



Lecture 48:

Clinical Nutritional Counselling

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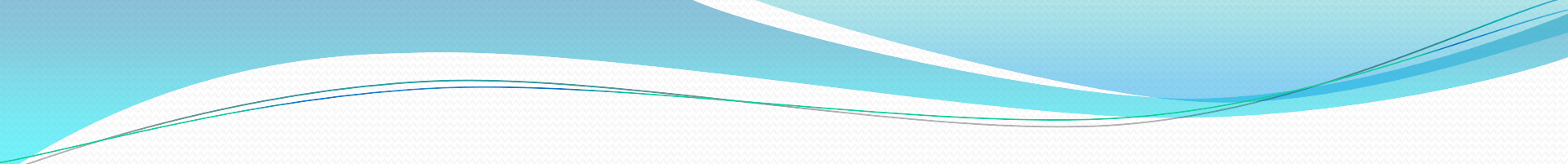
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- **A) Introduction:**
 - **Introducing Yourself.**
 - **Nutritional Counselling Consent Form.**
 - **B) Nutritional and Athletic Assessment.**
 - **C) How to Have a Successful Session.**

A) Introduction:

Thank you for coming. Today is our first session. I will go through some questions just to know you, your eating habits and goals. Then I will show you what kinds of information and guidance you would need, what we discuss today and the next sessions! Before I go through my questions, let me introduce myself first.

- **1) Introduce yourself:**
- Your full name.
- Your degrees.
- Your qualifications.
- For how long you have been doing this job.

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- **2) Obtain A Consent Form:**
 - This is for your protection.
 - Consent Form should include:
 - Your name and position.
 - Client's name and signature.
 - That you are NOT offering any medical diagnosis or treatment.

NUTRITIONAL COUNSELING CONSENT FORM:

- I, hereby, fully understand that **Abazar Habibinia** is not a medical doctor or practitioner, and I am not seeking any medical diagnosis and/ or treatment.
- The information, advice, programs, and guidelines presented through nutritional counseling by **Abazar Habibinia**, a Sports Nutrition Advisor, are not intended as a substitute for any medical counseling.

- I understand that **Abazar Habibinia** expressly disclaims any responsibility for any liability, loss, damage, or injury resulted or alleged to be resulted, directly or indirectly, from the information given via counseling.

- Name:.....

- Address:.....

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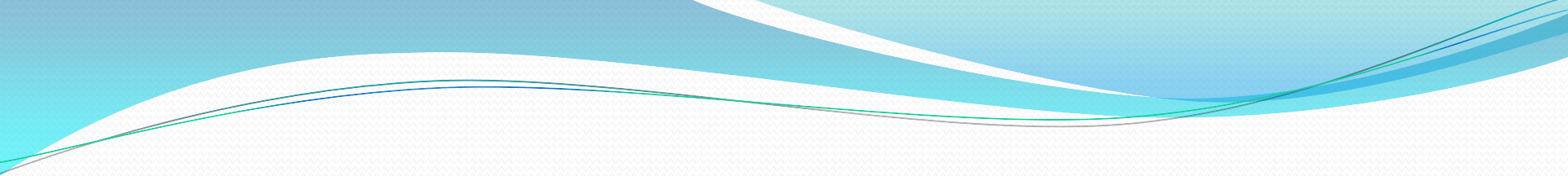
- Signature:.....

- Date:.....

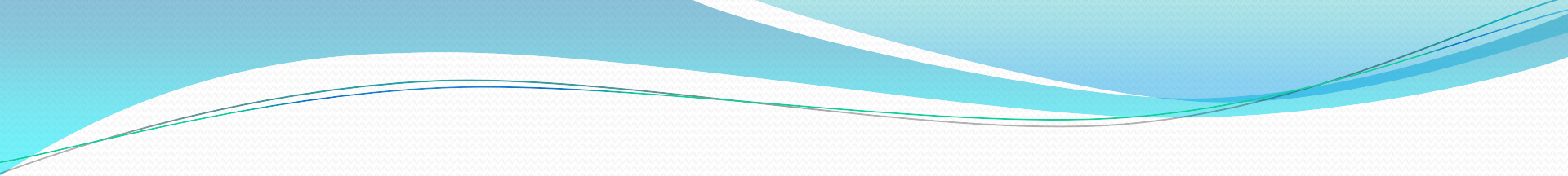
B) Nutritional & Athletic Assessment:

