



CNS Supervised Practice Experience Supervisor's Report

To be completed by the supervisor

Part 1

Name of candidate supervised _____

Candidate's title _____

Candidate's job description _____

Your name _____

Your email _____ Phone _____

Candidate worked under your supervision from: Start date _____ End date _____

How did you hold meetings with this candidate? One-on-one Group Combination of both

Please provide the following detail for monthly meetings with this candidate.

One-on-one Number of hours: _____

Group Number of hours: _____

Total Number of hours: _____

Note: these meeting hours pertain to how much time the supervisor and candidate spend reviewing cases and other work together. The BCNS requires that a supervisor spend 1 hour with the candidate per 40 hours the candidate works clinically.

Describe the Supervised Practice Setting (may indicate more than one):

Internship, residency, clinical rotation

Clinical practice

Community setting

Institution (hospital, nursing home, etc.)

Home health care

Other; Please describe _____

Name and location of facility where candidate practiced during your supervision:

Name: _____

Location: _____

Supervision completed:

In Person/ On-site

Remotely

Combination of on-site and remote

Range of activities:

One on one clinical

Research

Food systems planning

Group clinical

Educational programs and materials

Enteral/parenteral

Other _____

Part 2

Please answer every question, using extra pages if needed.

1. Please briefly describe the nature of the supervised experience including such areas as: client demographics, range of health conditions, any area of specialization, etc.

2. Based on the competencies, what are her/his areas of strength?

3. Based on the competencies, what area(s) would additional training/experience enhance her/his job performance?

4. Describe the professional growth in your candidate as she/he progressed from beginner to intermediate and advanced practice stages? Is she/he ready to practice on her own?

5. What is your candidate's most impressive attribute(s) that helps her/him to successfully perform the job?

6. What was a difficult part of the job for your candidate and how did she/he overcome the obstacles?

7. What did you learn from working with your supervisee?

8. This section is for the Supervisor to document the supervised practice completed under the Supervisor.

Please rate the Candidate's performance in each competency achieved under your supervision. All competencies under each category may not have been covered under your supervision.

E = Exceeds requirements; M=Meets requirements; N=Needs improvement; NA = Not addressed (under my supervision); D = Does not meet

NOTE: If you rate the candidate N, or D please provide an explanation in the column provided

Competencies

A. Fundamental Principles of Nutrition (#1-#23) (250 SPE hours)

1. Basic understanding of nutritional genomics research in practice

Rating: E M N NA D

Explanation:

2. Nutritional considerations related to physiologic changes associated with life cycle stage

Rating: E M N NA D

Explanation:

3. Tailoring of assessment and therapy specific to life cycle stage

Rating: E M N NA D

Explanation:

4. Nutritional considerations related to psychological and social factors associated with life cycle stage

Rating: E M N NA D

Explanation:

5. Estimation of caloric values of specific meals

Rating: E M N NA D

Explanation:

6. Calculation of individual caloric requirements

Rating: E M N NA D

Explanation:

7. Effects of age, gender, and physical activity on body composition and energy expenditure

Rating: E M N NA D

Explanation:

8. Effect of microbiome on body composition and metabolism

Rating: E M N NA D

Explanation:

9. Metabolism (biochemical pathways and reactions) of carbohydrates, lipids, proteins, and micronutrients

Rating: E M N NA D

Explanation:

10. Effect of microbiome on metabolism of macronutrients & micronutrients, including use of probiotics & Prebiotics

Rating: E M N NA D

Explanation:

11. Nutritional biochemical pathways including energy production and detoxification

Rating: E M N NA D

Explanation:

12. Regulation of fluid, electrolyte, and acid-base balance

Rating: E M N NA D

Explanation:

13. Inflammatory pathways including insulin, oxidative stress, and fatty acid oxidation

Rating: E M N NA D

Explanation:

14. Chemistry of enzymes, co-factors, and organic acids

Rating: E M N NA D

Explanation:

15. Chemistry of enzymes, co-factors, and organic acids in genomic theory

Rating: E M N NA D

Explanation:

16. Epigenetics: methyl donor biochemistry, and hypo- and hyper-methylation

Rating: E M N NA D

Explanation:

17. Pathway genomics: one carbon, methylation, tetrahydrobiopterin, and transsulfuration

Rating: E M N NA D

Explanation:

18. Physiology of the digestive tract (motility, absorption, secretion, intestinal barrier function)

Rating: E M N NA D

Explanation:

19. Malabsorption and effects on macronutrients and micronutrient status

Rating: E M N NA D

Explanation:

20. Role of oxidative stress and detoxification pathways on health status

Rating: E M N NA D

Explanation:

21. Digestion, absorption, and transport of macronutrients and micronutrients

Rating: E M N NA D

Explanation:

22. Impact of nutrition on disease states of the GI tract

Rating: E M N NA D

Explanation:

23. Effects of macronutrients, vitamins, and minerals on health and disease states

Rating: E M N NA D

Explanation:

B. Nutrients and Human Health (#24-#36) (140 SPE hours)

24. Lipid metabolism, including cytokine and eicosanoid pathways

Rating: E M N NA D

Explanation:

25. Structure and function of soluble and insoluble fiber and impacts on health

Rating: E M N NA D

Explanation:

26. Tolerable upper intake levels of nutrients

Rating: E M N NA D

Explanation:

27. Symptoms and treatment of nutrient toxicity

Rating: E M N NA D

Explanation:

28. Macronutrient and micronutrient food sources and impact on health

Rating: E M N NA D

Explanation:

29. Functional and medical foods and their impact on health

Rating: E M N NA D

Explanation:

30. Supplemental sources of nutrients

Rating: E M N NA D

Explanation:

31. Impact of agricultural methods and food processing, preparation, and storage on nutrient value

Rating: E M N NA D

Explanation:

32. Nutrients used in fortification and applicable food sources

Rating: E M N NA D

Explanation:

33. Dietary Guidelines and Dietary Reference Intakes for preventive and therapeutic interventions

Rating: E M N NA D

Explanation:

34. Appropriate use of nutrient supplementation

Rating: E M N NA D

Explanation:

35. Role of key phytochemicals and zoochemicals in health

Rating: E M N NA D

Explanation:

36. Nutrient deficiency and insufficiency: causes, symptoms, and treatment

Rating: E M N NA D

Explanation:

C. Nutrition Assessment (#37-#49) (140 SPE hours)

37. Comprehensive medical nutrition health history

Rating: E M N NA D

Explanation:

38. Evaluation of laboratory data including identification of optimal value ranges

Rating: E M N NA D

Explanation:

39. Evaluation of functional testing (organic acid, stool, and saliva tests for adrenals and hormones)

Rating: E M N NA D

Explanation:

40. Evaluation of hormonal and neurotransmitter imbalances based on laboratory assessment

Rating: E M N NA D

Explanation:

41. Assessment of single nucleotide polymorphisms (SNPs)

Rating: E M N NA D

Explanation:

42. Nutritional inborn errors of metabolism

Rating: E M N NA D

Explanation:

43. Body composition analysis (skin fold, bioelectrical impedance, other)

Rating: E M N NA D

Explanation:

44. Waist-to-hip ratio measurements

Rating: E M N NA D

Explanation:

45. Computerized analysis of food intake

Rating: E M N NA D

Explanation:

46. Identification of symptoms that require medical referral

Rating: E M N NA D

Explanation:

47. Correlation of symptoms and lab findings for research and development of personalized Medical Nutrient Therapy (MNT) protocol

Rating: E M N NA D

Explanation:

48. Use of behavior change strategies such as Motivational Interviewing and Stage of Change theory

Rating: E M N NA D

Explanation:

49. Lifestyle factors which impact nutrient needs and compliance such as exercise, stress, and sleep

Rating: E M N NA D

Explanation:

D. Clinical Intervention and Monitoring (#50-#85) (350 SPE hours)

50. Impact of nutritional genomics on health

Rating: E M N NA D

Explanation:

51. Drug/herb action, duration of action, purpose and dose of a client's current therapeutic regimen

Rating: E M N NA D

Explanation:

52. Nutrient depletions related to commonly used drugs

Rating: E M N NA D

Explanation:

53. Interactions between drugs and foods, alcohol, vitamins, minerals, herbs, phytochemicals, and zoochemicals

Rating: E M N NA D

Explanation:

54. Synergistic effects and antagonistic interactions of nutrients in foods and supplements

Rating: E M N NA D

Explanation:

55. Effectiveness and contraindications of popular diets

Rating: E M N NA D

Explanation:

56. Linking childhood behaviors to obesity and other chronic health issues in adults

Rating: E M N NA D

Explanation:

57. Gauging and optimizing client compliance

Rating: E M N NA D

Explanation:

58. Evidence-based dose and duration of nutraceutical use for common conditions

Rating: E M N NA D

Explanation:

59. Good manufacturing practices and other quality markers for nutritional supplements

Rating: E M N NA D

Explanation:

60. Effects of disordered eating patterns on nutrition status, body composition, and body functions

Rating: E M N NA D

Explanation:

