



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 PROFESSIONAL DIPLOMA LEVEL

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

- ✓ Comprehensive factual knowledge (A1)
- ✓ Comprehensive procedural knowledge (A2)
- ✓ 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 complex problems (A2)
- ✓ Identification of limitations and referral to others (A2)



5. COURSE OVERVIEW

This course is designed for medical practitioners who wish to build on the knowledge gained from the Professional Certificate and Advanced Certificate of Medical Nutrition Management. There will be a greater focus on difficult and complex cases in this Professional Diploma. Submission and analysis of medical practitioners' own cases are a key feature of this course.

This qualification is stage three 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

This final stage of the Professional Diploma of Medical Nutrition Management is designed as a fully online course. There are eight units in a HealthCert diploma program. The course is delivered in one trimester (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 mid-course webinar and a final webinar where participant questions are answered prior to the examinations.

7. ENTRY REQUIREMENTS AND COURSE REQUISITES

This course is for General Practitioners and practice nurses only. The prerequisite for this course is the successful completion of the HealthCert Advanced Certificate of Medical Nutrition Management (or a qualification deemed equivalent) and HealthCert also highly recommends successful completion of at least 30 cases of medical nutrition management prior to enrolment. Professional Diploma courses are at the highest level at HealthCert, so there are additional professional requirements and submission of online cases. A literature review must also be completed of journal articles.

8. INCOMING COURSE PATHWAYS

Doctors and nurses who have completed other 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.

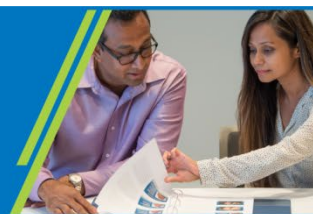
9. COURSE LEARNING OUTCOMES

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

1. Compare food allergies and intolerances and apply key nutritional recommendations in their diagnosis, management and referral.
2. Assess risk factors and screening tools for early identification of an eating disorder and determine associated referral pathways.
3. Determine key medical monitoring parameters, safe practices and hospital admission criteria for patients with eating disorders.

COURSE OUTLINE

Professional Diploma of Medical Nutrition Management



4. Critically examine the principles of motivational interviewing in changing dietary behaviours.
5. Critically examine the nature and scope of developing nutrition for children in their formative years and the management of common nutritional concerns.
6. Determine what constitutes a dietary supplement in sport nutrition and identify effective supplementation for athletes of all ages and sports endeavours.
7. Evaluate the role of diet in the management and treatment of COPD and asthma.
8. Determine key nutrition issues in patients with chronic kidney disease and differentiate nutrient and diet quality recommendations with regard to practicality for the kidney patient.
9. Assess nutritional risks and associated symptoms in the elderly and develop an approach to assess and manage nutrient needs of individual older patients on polypharmacy.
10. Evaluate the role of diet in the prevention and treatment of common mental health disorders and assess the barriers to dietary treatment.
11. Provide solutions to complex problems of medical nutrition management.
12. Critically examine medical nutrition management issues, consider and evaluate them.
13. Demonstrate specialised technical and creative problem-solving skills in medical nutrition management.
14. Make independent technical judgements in medical nutrition management at a specialised level.
15. Make independent management judgements in medical nutrition management at a specialised level.
16. Initiate, plan, implement and evaluate medical nutrition management in scenario format.
17. Communicate understanding of theoretical concepts with professional colleagues in medical nutrition management.
18. Determine personal responsibility and accountability for work tasks and results in medical nutrition management.
19. Determine responsibility and accountability for work tasks and results of others in medical nutrition management.
20. Communicate and explain medical nutrition management knowledge and ideas to different audiences. For example, patients, staff, families, and colleagues.
21. Consolidate knowledge of medical nutrition management through evaluation of peer reviewed journal articles.
22. Review, analyse and apply knowledge of medical nutrition management to scenarios of practitioners and patients with problems that require medical nutrition management.

10. SAMPLE COURSE TRAINING PLAN

Module 1: Diet and depression

Module 2: Eating disorders

Module 3: Nutrition in chronic kidney disease

Module 4: Childhood nutrition

Module 5: Advanced sports nutrition

Module 6: Motivational interviewing for behaviour change

Module 7: Ageing, medication and nutritional management

Module 8: Food allergies and intolerances

Extended Learning Unit: Nutrition in COPD and asthma

*Patient cases with problem solving analysis and decision making will be included throughout.