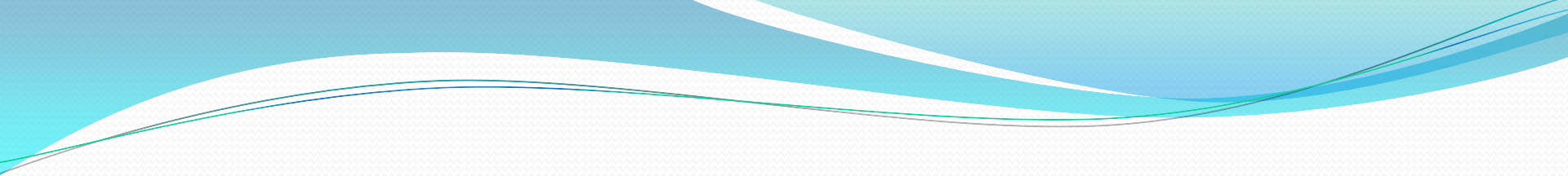
Types of Clients:

- **A) Non – athletes**
- **B) Fitness people/Gym - goers**
- **C) Athletes**

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- **1) Your age.**
 - **2) Your current weight.**
 - - desired weight.
 - **3) Your height.**
 - **4) Do you know your body fat percentage?**
 - - yes
 - - no: check the body fat.
 - **5) What bring you here?**
 - **6) What are your fitness goals?**

- **7)** Learn the reasons(s) for weight loss, e.g.:
 - a) My mom thinks I am overweight.*
 - b) I want to be in a good shape for my wedding.*
 - c) I want to stay healthy/I have diabetes.*
- **8)** What kind of job do you have?
 - - desk job.
 - - physically active.
- **9)** Do you exercise? (Exercise and Fitness history)
 - - no.
 - - yes: what kind, for how long, how often, do have a personal trainer?

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- **10)** Past medical history:
 - - any medical condition that I should know?
 - - any medications?
 - **11)** Do you take any supplements?
 - **12)** Do you have any allergies?
 - **13)** How many hours a day do you sleep?
 - - do you sleep through or you wake up in the middle?
 - **14)** Do you wake up in the morning easily or not?
 - - do you feel fresh and rested?

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- **15)** Ask about eating pattern:
 - - how many meals do you have a day?
 - - do you skip any one of them?
 - - which meal is the biggest one?
 - - what time do you have your breakfast, lunch and diner?
 - - when do you go to sleep?
 - - give me one example for each meal.
 - - do have snacks between meals? Like what?
 - - do you crave for sweets and carbs?

- **16)** How much water do you have in a day?
- - any soft drinks?
- - any coffee? How many cups?
- - any tea? What kind?
- **17)** How do you rate your stress level in your life, between 1 to 10?
- **18)** Do you smoke?
- **19)** Do you drink alcohol? What? How much?
- **20)** Whom do you live with?
- **21)** Give the a food journal and ask them to fill it out for the next session.



Diet Diary:

	Monday	Tuesday	Wednes.	Thursd.	Friday	Saturd.	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

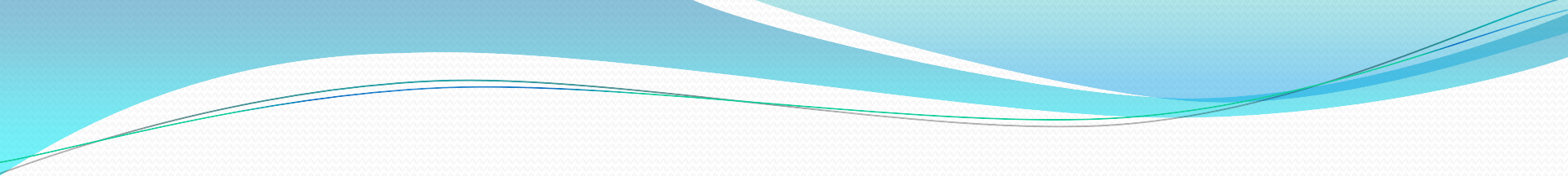
- **22) Sum up your positive findings. For instance:**
- **A)**
 - Our goal is losing weight about 35 lbs, dropping 12% body fat, and making your tummy flat.
 - You have low function thyroid and are taking some medications.
 - There are issues with your eating patterns.
- **B)**
 - Our goal is to keep your weight the same, but to make you leaner.
 - You have a triathlon competition ahead in 4 months.
 - We have to work on your endurance and agility.

