongoing and increasing year on year; you can help by doing the same in your local area, ensuring your practitioner profile and website are informative and professional, and collectively we will drive our mission to be part of an integrative healthcare system, and make this a reality.

Enjoy the autumn and return of cosy nights and soups.

Results of BANT's IBS Survey

When talking to GPs at conferences attended by BANT Directors and Managers in recent years, we repeatedly hear that they struggle to advise IBS patients on how to resolve and manage their symptoms, this is a key condition where nutritional therapy could be immensely helpful.

With a view to creating an evidence base to demonstrate how Registered Nutritional Therapists can effectively improve symptoms, we conducted a survey of BANT members in clinical practice in August 2024. The responses from 172 members found that as many as 98,000 individuals in the UK are engaging the services of Registered Nutritional Therapists MBANT with a GP diagnosis of IBS. Over a period of 3-6 months, and on average across all common IBS symptoms, 56% of these individuals (55,440) see a strong improvement in their symptoms, with 31% (30,416) seeing complete resolution of symptoms. The table below breaks this down by IBS symptoms included in the survey.

IBS Symptom	Frequency seen by BANT members	Percentage of BANT members surveyed seeing improvement in their clients IBS symptoms				
		No improvement	Minor improvement	Moderate improvement	Strong improvement	Complete resolution
Bloating	97%	0%	1%	7%	69%	23%
Diarrhoea	91%	0%	1%	11%	55%	33%
Constipation	92%	0%	1%	10%	60%	29%
Faecal Urgency	61%	0%	5%	11%	49%	35%
Cramping	66%	1%	0%	9%	56%	34%
Flatulence	81%	1%	0%	15%	63%	21%
Heartburn	60%	0%	1%	12%	62%	26%
Belching	48%	0%	3%	14%	53%	30%
Nausea	45%	1%	1%	11%	40%	47%

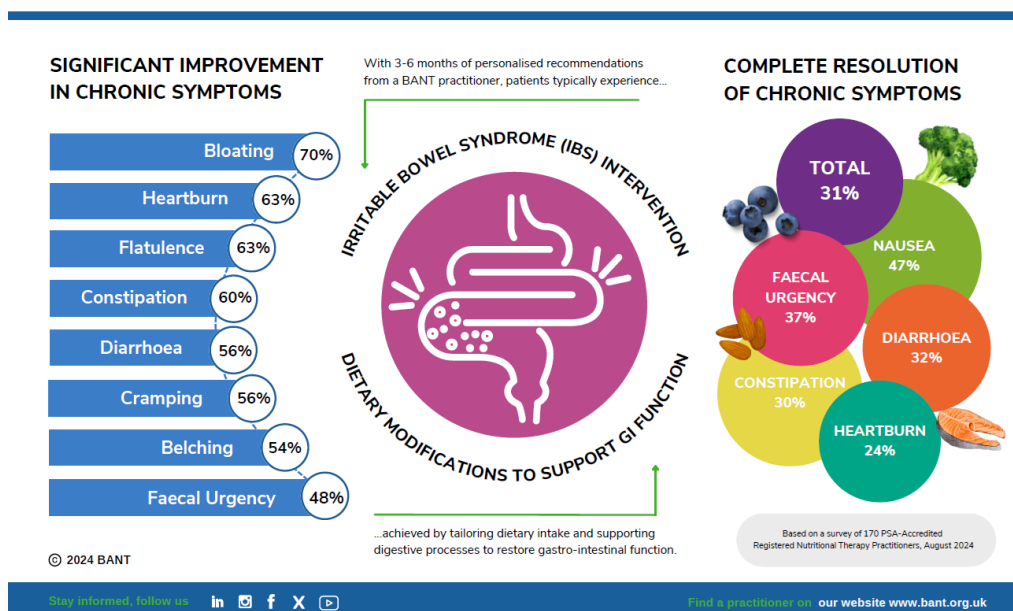
These survey results provide an indication of the impact the services of Registered Nutritional Therapists MBANT are having on functional bowel disorders



