

NORTH CAROLINA BOARD OF DIETETICS/NUTRITION  
BOARD MEETING  
9:30 AM  
140 PRESTON EXECUTIVE DRIVE, SUITE 205-C  
CARY, NC 27513

MINUTES: November 28, 2018

Board Members Present:	Shelia Garner Link, Ananya Sen, Kim Iles, Christina Wilson ( <i>via conference call</i> ), Amanda Holliday ( <i>via conference call</i> ), Analia Camarasa ( <i>via conference call</i> )
Director:	Charla Burill, Executive Director
Ex-Officio:	Marnie Jones, Administrative Specialist
Guests:	Judy Stone (Legislative Liaison for BCNS) ( <i>via conference call</i> ), Robyn Smith Brown (Consumer Protection Liaison, NCAND) ( <i>via conference call</i> )
Absent:	<i>Kayla Saunders</i>

**Call to Order** – Shelia Garner Link

The meeting was called to order at 9:37 a.m. A quorum was present. Shelia asked the Board if there were any changes to the agenda. None declared. The agenda was adopted unanimously.

Shelia asked the Board if there were any conflicts of interest. None declared.

**Secretary's Report** – Christina Wilson

The October 2018 minutes were reviewed electronically prior to the meeting. Charla noted there were a few small typos to be corrected, such as spacing and the spelling of Dr. Sen's name. Amanda Holliday also asked that her statement under New Business be updated to reflect the following: "Amanda has a point of discussion for the November meeting regarding the changes to the future education model as it pertains to RD students, specifically the hours requirement as it pertains to the statute and rules."

Amanda motioned to approve the October 2018 minutes as reviewed electronically, with the addition of Amanda's declared changes to her statement and Charla's found typo fixes. Christina seconded the motion. Shelia asked if there was any discussion on the motion. None declared. All approved.

**Treasurer Report** – Kim Iles

The Cash Flow Report, Budget Report, Savings Report, and Investment Report for October 2018 were reviewed electronically prior to the meeting. Kim reviewed highlights from the reports and asked if there were any questions or feedback. Christina motioned to approve the financial reports as presented. Amanda seconded the motion. Shelia asked if there was further discussion regarding the motion. None declared. All approved.

**Administrative Specialist Report** – Marnie Jones

- **Numbers Report** - Since the last Board meeting date of October 29, 2018, there have been fifteen new licensees, one new Provisional licensee, zero licensees have gone Inactive, and zero licensees have relinquished. The total number of Active licensees is 3,155 and four Provisional licensees.
- **Website Update** – The NCBDN website has been migrated to a Microsoft Windows platform on IIS. The content management system, which allows Board staff to easily make changes, is called Piranha CMS. Per our IT vendor, Jason Williams, the new platform should allow for much better security controls and updates to our website.

Kim motioned to close the meeting for review of applications under NCGS §143-318.18 (6), Exceptions to the Open Meeting Act, and Article 5 of the Bylaws, Section 4 (8). Dr. Sen seconded the motion. All Approved.

Judy Stone and Robyn Smith Brown left the call. Analia Camarasa was asked to leave the conference call, as her application was first to be reviewed.

**Executive Director's Report** – Charla Burill

- **LN Applicants** – All application materials were provided to the Board previously via electronic means for review. Charla walked the Board through the outstanding issues relate to Applicant Analia Camarasa.
  - The applicant had completed initial draft versions of the Board's LN application materials in August, which were later revised with the revisions adopted at the October 2018 meeting.
  - Amanda asked for clarification on the timeline of this application to date, as Amanda was recently appointed to the Board.
  - Charla restated that the two main matters before the Board today were:
    - Does it appear from the documentation submitted, that the applicant met the statutory hours' requirement for the supervised practice requirement?
    - The applicant's only supervisor for her supervised practice experience was her husband. How should this be considered in terms of "Board approved" supervised practice.
  - Discussion regarding the application ensued.
  - The Board had a group discussion about the similarity of in-direct supervision with how some experiences are being conducted, with the possible option of re-review.

While still in closed session, Charla asked Analia, the applicant, to rejoin the conference call in order to ask for some clarity. Analia rejoined at 10:55am.

- When asked about whether she specifically and intentionally asked BCNS if it was ok for her husband to be her supervisor, she said no, because it was not against the law. She said he was the only qualified Functional Nutrition Certified Professional in her area at the time. She had a choice to work with someone else remotely, however she felt that was a far inferior experience to what her husband's practice could offer.
- Amanda asked if Analia only wanted preceptors who held the IFM credential, because there are a lot of other types of preceptors available. Analia replied yes, she was looking for a Functional Medicine Provider. Dr. Sen inquired the same thing. Analia clarified that while there may be a few other Functional Medicine Doctors in Charlotte now, at the time, there was only her husband.
- Dr. Sen asked if Analia knew how many Functional Medicine providers there were nationally, for frame of reference. There was not an easily accessed answer at the time.

Analia was asked to leave the call to allow the Board for continued discussion in closed session.

Kim motioned to table the decision on Analia's application until the Board could obtain more information on BCNS handbook requirements from 2016 or other relevant standards regarding the supervisory relationship and obtain legal interpretation of "Board-approved" supervised practice. Dr. Sen seconded the motion. No further discussion was had. All approved.

Analia rejoined the conference call at 12:10 p.m. The Board meeting is still in closed session for review of applications. Shelia read aloud the previous motion in order for Analia to hear the result of the discussion.