11. COURSE ACTIVITIES

Course participants will:

- Participate in discussion boards and evaluate nutrition management cases.
- Receive access to relevant research/readings in the field.
- Access video presentations from experts in the field with the opportunity to replay.
- Participate in webinars with experts and professional colleagues.
- Receive ongoing support post-course through webinars and case review.

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.

- **Dr Tetyana Rocks:** Dietitian & Postdoctoral Research Fellow, Food and Mood Centre, Deakin University
- **Shane Jeffrey:** Dietitian in Private Practice, River Oak Health
- **Dr Stan Steindl:** Clinical Psychologist and Director Psychology Consultants Pty Ltd; Adjunct Associate Professor, School of Psychology, The University of Queensland
- **Dr Jaimon Kelly:** Senior Teaching Fellow, Bond University
- **Dr Treasure McGuire:** Associate Professor, Pharmacology, Bond University
- **Peta Paterson:** Accredited Practising Dietitian and Senior Teaching Fellow, Bond University
- **Shane Jeffrey:** Accredited Sports Dietitian; Treasurer, Australian & New Zealand Academy for Eating Disorders; Founder, River Oak Health; Founder, Food Mind Body
- **Greg Shaw:** Nutrition Lead, Australian swimming
- **Kathy Beck:** Chair, Dietitian Subcommittee, Australasian Society of Clinical Immunologists and Allergists

13. ASSESSMENT REQUIREMENTS: ONLINE EXAMINATIONS

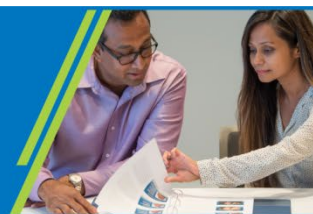
There are two online examinations for assessment:

1. 120 knowledge questions based on a scenario of a medical practitioner undertaking special interest training.
 - i. 15 per module

Example: The medical practitioner believes that 10% of the population ... Is he correct? Yes/No
2. 120 authentic scenario-based questions based on cases of patient care at a clinic
 - i. 15 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. Exam questions are presented at the end of each module.



14. ASSESSMENT MAPPING OF COURSE LEARNING OUTCOMES

- | | |
|---|---------------|
| 1. Compare food allergies and intolerances and apply key nutritional recommendations in their diagnosis, management and referral. | GA1,2. A1,2 |
| 2. Assess risk factors and screening tools for early identification of an eating disorder and determine associated referral pathways. | GA1,3. A1. |
| 3. Determine key medical monitoring parameters, safe practices and hospital admission criteria for patients with eating disorders. | GA1-3. A1-2. |
| 4. Critically examine the principles of motivational interviewing in changing dietary behaviours. | GA1-3. A1-2 |
| 5. Critically examine the nature and scope of developing nutrition for children in their formative years and the management of common nutritional concerns. | GA1,2. A1-2 |
| 6. Determine what constitutes a dietary supplement in sport nutrition and identify effective supplementation for athletes of all ages and sports endeavours. | GA1,2. A2. |
| 7. Evaluate the role of diet in the prevention and treatment of common mental health disorders and assess the barriers to dietary treatment. | GA1-2. A1-2. |
| 8. Determine key nutrition issues in patients with Chronic Disease and differentiate nutrient and diet quality recommendations regarding practicality for the kidney patient. | GA1-2. A1,2. |
| 9. Assess nutritional risks and associated symptoms in the elderly and develop an approach to assess and manage nutrient needs of individual older patients on polypharmacy. | GA1-2 A1-2. |
| 10. Evaluate the role of diet in the prevention and treatment of common mental health disorders and assess the barriers to dietary treatment. | GA1,2. A1,2 |
| 11. Provide solutions to complex problems of medical nutrition management. | GA1-3, A2 |
| 12. Critically examine medical nutrition management issues, consider and evaluate them. | GA1-3. A2 |
| 13. Demonstrate specialised technical and creative problem-solving skills in medical nutrition management. | GA2. A2 |
| 14. Make independent technical judgements in medical nutrition management at a specialised level. | GA1-3, A2 |
| 15. Make independent management judgements in medical nutrition management at a specialised level. | GA1-3, A2 |
| 16. Initiate, plan, implement and evaluate medical nutrition management in scenario format. | GA1-3, A2, PR |
| 17. Communicate understanding of theoretical concepts with professional colleagues in medical nutrition management. | GA1, PR |
| 18. Determine personal responsibility and accountability for work tasks and results in medical nutrition management. | GA2, GA3, PR |
| 19. Determine responsibility and accountability for work tasks and results of others in aesthetic medicine. | GA1-3, A1, PR |
| 20. Communicate and explain medical nutrition management knowledge and ideas to different audiences. For example, patients, staff, families, and colleagues. | GA2, GA3, PR |
| 21. Consolidate knowledge of medical nutrition management through evaluation of peer reviewed journal articles. | GA1-3, A1, PR |
| 22. Review, analyse and apply knowledge of medical nutrition management to scenarios of practitioners and patients with problems that require medical nutrition management. | GA1-3, A1-2 |

