

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

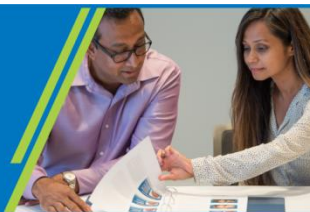
All HealthCert graduates demonstrate the following:

- **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 THE PROFESSIONAL CERTIFICATE LEVEL

Within a specific field of interest, graduates will be able to demonstrate the following at an introductory level:

- ✓ Factual knowledge (A1)
- ✓ Procedural knowledge (A2)
- ✓ Some theoretical knowledge (A1)
- ✓ Cognitive skills to gain information and apply known methods (A1)
- ✓ Judgement skills based on evidence (A1)
- ✓ Problem solving solutions to expected 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 one 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 Professional Certificate of Medical Nutrition Management is 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 GPs and degree-qualified nurses that work under their supervision. There are no prerequisites.

8. INCOMING COURSE PATHWAYS

Professionally recognised 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. Interpret dietary guidelines from around the world in order to ensure nutrition plans meet international best practice.
2. Appraise the rationale for the development of the Australian Dietary Guidelines and apply to basic concepts in order to deliver safe practice in primary care settings.
3. Evaluate the role of nutrition and diet in the aetiology of major nutrition-related disease states in order to respond to patient needs.
4. Assess the role of macronutrients in maintaining normal body metabolism and functions as well as in the prevention and treatment of chronic disease.
5. Distinguish between credible, science-based sources of nutrition information and unreliable sources in order to ensure patient safety in primary care.
6. Compare and critique current popular diets with the Australian Dietary Guidelines to ensure nutritional accuracy.
7. Decide how micronutrient deficiencies or toxicities alter normal body functions and how micronutrient supplementation impacts on chronic disease outcomes.
8. Differentiate the symptoms of micronutrient deficiencies and toxicities in order to diagnose and plan treatment.
9. Assess the role of diet and gut microbiota in the aetiology of gastrointestinal conditions.



10. Evaluate the symptoms of common food intolerances and the role of elimination diets for the treatment of gastrointestinal conditions.
11. Appraise nutrition screening and assessment in the older adult including the identification of signs and symptoms associated with malnutrition.
12. Analyse the burden of malnutrition and its physiological implications in order to plan effective interventions for the older adult.
13. Select current evidence-based recommendations for assessment and treatment of weight management.
14. Judge effective communication and counselling strategies in response to patient weight concerns in order to support patients' self-management.
15. Determine the eligibility criteria for bariatric surgery and ascertain appropriate patients for referral.
16. Distinguish the role of nutrition for all bariatric stages including pre-operative and post-operative nutrition management, macro- and micro-nutrient targets, deficiencies and complications.
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 nutrition work must be carried out under the supervision of a general practitioner.

10. SAMPLE COURSE TRAINING PLAN

There are eight online modules in this course:

1. **Australian and international dietary guidelines:** how to use these to guide treatment.
2. **Chronic disease and diets:** Mediterranean, MIND, vegetarian, high protein, low GI diets.
3. **Busting common nutrition myths and fads:** superfoods, paleo, organic and other popular diets.
4. **Do vitamins and mineral supplements work?** Are they necessary?
5. **Gastrointestinal health:** when to investigate food intolerance, low FODMAP diet and/or probiotics.
6. **Malnutrition in older adults:** identifying and managing nutritional risk.
7. **Talking to patients about weight loss and weight management options.**
8. **Bariatric care:** nutritional guide for pre- and post-surgical patient care.

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
- **Dr Heidi Staudacher:** Dietitian & Postdoctoral Researcher, Food and Mood Centre, Deakin University
- **Dr Ingrid Hickman:** Principal Research Fellow, Department of Nutrition and Dietetics, Princess Alexandra Hospital and Mater Research Institute-UQ
- **Dr Jaimon Kelly:** Senior Teaching Fellow, Bond University
- **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
- **Kathryn Nolan:** Senior Teaching Fellow, Bond University
- **Tara Diversi:** Business, Communication and Leadership Consultant, Health Leadership Australia; Co-Founder, Sophus Nutrition

13. ASSESSMENT REQUIREMENTS: ONLINE EXAMINATIONS

There are two online examinations for assessment:

