

Registration with the CNHC for Nutritional Therapists

In order to be eligible to apply for registration with CNHC practitioners must have

- undertaken a programme of training that meets, as a minimum, the Nutritional Therapy National Occupational Standards and the [Nutritional Therapy Core Curriculum](#). The minimum level of qualification required is equivalent to 5 (England and Wales); 6 (Northern Ireland); 8 (Scotland) on the [UK Qualification Comparison Chart](#)

OR

- have achieved competence to the level of the Nutritional Therapy National Occupational Standards by means of relevant experience of at least three years and been assessed by their peers as having met those Standards.

Please note, courses delivered entirely by distance learning do not meet CNHC requirements.

1. Fully Accredited Courses:

The following courses meet the National Occupational Standards (NOS) and the Nutritional Therapy Core Curriculum. If you graduated from one of these courses you are eligible to apply for CNHC registration on the basis of your qualification alone.

NOTE: Any organisation that wishes a course to be added to those listed below is asked to

EITHER submit an application to the [Nutritional Therapy Education Commission](#) .

OR submit to CNHC detailed documentation that demonstrates how the course delivers all the outcomes of the National Occupational Standards (NOS) and the requirements of the Core Curriculum. The documentation submitted to CNHC will be copied to the Nutritional Therapy Profession Specific Board (PSB) so that the PSB can advise the CNHC whether the list should be updated.

[BCNH \(UK College of Nutrition and Health\):](#)

Course: BCNH diploma in nutritional therapy/BSc Professional Practice in Health and Social Care (Nutritional Health) with clinical training, graduates from 2010 onwards.

[Centre For Nutrition Education and Lifestyle Management \(CNELM\):](#)

Course: BSc(Hons)/Dip CNE PG Cert Nutritional Therapy, graduates from 2004 onwards.

Course: **BSc Hons Nutritional Science + Practice Diploma**, graduates from November 2012 onwards.

Course: **MSc / PG Dip in Personalised Nutrition + Practice Diploma** graduates from November 2012 onwards.

College of Naturopathic Medicine (CNM):

Course: Diploma in Naturopathic Nutrition, graduates from 01 June 2011 onwards.

Institute for Optimum Nutrition:

Course: DipION/FdSc Nutritional Therapy, graduates from 2010 onwards.

Course: e-NTDC Nutritional Therapy, graduates from January 2016 onwards.

Northern College of Acupuncture:

Course: PgDip/MSc in Nutritional Therapy, all graduates.

University of West London:

Course: BSc Nutritional Medicine / BSc/BSc (Hons) Nutritional Therapy course, graduates from 2011 onwards.

University of Westminster:

Course: BScHons and MSc Nutritional Therapy course, all graduates from 2000 onwards.

University of Worcester:

Course: MSc Nutritional Therapy, all graduates from 2010 onwards.

If you have completed one of the courses listed above and belong to the [British Association for Applied Nutrition & Nutritional Therapy \(BANT\)](#) you are required to register with CNHC. Please contact BANT for further information.

If you have completed one of the courses listed above and belong to the [Naturopathic Nutrition Association \(NNA\)](#) you can apply through them. Please contact the NNA for further information.

If you have completed one of the courses listed above and don't belong to either BANT or NNA please call CNHC on 020 3668 0406 or email info@cnhc.org.uk

2. Unaccredited courses that were retrospectively mapped against the Core Curriculum:

If you graduated from

- Institute for Optimum Nutrition (ION) before 2010
- Raworth College between 2003-2009
- Thames Valley University (TVU, now University of West London) 2004-2011
- UK College of Nutrition and Health (BCNH) 2006-2009

then your course was partially mapped but did not completely meet the NOS. You can apply by completing a **Guided Portfolio**. Check the grid in Annex 1 to this document that identifies graduation years that are eligible for the Guided Portfolio. Then review the information specific to each course which defines the content of the Guided Portfolio that you are required to submit. This guidance details the specific areas of the NTC Core Curriculum for which you will need to provide evidence of continuing professional development (CPD).