GA= Graduate Attributes, A = Assessment Test Number, PR = Professional Requirement



15. PROFESSIONAL PLANNING REQUIREMENT

There is a mandatory professional requirement for this course.

- Provide an explanation of how the learning from this course will help you with your professional development. In your description refer to:
 - How you will communicate theoretical understanding with professional colleagues in medical nutrition management.
 - How you will communicate and explain information and concepts regarding medical nutrition management to different audiences.
 - Your responsibility and accountability for personal work/results in medical nutrition management.
 - Your responsibility and accountability for the work/results of others in medical nutrition management.

16. PROFESSIONAL LITERATURE REQUIREMENT

Review and evaluate articles regarding medical nutrition management from a peer-reviewed medical journal. Select two articles from the three articles provided.

- | | |
|---|------------------------|
| • Title and reference | • Findings and results |
| • Introduction and purpose | • Conclusions |
| • Methods and procedures (if appropriate) | • Evaluation |

17. PROFESSIONAL CASE FILE

Your HealthCert Professional Case File

This is a mandatory professional requirement. At the end of this course, you will document your own medical nutrition cases as part of a reflective audit and describe selected cases in detail. The cases will be subject to review. Your cases should aim to demonstrate:

1. Critical examination of medical nutrition management issues, generation of ideas and evaluation of them.
2. Identification and provision of a solution to a complex problem of medical nutrition management.
3. Performance of specialised technical and creative problem-solving skills in medical nutrition management.
4. Independent technical judgements in medical nutrition management at a specialised level.
5. Independent management judgements in medical nutrition management at a specialised level.
6. Initiation, planning, implementation, evaluation and review of medical nutrition management.

18. HEALTHCERT PROFESSIONAL QUALIFICATION

Professional Diploma of Medical Nutrition Management

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



19. 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).

20. 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

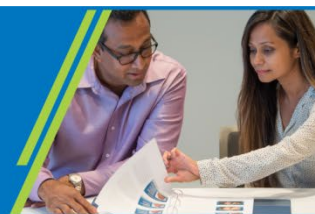
Active Learning Module

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

21. PROFESSIONAL RECOGNITION AND ACADEMIC REVIEW

This course:

- Is quality-assured by Bond University.
- 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.
- Qualifies for a Clinical Attachment in Nutrition Management in Australia
- Meets World Federation of Medical Education standards.



22. OUTGOING COURSE PATHWAYS

Professional association pathway

This qualification may be used as part of an application for Fellowship at the Australasian Society of Lifestyle Medicine. Learn more: www.lifestylemedicine.org.au

Certified clinical attachments pathway

Clinical attachments are optional and available on a 1:1 or small group basis, providing the opportunity to observe medical nutrition management in action and ask questions of the expert in a clinical environment. Clinical attachments are available in Australia. HealthCert certificates are awarded for participating in clinical attachments.

Australian postgraduate pathway

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 Nutrition** or the **Graduate Certificate in Evidence Based Practice** (or other exit points within the **Master of Healthcare Innovations**) at Bond University.

Participation in research

HealthCert alumni have opportunities to participate in research projects conducted by leading experts in the field. Research projects and surveys are shared via the HealthCert blog which is available to HealthCert alumni.

23. 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.

24. HEALTHCERT PROFESSIONAL DIPLOMA 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.

25. COURSE CONTACT DETAILS

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

26. BIBLIOGRAPHY: MEDICAL NUTRITION MANAGEMENT

Open-access readings will be provided for all participants via the HealthCert Learning Management System (LMS).

Version number	Version date	Authorised officer	Amendment details
1	29/8/2019	C Guyler	Added this table to track amendments.
2	119/10/2019	C Guyler	Edited learning outcomes in consultation with Bond University

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