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# Integrative and Functional Medical Nutrition Therapy (IFMNT)

2019-20 Certificate of Training Series:

## Orientation

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# Welcome!



## Susan Allen-Evenson RDN, CCN, FMN

- Recognized Functional Nutrition expert, considered a pioneer, with over 25 years in practice, over 13 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 at last 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!
- 7 years ago, launched Next Level Functional Nutrition, a successful international initiative, providing valuable online training to healthcare professionals (and students of the health sciences).



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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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# Get ready for a deep-dive!



## IFMNT COT:

- Now updated and expanded to 18 months!
- Assumes you've already had foundational training or the equivalent in experience
- Your contact email for this course: [ifmntrd@gmail.com](mailto:ifmntrd@gmail.com)
  - Please be sure to put your course in the subject line of all correspondence; COT 19-20.
  - 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](mailto:IFMNTRD@gmail.com) We obviously can't please everyone but will do our best to serve your educational needs most optimally!



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## Review of Schedule

- 14 different topics
  - Genomic application throughout
  - Therapeutic diets woven through all levels of training
  - Functional Medicine Labs addressed throughout
  - Case study application
- Approx 62 webinars (majority are held live)
- Now, over 120 CPEs!
  - CPE given at completion of each topic as self-study quiz is completed.



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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 or performance indicators they believe apply when they log hours, though when creating/editing your learning needs plan, consider the following areas most applicable to this course:
  - LNCs: 2090, 3010, 3100, 5000, 5420 and 8060
  - PIs: 10.4.4, 10.2.1, 10.2.4, 8.1.5, 8.3.1, 8.3.6, 8.4.3





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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

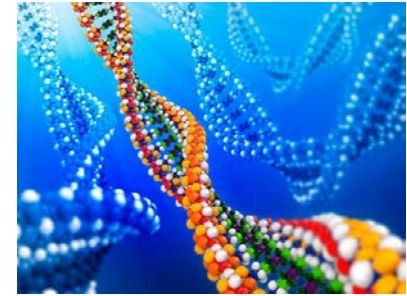
- Gastrointestinal/Gut-Brain & Lab practicum
- CardioMetabolic (includes DM, weight mgnt issues and specialty labs)
- Thyroid Health (including lab)
- Adrenal/Mind-Body (including lab)
- Bonus: Culinary Essentials for IFMNT
- Putting it into Practice – The business side of practice
- Genomics dispersed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



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## (Just an FYI)

- Specialty topics to come in advanced training
  - Hormone metabolism (male/female)
  - Cancer
  - Autism spectrum disorders
  - Therapeutic Ketogenic diet
  - Additions/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-infections)
  - More Genomics throughout!





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# 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.
  - Note: You may or may not get an email with webinar invites but they will always appear in your portal



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# Private Course 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
  - Please note: You'll get more emails in the beginning as folks introduce themselves





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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
    - Note: 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](mailto:ifmntrd@gmail.com)



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## Forum Posts

- You may reply to forum posts directly through your email service, though all initial posts, including any posts that have attachments must be generated from the forum section of your course portal.

As a valuable resource our class Teaching Assistant (TA), Bonita Davis, RDN, will be available through the class forum for the duration of the course.

– *Welcome Bonita!*



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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 Thursdays from 7:45-9:45 PM ET (adjust for your time zone)
    - Exception will be the bonus Culinary Essentials sessions held on Tuesday evenings (same time)
  - If not on live, ask questions after the fact in our group's forum.
- All recordings available for the duration of the series plus an additional 90 days



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## Webinar Invites

- Webinar invites will be posted to your course portal, typically the day before any scheduled live classes.
  - 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'll receive day-of "hot off the press".
  - Some slide presentations will carry across class sessions and as such there may not always be new slides to distribute
- We'll email course participants when materials are posted for any module topic



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# Webinars

- All participants are muted for live webinars (for recording sound quality)
  - In any live session, please type in any questions/comments you have along the way in the webinar control panel
- There's no reason to register for a webinar if you aren't attending live – access to the recordings are provided regardless.
- We are the only live IFMNT training program! Participation has much 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 90 days (the exam period)
- For those planning on completing the Certificate of Training process, we HIGHLY recommend you keep up with your recordings and quizzes



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# 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)





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## Quizzes

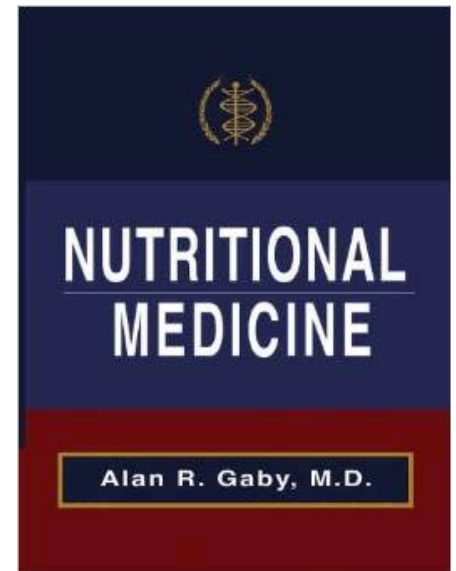
- Assess your learning and stay on pace with self-study quizzes given at the end of each topic module (in some cases modules are broken up into more than one quiz)
- Quizzes are posted online in each module as it is completed. Quiz grades do not influence the outcome of your course, though a passing 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
- It's recommended to retake until you have 100% as quizzes are an excellent resource for exam studying later



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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 90 days after program completion. During this time, you will have up to 3 attempts to pass with a score of 80% 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 process fee (\$200) due at time of exam request – this includes a personal short case-study review session after grading
- Use quizzes as exam review
- May choose to have course slides available to refer to when taking the exam.
- After 3 failed attempts, the course will need to be repeated (at alumni registration rate) before another exam process can be attempted



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# Case Submission

- To qualify for a certificate of training in IFMNT, you must also submit a case study. This case must demonstrate the assessment process with a detailed 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 90-day period independent of the final exam.



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# FMN Credential

- After completion of this course, you are qualified to 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 current course
- 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 can be registered for anytime following this program
  - 1 season of the live series - Functional Nutrition Grand Rounds (minimum 6 sessions) is an optional alternative to the IFMNT Case Studies pre-recorded series.



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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. Provides a fast-track to practice and 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 growing *FAST!*
- No one should be left behind. Spread the word - be sure your colleagues know about our 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:

- [IFMNTRD@gmail.com](mailto:IFMNTRD@gmail.com)
  - General emails
  - Specific to registration/payment plans and technical or website/portal/forum issues
  - Media requests, speaking engagements, etc.
  - Note: be sure you include your specific class (19-20 COT) in the email subject line
  
- Please schedule private mentoring sessions on our website
- Our Fax: (866) 779-3687
- For materials submissions under 20 pages only



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# GET READY!

