

EXTERNAL FULL PORTFOLIO (EFP) CASE STUDY INSTRUCTIONS

Please read carefully before you start.

1. Word count: approx 2000-3000. Support material, which must be submitted with your application, is not included in the word count.
2. Use ARIAL 12
3. Use your date of birth as your applicant number e.g. 020959 to enable anonymous marking. The Registrar is the only person who has your date of birth.
4. Applicant number and case study number should be on all pages which must be numbered.
5. **External Full Portfolio (EFP) Applicants** must submit two carefully chosen, detailed and contrasting case studies taking into account the following points:
 - Case studies should be within your defined scope of practice.
 - If you use diagnostic techniques or interventions outside the scope of the nutritional therapy competencies (NOS), e.g. Kinesiology, Iridology, Vega or similar, then any case studies submitted **MUST** demonstrate what course of action you would have taken had you not used those methods, i.e. what/how you would have tested/validated your evaluation of the client, what results you would have expected and how they would have supported your recommended programme. Applicants must demonstrate to assessors that they clearly are able to practise nutritional therapy as the standards have been set.
 - Use the Case study template. This template has been developed to guide you through your case study presentation. The template is based on the Clinical section of the National Occupational Standards (NOS).
 - Use appropriate technical language when writing your case study but ensure that handouts and other patient/client material is client orientated.
 - Each case study should be complete with at least two subsequent consultations.
 - You do not need to include more than one example of any point within the NOS e.g. one dietary analysis, one diet plan, one detailed nutraceutical protocol with rationale.
 - You should demonstrate reflective practise throughout.
 - As you write up each case study you should demonstrate your knowledge, understanding and skill. You should refer to the 'Assessment Check List Document'. You should work within your scope of practice.
6. Bullet points, tables or any method of your choosing that is clear and concise is the preferred method of presentation. We do not want wordy essays.
7. Please ensure that your case studies are placed in a plastic envelope and your applicant number is clearly visible.

CASE STUDY TEMPLATE

Please ensure that you maintain patient confidentiality in any material that you submit.

1. ASSESSING THE CLIENT'S NEEDS AND THE APPROPRIATENESS OF NUTRITIONAL THERAPY

- a) **Synopsis of current presenting symptoms** – Portrait of your client at the point you have taken on the case. Include your methods of information gathering e.g. questionnaire
- b) **Rationale** - Provide a rationale for the initial hypothesis using valid and reliable information. Identify possible antecedents and triggers (precipitating and perturbing factors) and possible mediators
- c) **Resources, Options and Risks** - Identify range of resources and options available to the client and also potential risks to client in following recommended treatment protocol.

2. EDUCATING THE CLIENT

- a) **Explain the selection of assessment methods used to determine client treatment**
- b) **Dietary Advice** – provide an outline with rationale for any dietary changes recommended.
- c) **Initial Supplement Protocol With Rationale:**

Guidelines:

- present a generic nutraceutical protocol in the first instance and include appropriate rationale which demonstrates your understanding of the individual nutrients and/or non-nutritive substances.
 - explain your choice of proprietary brands to support your initial findings. Assessors do not necessarily know the content of branded formulations so you must tell them. You may photocopy or scan this information from supplement catalogues.
 - provide information on dosage, dosage form, timing of intake, and length of prescription.
 - demonstrate safety in relation to dosage and interactions with food/nutrients/herbs/ phytochemicals/ lifestyle.
 - demonstrate intention to work within the limits of the client's medication and to protect the client in regards to side effects and/or potential interactions.
- d) **Lifestyle Advice** – Provide an outline with rationale for any lifestyle changes recommended
 - e) **Summary** – Reflect on each consultation and articulate on any preparation you intend before the follow-up appointment e.g. the focus of future appointments, further investigations/tests and referral as applicable. Review effectiveness of the client-practitioner relationship in terms of improved client health outcomes.

3. EVALUATING AND REVIEWING EFFECTIVENESS OF NUTRITIONAL THERAPY

At each follow-up appointment critically evaluate effectiveness of treatment, including pertinent discussion with the client and request further tests if necessary, make appropriate changes to the protocol with explanation and reflect on the case to date including possible plans for the future management of the case e.g.

- Reducing supplements
- Further tests
- Life style changes
- Referring to another health practitioner
- Writing to GP or consultant with update

WORD COUNT