BANT
Science-based nutrition
practice since 1997

Demonstrating the positive impact of Nutritional Therapy Interventions

RESOLVING SYMPTOMS OF IRRITABLE BOWEL SYNDROME IN PATIENTS



This infographic demonstrates the positive impact of Nutritional Therapy Interventions in resolving symptoms of IBS in patients

Satu Jackson (BANT CEO) included these survey results in her presentation to GPs and primary care workers at **Best Practice Birmingham** (8/9th October), reinforcing her explanation of how providing these services in primary care settings of the NHS and expanding access to nutrition consultations would improve the quality of life of those living with a functional bowel disease, improve their productivity and reduce the burden placed on GP surgeries.

We encourage members to also take the opportunity to present these results and **BANT resources** when approaching their local GP practices! **This NED Alert** showcases the work we have done to collate the latest information on IBS & the Microbiome.

Osteoporosis: Breaking Point, Beyond Menopause

Osteoporosis is like a stealthy intruder—it weakens bones, making them fragile and prone to fractures. Imagine your bones as the scaffolding that holds up the magnificent structure of your body. When osteoporosis creeps in, it undermines this framework, compromising both support and function.

The Bone Players: Osteoblasts and Osteoclasts

1. Osteoblasts: These are the bone-forming cells. They diligently synthesise and deposit new bone tissue, ensuring your skeleton stays robust.

Risk Factors (Beyond Menopause)

- **Age:** As the candles on your birthday cake multiply, so does your osteoporosis risk. Bone density naturally declines with age.
- **Low BMI:** low body weight and muscle mass is not enough to support your bone frame and trigger osteogenesis (bone building) in Osteoblasts.
- **Gender:** women are more prone to osteoporosis than men. Since hormonal changes and fluctuations happen all over their lives and usually, they have lower BMI than men!
- **Ethnicity:** White and Asian individuals face higher risks.
- **Family History:** If your parents or siblings have osteoporosis, you are more prone to it. It is proven that PEAK BONE MASS is mainly defined by genetics.

- **Prior Fractures:** If you have had bone breaks before, your risk increases.
- **Certain Medications:** Long-term use of medications like corticosteroids, PPIs or other medications that affect nutrient absorption or immunity (i.e. antihistamines) can weaken bones.
- **Lifestyle Choices:** Sedentary lifestyle, heavy alcohol consumption, and smoking play their part as well as eating disorders and excessive exercise (it is well known that eating below caloric and nutrient requirements will negatively impact bone metabolism at any age for males and females). Chronic stress! Increases stress hormones and all catabolic processes in the body including bone loss!!

Recent Research: Genetics and Osteoporosis

In a ground-breaking study, researchers discovered a novel player: **Ctdnep1**. This phosphatase (an enzyme that removes phosphate groups) **suppresses osteoclast differentiation and bone resorption**. This means that it helps prevent excessive bone loss. Imagine Ctdnep1 as the bones' secret superhero, keeping osteoclasts in check.

Some serious genetic conditions that affect bone metabolism are:

- **Osteogenesis Imperfecta (OI):** the most known monogenic cause is due to a defect in bone extracellular matrix, linked to mutations in type I collagen (**COL1A1** but also **COL1A2**), **CRTAP** and **PLS3**.
- **High Bone Mass (HBM):** On the flip side, this is linked to the WNT signalling genes like **WNT1** and **SFRP4** also play a role.

Other genes that play a role in osteoporosis are **RANKL** (inflammation) and **VDR** (vitamin D receptor sensitivity). [<https://www.medicalnewstoday.com>]

Testing and Diagnosis

For diagnosis and treatment

1. Clinical Assessment: physical examination to assess posture, height loss, and signs of vertebral fractures.

2. Dual-Energy X-ray Absorptiometry (DeXA): it is standard for assessing bone density - low-radiation test that measures bone mineral density (BMD) at specific sites (usually the spine, hip, or forearm). It has its limitations due to its method not fully assessing the bone microarchitecture.

