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!
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!
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: ifmntrd@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
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.
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
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
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
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
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
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
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

BONUS!

Culinary Essentials for IFMNT
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.
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
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 ifmntrd@gmail.com
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...
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
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
Webinar Recordings

- Webinar recordings will be posted usually within 24-48 hours after the session
- Recorded session 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
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
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.
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.
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!
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!
Contacts:

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

HERE
WE GO