

## **Minutes of SAANT AGM**

**Saturday 10<sup>th</sup> October 2009**

**Apologies:** Helen Hull thanked 28 members for sending apologies. 8 members did not send apologies. (23 members and 1 non-member attended the AGM).

**Proxy Votes:** received from Nikki Dee Wilson, Sonia Coram, Cathy Grundy, Eleanor Knoesen, Barbara Barker, Karen Horton, Many Morgan, Elizabeth Lollos

**Minutes August 2008 SAANT AGM** accepted: proposed by Katherine Train and seconded by Margaret Ellis

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

Helen Hull opened the AGM with a brief history of SAANT; beginning in 2006 with the drawing up of the constitution and continuing with SAANT's growth from the first AGM in August 2007 until the present, our 3rd AGM. She went on to request members to participate fully in the organisation and to put forward suggestions as to what they expect from SAANT. It is the responsibility of all members to promote SAANT whenever the opportunity arises.

## **Financial Report by Helen Hull**

Helen discussed the status of SAANT's NPO application, submitted by Sarah Bilbe and which was thought could decrease our banking fees and enable SAANT to open an account in its name. Changes have been made to the Constitution to accommodate this application. It has been established that SAANT can open a bank account in its own name without being an NPO and a decision whether to continue with the application will be further discussed.

Financial Reports have been sent to all members prior to the AGM.

Summary:

**1 Jan 08 – 31 Dec 08**

Income	13 414.17
Expenses	10 986.27
Net Income	2 427.90

**Balance Sheet at 31 Dec 2008**

Assets:

Cash	<u>7 695.84</u>
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Capital:

Retained surpluses	5 364.59
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Fees paid in advance	<u>2 331.25</u>
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	<u>7 695.84</u>
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**1 Jan 09 to 30 Sept 09**

Income	16 389.09
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Expenses	5 509.56
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Net Income	10 879.53
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**Balance Sheet as at 30 Sept 09**

Assets:

Cash	<u>17 042.12</u>
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Capital:

Retained surpluses	16 244.12
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Fees paid in advance	160.00
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Creditors	<u>638.00</u>
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	<u>17 042.12</u>
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## Membership Fees

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

- Professional Member: R350
- Provisional Member: R250

It was felt this was reasonable given that it is the Professional members and the Provisional members who get the most benefits from SAANT.

The cost of seminars will be increased in future in order to raise funds.

## **Membership Report by Lynne Brown**

As of 10 October 2009 SAANT had 59 paid-up members and a further 2 joined at the seminar.

12 new members joined in 2009.

At the time of the AGM last year we had 57.

10 members did not renew in January 2009 for various reasons. Some have moved overseas, most only temporarily, others felt they could not comply with one or two of the clauses in the Constitution, mainly concerning Network Marketing, and others have given up their studies for work or family commitments.

### Spread in categories:

Professional Members - 5

Provisional Members – 19

Student Members - 24

Associate Members - 7

Affiliate Members - 4.

### Spread over Provinces:

Western Cape – 33

Eastern Cape – 2

Gauteng – 16

KZN – 5

Mpumalanga - 1

Namibia – 1

Overseas – 1

Renewal notices will be sent to all paid-up members during the first week of December. Fees are payable by 31 March. Any member failing to re-new by this date will be required to re-apply for membership and pay the R100 application fee.

The application fee is not payable when changing membership category during the year. However, the appropriate application form is required to be completed and any additional membership fees are to be paid, for example if upgrading.

Certificates for diplomas or degrees must be submitted as certified copies – posted not faxed.

In order to get onto the website register, one must provide a profile which is to be sent to Lynne as well as any changes in profile.

All membership matters are to be sent to [membership@saant.org.za](mailto:membership@saant.org.za).

### **Legal Report by Heidi Du Preez**

The HPCSA continues to express concerns regarding the low number of SAANT members and therefore Nutritional Therapists in South Africa and that no degree course in Nutritional Therapy is presented at a South African University. These continue to be the reasons why a separate register will not be opened for Nutritional Therapy by the HPCSA.

There are two registers at present and the HPCSA continues to advise that Nutritional Therapists must apply under Dietetics to register. We will never be able to register as Nutritionists, since they are not in therapeutic private practice.

Heidi explained that NTs would not be “under” Dietetics as such but governed by the same Board. To open another register is very expensive and the numbers of NTs do not warrant a separate register. The HPCSA has suggested that NTs could write the Dietetics exams and be registered as Dietitians in order to practice therapeutic nutrition. SAANT emphatically rejects this as NT must be recognized as a distinct profession.

