**Professional Considerations:**

Here’s a reminder of the key DOs and DON’Ts. By the end of this course, provided you obtain adequate insurance cover, you will be able to:

1. Educate and appraise a person about their health
2. Address a person's health goals and put forward personalised suggestions
3. Check on food intake through questions and dietary journals
4. Follow up on a person's nutritional improvements
5. Adjust a programme where necessary
6. Inform about the benefits of proper nutrition, hydration, exercise, and self-care
7. Work with a person to implement strategies for new healthy habits to stick

You should always act ethically and responsibly, and **you should NOT**:

1. Guarantee results or health improvements
2. Exaggerate or misinform about the health effects of certain foods or products
3. Recommend supplements as a substitution for a varied diet or medical treatment
4. Diagnose deficiencies, symptoms, medical conditions, prescribe treatment, or replace a doctor's advice
5. Call your clients “patients” or your assessments “diagnoses” or your advice “prescription” (only medical professionals are allowed to use these terms)
6. Provide substitution for the care of disease through a medical provider
7. Advise a person to stop taking prescribed medicine
8. Treat an illness or injury through over-the-counter products, herbs or supplements
9. Divulge confidential information about someone's health to third parties
10. Refer to your client as your “patient” or to your services as “treatment” or “prescription”
11. Practise, market your services or take on clients *without* having adequate insurance cover

You MUST observe all legal, tax, professional, commercial and regulatory requirements that apply in your jurisdiction.

And remember that you MUST work in collaboration with a Medical Doctor or licensed health professional if your client answers “yes” to any of the questions in the Client Health Check Questionnaire.

Clinical Weight Loss

 

Nutritional Therapist

 