3. Blood and Urine Tests: they do not diagnose osteoporosis, but provide valuable information:

- **Calcium and Phosphorus Levels:** Abnormal levels may indicate bone turnover issues.
- **Vitamin D Levels (25-(OH) D and 1, 25 (OH) D):** Vitamin D deficiency affects bone health.
- **Parathyroid Hormone (PTH):** Elevated PTH levels may signal bone loss.
- **Bone-Specific Alkaline Phosphatase (BSAP):** Elevated levels suggest increased bone turnover.
- **Urinary N-Telopeptide (NTx):** A marker of bone resorption.
- **Serum C-Telopeptide (CTX):** A marker of bone breakdown.
- **Serum Osteocalcin:** Reflects bone formation.
- **Serum Crosslaps (β-CTX):** Indicates bone resorption.
- **Ferritin and iron!** Important for vitamin D activation in the liver and kidneys

4. Other Imaging Techniques:

- **Quantitative Ultrasound (QUS):** Measures bone density at peripheral sites (e.g., heel or wrist, or foot).

- **Vertebral Fracture Assessment (VFA):** Detects vertebral fractures using lateral spine X-rays or as part of DeXA.
- **Peripheral Quantitative Computed Tomography (pQCT):** Assesses bone density at peripheral sites.
- **REMS (Radiofrequency Echographic Multi Spectrometry):** an alternative diagnostic tool to DeXA, which can assess bone microarchitecture and strength.

Treatment Strategies

What are the known strategies to tackle osteoporosis?

1. Lifestyle Changes:

- **Nutrition:** Calcium and vitamin D are essential, but also minerals like Boron, Magnesium, Zinc and Copper. Vitamin K2 in mk7 form seems to be the most efficient for most in leading calcium into the bone matrix to avoid calcifications of other tissues and arteries and avoid kidney stones. Berberine, omega 3 and red clover also demonstrate some building bone activity and reduce osteoclast induced inflammation.
- **Exercise:** Weight-bearing activities build bone strength like resistance training and walking but also heel-drops, "stomping", and wearing weighted jackets adjusted to posture and body weight (around 10% of body weight max). New methods that increase safely osteogenic load can also be considered.
- **Fall Prevention:** movement that enhances balance and core strength, tai-chi, physiotherapy, pilates and specially modified yoga.
- **Stress management:** any emotional healing technique, counselling, yoga, hypnotherapy, EFT and psychosensory methods etc.

Medications

There are 3 different types of medications:

1. Medications **that stop or limit bone loss** like **Bisphosphonates** (usually the first line prescribed protocol) and **Denosumab (Prolia)**. Both target osteoclasts but they have different function.
2. Medications **that build new bone** usually by mimicking the parathyroid action like **teriparatide (FORTEO)** or **Abaloparatide (Tymlos)** or have some other bone anabolic function like **Romosozumab**.
3. **SERMs (selective oestrogen receptors):** Regulates binding to oestrogen receptors - treatment option for some cancer patients (i.e. **Raloxifene**)

They come in oral or infusion and injection forms, and due to their serious side-effects, proper investigations are required before any medication is prescribed, taking into account the patients' lifestyle and medical history.

Remember!! consistency matters. Osteoporosis isn't a sprint; it's a marathon.

And it needs to start from a very YOUNG age! To make sure that we reach our PEAK BONE MASS!