1. 88 knowledge questions based on a scenario of a medical practitioner undertaking special interest training.
 - i. 11 per module

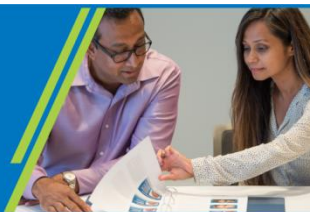
Example: The medical practitioner believes that 10% of the population ... Is he correct? Yes/No
2. 88 authentic scenario based questions based on cases of patient care at a clinic
 - i. 11 per module

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

- | | |
|---|-------------|
| 1. Interpret dietary guidelines from around the world in order to ensure nutrition plans meet international best practice. | GA1/2, A1/2 |
| 2. Appraise the rationale for the development of the Australian Dietary Guidelines and apply basic concepts in order to deliver safe practice in primary care settings. | GA1-3, A/1 |
| 3. Evaluate the role of nutrition and diet in the aetiology of major nutrition-related disease states in order to respond to patient needs. | GA1/2, A1/2 |
| 4. Assess the role of macronutrients in maintaining normal body metabolism and functions as well as in the prevention and treatment of chronic disease. | GA1/2, A1/2 |
| 5. Distinguish between credible, science-based sources of nutrition information and unreliable sources in order to ensure patient safety in primary care. | GA1/3, A1 |
| 6. Compare and critique current popular diets with the Australian Dietary Guidelines to ensure nutritional adequacy. | GA1/2, A1 |
| 7. Decide how micronutrient deficiencies or toxicities alter normal body functions and how micronutrient supplementation impacts on chronic disease outcomes. | GA1/2, A1/2 |



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|--|-------------|
| 8. Differentiate the symptoms of micronutrient deficiencies and toxicities in order to diagnose and plan treatment. | GA2, A2 |
| 9. Assess the role of diet and gut microbiota in the aetiology of gastrointestinal conditions. | GA1, A1 |
| 10. Evaluate the symptoms of common food intolerances and the role of elimination diets for the treatment of gastrointestinal conditions. | GA2, A2 |
| 11. Appraise nutrition screening and assessment in the older adult including the identification of signs and symptoms associated with malnutrition. | GA1/3, A2 |
| 12. Analyse the burden of malnutrition and its physiological implications in order to plan effective interventions in the older adult. | GA1/2, A1/2 |
| 13. Select current evidence-based recommendations for assessment and treatment of weight management. | GA1/2, A1/2 |
| 14. Judge effective communication and counselling strategies in response to patient weight concerns in order to support patients' self-management. | GA2, A2 |
| 15. Determine the eligibility criteria for bariatric surgery and ascertain appropriate patients for referral. | GA1/2, A1/2 |
| 16. Distinguish the role of nutrition for all bariatric stages including pre-operative and post-operative nutrition management, macro- and micro-nutrient targets, deficiencies and complications. | GA1/2, A1/2 |
| 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 |

15. PROFESSIONAL PLANNING REQUIREMENT

There is a mandatory professional requirement for this course.

- Provide an explanation of how you intend to use the learning from this course in your professional work. This may include the identification of a medical mentor who is an experienced professional in nutrition and a description of how they will assist you in developing nutrition knowledge and skills.

16. HEALTHCERT PROFESSIONAL QUALIFICATION

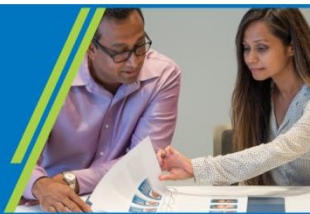
Professional Certificate of Medical Nutrition Management

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 implement learning. This support 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: 120 hours, including all readings and assessment

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 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.
- Meets World Federation of Medical Education standards.
- Is quality-assured by Bond University.

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 detailed records of course feedback and use it to improve the course for the next time it is delivered.

22. HEALTHCERT PROFESSIONAL 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 include:

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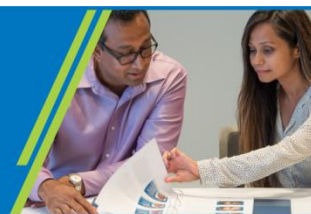
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COURSE OUTLINE

Professional Certificate of Medical Nutrition Management



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Version number	Version date	Authorised officer	Amendment details
1	6/8/2017	C Guyler	Added this table to track amendments.

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