

# NATUROPATHIC NUTRITION ASSOCIATION

## STATEMENT OF SCOPE OF PRACTICE in relation to the CORE ELEMENTS

October 2019

This document contains the NNA's core elements for naturopathic nutrition training. **Please put a cross in the relevant box to indicate whether each item on the following list is 'within' or 'not within' your scope of practice.**

NO	LEARNING OUTCOME	Within my scope of practice	Not within my scope of practice
<b>Naturopathic principles &amp; philosophy (Level 4)</b>			
1.	Demonstrate knowledge of naturopathic philosophy, core principles and definitions and their influence on naturopathic nutrition.		
2.	Discuss key similarities and differences between conventional medicine and naturopathic nutrition.		
3.	Discuss the history of nutritional medicine.		
<b>HEALTH SCIENCES</b>			
<b>Anatomy &amp; Physiology (Level 4)</b>			
4.	Explain the basic physical terms used in relation to anatomy and physiology and locate key structures within the body		
5.	Describe the structure and function of organelles, cells, tissues and organs of the body.		
6.	Describe the structure and functioning of the major physiological systems of the body ( <i>skeletal, muscular, nervous, sensory, endocrine, respiratory, digestive, urinary, reproductive, circulatory, integumentary, lymphatic &amp; immune</i> ) including their integration and interaction within the body		
7.	Explain the key homeostatic mechanisms within the body		
8.	Explain the cellular basis of genetics and the patterns of inheritance		
9.	Explain the influence of epigenetics		
10.	Discuss genetic variation in single-gene disorders (SNPs) and multi-factorial genetic conditions.		
<b>Biochemistry (Level 4 &amp; 5)</b>			
11.	Describe the structure and function of carbohydrates, lipids, proteins,		

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	enzymes and nucleic acids		
12.	Describe bonding and molecular interactions in the body		
13.	Explain properties of water and the role of buffers in the body		
14.	Describe the metabolism of carbohydrates, lipids and proteins and their control and integration and energy productions within cells		
15.	Describe the metabolism of micronutrients, e.g. vitamins, minerals and trace elements		
16.	Explain the interactions of micronutrients at the cellular level		
17.	Explain the role of enzyme cofactors in key metabolic pathways		
18.	Explain factors influencing individual dietary requirements for macro and micronutrients, and other orthomolecular compounds		
19.	Suggest sources of macro and micronutrients, food supplements and other orthomolecular compounds		
20.	Suggest typical signs and symptoms that could be associated with a deficiency, excess (toxicity) and imbalance of macro and micronutrients and other orthomolecular compounds		
21.	Discuss factors that may affect nutrient bioavailability		
22.	Discuss energy production in the context of food intake and expenditure		
23.	Utilise nutritional databases and other reference sources to advise on food composition.		
<b>Pathophysiology and Pharmacology (Level 5)</b>			
24.	Explain common influences of soil health and food processing that may influence the nutritional content of food.		
25.	Understand whole food from a holistic and vitalistic perspective.		
26.	Explain the evolutionary aspects of human nutrition.		
27.	Incorporate traditional naturopathic knowledge with a science-based approach to nutrition.		
28.	Understand the appropriate application of a variety of naturopathic therapeutic diets for the maintenance of health and addressing disease, including the application of foods with specific functions within the overall diet. The following dietary approaches are possible examples of those to be studied: alkaline-forming; rotation; exclusion; vegan; low purine; macrobiotic; raw food; to correct labile blood glucose regulation; metabolic typing etc		
29.	Discuss factors affecting food choice including awareness of the sustainability and environmental impact of dietary advice and food choices.		
30.	Describe how dietary requirements can vary according to individual requirements and through the life cycle.		
31.	Discuss the influence of diet and food supplements on bodily function.		
32.	Analyse and evaluate food intake and construct dietary programmes that can help maintain and achieve optimal health, and aid in the prevention of disease.		
33.	Review the effectiveness of previous nutritional plans and negotiate to modify these as appropriate for the client.		
34.	Demonstrate an understanding of food allergies and sensitivities, laboratory testing techniques, and the management of allergies and		

