



1. INTRODUCING HEALTHCERT

HealthCert is a global company dedicated to saving lives and improving patient outcomes through accredited primary care education.

In collaboration with leading subject specialists, we offer medical courses at professional certificate, advanced certificate and professional diploma levels for General Practitioners, Medical Health Professionals, Nurses and International Medical Graduates. All HealthCert courses are professionally accredited and provide access into multiple Master degree pathways and clinical attachment programs. Thousands of medical professionals across 34 countries have participated in our programs, known for their comprehensive nature and the ability to enable doctors to make a real difference to their patients and their practice.

2. PROFESSIONAL EDUCATION

HealthCert is a Professional Education Provider. We provide CPD-accredited **professional development** training for medical professionals. HealthCert professional qualifications are named *Professional Certificate*, *Advanced Certificate* and *Professional Diploma* to clearly indicate the professional nature of the qualifications. We proudly go beyond compliance with the professional standards for education providers set by professional bodies, and we also self-impose reviews by university academics.

3. HEALTHCERT GRADUATE ATTRIBUTES

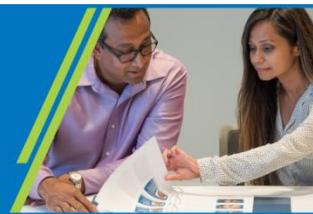
All HealthCert graduates demonstrate the following:

- **GA1. Factual knowledge in a special interest field**
HealthCert graduates demonstrate factual knowledge in a special interest field of professional studies at the appropriate level for the course they have undertaken.
- **GA2. Procedural knowledge in a special interest field**
HealthCert graduates demonstrate knowledge of specific procedures in a special interest field at the appropriate level for the course they have undertaken.
- **GA3. Safe and careful attitudes**
HealthCert graduates demonstrate a safe and careful attitude within a special interest field of professional studies.

4. PROGRAM OUTCOMES FOR ADVANCED CERTIFICATE LEVEL

Within a specific field of interest, Advanced Certificate graduates will be able to demonstrate all of the following:

- ✓ Broad factual knowledge (A1)
- ✓ Broad procedural knowledge (A2)
- ✓ Some theoretical knowledge (A1)
- ✓ Broad cognitive skills to gain information and apply known methods (A2)
- ✓ Broad judgement skills based on evidence (A1)
- ✓ Problem solving skills for expected, and sometimes unexpected, problems (A2)
- ✓ Identification of limitations and referral to others (A2)



5. COURSE OVERVIEW

This course is for medical practitioners who wish to manage nutrition to improve patient outcomes, especially those patients with conditions, disorders and chronic disease commonly seen in general practice. This qualification is stage two of the Professional Diploma of Medical Nutrition Management. The pathway is (1) Professional Certificate of Medical Nutrition Management, (2) Advanced Certificate of Medical Nutrition Management, (3) Professional Diploma of Medical Nutrition Management.

6. DELIVERY METHOD

The Advanced Certificate of Medical Nutrition Management is as a fully online course. There are eight units. The course is delivered over 15 weeks with 12 weeks of teaching followed by three weeks for revision and final examinations. The course includes online presentations from experts in the field followed by patient case discussions and decision-making. There is a final webinar prior to examinations.

7. ENTRY REQUIREMENTS AND COURSE REQUISITES

This course is for general practitioners and for degree-qualified nurses that work under their supervision. The prerequisite for this Advanced Certificate course is the successful completion of the HealthCert Professional Certificate of Medical Nutrition Management (or a qualification deemed equivalent). HealthCert also highly recommends successful completion of at least 25 cases of nutrition management prior to enrolment.

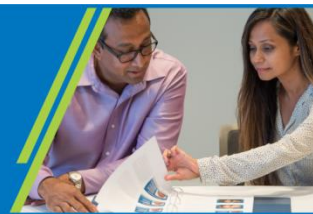
8. INCOMING COURSE PATHWAYS

Professional qualifications and prior studies may be recognised for entry into this course if the learning outcomes match exactly. Please ask a HealthCert Education Advisor for an individual assessment of your prior qualifications and experience to see if they match the learning outcomes of HealthCert courses. If there is not an exact match, HealthCert assessment tasks may need to be completed prior to enrolment.