61. Application of national guidelines, policies, consensus recommendations, and evidence-based research in the development of personalized therapeutic interventions

Rating: E M N NA D

Explanation:

62. Evidence-based use of common botanical supplements for health promotion and common conditions

Rating: E M N NA D

Explanation:

63. Safety, toxicity, and interactions of botanical supplements

Rating: E M N NA D

Explanation:

64. Consideration of client's personal and cultural beliefs when developing nutrition intervention plans

Rating: E M N NA D

Explanation:

65. MNT for obesity

Rating: E M N NA D

Explanation:

66. MNT for cardiovascular disease, dyslipidemias, and hypertension

Rating: E M N NA D

Explanation:

67. MNT for type 1 diabetes

Rating: E M N NA D

Explanation:

68. MNT for insulin resistance and type 2 diabetes

Rating: E M N NA D

Explanation:

69. MNT for endocrine disorders

Rating: E M N NA D

Explanation:

70. MNT for autoimmune disorders

Rating: E M N NA D

Explanation:

71. MNT for gastrointestinal disorders

Rating: E M N NA D

Explanation:

72. MNT for hematologic disorders

73. MNT for bone disorders

Rating: E M N NA D

Explanation:

74. MNT for hepatic disorders

Rating: E M N NA D

Explanation:

75. MNT for pulmonary disorders

Rating: E M N NA D

Explanation:

76. MNT for renal disorders

Rating: E M N NA D

Explanation:

77. MNT for cognitive and neuro-cognitive disorders

Rating: E M N NA D

Explanation:

78. MNT for food allergies and intolerances

Rating: E M N NA D

Explanation:

79. MNT for cancer

Rating: E M N NA D

Explanation:

80. MNT for bariatric surgery

Rating: E M N NA D

Explanation:

81. MNT for surgical procedures

Rating: E M N NA D

Explanation:

82. MNT for mastication, swallowing, and nutrient absorption disorders

Rating: E M N NA D

Explanation:

83. MNT for HIV-AIDS

Rating: E M N NA D

Explanation:

84. MNT for dermatological disorders

Rating: E M N NA D

Explanation:

85. MNT for mental health/mood disorders

Rating: E M N NA D

Explanation:

86. Nutritional epidemiology and translation of research studies into practice

Rating: E M N NA D

Explanation:

87. Disease risk and prevalence related to socioeconomic status, geographic residency, ethnicity, and life cycle stage

Rating: E M N NA D

Explanation:

88. Causes and preventative measures for common food borne illnesses

Rating: E M N NA D

Explanation:

89. Tracking current outbreaks of food borne illness and communication with clients

Rating: E M N NA D

Explanation:

90. Identification of populations at risk for food safety issues

Rating: E M N NA D

Explanation:

91. Factors that negatively affect food quality and safety

Rating: E M N NA D

Explanation:

92. Impact of environmental toxicity on health

Rating: E M N NA D

Explanation:

F. Practice Management (#93-#97) (60 SPE hours)

93. HIPAA compliance requirements

Rating: E M N NA D

Explanation:

94. Working within scope of practice and in collaboration with other healthcare professionals as needed

Rating: E M N NA D

Explanation:

95. Compliance with ethical standards

Rating: E M N NA D

Explanation:

96. Licensure and certification

Rating: E M N NA D

Explanation:

97. Insurance coverage and reimbursement

Rating: E M N NA D

Explanation:

I have signed off on this Candidate's SPE hours on the CNS Tracking Tool.

I have signed off on this Candidate's 5 Personalized Nutrition Case Study Reports.

I attest the Candidate named herein has completed the work stated.

Signature _____

Date _____

Please email supervisor report and any additional documentation to Applications@NutritionSpecialists.org

BCNS Supervised Practice Experience

Types of **Experience** the CNS Candidate can Earn

Observational Experience (max. 250 hours)

Examples:

- Listening to videos of client/practitioner interactions
- Sitting in on a consultation conducted by another practitioner
- Participating in a virtual clinic or group mentorship program
- Role playing with colleagues
- Conducting research on behalf of another professional

Independent/Direct Experience (min. 750 hours) **Examples:**

- Spending time directly with the client
- Researching & developing client treatment plans
- Researching & preparing client handouts or other educational materials or client educational workshops
- Reviewing above work with a supervisor

Types of **Supervision** a CNS Supervisor can Offer

In Person

The candidate and supervisor are in the same physical location

Remotely

The candidate is supervised by someone who is NOT in the same physical location.

Supervision may be done by:

- Phone
- Online conference platforms
- Group webinars