



## South African Association for Nutritional Therapy

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### **Minutes of SAANT AGM Thursday 28<sup>th</sup> August 2008**

**Apologies:** Sally-Ann Creed, Carol Foxon, Nikki Wilson, Charl du Randt, Shea Skelton, Karen Horton, Margaret Ellis, Gabby Perez, Heidi du Preez, Gandy Madzola, Jackie Wildish, Catherine Bremer, Katherine Train

**Minutes August 2007 SAANT AGM:** accepted

#### **Opening Address by Helen Hull, Chairperson of SAANT**

Helen opened with a brief background of SAANT, for the benefit of new members. She discussed how SAANT was initially formed by a group of Nutritional Therapists who had qualified in the UK and identified the need for a supportive South African professional body similar to BANT. Mike Purvis was voted Chairman at SAANT's first AGM in 2007 and Helen Hull subsequently assumed the role. Since its inception, SAANT has grown from 19 to 57 members, an impressive 200% increase. New Council members this year are Carol Murrell and Lynne Brown. Helen emphasised SAANT's reliance on volunteers who passionately believe in NT and that there is a need to engage more people in order to spread the load.

#### **SAANT's Vision**

To set standards for the education, competence and practice of Nutritional Therapy and to provide the public with access to registered Nutritional Therapists.

#### **Insurance**

SAANT strongly recommends that all practising members obtain Professional Indemnity. We are investigating a comprehensive group insurance scheme via Balan, who broker for members of BANT. However, SAANT will require greater numbers to make this feasible. Such a scheme would include Professional Indemnity and encompass Product Liability, Public Liability and Libel/Slander cover.

At present in South Africa, a Nutritional Therapist can obtain R 1 000 000 Professional Indemnity/ Medical Malpractice through Admiral Insurance, which excludes Public Liability and Libel/Slander. The current annual premium is R865 and the broker for this policy is Max Derman of Derman & Duncan Insurance Consultants.

**Financial Report** from Sara Bilbe, the outgoing Treasurer:

### **SAANT Balance Sheet - 2008**

<b>-</b>	<b>Opening Balance</b>	R 2,936.69
<b>Income:</b>	Application Fees	R 3,100.00
	Membership Fees	R 6,640.00
	Overpayments Received	R 241.25
	Sponsorship Fees	R 750.00
	Interest on Credit Balance	R 75.50
	Gauteng Seminar Fees	R 40.00
		<b>R 10,846.75</b>
<b>Expenses:</b>	Website Hosting	R 1,972.00
	Promotional Flyers	R 1,248.30
	Bank Account Fees	R 73.06
	Web Development Software	R 1,100.00
	Stationary	R 1,214.15
	Postage	R 381.30
	Travel Expenses	R 2,000.00
	Room Rental	R 290.00
	Petrol	R 177.00
	Refreshments	R 174.40
	Educational Material	R 80.00
		<b>R 8,710.21</b>
<b>Other:</b>	Payments Received Last Financial Year for This	R 750.00
	<b>Closing Balance</b>	<b>R 4,323.23</b>

### **Cash Flow - 2008**

Bank Opening Balance - 01 January	R 2,936.69
Income	R 10,086.75
Expenditure	-8700.21
<b>Closing Balance - 26 August</b>	<b>R 4,323.23</b>

SAANT's application to be classified as a non-profit organisation has been awaiting a response from Pretoria since June 2008.

Helen Hull raised the need for a budget as a means of encouraging accountability.

## **Membership Fees**

The following proposed annual membership fee increases were put to the vote and carried by a show of hands:

- Professional Member: R300
- Provisional Member: R220
- Student, Affiliate and Associate R150

This represents an increase of approximately 35%, which Helen Hull felt was reasonable given our current level of benefits to members. Application fee is to remain at R100. Tracey suggested any additional increases could be voted upon at an interim General Meeting with options to vote by proxy.

## **Council and Committee Feedback**

### **Membership and Secretarial** report from Beatrice Rabkin:

Since the launch of SAANT the categories of membership have been changed slightly, we now have Professional membership, Provisional membership – all applicants applying for Professional status need to apply for Provisional status and will be informed after due consideration, whether they meet the standards for professional status; Associate membership – non-practicing qualified Nutritional Therapist; Affiliate membership – anyone with an interest in nutrition, without related qualifications/training; Student membership and Honorary membership.

An accreditation process is being developed to assess provisional members based on courses completed, supervised clinical work and/or clinical experience.