References:

<https://www.frontiersin.org/journals/endocrinology/articles/10.3389/fendo.2021.656298/full>

<https://med.stanford.edu/news/all-news/2018/07/osteoporosis-fracture-risk-predicted-with-genetic-screen.html>

<https://www.nih.gov/news-events/nih-research-matters/bone-risks-linked-genetic-variants>

<https://www.medicalnewstoday.com/articles/osteoporosis-genetics#is-it-genetic>

[Frontiers | Editorial: Recent Advances in the Genetics of Osteoporosis \(frontiersin.org\)](#)

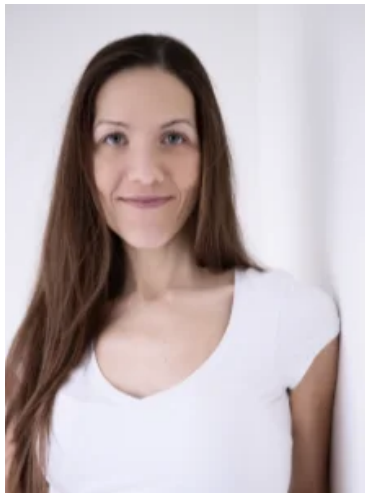
[Products - Data Briefs - Number 405 - March 2021 \(cdc.gov\)](#)

[Statistical Brief #76 \(ahrq.gov\)](#)

[Burden of Illness for Osteoporotic Fractures Compared With Other Serious Diseases Among Postmenopausal Women in the United States \(bonehealthandosteoporosis.org\)](#)

[New Report on Burden of Osteoporosis Highlights Huge and Growing Economic and Human Toll of the Disease - Bone Health & Osteoporosis Foundation \(bonehealthandosteoporosis.org\)](#)

<https://www.medicalnewstoday.com/articles/blood-test-for-osteoporosis>



Maria Rigopoulou MSc, DiplON is a Nutrigenomics Expert, speaker and educator, specialising in Anti-aging and Bone health.

Combining nutritional therapy, yoga, breathwork and other modalities with LOA inspired coaching and the power of DNA and Functional Medicine, she has devised an ultra-personalised approach to help people stay active and vibrant for life.

After decades of working on herself and others, she believes that it is essential to identify and address all the system imbalances that are contributing to the presence of disease and premature aging by dealing with **all 4 aspects of well-being: physical, mental, emotional and spiritual.**

She now offers personalised programmes and packages that include specialised testing and coaching based on these 4 aspects.

Autoimmunity, chronic fatigue and women's hormonal and emotional health are also some of her interests. Maria also collaborates with Nicola Zanetti, best-selling health author and sports nutrition expert, on athletic performance, injury prevention and recovery. She also loves well-being and yoga retreats and will organise more in the future, and is passionate about making people feel (and look) good, she constantly takes part in bio-hacking, nutrigenomics forums and seminars.

Maria also helps other practitioners with developing a thriving practice and is currently working on a practitioner program for Bone Health and a group programme for the public to promote awareness and education on this subject and change the outdated views about osteoporosis and bone loss.

She shares her time between Athens and London and practises mainly online.

<https://linktr.ee/mariarigopoulou>

Instagram [@Maria.rigopoulou](#)

Email mariarhealthcoach@gmail.com



BANT | EVENTS

Exercise & Sports Nutrition
SATURDAY 09 NOV 2024

Virtual Event [BOOK NOW](#)

HYLIFE NUTRITION
 pure encapsulations
 Professional Nutritional Supplements

Dr Stacy Sims Ian Craig Kirsty Baxter

BANT APPROVED CPD
 BASES The British Association of Sport and Exercise Sciences

Date for your diary: BANT Exercise & Sports Nutrition event

The final BANT event of 2024 will take place online on **Saturday 9th November** on the subject of Exercise and Sports Nutrition. We'd love you to join us for a deep dive into how science-based nutrition and lifestyle medicine can be used to support the goals of exercisers and athletes, covering diet, supplements, exercise types, frequency and intensity, and recovery.

This is intended to equip nutritional therapy practitioners with the confidence, and new knowledge, to work with clients seeking help to improve their exercise performance and the benefits they can enjoy from exercise for healthy living.