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	sensitivities.		
35.	Apply appropriate techniques to engender behavioural change in order to promote health. These may include behaviour change techniques such as NLP and motivational interviewing.		
36.	Incorporate current national and international dietary recommendations and government health policies, Dietary Reference Values and safe upper limits as appropriate for the client.		
<b>Detoxification techniques (Level 5)</b>			
37.	Explain the normal physiological processes involved in the elimination pathways of the skin, kidneys, lungs and bowels, and the detoxification pathways of the liver		
38.	Explain how a toxic internal environment may result from the influence of diet, lifestyle and environment		
39.	Understand potential detoxification reactions and their appropriate management		
40.	Identify individual situations where detoxification may be appropriate or contra-indicated		
<b>NUTRITIONAL THERAPEUTICS</b>			
<b>Factors affecting health status &amp; wellbeing (Level 5 &amp; 6)</b>			
41.	Understand the need for balance within bodily systems in order to maintain well-being and health		
42.	Discuss factors that may disrupt balance within bodily systems, resulting in progression towards lack of well-being and disease		
43.	Discuss factors affecting food choice and how they may impact on health and well-being: psychological, physiological, sociological, economical or environmental		
44.	Understand how the impact of illness may extend beyond the presenting symptoms		
45.	Explain the importance of exercise on general well-being and advise on exercise as appropriate for the individual		
46.	Explain the importance of sunlight in the maintenance of health		
<b>Assessment and Therapeutic Protocols (Level 5 &amp; 6)</b>			
47.	Take a case history and interpret the client's signs and symptoms of dysfunction, including assessment of the vitality or 'potential for health' of the client, using such methods as constitutional evaluation		
48.	Critically assess the limitations of conventional and naturopathic diagnostic methods		
49.	Assess the 'organ function' and 'toxic encumbrance' of the client		
50.	Recognise the cumulative effect of predisposing factors and a final excitatory trigger factor		
51.	Determine the most appropriate research approach for a particular type of problem		
52.	Investigate the aetiology of presenting symptoms, e.g. psychological, physiological, sociological, economical or environmental		
53.	Employ appropriate assessment tools, including case questionnaires, and the evaluation of outcome measures.		
54.	Evaluate assessment results using a systems based, integrated and evidenced based approach. May include medical, biochemical, functional and nutrigenetic.		

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55.	Interpret and evaluate assessment and diagnostic results in relation to the individual, including the impact of the client's lifestyle and environment on health		
56.	Employ and interpret the use of functional assessments and tests, and laboratory tests conducted by conventional physicians.		
57.	Assess the appropriateness of the client's condition for a naturopathic nutrition approach		
58.	Prioritise the significance of clinical findings, taking into account the client's needs and abilities		
59.	Discuss the information provided by the client, explaining the purpose and benefits of naturopathic nutrition		
60.	Explain the limitations of naturopathic nutrition and recognise when it may be inappropriate for an individual		
61.	Explain circumstances where it may be appropriate to collaborate with and/or refer a client to another healthcare provider		
62.	Discuss how to deal with situations where the advice given by a naturopathic therapist may conflict with that given by another practitioner		
<b>Healthy Lifestyle Advice (Level 4)</b>			
63.	Describe the basic requirements for health such as good nutrition, sunlight, clean air and water, adequate rest and relaxation, and appropriate exercise and activity levels		
64.	Identify the impact of social environment and lifestyle factors on health in order to personalise lifestyle advice		
65.	Advise on healthier ways of living and products and services to assist this e.g. juicers, ionisers, water filters, environmentally friendly household products		
66.	Discuss key public health issues		
<b>PRACTICE MANAGEMENT, ETHICS &amp; PROFESSIONAL DEVELOPMENT (Level 5)</b>			
67.	Discuss moral and ethical values relevant to professional practice		
68.	Discuss the legal and legislative obligations to clients, the public in general and the profession as a whole		
69.	Practise in accordance with the Codes of Professional Conduct of the Naturopathic Nutrition Association		
70.	Demonstrate an understanding of the law concerning client confidentiality and the need for secure and confidential methods for storing client records		
71.	Demonstrate an understanding of the importance of good time management skills to enhance the practitioner-client relationship		
72.	Discuss the scope and limitations of communication in the context of the therapeutic setting and the needs of the client		
73.	Demonstrate the skills to communicate with fellow health professions and other businesses.		
74.	Demonstrate a thorough understanding of limits of personal competence and when and how to make referrals		
75.	Discuss the meaning of informed and implied consent and its application		
76.	Identify and access sources of advice, guidance and continuing professional education that will enable growth and development as a		

