Category F – Information on Supervised Practice

The requirements for licensure are found in N.C. Gen. Stat. § 90-357.5(c) and 21 NCAC 17.0104. In regards to the supervised practice experience, N.C. Gen. Stat. § 90-357.5(c)(2) requires the applicant to have completed a Board-approved internship or a documented, supervised practice experience in nutrition services of not less than 1000 hours involving at least 200 hours of nutrition assessment, 200 hours of nutrition intervention, education, counseling, or management, and 200 hours of nutrition monitoring or evaluation. Per 21 NCAC 17.0104(k):

Applicants providing evidence of completing a supervised practice experience in G.S. 90-357.5(c)(2) shall submit documentation demonstrating at least 1000 hours of documented, supervised practice experience, meeting the requirements as stated in G.S. 90-357.5(c)(2). The scope of activities may include alternate supervised experiential learning such as simulation, case studies, and role playing, but must also include at least 750 hours in a professional work setting. The 1000 hours must be concurrent with or following completion of the academic requirements for licensure and need not be a paid experience. The following shall be necessary to determine and verify the supervised practice experience:

1. The supervisor shall have access to all relevant patient/client records kept during the supervised practice experience. The supervisor shall review performance by periodic observation, either in real-time or by some recording of the nutrition service.

2. If there shall be more than one supervisor or facility for different parts of the supervised practice experience, information and verification of each part is required.

3. The applicant shall provide to the Board for each supervisor/facility:
   (A) the name and address of the facility providing the supervised practice experience;
   (B) the name, address, phone, and title of the supervisor who supervised the supervised practice experience;
   (C) a summary of nutrition services performed, along with dates, and hours spent performing them;
   (D) evidence that the supervisor met the requirements as stated in G.S. 90-357.5(c)(2) at the time of supervision; and
   (E) an attestation that the supervisor is not related to, married to, or domestic partners with the supervisee.

4. Each supervisor shall review the evidence provided by the applicant and verify that the information is true, including:
(A) that the applicant participated in nutrition services under his or her supervision, stating the total number of hours;

(B) providing a summary of the nutrition services provided under his or her supervision; and

(C) providing an evaluation of the applicant for the Board to be able to assess the applicant's performance in the areas of nutrition assessment; nutrition intervention, education, counseling, or management; and nutrition monitoring or evaluation.

**Supervisor Credentials**

Per N.C. Gen. Stat. § 90-357.5(c)(2), each supervisor must have at least one of the following professional designations*:

- Certified Nutrition Specialist
- Diplomate of the American Clinical Board of Nutrition
- Registered Dietitian Nutritionist
- Licensed Dietitian/Nutritionist
- Licensed Nutritionist
- North Carolina licensed health care practitioner whose licensed scope of practice includes dietetics or nutrition
- Individual with a doctoral degree conferred by a United States regionally accredited college or university with a major course of study in human nutrition, foods and nutrition, dietetics, nutrition education, nutrition, nutrition science, clinical nutrition, applied clinical nutrition, nutrition counseling, nutrition and functional medicine, nutritional biochemistry, nutrition and integrative health, or an equivalent course of study, with a reasonable threshold of academic credits in nutrition and nutrition sciences as described in N.C. Gen. Stat. § 90-357.5 (c)(1).

*Supervisors who obtained their doctoral degree outside of the United States and its territories must have their degrees validated by the Board as equivalent to the doctoral degree conferred by a United States regionally accredited college or university.

**Direct Supervision**

A license is required to provide medical nutrition therapy in North Carolina. However, under N.C. Gen. Stat. § 90-368(2), a student completing an experience requirement or pursuing a course of study, who is working under the “direct supervision” of a person that meets one of the criteria listed below, is exempt from the requirements of the North Carolina Dietetics/Nutrition Practice Act.

- Certified Nutrition Specialist
- Diplomate of the American Clinical Board of Nutrition
- Registered Dietitian Nutritionist
- Licensed Dietitian/Nutritionist
- Licensed Nutritionist
- North Carolina licensed health care practitioner whose licensed scope of practice includes dietetics or nutrition
• Individual with a doctoral degree conferred by a United States regionally accredited college or university with a major course of study in human nutrition, foods and nutrition, dietetics, nutrition education, nutrition, nutrition science, clinical nutrition, applied clinical nutrition, nutrition counseling, nutrition and functional medicine, nutritional biochemistry, nutrition and integrative health, or an equivalent course of study, with a reasonable threshold of academic credits in nutrition and nutrition sciences as described in N.C.G.S. § 90-357.5 (c)(1).

Under 21 NCAC 17.0303, “direct supervision,” as it pertains to one’s supervised practice experience, means the supervising practitioner:

(1) discusses and recommends, with the student or trainee, nutrition care services undertaken by the student or trainee, which are appropriate to the level of nutrition care;

(2) is available for consultation on nutrition care services being performed by the student or trainee, either through on-site or through electronic communication;

(3) shall be available to render assistance when requested by the student or trainee or the patient or client, or shall have arranged for another practitioner to be available in the absence of the supervising practitioner;

(4) periodically observes the nutrition care services of the student or trainee supervised, and evaluates and approves all nutrition care services of the student or trainee supervised; and

(5) shall maintain responsibility for the nutrition care activities performed by the student or trainee.