Speakers are:

- **Stacy T Sims on The Female Athlete: Metabolic considerations and implications for training and performance**
- **Ian Craig on What can Nutritional Therapists do for athletes and exercisers?**
- **Kirsty Baxter on Optimising benefits from exercise and nutrition for performance and recovery**

For full details on each session [click here!](#)

Event Benefits Include:

- 4-5 Hours BANT-Approved CPD plus multiple Bonus Live sessions with our event partners, most of which you can also use as CPD.
- Event special gift for ALL ticket holders that provide UK shipping addresses.
- We have 3 x 3-month Healthpath Pro subscriptions to give away, available to both new and existing customers - these will be given away via a competition during the 09 November livestream.
- All Livestream content is recorded + all ticket holders receive access to recordings and presentation materials.
- Before, during and after 09 November a Facebook Group community will provide event resources, Q&A and special offers, exclusive to ticket holders.

It's not too late to buy your ticket!

Book your ticket here!

Maternity and career breaks



When you go on maternity leave or take a career break, it's not possible to "pause or carry over" your membership as we are often asked. Instead, we would encourage you to remain a member of BANT, but with a change of status to a Non-Practising member. This is to enable you to keep up to date with what is happening in the profession and to ensure your continued professional development, putting you in the best position to confidently resume your career when you are ready.

When you are due to go on, or return from, maternity leave or other kind of career break, please email us at info@bant.org.uk and let us know the dates so we can update your member record.

As a Non-Practising member, you would still be required to complete and log 30 hours of CPD for the year, the same as for full practising member. With recorded events and webinars available online in the BANT Learning Zone, when you get the chance, grab a coffee, pop on a webinar and you will have done your CPD requirement in no time.

You are not required to have insurance or be CNHC registered while on maternity leave or other type of career break, but by retaining membership as a Non-Practising member, you would still have access to all information on the BANT Members' website, including learning resources, member discounts and other benefits, the Facebook group and socials, plus any other information published by BANT so that you can keep up to date with our profession.

Please be mindful that **Professional Practice regulations will still apply during maternity leave or career break:**

In particular, as noted in the Handbook under [Storing Client Records & GDPR](#), Nutritional Therapists must keep copies of all case notes for exactly 8 years from the date of the client's last consultation. Please follow the link above for details of record storage requirements if the client is a child.

If you need to refer on clients to other NTs, the [Choosing and referring clients](#) section of the handbook gives an overview of the process.

If you have any other questions relating to Professional Practice during your maternity leave

or career break, please contact the Professional Practice Panel at bantpractice@bant.org.uk.

If you are unable to remain a BANT member while on leave, the alternative would be to allow your membership to lapse and not renew in January. It is **important to note** that you could take a break from seeing clients for up to 2 years, after which you would need to complete a [Return To Practice process](#) to become a Full member again.

Once you are ready to begin seeing clients again, please send us an email at info@bant.org.uk and we can then advise you on your next steps.

Book review: “Getting Healthy in Toxic Times: An ecological doctor’s prescription for healing your body and the planet” by Dr Jenny Goodman



Dr Jenny Goodman's book examines the toxic effect that mankind has had on the planet and how the various toxic exposures, such as pollution, metals, chemicals, EMR and so on, impact human health. In addition to covering the nutritional approaches that can alleviate symptoms of toxicity, Dr Goodman also explores the possible approaches to reducing toxicity in our immediate environments, i.e. our homes, and the wider environment in order to improve both the health of the planet and human health, accompanied by real case studies illustrating the nutritional, lifestyle and environmental protocols she has recommended to improve her individual clients' health.

Dr Goodman's first book was called "Staying Alive in Toxic Times: A Seasonal Guide to Lifelong Health".

Dr Goodman's writing is very accessible, exploring really interesting and important issues, so this is a highly recommended read if you are interested in how we might improve the health of the environment as well as its impact on our health.

Published: 11/07/2024

Publisher: Chelsea Green Publishing UK

ISBN: 9781915294333

Welcome to the Summer 2024 issue of the BANT Student eNews



In this **autumn issue**, we would like to welcome all new students joining us for the first time and welcome back those of you who are returning for the 2024/25 academic year. There's something for each of you, whatever stage of study you're at, including details of the next student tea session, the latest in our series of student study tips and information about the BANT Professional Practice Handbook, including the section aimed specifically at students, which is essential reading for all of you.