9. COURSE LEARNING OUTCOMES

At the end of this course, participants will be able to:

1. Distinguish the role of nutrition and lifestyle for optimising health at all stages of pregnancy.
2. Critically apply evidence-based practice guidelines for nutrition interventions to women in order improve conception, pregnancy and lactation outcomes.
3. Recommend dietary approaches for weight loss based on the aetiology of patients' needs.
4. Investigate the rationale for the non-diet approach and apply the basic concepts in order to promote healthy eating and positive body image in patients.
5. Analyse the role of nutrition and diet in the aetiology and pathophysiology of metabolic syndrome and insulin resistance in determining key issues and prioritising multidisciplinary care for patients with diabetes.
6. Critically apply key evidence-based practice guidelines for the management of insulin resistance.
7. Determine key nutritional problems presenting for individuals with diabetes in order to respond to patient needs.
8. Critically appraise diabetes research and translate technical information into practical advice on food and eating in order to provide evidence-based practice.



9. Critically appraise cardiovascular nutrition research and translate technical information into practical advice on food and eating in order to provide evidence-based practice.
10. Evaluate dietary eating patterns (including Mediterranean, plant-based and low saturated fat) to select an approach that meets a patient's needs.
11. Evaluate the vital role of gut microbiomes in normal metabolism, nutrition, immune function, physiology and prevention of disease.
12. Determine the appropriate use of specific probiotics in the treatment of IBD, IBS, diarrheal disorders, eczema and other patient care.
13. Compare and assess the changing nutritional requirements across treatment, during survivorship and in end-stage care.
14. Recommend evidence-based nutrition management to improve the nutritional status and quality of life in patients with cancer.
15. Select safe and effective supplement options for athletes from adolescents to masters.
16. Determine key nutritional priorities for underperforming athletes such as low energy availability and iron deficiency.
17. Make professional judgements that demonstrate knowledge of medical nutrition management.
18. Make professional judgements that demonstrate the application of medical nutrition management to patient case scenarios.

Note: For nurses, all work must be carried out under a general practitioner's supervision.

10. SAMPLE COURSE TRAINING PLAN

There are eight online modules in this course:

1. **Pregnancy:** complete nutrition guide for fertility, pregnancy and lactation
2. **Patient-centred weight management:** non-diet approach
3. **Metabolic syndrome and insulin resistance**
4. **Are carbs the enemy?** Understanding the nutritional needs of patients with diabetes
5. **Latest trends in cardiovascular nutrition**
6. **The gut microbiome:** pre and probiotic treatments
7. **Nutrition management in cancer:** through treatment, survivorship and supportive care
8. **Sport nutrition for high performance**

11. COURSE ACTIVITIES

Course participants will:

- Have the opportunity to replay video lectures from medical experts.
- Participate in discussion of patient cases, evaluate and make decisions.
- Receive access to research/readings in the field.
- Participate in course webinar prior to the examinations and ask questions.
- Receive ongoing support post-course through webinars and case review.
- Be able to participate in optional clinical attachments which are available at dedicated nutrition clinics.



12. COURSE PRESENTERS

HealthCert has a high-quality team of exceptional specialists and industry professionals to deliver this course. On rare occasions, presenters may change due to unforeseen circumstances affecting availability.

- **Prof Liz Isenring:** Program Head, Master of Nutrition and Dietetic Practice, Bond University; Associate Dean of Research, Bond University
- **A/Prof Stijn Soenen:** Clinical Researcher, Bond University
- **A/Prof Gregory Cox:** Associate Professor, Nutrition and Dietetics Program, Bond University
- **Dr Hannah Mayr:** Post-doctoral researcher, Princess Alexandra Hospital
- **Dr Kate Morgan:** Academic, Bond University
- **Dr Lauren Ball:** Senior Research Fellow, Griffith University; Early Career Fellow, NHMRC; Associate Editor, Australian Journal of Primary Health; Executive Committee Member, Australasian Association for Academics in Primary Care
- **Dr Eirini Dimidi:** Research Associate, Department of Nutritional Sciences, King's College London
- **Christina Turner:** Senior Teaching Fellow and Internships Lead, Master of Nutrition and Dietetic Practice Program, Bond University

13. ASSESSMENT REQUIREMENTS: ONLINE EXAMINATIONS

There are two online examinations for assessment:

1. 104 knowledge questions based on a scenario of a medical practitioner undertaking special interest training.
 - i. 13 per module*Example: The medical practitioner believes that 10% of the population ... Is he correct? Yes/No*
2. 104 authentic scenario-based questions based on cases of patient care at a clinic
 - i. 13 per module*Example: A patient arrives at your clinic with this problem ...what should you do? Multiple choice images based on patient cases.*

The knowledge-based examination is worth 50 per cent and the application-based examination is worth 50 per cent. The overall pass mark is 80 per cent. It is therefore not possible to pass this course on knowledge alone. Knowledge must be successfully applied to patient cases in order to pass the course.

