

## CNS Supervised Practice Experience - Candidate's Report

To be submitted upon completion of the 1,000 hours

### Completion of Program Requirements

Candidates who pass the examination must successfully fulfill all CNS program requirements within five years after the exam date. Exam results will expire for those candidates who have not met all program requirements within this five-year period, and reexamination will be required.

#### Personal Contact Information

Preferred Contact (please check one)

Date of Examination: \_\_\_\_\_ Date Submitting this Report: \_\_\_\_\_

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Maiden name: \_\_\_\_\_ Degree/Credential: \_\_\_\_\_

Phone: \_\_\_\_\_ Email (not a school one) \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Province: \_\_\_\_\_ Zip Code: \_\_\_\_\_

#### Business Contact Information

Preferred Contact (please check one)

Business name:

\_\_\_\_\_

Business street address:

\_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

#### Current Employment Information/Primary Occupation

Nutrition practitioner  Business consultant/manager  Educator

Researcher  Other healthcare practitioner (please specify): \_\_\_\_\_

Candidate's job title:

\_\_\_\_\_

### Supervised Practice Experience

Submission of the supervised experience component requires completion and submission of the following. Applications are not complete unless they contain all of the following information

- Candidate's updated curriculum vitae (CV) or resume
- Supervisor Approval Request Form(s) with supervisor's CV or resume (for each supervisor). Please note, these are to be submitted by each Supervisor at the commencement of your work together.

**Documented 1,000 hours of Supervised Practice Experience covering all BCNS required competencies.** Experience must have been supervised by a BCNS-approved supervisor.

Hours must be documented on the CNS SPE Hours Tracking Tool (provided by the BCNS and on the BCNS website). One tracking tool should be used for each supervisor.

- Supervisor's Report (from each supervisor)

Indicate the supervised practice experience setting for each supervisor:

- Clinical practice    Supervisor's Name \_\_\_\_\_
- Community setting    Supervisor's Name \_\_\_\_\_
- Institution (hospital, nursing home, etc.) Supervisor's Name \_\_\_\_\_
- Practicum (as part of master's/doctoral degree program) Supervisor's Name \_\_\_\_\_
- Home Health Care    Supervisor's Name \_\_\_\_\_
- Other \_\_\_\_\_ Supervisor's Name \_\_\_\_\_

Please complete this table:

Date Range Example: 1/2017-12/2018	Cat A* hrs.	Cat B* hrs.	Cat C* hrs.	Hours w/Sup.	Supervisor Name	Facility Name
Subtotal						
Total						

\***Category A:** Nutrition Assessment (min 200 hrs), **Category B:** Nutrition Intervention, Education, Counseling or Management (min 200 hrs), **Category C:** Nutrition Monitoring and Evaluation (min 200 hrs.)

\*\* Hours w/Sup = Total hours spent reviewing cases with your supervisor (typically 1 hour per every 40 hours worked with clients.) Hours spent with each supervisor are separate from Cat A, B, and C but count in the total.

Please list all supervisors and the total number of hours you worked with each supervisor.

1. Supervisor Name	2. Hours worked w/clients	3. Hours met w/supervisor	4. Total Hours (add col 2 + 3)

Please check the box(es) that apply:

- A.  I worked exclusively with my own clients
- B.  I worked exclusively with my supervisors' clients
- C.  I worked with both my own clients and my supervisors' clients

If you checked C, what percentage with:

\_\_\_\_\_ % your own clients      \_\_\_\_\_ %      your supervisors' clients

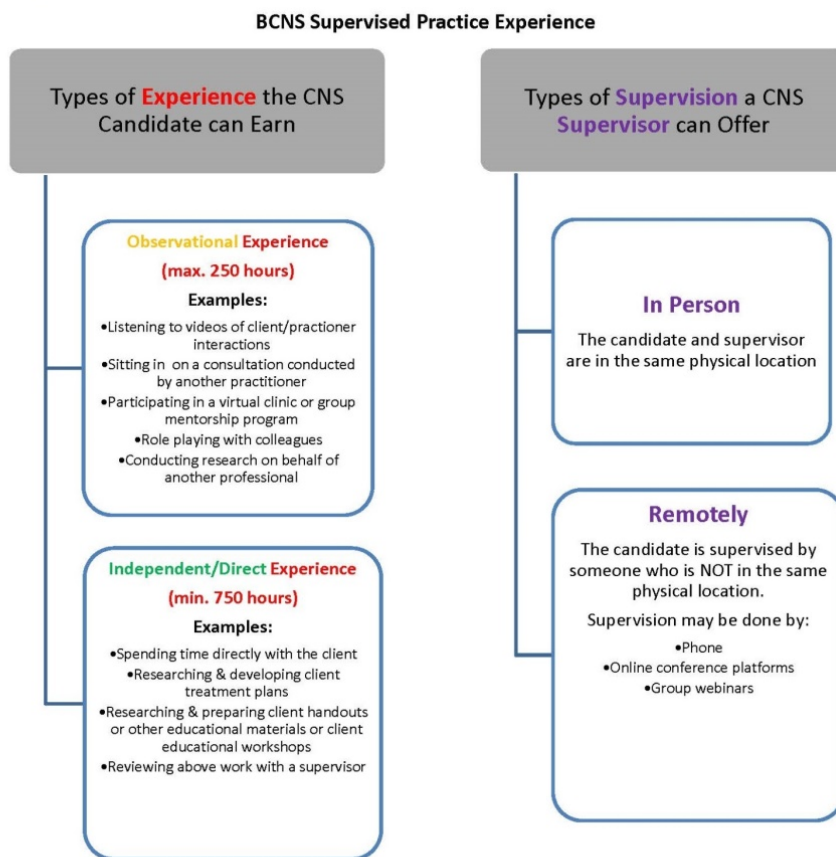
Based on the chart below, please indicate the type of experience you earned with each supervisor.

Supervisor Name	Total hours Observational Experience	Total Hours Independent/Direct Experience

As per the BCNS policy, supervisors may not be married to, related to or domestic partners with the supervisee(s).

Is your relationship with each supervisor compliant with the BCNS policy?

Yes  No \_\_\_\_\_



## Competencies

This section is for the Candidate to self-evaluate each area as it pertains directly to your practice experience. Please choose one check box for each of the required competencies to indicate the level of experience you have obtained for each one. Provide experiences/activities that fulfill each competency in which you have experience, indicating how you met the competency. Use additional pages if necessary. See the examples below.

**S= Significant Experience      A = Adequate Experience      M= Minimal Experience**

### Examples:

1. Psychosocial history, including access to food, occupation, living situation, smoking, drug and alcohol use

S    A    M

Experiences/Activities that fulfill the competency:

Included on my intake forms and reviewed in every initial session. Revisited as needed.

2. Apply specific dietary and nutraceutical modifications as adjuvant therapy in immuno-compromised individuals (those with HIV-AIDS, cancer, tuberculosis)

S    A    M

Experiences/Activities that fulfill the competency:

Have worked with some people undergoing chemotherapy to support nutritional needs and manage side effects thru nutrition. Created informational and dietary handouts to support.

3. Assess the effects of disordered eating patterns on nutritional status, body composition and function

S    A    M

Experiences/Activities that fulfill the competency:

Have not directly worked with diagnosed eating disorder patients but have an understanding of impact of disordered eating patterns and am experienced in process of evaluating nutritional status, body composition and function in all my clients. Am aware of need to be more mindful in assessing body composition in eating disorder clients.

### Category A: Nutrition Assessment

**Health history. Know how to elicit a patient-appropriate health history, including data such as:**

1. Current health concerns, past and present health history, and family health history

S    A    M

Experiences/Activities that fulfill the competency:



2. Body weight history and recent weight changes

S  A  M

Experiences/Activities that fulfill the competency:

3. Psychosocial history, including access to food, occupation, living situation, smoking, drug and alcohol use

S  A  M

Experiences/Activities that fulfill the competency:

4. Medication and supplement use

S  A  M

Experiences/Activities that fulfill the competency:

5. Review of body systems

S  A  M

Experiences/Activities that fulfill the competency:

6. Mastication and swallowing difficulty, appetite and bowel function

S  A  M

Experiences/Activities that fulfill the competency:

7. Pregnancy history and/or desired pregnancy

S  A  M

Experiences/Activities that fulfill the competency:

8. Sleep patterns, stress level

S  A  M

Experiences/Activities that fulfill the competency:

9. Obtain a focused nutrition history via multi-day food record, a food frequency record and a 24-hour recall

S  A  M

Experiences/Activities that fulfill the competency:

10. Identify limitations of food records, food frequency questionnaires, and recalls and understand the appropriate use of these tools

S  A  M

Experiences/Activities that fulfill the competency:

11. Determine suboptimal dietary intake or status of nutrients

S  A  M

Experiences/Activities that fulfill the competency:

12. Evaluate eating patterns, stress eating tendencies and disordered eating behaviors

S  A  M

Experiences/Activities that fulfill the competency:

13. Identify dietary avoidance behaviors

S  A  M

Experiences/Activities that fulfill the competency:

14. Identify allergies and sensitivities to foods and dietary supplement ingredients based on history and symptoms reports

S  A  M

Experiences/Activities that fulfill the competency:

15. Physical activity, identifying frequency, intensity, type and limitations to exercise

S  A  M

Experiences/Activities that fulfill the competency:

16. Identify stages of change for making dietary and other lifestyle modifications

S  A  M

Experiences/Activities that fulfill the competency:

**Biochemical and laboratory assessment**

17. Evaluate signs of vitamin and mineral deficiencies or toxicities

S  A  M

Experiences/Activities that fulfill the competency:



18. Interpret laboratory data as it applies to nutrition-related conditions and systemic imbalances

S  A  M

Experiences/Activities that fulfill the competency:

19. Monitor growth, weight and BMI

S  A  M

Experiences/Activities that fulfill the competency:

20. Identify hormonal and neurotransmitter imbalances based on laboratory assessment

S  A  M

Experiences/Activities that fulfill the competency:

21. Identify personalized and biochemical laboratory value ranges as compared to normal reference value ranges

S  A  M

Experiences/Activities that fulfill the competency:

**Genetic/genomic factors**

22. Demonstrate understanding of the basics of gene expression, transcription and translation

S  A  M

Experiences/Activities that fulfill the competency:



23. Demonstrate understanding of genetic disorders in nutrient metabolism

S    A    M

Experiences/Activities that fulfill the competency:

24. Evaluate family health history as it relates to current health status and risk factors

S    A    M

Experiences/Activities that fulfill the competency:

**Anthropometrics**

25. Be familiar with the following anthropometric measurements: mid-arm circumference, triceps skin-fold and mid-arm muscle circumference

S    A    M

Experiences/Activities that fulfill the competency:

26. Be familiar with bioelectric impedance

S    A    M

Experiences/Activities that fulfill the competency:

27. Be familiar with waist to hip ratio measurements

S    A    M

Experiences/Activities that fulfill the competency

28. Be familiar with emerging tools of anthropometrics (ultrasound, DEXA, MRI, CT scanning, and air displacement plethysmography)

S  A  M

Experiences/Activities that fulfill the competency:

29. Be familiar with computerized analysis of food intake

S  A  M

Experiences/Activities that fulfill the competency:

30. Determine individual micro- and macro-nutrient requirements using guidelines and recommendations customizing them according to the individual's age, sex, body type, reproductive status, activity level and metabolism

S  A  M

Experiences/Activities that fulfill the competency:

**Identification of clinical status**

31. Identify symptoms that require medical referral

S  A  M

Experiences/Activities that fulfill the competency:

32. Correlate constellations of symptoms for the most effective and efficient treatment protocols

S  A  M

Experiences/Activities that fulfill the competency:

**Category B: Nutrition Intervention, Education, Counseling or Management**

**Nutrition relationship to disease or system (Medical Nutrition Therapy)**

1. Obesity

S    A    M

Experiences/Activities that fulfill the competency:

2. Cardiovascular disease, dyslipidemias, and hypertension

S    A    M

Experiences/Activities that fulfill the competency:

3. Insulin resistance and non-insulin dependent diabetes

S    A    M

Experiences/Activities that fulfill the competency:

4. Endocrine disorders

S    A    M

Experiences/Activities that fulfill the competency:

5. Autoimmune disorders

S    A    M

6. Gastrointestinal disorders (gastroesophageal reflux disease, peptic ulcer disease, dumping syndrome, irritable bowel syndrome, inflammatory bowel disease, short bowel syndrome, diverticulosis, and colorectal cancer)

S    A    M

Experiences/Activities that fulfill the competency:

7. Hematologic disorders

S    A    M

Experiences/Activities that fulfill the competency:

8. Bone disorders, such as osteopenia and osteoporosis

S    A    M

Experiences/Activities that fulfill the competency:

9. Hepatic disorders

S    A    M

Experiences/Activities that fulfill the competency:

10. Pulmonary disorders

S    A    M

Experiences/Activities that fulfill the competency:

11. Renal disorders

S    A    M

Experiences/Activities that fulfill the competency:



12. Cognitive/neurological disorders

S  A  M

Experiences/Activities that fulfill the competency:

13. Food allergies and intolerances

S  A  M

Experiences/Activities that fulfill the competency:

14. Apply nutritional therapy in compromised individuals (those undergoing chemotherapy, radiation, surgical procedures, dialysis, bariatric surgery, or those who cannot masticate, swallow, or absorb nutrients due to medical interventional procedures or treatments)

S  A  M

Experiences/Activities that fulfill the competency:

15. Apply specific dietary and nutraceutical modifications as adjuvant therapy in immuno-compromised individuals (those with HIV-AIDS, cancer, tuberculosis)

S  A  M

Experiences/Activities that fulfill the competency:

**Drug-nutrient/ drug-herb interactions**

16. Identify common drug-nutrient and drug-herb-interactions affecting glucoregulation, coagulation, and metabolism

S  A  M

Experiences/Activities that fulfill the competency:

17. Identify drug/herb action, duration of action, indication and dose of a patient's current therapeutic regimen

S  A  M

Experiences/Activities that fulfill the competency:

18. Identify dietary factors that affect the actions of common drugs and the underlying mechanisms of action

S  A  M

Experiences/Activities that fulfill the competency:

19. Identify nutrient depletions which can occur related to commonly used drugs

S  A  M

Experiences/Activities that fulfill the competency:

20. Identify interactions between drugs and foods (including herbs) and their constituents

S  A  M

Experiences/Activities that fulfill the competency:

21. Assess the interaction of nutrients with alcohol

S  A  M

Experiences/Activities that fulfill the competency:

**Interactions between nutrients**

22. Assess the synergistic effects and antagonistic interactions of nutrients in foods and supplements and how they may impact the health status of an individual

S    A    M

Experiences/Activities that fulfill the competency:

**Dietary therapeutics and behavior optimization**

23. Assess the advantages and limitations of popular diets

S    A    M

Experiences/Activities that fulfill the competency:

24. Identify the therapeutic usefulness of specific foods

S    A    M

Experiences/Activities that fulfill the competency:

25. Apply scientific evidence and methods when developing specific dietary recommendations

S    A    M

Experiences/Activities that fulfill the competency:

26. Assess the link between behaviors learned in childhood and their impact on obesity and other chronic health issues in adulthood

S    A    M

Experiences/Activities that fulfill the competency:



27. Apply psychological and motivational skills to enhance clinical outcomes

S  A  M

Experiences/Activities that fulfill the competency:

28. Gauge and optimize compliance with recommendations

S  A  M

Experiences/Activities that fulfill the competency:

**Nutraceutical and supplement therapeutics**

29. Apply evidence-based dose and duration of use of nutraceuticals for common conditions

S  A  M

Experiences/Activities that fulfill the competency:

30. Develop working knowledge of good manufacturing practices and other markers of quality end-products

S  A  M

Experiences/Activities that fulfill the competency:

**Eating behaviors and eating disorders**

31. Assess the effects of disordered eating patterns on nutritional status, body composition and function

S  A  M

Experiences/Activities that fulfill the competency:

**Data comprehension and translation**

32. Assess individual patient data and compare with other data (national guidelines, policies, consensus statements, expert opinions and previous outcome experience) to develop nutritional therapeutic interventions

S    A    M

Experiences/Activities that fulfill the competency:

**Botanical and related therapeutics**

33. Develop working knowledge of the effects of common botanical supplements and their indication for health promotion

S    A    M

Experiences/Activities that fulfill the competency:

34. Assess the safe use and potential toxicity of botanical supplements

S    A    M

Experiences/Activities that fulfill the competency:

**Category C: Nutrition Monitoring or Evaluation**

Category C Definition: Regular re-evaluation of treatment plan and goals in accordance with evaluation of improvements made based on symptoms and overall health status. Includes review of clinical research, standards of care, and other indirect contact.

**NOTE:** Category C covers all of the competencies of Categories A & B as it relates to the Monitoring or Evaluation- be sure to check the appropriate competencies in A & B and to include your hours above in Category C.

**Professional Issues - Covered in Categories A, B & C**

1. Food quality and safety

S    A    M

2. Develop working knowledge of the causes and preventive measures for the most common food borne illnesses

S    A    M

Experiences/Activities that fulfill the competency:

3. Monitor current developments and outbreaks of food borne illnesses and translate media information into science-based evidence and patient recommendations

S    A    M

Experiences/Activities that fulfill the competency:

4. Assess populations at risk for food safety issues

S    A    M

Experiences/Activities that fulfill the competency:

5. Assess factors that may negatively affect food quality (pesticides, xenobiotics, GMO's, hormones, food additives, PCB, heavy metals)

S    A    M

Experiences/Activities that fulfill the competency:

6. Cultural issues, ethical standards and boundaries

S    A    M

Experiences/Activities that fulfill the competency:

7. Apply all HIPAA compliance requirements

S  A  M

Experiences/Activities that fulfill the competency:

8. Refer clients to appropriate healthcare providers when their care requires services outside the scope of practice of a CNS

S  A  M

Experiences/Activities that fulfill the competency:

9. Assess the impact of personal and cultural beliefs on dietary and lifestyle patterns and be able to address these beliefs when developing nutrition intervention plans

S  A  M

Experiences/Activities that fulfill the competency:

**Epidemiology & Biostatistics - Covered in Categories A, B & C**

1. Apply the knowledge of basic epidemiology of nutrition into practice

S  A  M

Experiences/Activities that fulfill the competency:

2. Utilize knowledge from research studies to compare outcomes and translate them into science-based therapies for clients.

S  A  M

Experiences/Activities that fulfill the competency:

### Candidate Responsibility Statements

Please check all boxes. Applications will not be considered if this section is incomplete.

- I understand all credential applications and supporting documentation are reviewed by the Credentials Council. Candidates whose applications are reviewed by the council and deemed incomplete or ineligible will be notified via email.
- I have read and understand all the policies and procedures in the Candidate Handbook.
- I have read and accept the terms and responsibilities outlined in the BCNS Code of Ethics in the Candidate Handbook.
- I have read and accept the terms and responsibilities outlined in the Recertification Requirements in the Candidate Handbook.
- I attest that I have never been convicted of or pled guilty to a felony, or of any fraud, false statements, omissions, wrongful taking of property, bribery, perjury, forgery or a conspiracy to commit any of these offenses.
- I declare all information I have provided in this application to be true and accurate. I understand misrepresentations or incorrect information provided to the BCNS can result in disciplinary action including suspension or revocation of my eligibility, examination score or credential.

**I attest that the above statements are true and accurate.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

### Certificate Information

Candidates who complete their CNS candidacy will receive a certificate specifying the CNS credential has been awarded; official certificates will be sent within 60 days of notification.

Maiden/legal name at time exam was passed:

\_\_\_\_\_

Name/credentials as they should appear on CNS certificate:

\_\_\_\_\_

### Submission of Application and Documentation

Please email application and documentation to [Applications@NutritionSpecialists.org](mailto:Applications@NutritionSpecialists.org). Thank you.