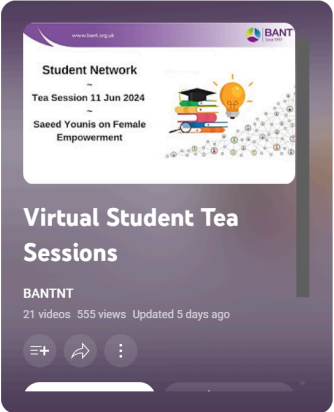
The Student Network Team is here all year round to offer support to students studying for a Nutritional Therapy Qualification through creating a two-way channel for dialogue, delivering a dedicated news channel for students, and bringing students together for talks on key topics of value to their learning journey.

Student Tea Sessions

 GB

Search



Virtual Student Tea Sessions

BANTNT

21 videos • 555 views • Updated 5 days ago

- 

1 **Virtual Student Tea Sessions: Female Empowerment & Self Defence. Saeed Younis**

BANTNT • 6 views • 2 weeks ago

28:33
- 

2 **Virtual Student Tea Sessions: BANT Cancer Guidelines, Sharon Ling**

BANTNT • 4 views • 1 month ago

43:25
- 

3 **Virtual Student Tea Sessions. NT Business Models & Marketing**

BANTNT • 8 views • 2 months ago

49:46
- 

4 **Virtual Student Tea Sessions: Children and Autism**

BANTNT • 12 views • 4 months ago

57:29

 **Virtual Student Tea Sessions: Food Addictions**

Heather Chapman, our volunteer Student Network Lead, organises and hosts virtual tea sessions for students throughout the year. The 2024/25 academic year will kick off in November with a presentation by Maria Rigopoulou on Bone Health. Here are the details:

12 November, 12 – 1 pm: Maria Rigopoulou discusses how to support bone health

Join us on Zoom

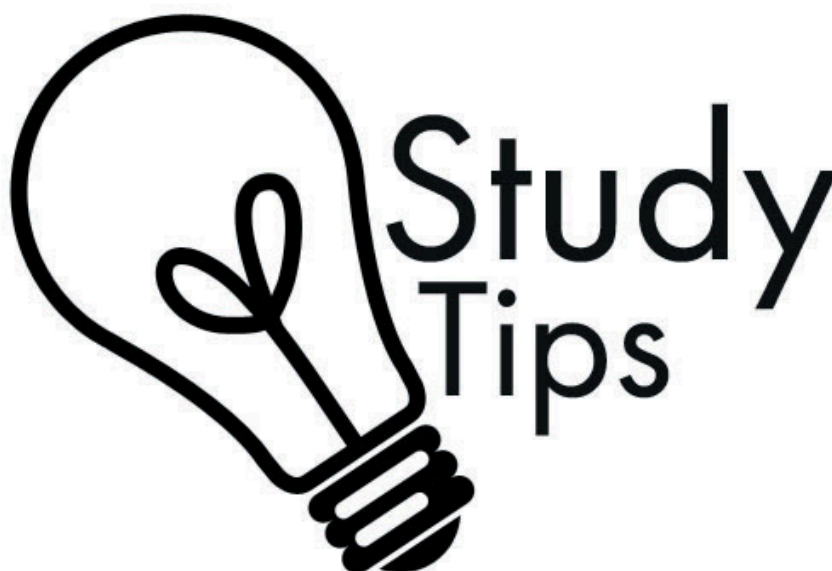
@ <https://us06web.zoom.us/j/88163528064?pwd=5JILBkuHI2U0MILNbQW1KISdBnGCco.1>

Meeting ID: 881 6352 8064 / Passcode: 604775

- Also see the main October news in your inbox (or access via the eNews hotlink on your [BANT dashboard](#)) for an article by Maria on “Osteoporosis – Beyond Menopause”.