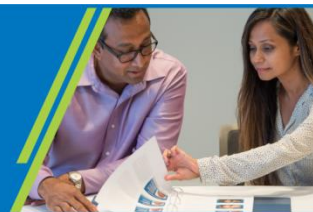
14. ASSESSMENT MAPPING OF COURSE LEARNING OUTCOMES FOR EXAMINATIONS

At the end of this course, participants will be able to:

- | | |
|---|---------|
| 1. Distinguish the role of nutrition and lifestyle for optimising health at all stages of pregnancy. | GA1, A1 |
| 2. Critically apply evidence-based practice guidelines for nutrition interventions to women in order improve conception, pregnancy and lactation outcomes. | GA2, A2 |
| 3. Recommend dietary approaches for weight loss based on the aetiology of patients' needs. | GA2, A2 |
| 4. Investigate the rationale for the non-diet approach and apply the basic concepts in order to promote healthy eating and positive body image in patients. | GA1, A1 |

COURSE OUTLINE

Advanced Certificate of Medical Nutrition Management



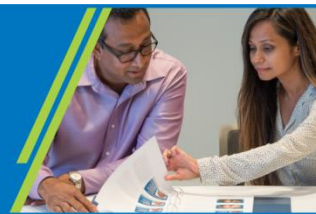
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| 5. Analyse the role of nutrition and diet in the aetiology and pathophysiology of metabolic syndrome and insulin resistance in determining key issues and prioritising multidisciplinary care for patients with diabetes. | GA1/2, A1/2 |
| 6. Critically apply key evidence-based practice guidelines for the management of insulin resistance. | GA2/A2 |
| 7. Determine key nutritional problems presenting for individuals with diabetes in order to respond to patient needs. | GA2/A2 |
| 8. Critically appraise diabetes research and translate technical information into practical advice on food and eating in order to provide evidence-based practice. | GA1/2, A1/2 |
| 9. Critically appraise cardiovascular nutrition research and translate technical information into practical advice on food and eating in order to provide evidence-based practice. | GA1/2, A1/2 |
| 10. Evaluate dietary eating patterns (including Mediterranean, plant-based and low saturated fat) to select an approach that meets a patient's needs. | GA2, A2 |
| 11. Evaluate the vital role of gut microbiomes in normal metabolism, nutrition, immune function, physiology and prevention of disease. | GA1/A1 |
| 12. Determine the appropriate use of specific probiotics in the treatment of IBD, IBS, diarrheal disorders, eczema and other patient care. | GA2/A2 |
| 13. Compare and assess the changing nutritional requirements across treatment, during survivorship and in end-stage care. | GA1, A1 |
| 14. Recommend evidence-based nutrition management to improve the nutritional status and quality of life in patients with cancer. | GA2, A2 |
| 15. Select safe and effective supplement options for athletes from adolescents to masters. | GA1/3, A1 |
| 16. Determine key nutritional priorities for underperforming athletes such as low energy availability and iron deficiency. | GA1/A1 |
| 17. Make professional judgements that demonstrate knowledge of medical nutrition management. | GA1-3, A1/2 |
| 18. Make professional judgements that demonstrate the application of medical nutrition management to patient case scenarios. | GA1-3, A1/2 |

GA= Graduate Attributes, A = Assessment Test Number

15. PROFESSIONAL PLANNING REQUIREMENT

There are mandatory professional requirements for this course.

- Provide an explanation of how you intend to use the learning from this course in your professional work. This should include the identification of professional associations in the nutrition field and a description of how they can assist you in consolidating and extending your knowledge of managing nutrition. Please describe your other professional networking and how this applies to your nutrition work.
- List a range of resource materials that you have collected to advance your knowledge and application of managing nutrition. These may include links to video clips viewed, links to conference proceedings you have read or attended, books you have purchased or loaned, information on suppliers you have compiled, and any other resource materials you have obtained in order to advance your professional development in the field of nutrition management.



16. HEALTHCERT PROFESSIONAL QUALIFICATION

Advanced Certificate of Medical Nutrition Management

From HealthCert – An accredited CPD provider with university connections. Quality-assured by Bond University.

