



**Q: What can I call myself as a graduate of the Bachelor of Health Science (Nutritional and Dietetic Medicine)?**

**A:** Graduates of this course are qualified Clinical Nutritionists, having completed a minimum of 468 hours of supervised clinical training and as such are able to refer to themselves as a Clinical Nutritionist. Some practitioners also choose to refer to themselves as a Nutritionist or Nutritional and Dietetic Medicine Practitioner. The concept of “dietetics” was developed from the naturopathic tradition in the late 1800’s and has evolved over time to now be seen as an important component of dietary planning and nutrition and the broader food-as-medicine ethos.

**Q: What are the key areas the course covers?**

**A:** The 3-year degree at Endeavour College of Natural Health is rich in evidence-based biological, social and nutritional sciences.

The fields of anatomy and physiology, biochemistry, pathophysiology, symptomatology and diagnostic techniques are comprehensively explored with the Bioscience subjects. The Social Science subjects introduce students to the development of basic counselling and client management skills, such as how to motivate behavioural changes in clients. The Nutritional Science subjects explore foundational nutritional knowledge, including an in-depth understanding of macro and micro nutrients, food quality, the therapeutic value of individual food components and sustainable farming practices. More advanced topics concerning broader public health nutrition are underpinned

by foundational studies in areas such as the sociology of food and investigations into cultural factors that impact our food behaviours.

A key component of the Nutritional and Dietetic Medicine degree at Endeavour is the hands-on experience that students gain by both observing and treating clients in the on-campus clinical setting, where students spend 468 hours.

In preparation for such extensive clinical practicum, studies are undertaken in subject areas such as clinical nutrition therapeutics, dietary analysis and planning, nutrient deficiencies and excesses, dietary and nutrient correction of metabolic dysfunction and nutritional medicine.

Other systems of the holistic philosophy of clinical nutrition, such as Ayurveda and Traditional Chinese Medicine, are examined in order to give a more complete understanding of traditional and complementary health ideologies. This enables graduates to make a valuable contribution to the industry and be confident when working in multi-disciplinary settings and as part of a client’s health care team.

**Q: What is Clinical Nutrition?**

**A:** Clinical Nutrition refers to the therapeutic management of individual patients and the broader health of the wider community, using an evidence-based understanding of nutritional and dietetic principles and the functional role of food and nutrients in the body. Clinical Nutrition addresses the prevention of illness and management of health conditions through therapeutic meal and dietary planning and where necessary, nutrient supplementation and functional food prescription.

Clinical Nutrition requires a comprehensive understanding of scientific principles and the role of food and nutrients in human body. Clinical Nutrition practice is informed by historical evidence as well as modern scientific research and is applicable to a variety of environments, including individual and integrated clinical health settings.

**Q: What settings can I work in as a Clinical Nutritionist?**

**A:** Clinical Nutritionists have a diverse range of careers and roles available to them within the health care industry. Degree-qualified Clinical Nutritionists are qualified to provide both specific and general advice to clients in a range of clinical settings:

- › Private clinical practice or within an integrative medical or health care clinic setting
- › Community and public health programs and clinics
- › Corporate wellness and retail businesses
- › Media-based organisations and platforms (e.g. TV, radio, podcasts, blogs, news and magazine articles)
- › Educational institutions
- › Government, policy development and work health and safety
- › New product development, manufacturing and distribution, sales and marketing

**Q: When I graduate, what am I qualified to do as a Clinical Nutritionist?**

- Health promotion and dietary education in individual and group settings
- Provide evidence-based nutritional care to individuals and clients across the life span including pre-conception, children, adults and the elderly
- Assess an individual's overall nutritional, dietary and lifestyle health status through the collection of a detailed case history, which could include factors such as the environmental, psychological and behavioural aspects of food nutrients and the timing and manner in which people eat
- To assist with preparing a nutritional, dietary and lifestyle health-status assessment incorporating a range of assessment techniques including blood pressure monitoring, functional pathology testing, clinical signs and symptoms of nutrient status, dietary analysis, bio-impedance and related anthropometric measurements
- Prescribe therapeutic meal and diet plans for illness-prevention and health management
- Identify and implement preventative dietary and nutritional treatment plans for lifestyle and dietary-related conditions or patients diagnosed by a medical health professional with a nutrient deficiency

- Prescribe evidence-based supplementation of nutrients, nutraceuticals, tailored compounded supplements and functional foods
- Provide nutritional and dietetic support for special interest areas such as sports and high performance nutrition, weight loss and weight-related conditions, reproductive health and childhood nutrition
- Identify contraindications associated with drug-nutrient interactions
- Order and interpret functional pathology tests e.g. allergy testing, nutrient and vitamin status, digestive function testing, functional hormone testing
- Refer patients to medical and allied health professionals where appropriate and when required care falls outside of scope of practice
- Work collaboratively with medical and allied health professionals as part of a patient's broader health care team to provide patient-centred care

**Q: What are the different career outcomes for this course compared to similar degrees?**

A: The National Health and Medical Research Centre (NHMRC) supports investigator-driven research into nutritional medicine through its funding schemes, and with this commitment to research, employment prospects for clinical

nutritionists is expected to increase. Graduate Clinical Nutritionists may choose to enter clinical practice, either in private practice or in an integrative or other clinical healthcare settings. Additional employment opportunities include corporate health, nutritional consulting in various health-related businesses, complementary medicine safety and compliance, complementary medicine nutrition education, nutraceutical innovation and development, and nutraceutical sales and marketing. There are also a range of postgraduate opportunities in nutrition and public health that are open to Endeavour graduates.

**Q: Can Clinical Nutritionists refer patients to other health practitioners?**

A: Yes. Clinical Nutritionists are trained to identify when it is therapeutically appropriate to refer a patient back to their General Practitioner or to an allied healthcare practitioner for further treatment. In fact, with permission from the patient, Clinical Nutritionists can also provide clinical information to the patient's health care practitioner on their care and any relevant information that pertains to their health.

**Q: Can I get health fund rebates as a Clinical Nutritionist?**

A: Yes. There are several health funds (see below) that provide rebates on clinical nutritionist services. In most cases, you will need to be a member of a professional association to be eligible.

**Clinical Nutrition**

**Health Insurance Funds who give rebates for nutrition consults and services\***



Seek professional recognition via membership with the following associations:



\*Source: ATMS Health Funds Table, November 2016