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Integrative and Functional Medical Nutrition Therapy (IFMNT) 2018-19 Certificate of Training Series:

Orientation

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Susan Allen, RDN, LDN, CCN

- Recognized Functional Nutrition expert, considered a pioneer, with over 25 years in practice, over 12 years as a mentor/consultant to students, interns & colleagues.
- Lectures nation-wide, has numerous media appearances, and is a published author. Recently invited to be a reviewer for the first college textbook exclusive to the Integrative Medical Nutrition Therapy Process. Invited speaker for this year's Integrative Healthcare Symposium (IHS) in NYC
- Has held appointments on many professional boards including 3-year Chair for Dietitians in Integrative and Functional Medicine-DIFM and the Institute for Functional Medicine's Nutrition Board. Awarded the 2018 DIFM Lifetime Achievement Award!
- Six years ago, launched Next Level Functional Nutrition, a successful international initiative, providing valuable online training to healthcare professionals (and students of the health sciences), who want a step into the 21st century where the cutting edge of science, nutrition, and medicine meets to answer public demand for a new medical paradigm!



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IFMNT Specialists Enjoy...

- Having a large % of clients who exceed their health goals
- Helping clients reverse chronic illness after ‘trying everything and seeing everyone else’
- Having clients become raving fans & telling their friends/family about their successes
- Referrals from other practitioners who’ve heard/experienced their success stories
- Increased professional respect and amazing practice and/or career growth!



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Welcome!!

IFMNT COT: Now updated and expanded to 15 months! Get ready for a deep-dive!

- Assumes you've already had foundational training or the equivalent in experience
- Your contact email for this course:

ifmnrtd@gmail.com

- Please be sure to put your course in the subject line of all correspondence; COT 18-19.
- Please refrain from using other emails, FB messaging, etc



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Class Calendar

- Your preliminary class calendar is located in your course portal, overview page.
- We meet on average 3 evenings a month; less in the summer and around holidays and more in longer months.
- We typically do not cover more than 1-2 topics per month and there are a few comprehensive topics that will span over 2-3 months



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Personalized To It's Participants!

- Periodically, we may survey the group to check in on pace – the majority will dictate.
- We want to offer flexibility to ensure your success.
 - Example: Slowing down around major weather and other events.
- Be sure to voice your opinions –on scheduling matters, please email directly to IFMNTRD@gmail.com. We obviously can't please everyone but will do our best to serve your educational needs most optimally!



Review of Schedule

- 14 different topics
 - Genomic application throughout
 - Therapeutic diets woven through all levels of training
- Approx. 55 webinars (majority are held live)
- Approx 125 CPEs total – given at completion of each topic as they are earned



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Continuing Professional Education Credit (CPE)

- Pre-approved for RDN continuing education credit through the Commission on Dietetics Registration
 - Others should check with your licensing board or credentialing organization.
 - Hours should count as self-reported category 2 CME
- RDNs can apply any learning needs codes they believe apply when they log credit, though when creating/editing your learning needs plan, consider the following areas most applicable to this course:
 - 2090, 3010, 3100, 5000, 5420 and 8060



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Topics Covered in This Training

- In-depth IFMNT Assessment, Nutrition Physical
- Detailed Nutrient Coverage – Assessment of need. food and supplement recommendations
- Cognition (Brain) health
- Detoxification – Biotransformation (including lab)
 - GMO/Glyphosate & Radiation subtopics
- Blood Chemistry Interpretation – Optimal Values and Lab Interpretation Practicum

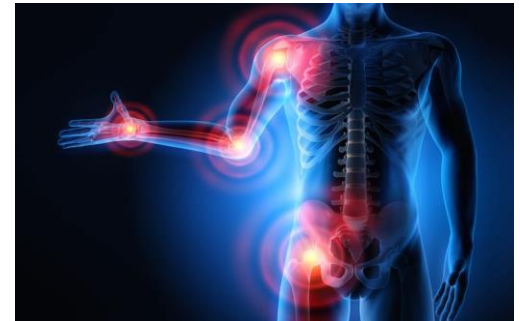


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Topics Covered in This Training

6 Core Centers of Health and Subclinical Defects that Underlie Chronic Disease

- Inflammation
- Oxidative Stress
- Free calcium excess
- Acidic stress
- Connective tissue degradation and protein balance
- Anaerobic tendency





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Topics Covered in This Training