Keep an eye on the [Student Network page](#) for details of upcoming tea sessions and access previous sessions on our [BANT Student Youtube page](#)!

Heather and Sara's Study Tips!



Heather Chapman, BANT Student Network Lead, and Sara Jaques, BANT Membership Officer, who are studying for a PhD and an MSc respectively, have been investigating AI tools that may help with their research and share some of their findings here.

As previously, we reiterate that it's important to remember that the use of such tools is relatively new territory for which there are limited precedents. Whilst these tools might be useful to access potentially relevant research with speed and efficiency, we cannot and must not dispense with the need for our own critical thinking and analysis, and verification of the content.

According to the European Commission's Directorate-General for Research and Innovation, "AI is transforming research, making scientific work more efficient and accelerating discovery. While generative AI tools offer speed and convenience in producing text, images and code, **researchers must also be mindful of the technology's limitations, including plagiarism, revealing sensitive information, or inherent biases in the models.**"

With the proviso that you must check your own Training Providers' policy on the use of AI tools, here is what Sara found when she checked out Heather's suggestion to use *Research Rabbit*.

Research Rabbit - <https://www.researchrabbit.ai/> (Chandra, Slater and Ma, 2024)



The **BANT Professional Practice Handbook** is designed to help members practice safely, legally and ethically with confidence.

The handbook is easily accessible via a hotlink on your Member **Dashboard**. In the first instance, please make sure that you read the **Student section** of the handbook, for guidance specifically for BANT Student members.

Throughout your studies, and especially in the clinical setting, you will need to refer to the **BANT Professional Practice Handbook** for guidance on safe practice, for the protection and benefit of yourselves and the general public. To assist all our members, the handbook includes summaries and advice on how to work safely and within the context of UK legislation, Advertising Standards, GDPR and so on; we don't set these rules, but interpret and summarise them for your convenience.

BANT
Since 1997

Helping BANT members practice safely, legally and ethically with confidence

NAVIGATING YOUR ONLINE PROFESSIONAL PRACTICE HANDBOOK

<http://bant.org.uk/bant-professional-practice-handbook/>

1 advertising and media guidance

- How To Approach Media Messaging In The World Of Health & Nutrition
- Website & Marketing Materials
- Supplementing Nutrition & Health Claims
- Compliant Working To Disclose Testing On Websites
- Social Media As A Student Member

2 children

- Consent & Parent Responsibility
- Documentation for Children
- Keeping A Child's Confidence
- Supporting Children
- Children In Care Home/Boarding Schools
- Children Attending Group Programmes
- Consultations Without Child Present
- Working With A Child's GP

3 complaints

- Complaints Procedure
- Informing the RPP of a Complaint or Investigation
- Assessing Client Data
- Complaint Record Retention Policy

4 confidentiality & consent

- Keeping A Client's Confidentiality
- Obtaining Client Consent
- Client Ability To Provide Consent
- Threats To Breaching The Confidentiality
- Consent In Case Notes
- Consultation Without Client Present
- Disclosing Confidential Information

5 consultation documentation & practices

- Consultation Documentation
- Consumer Rights & Cooling Off Period
- Taking Client Case History Notes
- Testing & Documenting Client Records
- Health & Safety / First Aid
- Working Working Alone
- Auditing Your Practice

6 discontinuing clinical practice

- Informing Existing Clients
- Insurance Requirements
- Storing Client Records and UK GDPR
- Remaining A Bant Member

7 forms & templates

- Terms of Engagement Agreements
- Confidentiality Agreement
- GDPR Template
- Consultation Consent Form
- Practice Self Audit Tool
- Student Observation Code Of Conduct
- BANT Complaint Form

8 general data protection regulation (GDPR)

- Introduction & Templates
- Processing Data
- Privacy Notices
- Consent
- Data Protection Policy
- Subject Access Requests
- Information Security
- Legitimate Interest Assessments
- Data Breaches
- FAQs

