

## College of Naturopathic Medicine Health Coaching Scope of Practice Guidelines

The following provides guidance on scope of practice to College of Naturopathic Medicine Health Coach diploma course students and graduates. This guidance helps to ensure that our students and graduates conduct their work within appropriate professional boundaries in any capacity as a Health Coach such as conducting a one-on-one or group session, holding a seminar or publishing any written content.

OUT OF SCOPE	WITHIN SCOPE
Diagnosing a health condition	<ul style="list-style-type: none"> <li>- Helping the client to fully understand their own health and the root causes of any health condition(s) diagnosed by a qualified health professional</li> <li>- Empowering the client to become an expert in their own health and any diagnosed health condition(s)</li> </ul>
Treating a health condition or claiming to cure a health condition	<ul style="list-style-type: none"> <li>- Co-creating a health improvement plan in partnership with the client</li> <li>- Setting health and wellness goals together with the client and supporting the client to achieve these</li> <li>- Helping the client to self-manage their symptoms through healthy lifestyle</li> </ul>
Giving detailed dietary advice or writing detailed meal-plans	<ul style="list-style-type: none"> <li>- Giving basic guidance on nutrition and lifestyle, in-line with the level and content taught on the course, such as reducing intake of refined sugars</li> <li>- Partnering with a Nutritional Therapist or other qualified professional and referring more complex cases to such a professional where required</li> </ul>
Prescribing therapeutic protocols/treatments or nutritional supplements such as vitamins, minerals, herbs or other nutraceuticals	<ul style="list-style-type: none"> <li>- Partnering with other health professionals and referring to such health professionals where relevant</li> <li>- Providing appropriate educational resources relevant to the client's health challenge(s)</li> <li>- Prompting the client to research the interventions related to their health condition(s)</li> </ul>
Ordering or interpreting diagnostic tests such as blood, urine or saliva tests	<ul style="list-style-type: none"> <li>- Partnering with other health professionals qualified in diagnostic testing and referring to such health professionals where relevant</li> <li>- Providing appropriate educational resources related to the client's health challenge(s)</li> <li>- Prompting the client to research diagnostic testing related to their health condition(s)</li> </ul>