- Gastrointestinal/Gut-Brain & Lab practicum
- CardioMetabolic (includes Diabetes and Lab)
- Thyroid Health (including lab)
- Adrenal/Mind-Body (including lab)
- Bonus: Culinary Essentials for IFMNT
- Putting it into Practice – The business side of practice
- Genomics dispersed throughout topics



(Just an FYI)

- Specialty topics will come in optional advanced training
 - Hormones (male/female)
 - Cancer
 - Autism spectrum disorders
 - Ketogenic diets
 - Eating disorders
 - Mood disorders and neurotransmitter imbalance
 - Advanced nutritional Assessment Labs
 - Organic acids, amino acids, oxidative stress markers, fatty acids, hormones, metabolic markers, neurotransmitters, etc
 - *New!* Biotoxin Illness (mold toxicity, Lyme and co-infection)
 - More Genomics throughout!





Therapeutic Diets

Addressed between all 3 levels of training

- Allergy/Elimination, anti-inflammatory diet
 - Gluten/casein free
 - Histamine, low amine, low oxalate, etc
- FODMAP diet – SIBO elemental diet
- SCD/GAPs diet
- Modified or full ketogenic diet
- Intermittent fasting
- Candida Diet
- Autoimmune – Paleo





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BONUS!

Culinary Essentials for IFMNT

Four Sessions

- Customizable culinary-nutrition frameworks to organize your recipes and counseling strategies
- Choose and adapt recipes to populate your culinary-nutrition frameworks
- Leverage free online resources to organize and tag recipes for a variety of health issues
- Use your personalized online resources to facilitate counseling and meal planning
- Work with simple food and culinary strategies to help your clients stand on their own “food feet.”
- Includes unique visual roadmap pack of teaching/counseling tools and private Pinterest board



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Course Portal

- Your course portal is found on the dashboard of your account page on our website.
- Log in on the account tab to access your dashboard (and all other features if you're an NLFN member)
- Your portal will house all components of this course; slides, webinar invites, handouts, quizzes, CPE, Forum access, etc.



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Private Class Forum

- This is an email list-serve forum
- You've already been added with the email you used when you registered for this class.
- Forum guidelines are posted at the top of the forum page – please review
- You can opt for a daily digest but it is highly recommended to keep individual post email notifications so you don't miss anything



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Private Course Forum

- Here's where you...
 - Introduce yourself if you haven't already done so
 - Ask questions about webinars, practice questions, patient case management
 - Complicated assessment will require private mentoring
 - Share information/links you think are pertinent to the group
 - BUT, all conference, webinar, or summit sharing must be cleared through the office prior to being shared with the group
 - If you aren't sure about the appropriateness of a post or file share, please write us at ifmnrtd@gmail.com



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Private Course Forum

- This is **NOT** the place for posts related to technical/logistical issues (please email instead)
 - Including program recordings/schedule issues, etc
- No self promotion please
- Considered “a safe zone”, so please share freely – there are no wrong or “dumb” questions!
- Do network with your peers!
- Now let’s have a tour...



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Sessions

- Live webinars (some pre-recorded), all are recorded for ease of listening to fit your availability or for review as many times as you'd like
 - All live sessions are held on Mondays from 7:45-9:45 PM ET (adjust for your time zone)
 - Exception may be the bonus Culinary Essentials course session
 - If not on live, ask questions after the fact in our group's private email listserv.
- All recordings available for the duration of the series plus an additional 75 days



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Webinar Invites

- Webinar invites will be posted to your course portal, typically the Friday before your scheduled live class.
 - We'll make every effort to also post slides at that time as well – though our courses are continually updated and as such, sometimes you'd receive over the weekend.
 - Some slide presentations will carry over into 2 sessions and as such there is not always a new slide deck to distribute
- We'll email course participants when invites and materials are posted for any module topic



Webinars

- All participants are muted for live webinars (for sounds quality)
 - In any live session, please type in any questions/comments you have along the way in your control panel
- There's no reason to register for a webinar if you aren't attending live – access to the recordings are provided regardless.
- Live participation has its value but is not required



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Webinar Recordings

- Webinar recordings will be posted usually within 24-48 hours after the session
- Recorded sessions are viewable on-line only and are not downloadable. Again, access is given for the duration of the course and for an additional 75 days (the exam period)
 - NLFN Platinum members receive an extended 30 days of recording access (not exam time)
- For those planning on completing the Certificate of Training process, we **HIGHLY** recommend you keep up with your recordings, as needed



Program Materials

- Our program offers many handouts
 - Some have copyright which must be respected
 - Others are given with free license to customize and use as your own
 - Handouts are added to your course portal (module by topic) as they fit into topic progression
- Many links for additional learning & resources will come via your class forum as well. These will be organized by topic in a separate listing and be dispersed periodically (usually quarterly)



