

Continuing Professional Development (CPD) in Nutritional Therapy

The SAANT CPD scheme is a means of ensuring that all Practitioners can demonstrate they are:

- a) UP-TO-DATE with new knowledge
- b) FIT-TO-PRACTICE

The Practitioner has a professional responsibility to continuing education in Nutritional Therapy in order to maintain competence, to enhance their capabilities and to underpin the standing of the profession in respect of the public, clients, other professions and official bodies.

CPD functions ultimately to maximise the well being of those people to whom the Practitioner is professionally responsible. It can also benefit the Practitioner by improving prospects of employment and promotion and by encouraging 'community of practice'.

The SAANT CPD scheme is mandatory for all SAANT Practitioners and unless Practitioners fulfil the requirements of CPD they will be removed from the SAANT Register of Practitioners and will no longer qualify for Professional Membership until such a time as they have fulfilled their full CPD requirements.

1. The Role of SAANT CPD Committee

The SAANT CPD Committee functions as a regulatory body to ensure that SAANT Practitioners, many of whom work in isolation, maintain competencies for safe and effective practice.

The CPD Committee is responsible for ensuring that SAANT Practitioners are Up-To-Date and Fit-To-Practice by:

- Recording CPD credits
- Assessing the Practitioner's Portfolio of Evidence

The CPD year is from 1 November to 31 October.

The Portfolio of Evidence (PoE) is to be submitted to cpd@saant.org.za by 31 October annually.

Practitioners will be notified by 30 November whether they have fulfilled the CPD requirements and are entitled to renew their Professional Membership.

2. CPD Requirements

SAANT Practitioners are required to fulfil certain learning criteria during the course of the CPD year in order to remain on the Register of Practitioners. There are a number of ways in which learning can be achieved – the emphasis is not solely on attending formal courses, but 'community of practice' is encouraged and contributing to peer-reviewed journals or popular media is rewarded.

Practitioners are required to:

- accumulate a minimum of **30 CPD credits** in a year from any of the activities listed below. CPD credits have a shelf life of 24 months. If more than 30 CPD points are accumulated in 1 year, the remaining points may be carried over to the following year with a maximum allowance of 10 points per year;
- submit a PoE annually by 31 October.

Allocation of CPD points

The credits are readily achievable with the aim being to facilitate and encourage a culture of continuing professional development, and not to set up hurdles.

Activities must be relevant to or enhance the practice of Nutritional Therapy.

SAANT aims to source courses, webinars and CPD programmes which will be listed on the website.

The following activities qualify for credits:

• Meetings, conferences, lectures, journal clubs, seminars, accredited webinars, peer support groups, short courses. Accreditation – provider to provide certificate of attendance	1 CPD point /hour (max 8 CPD points/day).
• Publications:	
○ Peer reviewed journal principle author	12 points
○ Peer reviewed journal co-author	10 points
○ Peer reviewed journal review	10 points
○ Article in magazine / newspaper (including SA Journal of Natural Medicine)	4 points
○ Authorship of a published academic or professionally oriented book	12 points
• Presentations:	
○ Keynote speaker at a congress	10 points
○ Guest speaker/lecturer at accredited institution	8 points
○ Giving a skills workshop	6 points
○ Community education talks / lectures	4 points
• Online CPD programme (e.g. Nestle) – must complete MCQ. Accreditation – provider to provide certificate of completion	3 points
• Supervising students / new Practitioners, min 2 hour session	2 points (max of 10 CPD points/ year)
• External examiner M/PhD theses on completion	5 points
• Structured learning / formal programmes (Masters, PhD, postgrad degree/diploma). Accreditation – provider to provide certificate of completion	30 points
• Single modules of a BSc / Masters degree. Accreditation – provider to provide certificate of completion	5 points

Activities that do not qualify for CPD

- Time spent planning, organising, facilitating any activity
- Non-referenced letters to editors of accredited journals

- Staff and/or administrative meetings
 - Tours and/or viewing of exhibits/technological demonstrations
 - Meetings with supplement companies
 - Presentations by supplement companies that are solely for marketing purposes
 - Reading or subscribing to journals, websites or magazines
 - Membership of professional bodies/boards or holding portfolios on executive or council structure
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