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	professional naturopathic nutritional therapist		
77.	Evaluate knowledge and practical skills and use reflective practice as a means of personal and professional development		
78.	Evaluate the complexities of the practitioner-client relationship		
79.	Demonstrate an understanding of the various professional bodies connected to Nutritional Therapy.		
80.	Determine appropriate insurance requirements for a Nutritional Therapy Practice.		
<b>BUSINESS SKILLS AND MARKETING (Level 4)</b>			
81.	Implement the legal responsibilities of a self-employed healthcare practitioner.		
82.	Undertake basic accounting and book-keeping requirements.		
83.	Understand and be able to implement audits in respect of risk management, clinical cases and business protocols.		
84.	Discuss the marketing potential of Nutritional Therapy.		
85.	Explain the value of different marketing strategies and their application to Nutritional Therapy.		
86.	Establish an initial business plan and recognise the need to update it on an on-going basis.		
87.	Enable the creation of a website for a Nutritional Therapy practice and use web based communications, including social media, to promote clinical practice.		
88.	Create brochures, fliers and promotional literature for a Nutritional Therapy practice.		
89.	Deliver a presentation to a variety of different audiences.		
90.	Incorporate practices such as networking, interpersonal skills of effective listening, negotiating, persuasion and presentation in order to generate business contacts.		
91. C	Communicate effectively using appropriate business means for a Nutritional Therapy practice, including understanding the effectiveness of digital tools.		
<b>RESEARCH (Level 5 &amp; 6)</b>			
92.	Access evidence that is relevant to naturopathic nutrition practice		
93.	Determine the most appropriate research approach for a particular problem or area of interest		
94.	Distinguish between different methods of investigation and data analysis at a basic level of understanding		
95.	Demonstrate the skills of reviewing and critically evaluating appropriate research material		
96.	Cite, list and use reference material in a systematic way		
97.	Understand the principles of evidence-based medicine and its possible relevance or limitations when used to inform clinical decision making in naturopathic nutrition practice		
98.	Discuss the current status of research in relation to the complementary and natural healthcare professions and naturopathic nutrition in particular		
<b>CLINICAL PRACTICE (Level 4, 5 &amp; 6)</b>			
99.	Demonstrate the application of naturopathic nutrition principles and applications within a clinical environment		

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100.	Demonstrate within a clinical environment the skills needed to plan, evaluate and apply an effective and appropriate naturopathic nutrition strategy, integrating lifestyle and environmental advice as appropriate		
101.	Demonstrate the ability to agree the assessment and therapeutic strategy with each client		
102.	Understand the safety of the therapeutic strategy appropriate for the individual		
103.	Recognise and respond appropriately to varying body language signals, develop listening skills and use appropriately		
104.	Use a variety of communication methods to give nutritional advice and to motivate the client		
105.	Describe ways of ensuring client understanding of the individual therapeutic strategy in order to maximise client compliance and develop awareness of reasons for non-compliance		
106.	Recognise and respond appropriately to varying client situations		
107.	Evaluate the effectiveness of therapeutic recommendations and the skills needed to make modifications to the recommended strategy as the client's condition changes		
108.	Competently practise practitioner-client relationship skills by establishing good contact and building confidence and trust, demonstrating time management and the skills needed to provide clear information in order to educate the client		
109.	Demonstrate the importance of accurate record-keeping		
110.	Recognise circumstances where it may be appropriate for a client to cease naturopathic nutritional therapy		
111.	Recognise concerns involving personal progress and demonstrate the willingness to seek guidance from others in order to enhance progress and development as a naturopathic nutrition practitioner		
112.	Demonstrate critical awareness and application of behaviour change theories – these may include behaviour change techniques such as NLP and motivational interviewing.		
113.	Incorporate current Health and Safety requirements within a clinical environment to contribute to the well-being and safety of all people in the workplace.		
114.	Remain within the legislative framework of the country in which the practitioner works.		
115.	Understand, and apply if necessary, basic First Aid in a clinical environment.		
116.	Understand the implication of disability legislation		
117.	Implement procedures to ensure fitness to practice.		
118.	Reflect on progress in studies and within the client consultation process in order to develop with increased autonomy, and to acknowledge any areas where further studies may be appropriate		

**Please Add:**

Your name:

Your NNA membership number (this will be found on your membership certificate):

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