An application procedure format has also been developed. Standard letters have been formulated: Invitation to potential members, Acknowledgement of receipt of membership forms, and Approval of membership.

It was decided that we would issue membership cards / badges to all members along with Approval letters.

At the launch of SAANT, we had approximately 20 members. During September and October, 30 potential members were sent invitations to join SAANT. The response was about 10%, however by August 2008, our membership had grown to 58 thanks to publicity, course agents and Lynne Brown's hard work. Half of the members are students.

### **Courses, Training and Accreditation** report from Helen Hull:

The Membership and Accreditation Committee has been combined with the Training Committee and is now known as the SMAT Committee.

Members of SMAT are myself, Adele Pelteret, Carol Murrell, Sara Bilbe, Beatrice Rabkin, Gabby Perez and Tanya Templeton.

We have produced a Training Checklist, available on the website, which details the subjects and topics that a Professional Member of SAANT will be required to cover in their training. We are in the process of allocating times. Our source has been the Nutritional Therapy Council (NTC), the Regulating Body for NT in the UK and the BSc (Hons) Nutritional Therapy course offered by CNE and accredited by the Middlesex University. Carol Murrell is a graduate of this course. Our aim is to ensure that Professional Members of SAANT have a level of training that is considered professional and scientific and that they have the skills required to be in clinical practice. We appreciate that people have

trained to different levels according to the courses available in SA.

SMAT has been working on an Accreditation system that will be used to assess Provisional Members for Professional Membership and identify gaps in training. This is proving very challenging. We will then source courses that can be used for upgrading. I recently met with the ION Educational Director at their premises in Richmond, Surrey, UK. Many of you are probably aware that ION intends to offer their Science Access Course and the Nutritional Therapy Diploma Course (NTDC) as virtual learning courses. They expect to have the Sc Access Course available in November and the NTDC next year. I was shown an example of a virtual learning lecture / module – very impressive. ION is keen to work with SAANT to provide a Clinical Practice Module in SA. Clinical Practice is missing from courses available in SA at present.

SMAT has begun the process of designing a Clinical Practice Module and Sara Bilbe has offered to guide people through designing a questionnaire as a starting point. Sara has also drafted a document “Starting up in Practice”. The SAANT website will shortly be given an overhaul and all these documents will be available to members under a Training Section.

Carol Murrell has begun the process of approaching SA universities with the aim to have a BSc course in SA. The ION NTDC, as previously mentioned, will soon be accessible and CNE is considering SA. SAANT considers all NTs should aim for a BSc level of education in line with the Dietitian’s training.

SMAT also approves membership applications, which includes assessing any courses that applicants have done.

Sincere thanks to all who have served on the Committees. Your time and dedication is invaluable and will ensure the future of NT in SA.

- SMAT is in the process of setting time allocations to the Training Checklist. This will also serve to highlight any topics missing from applicants’ courses.
- The point system to accredit professional membership is on hold as a result of Helen’s discussions with ION.

#### **Legal report from Heidi du Preez:**

SAANT submitted an application to the HPCSA for recognition and registration of Nutritional Therapists (NTs) in February ’07. SAANT received feedback from the HPCSA only in October ’07. The Plaskett course was submitted as a benchmark course. The main concern was that the course (and Nutritional Therapy in general) does not have sufficient scientific background and there is a crossover with the Scope of Practice of Dietitians. Clinical Nutrition is a legal entity under which registered Dietitians practice.

SAANT submitted a letter to the HPCSA dated 7<sup>th</sup> Nov ’07, proposing that NT fall together with Dietitians under the ‘umbrella’ Clinical Nutrition. The Board of Dietetics should become the Board of Nutrition, with Clinical Nutrition (Dieticians and Nutritional Therapists) and Community Nutritionists falling under the Board of Nutrition. We’ve explained that, even though our Scope of Practice overlaps, our general approach to Clinical Nutrition differs to a great extent from that of Dieticians. SAANT indicated that we would compile a document, highlighting the fundamental differences between Dietetics, Nutritional Therapy and Community Nutrition. Unfortunately our letter was not discussed at the meeting of the 7<sup>th</sup> Nov ’07, but during their April ’08 Educational meeting.

The HPCSA continues to consider that Nutritional Therapy (NT) should fall under the Board of Dietetics with Nutritionists or Dietitians, and not be a separate register as there is no official degree course in NT presented in South Africa and the number of SA Nutritional Therapists is low compared to Dietitians and Nutritionists.