### **Plan of Action**

SAANT has drafted a document highlighting the difference in approach between Nutritional Therapists and Dietitians. This document, along with the Training checklist, Scope of Practice and a cover letter will be submitted to the first HPCSA Educational Meeting taking place in 2010 as application for registration of Nutritional Therapists.

The reasons being:

It has given SAANT more time to draft a comprehensive document and compile a well-drafted proposal to the HPCSA.

It will allow SAANT to increase membership. A membership drive by all existing members is paramount to secure the future of NT in SA! Anyone working in the field of NT (local and South Africans abroad) should become members of SAANT.

It will allow time for professional members of SAANT to apply to the HPCSA under Dietetics, clearly indicating that they wish to be registered as Nutritional Therapists. This will hopefully urge the Board to start taking notice of the fact that there are Nutritional Therapists practicing in SA and that they wish to be registered and acknowledged.

It will give SAANT time to apply to all local Universities to present a course in NT. Carol Murrell will drive this process. Any help or inputs from members will be much appreciated in this regard.

Heidi showed some extracts from the Comparison documents and invited members to e-mail her should they wish to have receive the document in advance of submission and provide input on the document, which would be very welcomed. It is in every member's interest to present a comprehensive document to clearly indicate the differences between the Dietetics' Profession and the Profession of Nutritional Therapy.

Sarah Bilbe questioned why SAANT was proceeding with being registered with the HPCSA, when Nutritional Therapists have more in common with those registered with the AHPCSA (for example: homeopaths, naturopaths). A discussion then arose about whether SAANT should continue with the HPCSA application process. Some members felt that it would be more worthwhile being associated with the AHPCSA whilst others felt that we 'fit' with Dietitians and Nutritionists as all three professions are concerned with Nutrition and we all study the same core health sciences. It was unanimously agreed that SAANT would continue with the HPCSA application process and proceed to submit to the HPCSA Educational Board in 2010.

Beatrice Rabkin will investigate the application process for the AHPCSA.

Heidi urged SAANT Professional Members (PFs) to submit their individual applications to the HPCSA as soon as possible and to emphasis that they are Nutritional Therapists. Heidi considers these individual applications will considerably strengthen the SAANT application and it would essentially be a waste of time if SAANT further submitted without ALL SAANT PFs having submitted an individual application. PFs should contact Heidi directly for the correct forms which will also be available on the website in due course. Hannah Kaye pointed out that there are two 'parts' to the application .

Heidi will no longer be serving on Council but she has agreed to continue to drive the application process with the HPCSA.

## Training Report by Carol Murrell

Although little progress has been made towards a locally-validated BSc in Nutritional Therapy (NT), would-be students and diploma-qualified practitioners now have web-based, modular access to UK-based CNELM's degree course. During the course of 2010, Cape Town-based Therapeutic Coaching and Clinical Training modules will be available to both Student and Provisional members

### Key Activities

#### SMAT:

SAANT's Membership, Accreditation & Training Committee met periodically during the year to assess membership applications and discuss Provisional Members gaining Professional Membership.

This proved to be a challenging exercise, based on the wide disparity between different Nutritional Therapy qualifications

During the course of the year a compromise was reached:

It was decided that only those with a BSc in Nutritional Therapy from a recognised institution would be eligible for PF status

Those who had either completed or started a diploma in Nutritional Therapy prior to 1 January 2009 would be eligible for PV\* status (\*defined as 'working towards PF status')

Those starting a diploma course after 1 January 2009 would be eligible for PF status upon upgrade of their qualification to a BSc in Nutritional Therapy

#### CNELM:

A flexible fee structure for SA students accessing the web-based learning option is now in place. So far 6 students have enrolled for the BSc (Hons) in NT

Carol Murrell and Ian Craig – both CNELM graduates – will be presenting Cape Town based Therapeutic Coaching and Clinical Training modules during the course of 2010. These will be available to both students and practitioners

Letters will be sent to all Provisional Members in October detailing various routes available for up-grading diplomas to CNELM's BSc (Hons)

### Overseas Course Updates

TVU: Attendance requirements for this BSc are extremely onerous and long distance learners are being discouraged

Beatrice Rabkin mentioned that there were various answers coming from TVU. They told someone that they were discouraging overseas applicants but when she asked them about this they denied it. Never the less, the attendance requirements are difficult for SA students.

