
THE COLLEGE

ACNEM, The Australasian College of Nutritional and Environmental Medicine

1. is a leading independent, postgraduate medical College established in 1982
2. offers comprehensive postgraduate training for health professionals including Fellowship Program for doctors
3. is an accredited provider of education under the RACGP's QA&CPD Program in Australia
4. is a not for profit organisation

Full Membership is offered to all registered medical doctors and dentists.

Associate Membership is offered to health providers with tertiary degrees.

Members of the public are invited to become **Friends of ACNEM**.

Nutritional Medicine is the study and application of the interactions of nutritional factors with human physiology. In particular, it is concerned with the normal biochemical pathways and the consequences of inadequate or inappropriate food intake. Nutritional Medicine, as applied by the trained practitioner, is central to health optimisation and fundamental in the prevention and treatment of most conditions.

Environmental Medicine is concerned with those physiological and psychological symptoms and interactions that result from allergy, or sensitivity, to various inhalants and chemical substances in air, water and food.

Treatment with nutritional and environmental medicine (NEM) may involve the removal of certain foods or chemicals from the patient's environment, the use of rotation diets and prescription of supplements, such as minerals, vitamins, trace elements and essential fatty acids, where diet alone cannot rectify physiological imbalances. Excesses or deficiencies of any nutrient or the presence of toxic chemicals or electromagnetic radiation may result in cellular dysfunction and illness, whereas the homeostasis promoted in NEM allows optimal self-healing by the body.

Journal

A peer reviewed Journal is published three times each year to keep members informed of topics of current interest. The *Journal* contains original articles, abstracts of articles from other medical journals and news relevant to this area of medicine. Occasional news and articles are also sent to the membership.

Website

The College maintains a web site (<http://www.acnem.org>) containing information about all its activities and services, with news items, coming events and links to other relevant sites. Information includes course details, *Journal* index and articles. There is also a section for Practice Issues which includes patient consent forms for various modalities.

Referral Service

Patients are able to obtain contact details of ACNEM trained health practitioners in their locality. This information may be accessed via our website, as shown above.

EDUCATIONAL PROGRAMS

The College conducts post-graduate courses and workshops, within the ACNEM Fellowship Program for medical doctors, or as a stand alone course for all medicos. The education is based on the clinical experience of the presenters (mostly GPs) and up-to-date literature from peer-reviewed medical journals. The College sees Nutritional Medicine forming an integral part of general practice. ACNEM training is regarded as unique in the world, with doctors attending regularly from overseas.

ACNEM also convenes public meetings from time to time at which medical nutritional experts speak on all aspects of nutritional medicine.

The postgraduate practitioner training is available in the following formats:

4-DAY PRIMARY COURSE

The Primary Course is designed for registered health professionals, predominantly medical doctors, who wish to learn more effective ways of treating their patients. Content is presented by some of Australia's leading medical nutritionists and is strongly referenced. The program covers the key nutritional, environmental and biochemical factors in wellbeing. The Course enables practitioners to begin *immediately* integrating natural therapeutics, confidently and safely.

Topics covered in the Primary Course include:

History of Nutritional & Environmental Medicine • Antioxidants and Free Radical Disease • Diet and Supplementation • Vitamin C and other Antioxidants • Clinical Signs of Nutritional Disorders • Asthma and Migraine • Therapeutic Diets • Gastro-intestinal Disease • Arthritis and Osteoporosis • Premenstrual Syndrome • Food Sensitivity • Skin Disease and Psoriasis • Hypertension and Heart Disease • Gynaecological Disorders • Chronic Fatigue Syndrome • AIDS • Cancer • Detoxification Mechanisms • Psychiatry • Addiction • Candidiasis • Probiotics • Geriatric Disorders and Dementia • Paediatric Disorders • Neurological Disorders • Essential Fatty Acids • Obesity and Eating Disorders • Infertility and Periconceptual Nutrition • Sports Nutrition • Diabetes and Diabetic Complications • NEM as Preventive Medicine

Resource Material

The Primary Course fee includes the book "Good Health in the 21st Century" by Dr Carole Hungerford, plus a searchable CD-ROM of the entire course content, and other material. These remain valuable resources for graduates to apply to their practice what they have learned at the Course. Other resources are also recommended from time to time.

2-DAY SPECIAL TRAINING PROGRAMS (STPs)

STPs are highly practical and discussion based examinations of topics taken from the Primary Course - e.g. women's health, cancer treatments, paediatrics etc. Some of these workshops work towards a consensus best practice, and an increasing number of them are certified.

FELLOWSHIP PROGRAM

The ACNEM Fellowship Program is open to medical doctors only who:

- have completed the Primary ACNEM Course in previous two years; or
- have not yet completed the Primary ACNEM Course and who plan to do so.

Please note that completion of the ACNEM Course is a prerequisite to entering the Fellowship Program, as is Full membership of the College.

Benefits

The Fellowship Program:

- Ensures thorough training in NEM
- Provides a framework for increased accredited hours and NEMCE points
- Provides recognition of a very high level of competence in NEM to one's peers
- Opportunities for potential "specialty" recognition and higher fees
- Increased credibility with patients

Structure

The Fellowship Program consists of:

- the ACNEM Primary Course in Nutritional and Environmental Medicine;
- activities for which NEMCE* points are given;
- minimum accredited hours of practice in NEM;
- Part I examinations;
- Part II examinations.

Examinations

The Fellowship Examinations are open to all financial full members of ACNEM who:

- have been members of the College for at least twelve months;
- have accumulated the required number of accredited hours of training;
- have completed the ACNEM Primary Course at least twelve months before sitting the Part I examination;
- have been in suitable practice for at least twelve months after sitting the Part I examination before sitting the Part II examinations.

Part I Examination

A written paper - a test of Basic Knowledge in Nutritional and Environmental Influences on Health. To be eligible to sit for the Part I examination a candidate must be a paid-up full member of the College with a minimum of one hundred (100) accredited hours and fifty (50) NEMCE points and have completed the ACNEM Primary Course at least twelve months previously.

Part II Examination

- a. A series of case studies.
- b. A *viva voce* examination.

To be eligible to sit for the Part II examination a candidate must be a paid-up full member of the College with 250 accredited hours, 150 NEMCE points and have passed the Part I examination at least twelve months (but not more than three years) previously. The candidate must be in suitable practice in nutritional and environmental medicine for at least 12 months after attaining a pass at the Part I examination before being eligible to sit for the Part II examination.

Practical skills and clinical experiences will be tested. The *viva voce* examination will be for approx. 30 minutes with at least two examiners.