

CNS Supervised Practice Experience (SPE) Competencies (Total 1000 hours)

Video: CNS SPE Tracking Tool <https://www.youtube.com/watch?v=CKQvPehIJtk>

Category A: Personalized Nutrition Assessment & Interpretation (min 200 hours)

Think of it as the initial consultation.

Category B: Personalized Nutrition Intervention, Education, Counseling or Management (min 200 hours)

Think of this as the designing of a plan for a client. Develop the right MNT for the health condition, evaluate drug-nutrient interactions, understand the client's behavior (to know what type of changes they are willing to make as you develop a plan), use of herbals/botanicals in the recommendations, etc.

Category C: Nutrition Monitoring or Evaluation (min 200 hours)

Think of this as follow-up consultations. (Category C can cover all the competencies in A & B since you would do some of these competencies in a follow-up appointment.)

Time spent with Supervisor counts towards total of 1000 hours – but should not be counted in categories A, B, or C.

Independent/Direct Experience (min 750 hours)

- Spending time directly with the client
- Researching and developing client treatment plans
- Researching and preparing client handouts and/or other educational materials
- Community education (development and delivery of education to a specific population)
- Reviewing above work with Supervisor in one-on-one meetings
- Supervisor Grand Rounds
- (Candidates need to schedule at minimum one Supervision appointment for every 40 SPE hours logged.)

Optional Observational Experience (max 250 hours)

• Candidates may opt to start with Observational hours as they are learning the Personalized Nutrition (PN) care model and just beginning to apply foundational coursework to clinical situations. During observational SPE, candidates will earn hours across the Categories A, B and C in the following ways:

- Listening to videos of client and practitioner interactions
- Shadowing an experienced clinician
- Creating treatment plans for a supervisor's current client
- Participating in simulation exercises and/or role-playing
- Utilizing case studies to prepare treatment plans
- (Earning observational hours as part of a BCNS-approved school supervision program)

NOTE: Observational hours are not required, so candidates may earn all 1,000 hours in Direct experience.

The following activities *do not* qualify for SPE hours:

- Research unrelated to a current client (e.g. research and education for future clients).
- Writing books, articles, blogs, etc.
- Teaching classes in academic programs.
- Developing condition-based training programs and treatment protocols not related to a current client.
- Presenting educational lectures, videos, webinars, etc. for academics or mass audience.
- Watching educational lectures, videos, webinars, etc.
- Group sessions / webinars covering various nutritional education not related to current clients.
- Coursework for MS program: If candidates attend a school with a pre-approved SPE component, only the hours *pre-approved* by the BCNS/ANA may be counted.