



Candidate Checklist for the Interdisciplinary Focus in Nutritional Medicine

This checklist is a self-assessment guide to enable candidates for the Interdisciplinary Focus in Nutritional Medicine to determine if they meet the necessary requirements.

The Swiss Medical Association's (FMH) Nutritional Medicine Program provides guidelines; however, the most recent version of the Program on the Swiss Institute for Medical Education and Training (SIWF) and the GESKES (Society for Clinical Nutrition of Switzerland) websites below is binding.

<https://www.siwf.ch/weiterbildung/facharzttitel-und-schwerpunkte.cfm>

<https://www.geskes.ch/>

The transitional provisions of the program as per Point 10 apply until approval for the Focus on Nutritional Medicine is granted.

The following criteria must be met to fulfil the Interdisciplinary Focus in Nutritional Medicine Program:

1. Criterion: specialist title

- I hold a federal or recognized foreign specialist title

2. Criterion: practical and theoretical training completed

Further Theoretical Education:

- I have successfully completed the GESKES certificate course (Certificate of Advanced Studies [CAS] in Clinical Nutrition at the University of Bern) and have received certification. More details about the certificate course can be found at: <https://www.geskes.ch/kurse-kongresse.aspx>.
- I have successfully completed at least five LLL (Life Long Learning) courses of ESPEN (European Society for Clinical Nutrition and Metabolism).
- I have personally attended at least one course at an ESPEN congress (if required, the remainder may be completed online).
- I have attended at least one ESPEN congress, worth a minimum of 7 credits (1 credit = 45-60 minutes).

Further Practical Training:

Further Training in Switzerland:

- I have completed further training at recognized clinics, departments, centers, or practices in Switzerland.
The list of training centers recognized by the SIWF and the GESKES (Point 6) can be found on the GESKES website
- My further training lasted at least 3 months at a 100% pensum. Any continuing education completed on a part-time basis will be credited proportionally. The minimum pensum is 25% (with a corresponding duration of 1 year).
- My further training included at least 50 supervised interviews or consultations with patients suffering from nutritional medical problems (confirmed by the Continuing Education Instructor, see logbook).

Continuing Education Abroad:

- I am requesting the GESKES Continuing Education and Training Commission to recognize and approve a foreign further training institution **prior** to applying for the Focus in Nutritional Medicine, and am enclosing documents which prove its equivalency.

My continuing education took place at: (Institution, Place: _____)

- Partial (Duration: _____)
- Entire (Duration: _____)

3. Criteria: logbook complete (Program point 3.3)

- I have consistently documented the learning objectives completed at the continuing education sites in my logbook, including the initials or signatures of the respective Continuing Education Instructors.

A blank logbook is sent to candidates after they have registered with the GESKES Continuing Education and Training Commission.

4. Criterion: Exam passed

- I have passed the final examination.

Extract from the Program (Point 5):

A structured oral practical examination will be conducted.

It lasts for two hours and consists of the following three elements: a case discussion; a short lecture on a prepared topic, and verbal questions on nutritional medicine from experts (at least 2 experts and one recording clerk present).

It is recommended to take the examination after completion of the regulatory continuing education according to Point 3.

The examination may be conducted in German or French according to candidate request. Examinations in Italian or English are permitted if both candidate and examiners agree.

The examination takes place at least once a year. The candidate arranges an examination date via the GESKES office.

The GESKES charges an examination fee, which is determined by the examination board.

(regarding transitional provisions see point 10 of the Program).

5. Special cases

In exceptional cases, specialization may be granted to pioneers of nutritional medicine in Switzerland, even if the conditions specified in Points 10.1 and 10.2 are not fulfilled.

- I am applying for the SP Nutritional Medicine as I have completed pioneering achievements in nutritional medicine in research or clinical practice, and am submitting a corresponding record of achievement together with my application to the GESKES Continuing Education and Training Commission.