### **LN Applicant Review – (Continued)**

Charla reviewed the next applicant for LN licensure, Ms. Rebecca Duerr. Rebecca's materials were shared electronically with the Board previous to the meeting. Amanda discussed the minimum required sciences. The Board had no further concern with her Academic portion and moved on to review of her Supervised Practice. Charla explained that Rebecca sent in the BCNS version of the A3 form. The supervisor she used was not licensed in North Carolina. Rebecca would coach her clients through her own health coaching business in NC, but then draft a proposed care plan/SOAP note, which was not provided to the client, to then review with her supervisor. The group reviewed her documents and noted a discrepancy in hours from one sheet to the next. Analia commented that she felt Rebecca's hours were a bit scattered and she was unclear as to how she would have been able to get enough hours if her supervisor was not able to practice in this state. Charla commented that she can share a sample note from Rebecca in this regard.

The Board reached a consensus on a few questions they wanted to put forth to Ms. Duerr for response.

1. Did her extended care plan ever go to the patient? Or was it just a simulation/proposal?
2. What was her reason for not choosing a supervisor in North Carolina?
3. If the care plan was never truly implemented by the patient because it was only a proposal reviewed between her and her supervisor, how was she truly able to obtain hours in Nutrition Intervention, Monitoring and Evaluation?
4. What did Supervisor Snow provide when she did meet with her?

1:11pm – Rebecca was asked to join the closed session to provide input to the above. Shelia introduced the Board to Rebecca, and Marnie Jones dictated the questions that were discussed. Her answers were as follows:

1. Rebecca explained that in regards to the proposed plan, it was not given to the patient and used only as a simulation activity. She provided health coaching, and then reviewed the proposals with the mentor.
2. Rebecca indicated she chose the supervisors she did for a few reasons. Ms. Snow is a very well-respected mentor that she was excited to gain knowledge from. Rebecca commented that she was under the understanding that her supervisor had to be a CNS. This was confirmed as NOT the case by review of the BCNS website regarding acceptable supervisors. She commented because she thought it had to be a CNS, there were not many CNS's in NC. In addition, Dr. Lipski, who also served as a supervisor, was chosen because she was a faculty member who was in charge of supervising her experiences at MUIH.
3. Rebecca explained that with Supervisor Snow, she would meet 1x month individually and go over cases that had happened in the last 30 days. This was in addition to Ms. Snow's group classes. She gave her practice with presenting cases to other practitioners, input, other resources, other ideas to try, and research. Each session was approximately one scheduled hour but was in actuality more like one and a half hours, during which 3-5 cases were discussed. There was also a lot of email

communication in-between regarding class development and teaching. This was during the period of 9/1/17-6/30/18.

4. During Health Coaching, she would gear her education to lead the patient to the solution/care plan and then she'd be able to observe the results if/when they adhered to her education. For example, if she encouraged an elimination diet, and they completed it and provided reactions, she would be able to see how they learned through that experience.

Dr. Sen asked what percentage of patients came back with feedback. Rebecca commented that not everyone came back for follow up either because of non-committal to the process, or their other circumstances. Of those who returned, many returned with additional questions about other possible interventions. Rebecca noted she referred a few patients; i.e. if they were taking psychotherapeutic drugs but not in talk therapy she would encourage that. If they hadn't had a physical in a while she would encourage them to see a general physician.

Rebecca left the closed session at 1:32 pm.

Kim made a motion to table the application discussion and contact the applicant for additional detail regarding her supervised practice. Analia seconded the motion. Shelia asked for any discussion on this motion and it was determined that the motion was not clear enough.

Kim made an amended motion to table the application discussion and contact the applicant for additional detail regarding the qualitative and quantitative aspects of her supervised practice. Analia seconded the motion. All approved.

A motion was made by Kim to reopen the meeting at 2:30 pm. Dr. Sen seconded the motion. All approved.

Charla contacted both Judy Stone and Robyn Smith Brown that they could rejoin the now open meeting. Judy rejoined.

#### **Executive Director's Report, Continued....**

- Charla indicated that due to time constraints she would skip the Cat C applicant review, and the issue regarding supervisors being state licensed health care practitioners.
- **Rule Change timeline** – The RRC has advised Charla due to a somewhat tight timeline, she should focus on just the rules that must be readopted (101, 104, 105, 107, 109, & 303) per HB74, and then amend other rules that require amending. Charla will send a Doodle Poll to solidify a time for the Rules Committee to meet and review the first draft of proposed rules.

#### **Unfinished Business** – Charla Burill

- Criminal Background Question – At the October 2018 Board meeting, the Board agreed to change the language of this question to clarify that only “pending” charges and convictions need to be reported, rather than the previous language which indicated all charges, regardless of disposition or timeline, need to be reported. A chart of Charla’s research was sent out with the Board meeting materials. She reported that at least 16 states ask about all or pending charges.
  - Analia asked what we would do with that information. Charla replied that it would simply lead to an inquiry and then if warranted, a Board discussion, and depending upon the charges, further investigation. The Board agreed to leave the question as revised in October; no additional change, thus no vote was needed.

#### **New Business** – Charla Burill

- N/A

**Investigation Committee Report** – Charla Burill

- Postponed until December 2018

Kim motioned to adjourn the meeting at 2:46 p.m. Dr. Sen seconded the motion; All approved.