The next educational meeting of the HPCSA, Board of Dietetics, is scheduled for 2nd September ’08. The document comparing the differences between Nutritional Therapy,

Nutrition and Dietetics was not ready in time to be submitted to the Educational meeting scheduled for this date and will only be submitted to the next meeting taking place early in 2009 (date to be confirmed). Depending on the outcome of this meeting, SAANT will present the case for NT to be a separate register to the Department of Health.

Heidi du Preez is attending a Workshop on 'Developing Standards for Nutritionists' presented by the HPCSA on the 1<sup>st</sup> September '08 to gain more insight in the legal process.

Registering NT and being accredited in South Africa is expected to be a slow process. However, this may be an advantage, as it allows time for SAANT membership to grow and for a NT degree course to be established in South Africa.

## **PR & Marketing** report from Adele Pelteret:

- **2007/2008 Regional co-ordinators**
  - Western Cape – Adele Pelteret
  - Gauteng – Gandy Madzalo
  - KwaZulu Natal – Tracey Evans
  - Eastern Cape – Lynne Brown & Heidi du Preez
- **2008/2009 Regional co-ordinators to be appointed**
  - organise public events
  - inform members of upcoming events of interest
    - important for members to RSVP especially if linked to CPD
  - marketing and advertising
  - publications, radio, TV, websites
- **Publications**
  - Pass on details of your article to your Regional PR&M co-ordinator – TITLE, publish DATE, PUBLICATION
    - Support one another
    - Learn from one another
  - SA Journal of Natural Medicine: several articles by SAANT members: Jackie Wildish, Sally Ann Creed, Frances van Reenen etc
  - Drum: Gandy Madzola – Sept issue
  - Cosmopolitan – Adele Pelteret – Oct issue
  - Healthy Kids Booklet – Frances van Reenen
  - **NB: mention your personal details & SAANT at the end of articles, quote or interview**
- **Websites**
  - Lifestyle Dynamics
  - KidsForAfrica.co.za
  - health24.com
  - sakidsonthego.com /co.za
- **Baba Indaba**
  - Great publicity opportunity
  - Durban, Pretoria, Jo'burg, Cape Town
  - 2008 SAANT flop! Could not get members to assist in time. Let's learn from this mistake
  - 2009? Will be wiser
- **Holford / Bioharmony tour**
  - Durban, Pretoria, Jo'burg, Cape Town
  - Resounding success
  - Possible link to Momentum?

- **WESTERN CAPE**
  - No specific public events organised
  - Product events – organised by Nicola Zania for practitioners and the public
  - 2 day Seminar linked to AGM – public welcome – notices went out late
  - HIMNTN affiliation events (practitioners only)
    - 1 / month
    - VERY informative
    - Networking opportunities with other health practitioners
  - NT Practitioner Evenings
    - Organised by Nicola Zania and Adele Pelteret
    - 1/month
    - sharing knowledge and experience
    - VERY informative and useful
  - NT Student meetings
    - Organised by Beatrice Rabkin
    - 1/month
    - not as successful as hoped
- **GAUTENG**
  - Educational presentations:
    - 18/11/07 – Dr Nicholas Partington: The Role of Nutritional therapy in the treatment of Lifestyle Diseases
    - 03/06/08 – Dr Hein Badenhorst: Nutrigenetics & Obesity
    - 03/09/08 – Dr John Pridgeon: ALCAT Functional Testing
  - NT Student meetings
    - Group started April 2008-09-25
    - Every third Saturday of the month
    - Sandra van der Westhuyzen volunteered to organise
  - Practitioner meetings
    - Started in April
    - Every first Tuesday of the month
    - Had a few meetings – needs more input – need to add value
    - Jackie Wildish volunteered to host
- **Membership Drive**
  - May 2008 SAANT embarked on a membership drive.
  - Lynne Brown emailed 70 potential members
  - Response has been encouraging
  - Drive will be ongoing
  - Members to send any Potential Members details to Lynne via [membership@saant.org.za](mailto:membership@saant.org.za)

**Website** report from Tracey Evans:

The web site has been up for 1 year now.

We receive many enquiries from the public looking for Therapists, as well as training enquiries.

All Practising Provisional Members are listed on the SAANT Therapist Register. Part of Provisional Membership benefits includes a web page profile, linked to the Register. If you are not yet on the Register, or do not have a web page, please contact Tracey.

