

Registration with the CNHC for Nutritional Therapists

In order to be eligible to be admitted to the CNHC register, a practitioner must have undertaken a programme which meets, as a minimum, the National Occupational Standards for that profession/discipline.

If you graduated from a course that is accredited by the NTC or from a course that has been assessed (retrospectively mapped) as fully meeting the NOS and the underpinning knowledge detailed in the Core Curriculum you will be eligible for registration. This means that if you graduated from the **University of Westminster between 2000 and 2009** or the **Centre for Nutrition Education (CNELM) between 2004 and 2009** your course meets all of the requirements of the NOS and you can apply directly using the [Professional Association option](#) or [PA option for non members](#).

If you trained at **Institute for Optimum Nutrition (ION), Raworth College, Thames Valley University (TVU) or UK College of Nutrition and Health (BCNH)** then your course will not completely meet the NOS and you have a choice of either completing a **Guided Portfolio** or a **Full Portfolio** depending on the year in which you graduated. Please see [Annex 1](#) to this guidance on the specific areas of the NTC core curriculum for which you will need to provide evidence of continuing professional development.

If you trained elsewhere, or at one of the above colleges at an earlier date, then you need to present a **Full Portfolio** of evidence to join the register.

Further information on the **Guided** and **Full Portfolio** requirements are available from your Professional Association.

Annex 1

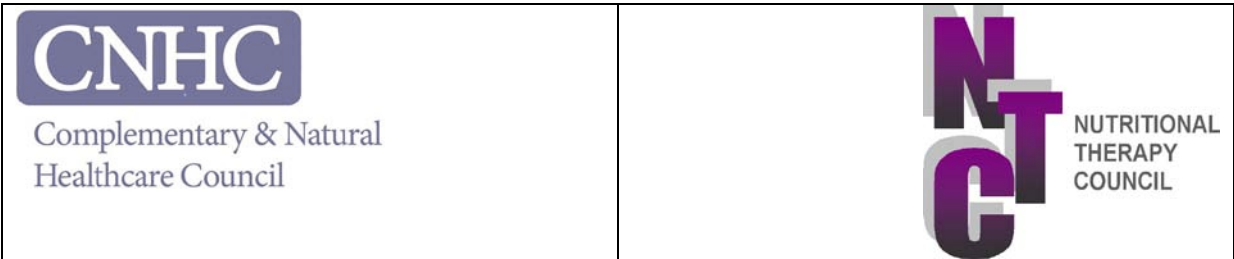
CPD requirements for graduates from BCNH, ION, Raworth College and TVU

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

Graduates from BCNH, ION, Raworth and TVU whose course has been partly mapped against the NOS are 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)
<p>2.1.3 MICRONUTRIENTS AS IT RELATES TO PHYTONUTRIENTS ONLY</p> <ol style="list-style-type: none"> 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.
<p>2.2.1 HEALTH FUNCTIONAL STATUS & WELLBEING</p> <ol style="list-style-type: none"> 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)
<p>2.1.4 FOOD COMPOSITION & PROPERTIES</p> <p>LO6. Discuss sources of food toxins and possible food safety concerns</p> <p>LO8. Discuss the regulation governing food from farm to fork.</p>

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.

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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.