Quizzes



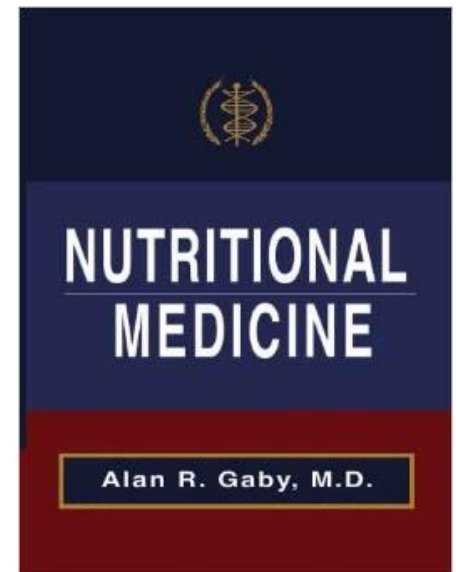
- Assess your learning and stay on pace with self-study quizzes given at the end of each topic module (in some cases modules are broken up into more than one quiz)
- Quizzes are posted online in each module as it is completed. Quiz grades do not influence the outcome of your course, though a passing score of 80% or better is required before you'll receive your CPE certificate.
- You will have as many options to take the quiz as needed to obtain a passing score



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Additional Resources

- While not required, additional resource books and websites are good for additional learning
 - Given in your orientation letter
 - Given along the way in presentations
 - Posted in your Forum





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IFMNT Certificate of Training

- This program provides an optional Certificate of Training (COT) designating your proficiency in general IFMNT application
- CPE earned regardless of COT attainment
- A COT is earned at program completion by passing an online exam and submitting a separate written case study successfully demonstrate an initial evaluation and work up (care plan) of a case using the IFMNT process as it will be described in a practicum included in this training.
 - A template will be provided for ease of case write-up



COT Exam

- The final exam is available for 75 days after program completion. During this time, you will have up to 4 attempts to pass with a score of 75% or better. Once an exam attempt is initiated, you will have 4 hours to complete
- The 150 multiple choice – T/F exam questions are developed from content in program slides only, with exception of nutrition physical symptoms handout
 - Exam fee (\$100) due at time of exam request
- Use quizzes as exam review
- May choose to have course slides available to refer to when taking the exam.
- After 4 failed attempts, the course will need to be repeated (at alumni registration rate) before another exam process can be attempted



Case Submission

- Your case study must demonstrate the assessment process and detail resulting care plan (guidelines given at class mid-way point)
 - You can use yourself, a family member or that of an actual patient
 - The case must include blood work interpretation
 - A functional medicine lab interpretation will serve as extra credit (up to 10 points). SpectraCell and allergy testing will not qualify. See guidelines for more information
 - Must attain a 75% score to pass this section of the exam process
 - Case study can be submitted anytime during the post class 75 day period independent of the final exam.



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FMN Credential

- The Functional Medicine Nutritionist (FMN) designation may be earned by taking the online IFMNT Advanced training and separate IFMNT Case Studies pre-recorded course which follow this program
 - Case studies should not be confused with FN Grand Rounds
- After completion of this course, you may take Advanced IFMNT training regardless of earning your COT, though to qualify for the FMN credential, you will have needed to earn a COT in this course



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Private Mentoring Sessions

Valuable for many reasons

- To discuss career options and motivations/goals for career development
- Discuss practice building/management challenges/solutions
- To discuss/work up your own or a family member's case or...
- Assistance with a challenging patient or simply have more direction applying the IFMNT model to a patient's case
- A great way to experience the practical application of your learning (makes final case study work up easier!). Also great to help assess cases as you learn. Boosts confidence!



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Spread the Excitement!

- To be sure, there's a global shift in Healthcare happening right now. Integrative and Functional Medicine, rooted strongly in Nutrition is spreading *FAST!*
- No one should be left behind. Be sure your colleagues know about their training options to advance their career
- Together, let's change the face of healthcare, one patient/client at a time!



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Contacts:

- General emails
 - IFMNTRD@gmail.com
- Specific to registration/payment plans and technical or website/portal/forum issues
 - rolsenlfn@gmail.com
- Media requests, Speaking engagements, etc.
 - IFMNTRD@gmail.com
- Please schedule private mentoring sessions on our website
- Our Fax: (866) 779-3687



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GET READY!