17. ONGOING WEB-BASED SUPPORT

After the trimester in which the course is delivered, there will be a minimum of 12 months ongoing web-based support to assist with the implementation of learning. This includes reminders of key learning points, webinars, video clips, updated information and ongoing case discussion with own case submission opportunities. The entire Professional Diploma program can therefore be studied over three trimesters (fastest) or three years (slowest).

18. CPD POINTS AND RECOMMENDED STUDY HOURS

Recommended study hours, including assessment: 120 hours minimum

Support: 12 months web-based support

Australian CPD points

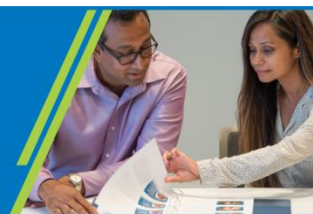
RACGP: 40 Category 1 QI&CPD points | **ACRRM:** 30 PRPD points

This is a self-submitted activity in various other countries as outlined below; please seek advice from the relevant professional body for more information.

19. PROFESSIONAL RECOGNITION AND ACADEMIC REVIEW

This course:

- Provides CPD points from the Royal Australian College of General Practitioners (RACGP).
- Provides PRPD points from the Australian Council of Rural and Remote Medicine (ACRRM).
- Is quality-assured by Bond University.
- Meets World Federation of Medical Education standards.
- Is recognised by Royal New Zealand College of General Practitioners (RNZCGP). The RNZCGP recognises all courses endorsed by the RACGP. Peer review and audit are compulsory.
- Is recognised by the Hong Kong College of Family Physicians (HKCFP). The HKCFP recognises all courses endorsed by the RACGP. Points are calculated differently.
- Is a self-submitted activity in Dubai. The number of CPD points must be stated on the certificate. Please contact PLD@dhcr.gov.ae for more information.
- Is a self-submitted activity in the UK. CPD events overseas, applicable to a doctor's scope of practice, may be submitted for revalidation. Please confirm with your Responsible Officer.
- Is a self-submitted activity in Canada through the College of Family Physicians of Canada. Category 1 points are reported as certified and Category 2 points are reported as non-certified. Please contact mainprocredits@cfpc.ca for more information.



20. OUTGOING COURSE PATHWAYS

Professional Diploma pathway

This online three-part program consists of the Professional Certificate, Advanced Certificate, and Professional Diploma of Medical Nutrition Management.

Certified clinical attachments pathway

Course graduates may continue their professional development by completing a clinical attachment, which are available on request. These will be on a 1:1 basis providing the opportunity to observe clinical nutrition consultation, planning and decision-making and ask questions of the expert. Clinical attachments are available in Australia.

Postgraduate pathway for nutrition

This pathway is suitable for medical practitioners who are mainly interested in clinical academic study. Medical professionals who successfully complete the HealthCert Professional Certificate, Advanced Certificate and Professional Diploma of Medical Nutrition Management will be eligible to apply for recognition of prior learning for NUTR71-103: Nutrition Issues and Priorities at Bond University. This subject may lead to a pathway into the **Graduate Certificate in Evidence Based Practice** (or other exit points within the **Master of Healthcare Innovations**), or the **Graduate Certificate in Nutrition** at Bond University. [Learn more](#)

A pathway leading to a **Graduate Diploma in Obesity and Weight Management** with an online provider in the UK is currently under discussion.

21. CONTINUOUS IMPROVEMENT THROUGH FEEDBACK

Participant feedback in the form of course evaluations and focus groups enable us to continuously improve. Thank you for contributing to this process. We keep records of feedback and use it to improve the course next time it is delivered.

22. HEALTHCERT ADVANCED CERTIFICATE COURSE FEES

Please ask a HealthCert Education Advisor for full details of course fees, payment plans, discounts and scholarships or go to www.healthcert.com.

23. HEALTHCERT CONTACT DETAILS

If you have questions related to this course, contact a HealthCert Education Advisor at courses@healthcert.com.

24. BIBLIOGRAPHY: MEDICAL NUTRITION MANAGEMENT

Supplementary readings will be identified.

| Version number | Version date | Authorised officer | Amendment details |
|----------------|--------------|--------------------|---------------------------------------|
| 1 | 9/8/2018 | C Guyler | Added this table to track amendments. |

All changes must be approved by the Head of Course Development/Curriculum.