ION: No further feedback has been received from ION in respect of the web-based modules planned for release earlier this year

### Local Course Updates

SA Universities: In 2008 Rhodes University was sent a draft proposal for a BSc in NT. Unfortunately they have shown no interest in offering such a degree

Other universities – preferably those without a Dietetics Faculty – need to be identified and approached: planned for 2010

UWC: Currently offers a full-time BSc in Complementary Health Sciences, which may be an appropriate ‘core’ degree to which an NT Diploma could be added. Kate Neil has agreed to assess this BSc and assist with compiling a suitable NT Diploma – planned for 2010

UNISA: Appears to offer many of the core subjects covered by UWC’s BSc in Complementary Health Sciences, although not as part of a single degree. Requires negotiation / discussion to establish feasibility of a ‘mix-and-match’ approach – planned for 20

### CPD Report by Hannah Kaye

The CPD program was introduced this year. Practicing members on the Register of Practitioners are required to satisfy CPD requirements in order to remain on the Register of Practitioners.

The CPD program was drafted by Jackie Wildish and Helen Hull in line with CPD requirements set by other Nutritional Therapy Associations, notably BANT and the NTC in the UK. The SAANT program was, however, made less onerous to encourage compliance. The response from SAANT practitioners has been extremely disappointing not only due to non- submission of the quarterly questionnaires, which included one case history per quarter, but also due to little communication or feedback. In essence, the program has been ignored by the majority of practicing members.

Hannah emphasised the importance of obtaining CPD points as it helps NTs to be taken seriously by other healthcare professionals, keep abreast of the latest research, provide patients with the best treatment options and ensure that practitioners registered with SAANT are qualified at a high, professional standard.

The SAANT Council is to decide the minimum CPDs per year at the next council meeting, 10<sup>th</sup> October at 17h30. It was proposed that CPDs will have a shelf life of 24 months and if more CPDs are attained during 1 year, then those may be carried over to the next year.

The CPD year is to run from 1st November - 31st October and practitioners are to submit a Portfolio of Evidence by 31st October each year. Practitioners failing to do this will be removed from the SAANT register until missing CPD points are acquired.

The proposed allocation of CPD points applies to meetings, conferences, lectures, journal clubs, seminars, accredited webinars, peer support groups, short courses, article in a peer reviewed journal, article in magazine / newspaper, authorship of an academic or professionally oriented

book, keynote speaker at congress, guest speaker at accredited institution, giving a short course / skills workshop. Other options include online CPD programmes, supervising students / new practitioners, single modules of a Masters degree, structured learning / formal programmes (Masters, PhD, post grad degree/diploma). It was emphasized that attendance must be certified in order to acquire the appropriate CPDs.

Activities that do not qualify for CPDs include time spent planning/organising any activity, published congress proceedings, non-referenced letters to editors of accredited journals, written assignments, staff and/or administrative meetings, tours and/or viewing of exhibits/technological demonstrations, membership of professional bodies/boards, reading or subscribing to journals, websites or magazines.

Hannah brought up the point that no CPDs will be given to those who attend lectures that are only about products and do nothing to further their knowledge on health and nutrition.

Sarah Bilbe and Janine Dobson felt that it was unnecessary to complete SDLQs, however Heidi Du Preez felt that submitting SDLQs and case studies would help SAANT and nutritional therapists to be taken seriously by the HPCSA.

SAANT views reflective practice as an essential part of practitioner development but due to the lack of submission, there is clearly a practitioner resistance to this part of CPD programme. SAANT has decided that SDLQs and case studies will be removed from CPD requirements for the time being. However, SAANT reserves the right to re-introduce them at a later stage should they become a requirement for other governing bodies in South Africa or seen as a requirement for SAANT.

## **PR & Marketing Report by Adele Pelteret**

### **1. Regional PR &Marketing Co-ordinators**

Western Cape: Adele Pelteret + Taryn Roseveare

Gauteng: *Vacant*

KwaZulu Natal: Tracey Evans & Karen Horton

Eastern Cape: Lynne Brown & Heidi du Preez

The duties of the PRM co-ordinators is to:

Organise public events

Inform members of upcoming events of interest

Members - NB to RSVP especially if linked to CPD!

Marketing and advertising

Publications, Radio, TV, Websites

## 2. Publications

Pass on details of your article to your Regional PR & Marketing Co-ordinator – TITLE, Publish DATE & PUBLICATION

Publications

SA Journal of Natural Medicine

Several articles by different members

UK Magazine – The Nutritionist Practitioner: Carol Murrell

Medpages –advertising + Website

NOTE: Mention your personal details & that you are a member of SAANT at the end of any article, quote or interview.

