

# SCOPE OF PRACTICE AND CODE OF ETHICS

NTA AUS/NZ



Nutritional  
Therapy  
Association

# SCOPE OF PRACTICE

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## SCOPE OF PRACTICE

A Functional Nutritional Therapy Practitioner™ (“FNTP”) is a professional educated by the Nutritional Therapy Association, Inc.® FNTPs are trained to evaluate a client’s nutritional needs and make bio-individual recommendations or provide follow up support for dietary changes, lifestyle choices, and nutritional supplementation based on the following:

- Client Interview
- Analysis of Client’s Food Journal
- Nutritional Assessment Questionnaire
- Client Assessment Tools

All advice and support recommendations made by an FNTP should be based on evidence-based, scientific information. An FNTP is not trained to provide medical nutrition therapy. An FNTP may not diagnose, treat, prevent, prescribe, or cure any pathological condition, illness, or disease. No recommendation or comment made by an FNTP should be construed as medical advice or a diagnosis. An FNTP may not state nor imply that they are licensed or certified in their state or country of residence. FNTPs may not use the protected titles of “dietitian” or ‘nutritionist” or any insignias associated with those titles such as: LD, RD, LDN, CNS, etc. When an FNTP completes their program, they will use the designated title of Nutritional Therapy Practitioner or FNTP.

Practitioners should be knowledgeable of the rights to practice nutritional therapy in their country of residence as defined by the laws of their state.

### **Roles Performed by Nutritional Therapy Association Practitioners:**

The role of an FNTP is to provide non-biased health and nutrition information to client's, friends, neighbors, associates, and the community. They educate the public on the cost/benefit of eating unprocessed, local, fresh, nutrient dense foods and quality nutritional products that support chronic nutritional deficiencies as well as lifestyle and environmental factors that contribute to these deficiencies.

FNTPs Don't:

- Practice Medical Nutrition
- Work outside of their Scope of Practice
- Diagnose and treat disease
- Make unproven health claims
- Misrepresent training
- Use unproven devices, assessments, or therapies
- Use network marketing or product sales in lieu of individual client education.

FNTPs Do:

- Promote a nutrient dense diet
- Focus on Foundational Nutrition and balancing the Nutritional Foundations
- Promote active lifestyles
- Teach historical traditional eating principles

# CODE OF ETHICS

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Distinguishing Features:

- Fresh, natural-foods basis
- Educational emphasis
- Client based, not method or product-based
- Refers to doctors for medical conditions
- Highest standard of accountability and integrity
- Uses informed consent and full disclosure forms
- Adheres to the NTA Practitioner Code of Ethics

## CODE OF ETHICS

The Code of Ethics of the Nutritional Therapy Association is intended to support the members of the Nutritional Therapy Association individually and collectively in maintaining a high level of ethical conduct.

The standards are used to determine the propriety of conduct in relationships with clients, colleagues, members of allied professions, and the public. The purpose and values of the Nutritional Therapy Association guide this Code of Ethics.

- NTA professionals will participate in activities that improve the nutritional well-being of the client and the community.
- NTA professionals will strive continually to improve skill and knowledge and make their professional attainments available to their clients and colleagues.
- An NTA professional's services or protocols will be founded on a legal and practical basis. Practitioners will strive to work with others who uphold the highest letter of the law for our profession.
- An NTA professional will not exceed their scope of service or practice, either in abilities or by law.
- An NTA professional will choose whom they will serve. Having undertaken a client, however, they may not neglect the client unless discharged. The member may discontinue service only after giving due notice to the client.
- An NTA professional will seek consultation in doubtful or difficult cases, and whenever it appears that the services of other professionals are warranted to provide more complete or better-quality advice.
- An NTA professional will not reveal the confidences entrusted during consultations, unless required to do so by law. NTA professionals will comply with relevant HIPPA guidelines.
- The professional of the Nutritional Therapy Association will obey all laws, uphold the dignity and honor of the profession, and accept its self-imposed disciplines. They will oppose without hesitation illegal or unethical conduct of fellow members.
- An NTA professional will hold themselves to the highest level of moral and ethical character when interacting with clients and the public. Harassment or misconduct with clients or other professionals will not be tolerated.

# CODE OF ETHICS

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## SCOPE OF PRACTICE OR CODE OF ETHICS VIOLATIONS

In the event a violation of scope of practice or code of ethics is reported to the NTA, our Academic Council will conduct an investigation to include the following steps:

- A conversation with the reporter of the violation with a collection of any evidence they have to support their claims. Their identity will be kept confidential whenever possible.
- A review of any public facing content associated with the FNTP in question as relevant to the nature of the complaint, including but not limited to their website, social media content, and professional listings.
- A conversation with the FNTP in question to notify them of the complaint, share any findings we have from our initial investigation, and, depending on the nature of the reported violation, we may ask the FNTP to provide us with any documentation or information they have about the reported event/action.
- Details of the complaint and resulting conversations will be documents in the FNTP's record within NTA's database.
- After assessing all available information, the NTA will determine if any action is required and will notify the FNTP of any needed changes or resulting consequences.
- If the incident involves direct harm to an individual with documented proof, the first violation can result in a revocation of certification from the NTA.
- For all other first offenses found to be valid, the NTA will issue a written warning to the FNTP and provide guidance to ensure scope and the code of ethics are upheld moving forward.
- If a second violation is reported and found to be valid, the FNTP will placed on probationary terms to be determined based on the nature of the violation.
- In the event a third violation is reported and found to be valid, the NTA will revoke the FNTP's credential and they will no longer be certified to practice.