- **23)** List the guidance and info they would need, and suggest your counselling package. For example:

- *Eating pattern.*
- *Body metabolism and how to speed it up.*
- *Carbs, protein, and fats.*
- *Analysing your food journal.*
- *Create meal plan for you, 1-3.*
- *Nutrition before, during and after exercise or competition.*
- *Low function thyroid and diet.*
- *Plateau.*
- *Weight loss aids you might needed.*
- *Other supplements that you will need such as Omega-3, zinc, and MV.*

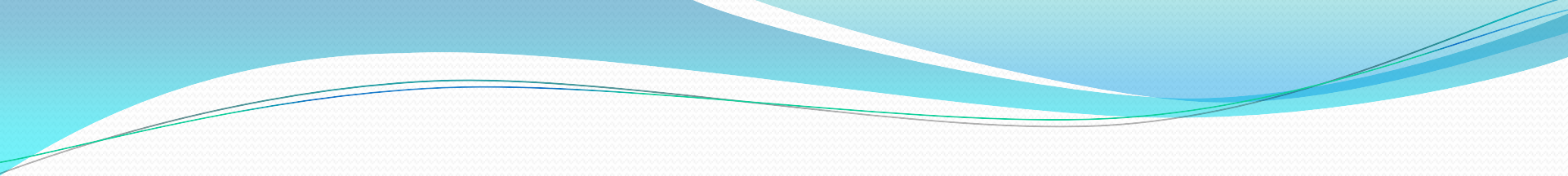
C) How to Have a Successful Session

- **1) Do not give any false hope to your clients.**
- **2) Be supportive.**
- **3) Explain the patterns of weight loss to weight loss seekers.**
- **4) Be always punctual.**
- **5) When counseling, lean forward; do not lean back.**
- **6) When counseling, mention your client's name few times!**

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- **7)** Always give some handouts to your clients.
 - **8)** Admire their progress.
 - **9)** Tell them that you need to be in touch with their coaches or trainers to work as a team.
 - **10)** Determine how often you would see them.

Do`s and Do Not`s:

- 1) **Do** tell your clients the truth about your qualifications.
- 2) **Do** spend enough time with your clients.
- 3) **Do** encourage them to follow the advices.
- 4) **Do** try find stronger motivation in them.
- 5) **Do** tell them the truth if you could not be helpful anymore.

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- 6) **Do** refer your clients if you could not handle their concerns or problems.
 - 7) **Do** ask them their consent if they come with a company or if someone wanted to shadow you.
 - 8) **Do** greet your clients in each visit.
 - 9) **Do** remind your clients' appointment one day before.
 - 10) **Do** address their concerns each session.

- 11) **Do not** hold back on information they might need.
- 12) **Do not** diagnose or make assumptions about their medical problems unless you are qualified to do so.
- 13) **Do not** try to scare clients into continuing seeing you.
- 14) **Do not** do counselling in rush.

Difficult Clients:

Client	Do	Do Not
Angry	Do acknowledge their anger. Do try to find the reason(s) for their anger.	Do not take their anger personally .
Seductive	Do call in a chaperone. Do gather info using direct rather than open-ended questions.	Do not refuse to see them. Do not refer them.
Non – Compliant	Do identify the real reason for not following your guidance.	Do not attempt to scare them. Do not refer them.
Complaining	Do address their concerns. Do encourage the client to talk to clinic manager. Do speak to your staff.	Do not blame the client.

Homework:

- 1) Describe how you would manage the client who does not follow your advices properly.
- 2) Describe the managerial skills that could lead to a successful counselling sessions.



















































