## 3. National Public Events

None in 2009

Needs more membership participation and involvement

## 4. Regional Events

### WESTERN CAPE

1. HIMNTN affiliation events (practitioners only)

1 /month speakers

VERY informative + popular

Networking opportunity with other health practitioners

2. NT PRACTITIONER EVENINGS

1/month

Sharing knowledge, VERY informative & useful

3. NT STUDENT MEETINGS

Beatrice Rabkin: not as successful as hoped – lack of response and interest

## GAUTENG

Educational Presentations

Practitioner Meetings

NT Student Meetings

## KWAZULU NATAL

No SAANT organised events, but SAANT was represented and pamphlets handed out at a number of functions

Adele asked whether she should send out e-mails regarding all health related events or whether she should only send out e-mails of events specifically nutrition related. Helen Hull felt that if the e-mails are coming from SAANT they should be nutrition related and Jill Fraser-Halkett and Sally-Ann Creed agreed. Hannah Kaye felt that it would be beneficial to receive e-mails about other health related topics and most members agreed. It was decided that that if e-mails are coming from SAANT they should preferably be nutrition related but that health related workshops/lectures would also be of interest provided anything esoteric and extremely alternative was not sent. It was discussed that what one person may consider as relating to health (e.g massage, meditation) may not be viewed as such by others and although “science-based” could be used as a criteria some CAM approaches take time to become science-based.

Adele emphasized the importance of attaching business cards to the SAANT flyers for the promotion of SAANT.

## Web Site and Newsletter Report – Tracey Evans presented by Helen Hull

The Web Site was revamped, with the new Logo created for SAANT. Thanks to Helen Hull's nephew, William Ranwell, who offered his time to work on this for us.

Software was purchased to 1. Stop people copying content from the web site and 2. Create closed-user areas. The software was installed and is ready once we finalise what value-added info. to supply to Members only.

Email to [info@saant.org.za](mailto:info@saant.org.za), [prm@saant.org.za](mailto:prm@saant.org.za), [training@saant.org.za](mailto:training@saant.org.za), [cpd@saant.org.za](mailto:cpd@saant.org.za), and [membership@saant.org.za](mailto:membership@saant.org.za) was managed and forwarded to the appropriate Office Bearers.

In future there will be 5 mailboxes as detailed above and mail will automatically go directly to the individual Office Bearers, increasing response time.

Newsletters – Two newsletters were sent to members, detailing the activities of council. These, in future, will not be called Newsletters but Office Bearers Reports and will send out bi-annually: mid term and prior to the AGM.

Council would like a SAANT Newsletter containing material relevant to NT both in SA and internationally to be produced but Office Bearers do not have the man-hours available.

It has been decided that SAANT will in future use the services of an external Web host as Tracey Evans is no longer available for this job. Various web hosts have been contacted and the council will make a decision on this at the next meeting, October 10th at 17h30.

### **Constitution Amendments**

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

#### Chairperson

- Oversees all activities related to the Association
- Chairs meetings, oversees agenda and ensures correct procedures are followed at meeting
- Oversees the AGM including administration and the Council nomination and election procedures (removed from Vice-Chairperson and added to Chairperson)
- Manages the Grievance Procedure

#### Vice Chairperson

- Acts as chairperson during periods of absence of chairperson

Website and Newsletter office - delete

Legal Office will be left open and SAANT Council will continue to try and fill it

### **Secretary**

SAANT does not currently have an Admin. Secretary and Council would like to appoint one. It would be a non-decision-taking role – everything to be overseen by Office Bearers. Duties would include:

Management of group e-mails to members

Managing seminars and lectures

Managing the AGM

**Other Specific Tasks** that Council requires help with:

Producing Newsletters

Sourcing Journals/websites/ other educational material

Approaching SA universities to add a degree course in NT

**Council Nominations and Voting**

Of the following existing council members, Heidi Du Preez (Legal) and Tracey Evans (Website & Newsletter) were not available for re-election:

1. Helen Hull - Chair
2. Adele Pelteret - Vice Chair / PR & Marketing
3. Tracey Evans - Website and Newsletter
4. Heidi du Preez - Legal
5. Helen Hull - Treasurer
6. Beatrice Rabkin – Non-office bearer
7. Lynne Brown – Membership Secretary
8. Carol Murrell - Training

Nominations and elections:

Helen Hull – Chair and Treasurer

Adele Pelteret – PR&M

Carol Murrell - Training

Beatrice Rabkin

Lynne Brown – Membership Secretary

Hannah Kaye - CPD

Katherine Tudsbury

Thank you to all the 2008-2009 Council members and a special thank you to Heidi Du Preez and Tracey Evans for all their hard work and dedication.

Minutes taken by Katherine Tudsbury

Checked by Council

Approved by Chairperson