3. Other training courses:

If you trained elsewhere, or at one of the above colleges outside the defined dates, then you need to present a **Full Portfolio** of evidence to register with CNHC.

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If you belong to the [Naturopathic Nutrition Association \(NNA\)](#) you can apply through them. Please contact the NNA for further information.

If you don't belong to BANT or the NNA [click here](#) for further information on completing a portfolio application.

Annex 1

CPD requirements for graduates from BCNH, ION, Raworth College and TVU

If you graduated from **BCNH, ION, Raworth College or TVU** in the years indicated in the **chart below**, then you will be able to apply using the **Guided Portfolio** route. You therefore need to verify that your year was covered by retrospective mapping and identify the gaps that need to be filled by CPD:

Training Provider	Graduating Years/Cohort								
	2000	2001	2002	2003	2004	2005	2006	2007-9	
BCNH							√	√	Gaps identified/CPD requirements
ION		√	√	√	√	√	√	√	Gaps identified/CPD requirements
Raworth				√	√	√	√	√	Gaps identified/CPD requirements
TVU					√	√	√	√	Gaps identified/CPD requirements

All Guided Portfolio applicants identified in the grid above all required to demonstrate understanding in **Pharmacology and Pharmacokinetics**:

- (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.

Those graduating from **ION between 2001 and 2005** also need to undertake CPD to cover the following learning outcomes and provide evidence of having done so:

NTC Core Curriculum Item (Learning Outcomes)**2.1.3 MICRONUTRIENTS AS IT RELATES TO PHYTONUTRIENTS ONLY**

1. Discuss factors affecting individual requirements for micronutrients, including phytonutrients, and other orthomolecular compounds.
2. Discuss bioavailability of dietary and food supplement sources of micronutrients, including phytonutrients, and other orthomolecular compounds.
5. Describe the main categories of phytonutrients, their occurrence and their physiological actions and potential toxicity.

2.2.1 HEALTH FUNCTIONAL STATUS & WELLBEING

6. Discuss the implication of disability legislation on clinical practice.

Those graduating from **Raworth since 2003** also need to undertake CPD to cover the following learning outcomes and provide evidence of having done so. Raworth has arranged CPD for its graduates.

NTC Core Curriculum Item - Learning Outcomes (LO)**2.1.4 FOOD COMPOSITION & PROPERTIES**

- LO6. Discuss sources of food toxins and possible food safety concerns
- LO8. Discuss the regulation governing food from farm to fork.

Those graduating from **TVU since 2004** also need to undertake CPD to cover the following learning outcomes and provide evidence of having done so. A short piece of reflective writing is sufficient. TVU has sent previous graduates material to cover this outcome (you can request this free of charge from TVU if you have not yet received it).

NTC Core Curriculum Item - Learning Outcomes (LO)**2.1.4 FOOD COMPOSITION & PROPERTIES**

LO8. Discuss the regulation governing food from farm to fork.

Those graduating from **BCNH since 2006** also need to undertake CPD to cover the following learning outcomes and provide evidence of having done so. A short piece of reflective writing is sufficient for each topic.

NTC Core Curriculum Item (Learning Outcomes)**2.1.3 MICRONUTRIENTS AS IT RELATES TO PHYTONUTRIENTS ONLY**

1. Discuss factors affecting individual requirements for phytonutrients. (L3)
2. Discuss bioavailability of dietary and food supplement sources of phytonutrients. (L3)
3. Explain functions and interactions of micronutrients, including phytonutrients and other orthomolecular compounds, at the cellular level. (L4, L5)
5. Describe the main categories of phytonutrients, their occurrence and their physiological actions and potential toxicity. (L3, L5)

2.1.7 PATHOPHYSIOLOGY

5. Evaluate common symptoms leading to a differential diagnosis (L16-L22)

2.2.1 HEALTH FUNCTIONAL STATUS & WELLBEING (I 1-11, J 7) Level 5

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.