



## **Nutritional Therapy Scope of Practice**

Introduction:

A Nutritional Therapist is a healthcare professional who specializes in providing evidence-based nutritional advice to individuals seeking to improve their health and well-being through dietary modifications and lifestyle changes. The following scope of practice outlines the responsibilities and limitations of a Practising Nutritional Therapist, focusing on supplementation and functional testing.

### **1. General Responsibilities:**

- 1.1. Conduct detailed assessments of clients, including medical history, dietary habits, and lifestyle factors.
- 1.2. Provide evidence-based nutritional advice and develop personalized dietary plans for clients based on their needs and goals.
- 1.3. Educate clients about the relationship between nutrition and health and the importance of making appropriate dietary choices.
- 1.4. Collaborate with clients to set achievable health goals and regularly monitor and review progress.
- 1.5. Provide ongoing support and motivation to clients to address challenges and promote long-term dietary adherence.

### **2. Supplementation:**

- 2.1. Evaluate the necessity and appropriateness of nutritional supplements based on individual client needs and goals, taking into consideration their dietary intake, lifestyle factors, and health conditions.
- 2.2. Recommend appropriate nutritional supplements, including vitamins, minerals, herbs, or other natural health products.
- 2.3. Provide accurate and evidence-based information about dosages, potential interactions, and contraindications of recommended supplements.
- 2.4. Monitor and evaluate the effectiveness of supplementation plans and adjust as necessary to ensure optimum results.
- 2.5. Collaborate with other healthcare professionals, where necessary, to coordinate care and ensure the safety of clients who are taking multiple medications or undergoing specific treatments.



### **3. Functional Testing:**

- 3.1. Understand the principles and methodologies of functional testing, including but not limited to basic blood panels, lipid profiles, hormone analysis, and food sensitivity testing.
- 3.2. Assess the need for blood testing based on the individual client's health status, symptoms, and specific goals.
- 3.3. Provide recommendations and facilitate the ordering of blood tests through a qualified healthcare professional (e.g., GP) or private testing companies.
- 3.4. Facilitate the interpretation of blood test results (GP notes) and correlate them with the client's overall health profile and nutritional needs.
- 3.5. Utilize blood test results to develop personalized dietary and supplementation plans aimed at optimizing health and addressing any identified deficiencies or imbalances.

### **Limitations:**

1. Nutritional Therapists do not diagnose or treat medical conditions. They work with the client's presentation of symptoms and case history. They work alongside other healthcare professionals to support clients' overall health and well-being through nutrition, and lifestyle interventions.
2. Nutritional Therapists should not prescribe pharmaceutical medications or interfere with prescribed medication regimens.
3. Nutritional Therapists should stay within their scope of practice and refer clients to appropriate qualified healthcare professionals when necessary, such as for diagnosing medical conditions, managing acute illnesses, or providing mental health support.

### **Conclusion:**

This scope of practice outlines the roles, responsibilities, and limitations of a Practising Nutritional Therapist, focusing on supplementation and functional testing. Nutritional Therapists have a unique position in the healthcare system, providing evidence-based nutritional guidance and supporting clients' overall well-being. By adhering to this scope of practice, Nutritional Therapists can ensure the safe and efficient delivery of their services to clients.