

## IANT CPD PROGRAM

### INTRODUCTION

The purpose of CPD is to ensure that all practitioners can demonstrate that they are:

1. UP-TO-DATE with new knowledge
2. FIT -TO-PRACTICE

All IANT practitioners are obliged to fulfil the requirements of CPD in order to qualify for continued membership with IANT.

### WHAT ARE CPD CREDITS?

CPD – *Continued Professional Development* – is an on-going process of learning after gaining your initial qualification. It must relate to your specific area of practise or specialization in some way, and is a way of remaining up to date with current research and thinking. In the case of IANT this is in the field of Nutritional Therapy and any associated therapies or specifications approved by the association.

CPD credits are compulsory for membership to the Association. It is in the interest of all IANT members to update their knowledge, on an on-going basis, for their own personal and professional benefit, and credibility as a practitioner. This is also essential to uphold the integrity of IANT, which promotes its members to the general public through promotional events and on online campaign.

### WHAT COUNTS AS CPD?

The IANT website is your first stop for CPD events. Events are promoted on the website and are regularly updated. There is a wide variety of ways to earn CPD credits. Most commonly it is done through attending the AGM, lectures, seminars, workshops and post graduate training. Some events are in the form of assisting at the IANT stand at a trade show or other public event. The variety of events is aimed at giving as much flexible choice as possible to gain CPD credits.

IANT promotes many ways for the practitioner to gain relevant CPD credits throughout the year; however, each practitioner has a personal responsibility to seek ways for further training and development relating to the field of Nutritional Therapy.

## Allocation of CPD Credits

CPD credits are easy to obtain and the aim is not to set up hurdles, but rather to encourage a culture of continuing professional development that benefits both the practitioner and their patients.

<ul style="list-style-type: none"> <li>• Attending the IANT Annual General Meeting (AGM)</li> </ul>	8 points
<ul style="list-style-type: none"> <li>• Short courses such as meetings, conferences and seminars               <ul style="list-style-type: none"> <li>○ Note that any activity attended in the UK and accredited by BANT will also be accredited by IANT for the same</li> <li>○ Accreditation – certificate of attendance</li> </ul> </li> </ul>	1 CPD point per hour, max 8 hours per day
<ul style="list-style-type: none"> <li>• Presentations               <ul style="list-style-type: none"> <li>○ Keynote speaker at a congress</li> <li>○ Lecture/guest speaker at accredited institution</li> <li>○ Presenting a workshop to a professional audience</li> <li>○ Talks and lectures to a public audience</li> <li>○ Accreditation – promotional material for event</li> </ul> </li> </ul>	8 credits 6 credits 6 credits 2 credits
<ul style="list-style-type: none"> <li>• Structured learning               <ul style="list-style-type: none"> <li>○ Post graduate training (Masters, PhD, Post graduate degree/diploma)</li> <li>○ Singles modules of a degree or diploma</li> <li>○ Accreditation – certificate of completion from provider</li> </ul> </li> </ul>	21 credits per year 4 credits
<ul style="list-style-type: none"> <li>• Publications               <ul style="list-style-type: none"> <li>○ Peer reviewed journal principle author</li> <li>○ Peer reviewed journal co-author</li> <li>○ Peer reviewed journal review</li> <li>○ Articles published in regular media (newspapers or magazines)</li> <li>○ Authorship of published professionally oriented book</li> </ul> </li> </ul>	8 credits 6 credits 6 credits 2 credits 12 credits
<ul style="list-style-type: none"> <li>• Book reviews</li> <li>• Attending online webinars and podcasts</li> <li>• Please see explanatory notes below ^^</li> </ul>	1 credit per review or event attended; Max 9 credits p/y
<ul style="list-style-type: none"> <li>• IANT committee member</li> </ul>	7 credits
<ul style="list-style-type: none"> <li>• Activities that do not qualify               <ul style="list-style-type: none"> <li>○ Time spent planning, organising, facilitating any activity</li> <li>○ Non-referenced letters to editors of accredited journals</li> <li>○ Tours and/or viewing of exhibits/technological demonstrations</li> <li>○ Meetings with supplement companies</li> <li>○ Presentations by supplement companies that are solely for marketing purposes</li> <li>○ Reading or subscribing to journals, websites or magazines</li> <li>○ Membership of other professional bodies/boards</li> </ul> </li> </ul>	

IANT requires that a minimum of 15 out of the 21 CPD credits for the year must directly relate to Nutrition Therapy in some way – please check with the CPD committee if you come across an event that may qualify for CPD to verify whether it can be accredited.

### **^^ Explanatory Notes for Book Reviews and Online Events**

**Book reviews** (up to 5 per year) are submitted in essay form (250-400 words) for books of at least 100 pages and related to the field of Nutritional Therapy. The essay is submitted to the CPD committee.

**Attending online events** (up to 4 per year) are awarded 1 CPD point per event regardless of length. An event may be awarded additional CPD points if it is formally recognised by IANT and this will be communicated by the CPD committee.

## **PRACTITIONER RESPONSIBILITY**

### **Obtain Required CPD Credits**

- Practitioners over one year – 21 CPD credits per year
- New graduates up to one year – 12 CPD credits per year

Note: A minimum of 15 out of 21 CPD credits (8 out of 12 for new graduates) must directly relate to Nutritional Therapy and the rest may be from a related professional area.

### **Keep A Record**

Download the CPD log sheet from the IANT website and record all CPD activities. It is the practitioners' responsibility to keep this up to date and record the date of the event, type of activity (event / workshop / course / talk / conference etc.) and number of hours.

Many events award a certificate of attendance. A photocopy of this must be provided when submitting your CPD log sheet. If no certificate is provided then submit a receipt of payment or some other form of proof of attendance for verification.

### **Submit CPD Records**

The CPD year is from 1 January to 31 December. It is the practitioners' responsibility to return the completed CPD log sheet with copies of relevant certificates or other proof of attendance to the CPD committee. CPD records may be submitted throughout the year and the final submission date is January 31<sup>st</sup>. Practitioners will be notified by February 28<sup>th</sup> whether they have fulfilled the CPD requirements and are entitled to renew their membership.

Please note that failure to do so could mean refusal to renew membership. A copy of all CPD log sheets must be kept by the practitioner along with any accompanying certificate etc. for a minimum of 3 years.

## THE ROLE OF IANT CPD COMMITTEE

The CPD Committee is the regulatory body to ensure that IANT Practitioners, many of whom work in isolation, maintain competencies for safe and effective practice. The responsibilities of the CPD committee are to ensure that practitioners are Up-To-Date and Fit-To-Practice by:

- Promoting CPD events
- Recording CPD credits
- Assessing the Practitioners' CPD Records

The CPD committee notifies members by February 28<sup>th</sup> whether they have fulfilled the CPD requirements and are entitled to renew their membership.

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