We need to provide more information on the Register, i.e. all listed Therapist should have a personal profile page on the site, to allow the public to choose the Therapist, based on informed choice. This will become a prerequisite to being on the Register

There will be a basic Menu design change soon, to coincide with the adoption of a new

Logo. The other change will be the introduction of a Members-only, closed-user area of the web site. All members will be contacted in September, with a username and password to access the closed user areas.

We produced two newsletters this year. Now that the design is finalised, it should be a lot easier to produce in future. There will be three newsletters annually.

## Constitution Amendments

A Council motion to amend the Constitution as detailed below was carried:

- Section 4. Membership / Members. Point 5 - Affiliate Member : Delete "subscribes to Code of Practice of the Association"
- Section 4. Membership / Application for Membership. Point no.4 and no.5: Change "annual subscription fee" to "annual membership fee"
- Section 4. Membership / Payment of Membership Fees. Point no.4 and no.7: Insert "annual membership fee"
- Section 4. Membership: Change the use of "Secretary" throughout to "Membership Secretary"
- Section 6. Management of the Association: Change "Secretary" to Vice Chairperson
- Section 6. Management of the Association / Office Bearers and Functions:
  - Chairperson
    - Add: Manages the Grievance Procedure
  - Vice Chairperson
    - Add to Oversees the AGM: including administration and the nomination and election procedure
  - Secretary: delete
  - Membership Secretary – Proposed change in Office Bearer Category. Add Office
    - Maintains Database of Members
    - Manages Member applications
    - Manages Potential Members
    - Supplies Website Manager with updated Member Database
  - Public Relations and Marketing
    - Delete all existing functions and re-define as:
      - Promotion of the Association
        - Organises public events
        - Prepares notice of events to go on the website and for the website manager to send to members
      - Marketing and advertising
        - Publications
        - Radio
        - TV
    - Appoints and supervises Regional PR and Marketing co-ordinators
  - Training
    - Add: Responds to enquiries re training
    - Add: Advises Membership Sec. of potential members
  - CPD – replaces Education Office
    - Assigns and manages CPD points
    - Organises CPD events
    - Sources events of interest to members
    - Communicates with other health professions

- Prepares notice of events to go on website and for website manager to send to members
    - Appoints and supervises Regional CPD co-ordinators
  - Website and Newsletter
    - Delete: Collating information for members
    - Add: Manages enquiries received via website (info@saant.org.za)
    - Forward to Office Bearer if appropriate
    - Add: SAANT Communication
- Section 6: Management of the Association / Nominations and Elections Point 5: change “secretary” to Vice Chairperson
- Appendix 3 / Membership Benefits
  - Add to all levels: Receiving notification of Events
  - Add to all levels: Access to Members only closed-user areas of the Website
  - Professional and Provisional Membership
    - Delete: Eligible for listing and a personal page on the Website.
    - Add: Eligible to be listed on the website Therapist Register. If listed, required to provide a personal page

## **Council Nominations and Voting**

Of the following 1 September 2007-2008 Council Members, Sara Bilbe (Treasurer) and Nicola Zaina (Education) were not available for re-election:

1. Helen Hull - Chair / Training
2. Adele Pelteret - Vice Chair / PR & Marketing
3. Tracey Evans - Website and Newsletter
4. Heidi du Preez - Legal
5. Sara Bilbe - Treasurer
6. Nicola Zaina - Education
7. Beatrice Rabkin - Secretary
8. Lynne Brown - Eastern Cape Region / Community Projects
9. Gandy Madzalo - Gauteng Region / Community Projects
10. Carol Murrell - Training / Accreditation (Co-opted Feb 2008)

Nominations for the term 1 September 2008-2009 were:

1. Helen Hull
2. Tracey Evans
3. Heidi du Preez
4. Adele Pelteret
5. Carol Murrell
6. Beatrice Rabkin
7. Lynne Brown
8. Gandy Madzalo
9. Jackie Wildish

New Council Members voted for the term 1 September 2008-2009 are:

1. Helen Hull
  - Chair
2. Tracey Evans
  - Vice Chair / Website and Newsletter
3. Adele Pelteret
  - PR & Marketing
4. Carol Murrell
  - Training
5. Heidi du Preez
  - Legal
6. Lynne Brown
  - Membership Secretary
7. Jackie Wildish
  - CPD
8. Beatrice Rabkin
  - Non-Office Bearer - Training
9. Gandy Madzalo
  - Non-Office Bearer – PR & Marketing (Gauteng)

Minutes taken by Carol Murrell  
Amended and approved by Helen Hull