9 general practitioners & healthcare professionals

- Working Alongside other Practitioners
- Consent to Contact a Client's GP
- Client with no GP
- Reason to Contact a Client's GP
- Practical Tip for Writing to GPs
- Medications

10 group work

- Generic Recommendations
- Payment for Group Sessions
- Taking Personal Details and Keeping Records
- Disclosures for Group Work
- Road Flaps
- Recommending Supplements to Groups

BANT
Since 1997

Helping BANT members practice safely, legally and ethically with confidence

NAVIGATING YOUR ONLINE PROFESSIONAL PRACTICE HANDBOOK

<http://bant.org.uk/bant-professional-practice-handbook/>

11 online work

- Conducting Online Nutritional Therapy Consultations
- Considerations for Online Working
- Guidelines for Recording Online Consultations
- Online Workshops/Programmes
- Guidelines for Websites and Website Recording
- Online Consent and E-signatures

12 overseas practitioners/clients abroad

- Legal Restrictions and Insurance
- CHIC Registration
- Consent
- Consultations in Other Languages
- Using Testing Laboratories Abroad
- GDPR
- Services and Worldwide Local Network Co-ordinators
- Consulting Online with Clients Outside the UK

13 professionalism in practice

- Professional Conduct
- Practitioner Health & Wellbeing
- Ensuring Competence
- Choosing and Referring Clients
- Referral Fees
- Clear Communication
- Honesty and Transparency
- Conflicts of Interest
- Using Social Media wisely
- Client Applications
- General Differences

14 red flags

- Risk flag symptoms
- Referring to a GP with red flag symptoms
- Risk flag symptoms in children

15 scope of practice / nutrition titles

- Nutrition Titles and Accredited Registers
- Nutritional Therapy as a Complementary Medicine
- Disputing/Testing versus Nutritional Assessment
- Diet Protocols (SAPS, Diets, etc)
- Activities Outside CHIC Scope
- Scope of a BANT Registered Nutritionist
- Providing Other Modalities
- Use of BANT and CHIC Logos
- Student Observations

16 setting up in practice

- Choosing a Business Name
- Insurance Policies
- Website and Marketing Materials
- GDPR
- Practice Management Software
- Criminal Record Checks
- The Business Premises

17 specific conditions

- Cancer
- Eating Disorders and Disordered Eating
- Kidney Disease

18 students

- Why BANT sets Guidelines for Student Members
- Activities as a Student Member
- Social Media as a Student Member
- Students with Qualifications in other Modalities
- Student Observations

19 supplements

- General Guidelines
- Supplement Legislation
- Nutrition and Health Claims
- Recommendations/Referring Supplements
- Supplement Disclosure
- Supplements in Pregnancy
- Children's Testing: Safety Requirements
- Food Supplement Versus Dietary Supplement
- Herbs and Essential Oils
- Hormones

20 testing

- General Guidelines
- Conducting Testing Outside a Consultation
- Functional Testing
- Blood Testing/Finger Prick Testing & Phlebotomy Training
- Genetic Testing/Heritagenics
- Compliant Working to disclose testing on websites



British Association for Nutrition and Lifestyle Medicine (BANT)

BANT 27 Old Gloucester Road London, WC1N 3XX

www.bant.org.uk

Registered in England Number: 3333951

Registered address: 18 Hyde Gardens, Eastbourne, East Sussex, BN21 4PT

The information in this email, and any attachments, is confidential and may be legally privileged. It is intended solely for the addressee. Access to this email, and any attachments, by anyone else is unauthorized. If you are not the intended recipient, any disclosure, copying, distribution, or any action taken or omitted to be taken in reliance on it, is prohibited and may be unlawful. If you have received this email in error, please notify us immediately (by telephone or by return email) and destroy the message and all copies in your possession.

Please note that **unsubscribing** from this list might mean that you might miss important messages for members. Contact us if you wish to change your preferences.

Unsubscribe

© 2024 | All rights reserved.