

CLINIC PROCESS

Nutritional Therapy is a client centred evidence-based discipline which reviews client cases using a Functional Medicine approach.

For more information on what Functional Medicine is visit <https://www.ifm.org/functional-medicine/what-is-functional-medicine/>

HOW DOES THE NUTRITIONAL THERAPY PROCESS WORK STEP BY STEP?

1. We will first need to collect some personal and health data from you which will be used to research your case. You will be required to complete two forms:
 - Client contact sheet
 - Nutritional Therapy questionnaire
2. Return these forms to our clinic email address - **nutritionaltherapyclinic@worc.ac.uk**
3. We will then assign you to a student Nutritional Therapist when one becomes available.
4. They will contact you directly to arrange a suitable time and date to see you. This can be either online or face to face.

ONLINE APPOINTMENTS

We use a platform called Blackboard collaborate where the student will send you a link before the appointment that will connect you to the session. If you are not familiar with using this technology, you can arrange a test run with your student Nutritional Therapist ahead of the appointment to check you can connect properly. You will need access to a device and a Wi-Fi connection

FACE TO FACE

If you have a face-to-face appointment, we see clients in our McClelland Centre for Health and Wellbeing which is based on the lower floor of our Charles Hastings Building on our City Campus (WR1 3AS). **Download a map of the Campus.**

Please note there is no University parking at this Campus and the nearest public car park is **Croft Road.**

To find the Clinic, come into the main reception in the Charles Hastings building, turn right and then down the stairs to the left before the Cafe. The waiting area is left at the bottom of the stairs. There is a lift available to the left of the main entrance, and on exiting the lift on the Lower Ground Floor, go right and to the end of the corridor to find the waiting area.

5. All appointments are confidential and abide by **GDPR**, **BANT** (British Association for Nutrition and Lifestyle Medicine) and **CNHC** (Complementary and Natural Healthcare Council) regulations.
6. You are offered a minimum of 2 appointments.
 - Consultation 1 (initial) is approximately 1.5 hours
 - Consultation 2 (follow up) is approximately 45 minutes to an hour-long. Further appointments can be offered as needed
7. Your appointment will be conducted by a student Nutritional Therapist, assessed by a Qualified, and Registered CNHC Nutritional Therapist. The assessor will be viewing the student conduct the consultation by a live video feed to ensure the consultation is conducted in a safe and professional manner.
8. Within the consultation you will be provided with some negotiated Nutritional Therapy and lifestyle recommendations based on your unique case and the goals you wish to address.
9. If relevant we may discuss with you some supplement and testing recommendations. There is no obligation to purchase any supplements or testing, however.
10. You will be provided with relevant handouts and a Nutritional Therapy recommendation sheet to take away with you. All the action points made will be agreed with you and your student Nutritional Therapist so we will work collaboratively with you.
11. You will be invited for your second consultation (follow up appointment) around 3 – 4 weeks later to review how you have got on with the recommendations and to make any necessary changes and if suitable look at setting some new goals/ new client negotiated recommendations.