SAUDI CLINICAL NUTRITION LICENSURE EXAMINATION (SCNLE)

EXAMINATION CONTENT GUIDELINE

EXAMINATION MODEL

General Rules

What are Licensure Examinations?

Licensure Examinations are assessments to ensure that the incompetence of healthcare practitioners will not harm the public. It assesses the ability to apply knowledge, concepts, and principles that constitute the basis of safe and effective healthcare.

What is Saudi Clinical Nutrition Licensure Examination (SCNLE)?

The SCNLE is an exam that assesses the readiness of Clinical Nutrition Specialists to practice. It consists of 200 MCQs, which may include up to 10% additional pilot questions. It is divided into two parts of 100 questions (+\-10), each with a time allocation of 120 minutes for each part. There is a scheduled 30-minute break between the two parts. These questions have four to five options from which the candidate will choose one best answer.

The examination language is English, and it shall contain recall questions that test knowledge and questions with scenarios that test other skills (interpretation, analysis, decision making, reasoning, and problem-solving).

How is the SCNLE pass score established?

In the final quarter of 2022, the SCFHS will conduct a rigorous standard setting exercise to assign a cut score on the reporting scale of 200-800.

What is a test blueprint, and what is its purpose?

A test blueprint is a document that reflects the content of a specialty licensure examination. The blueprint is the plan used for "building" the exam. The purpose of the blueprint is to ensure including questions related to what is expected to know.

Note: The test will start to be conducted in March 2023.

Saudi Clinical Nutrition Licensure Examination Blueprint

Section	Competency
FUNDAMENTALS OF CLINICAL NUTRITION (20%)	Explain the metabolic pathways of nutrients and understand the physiological and biochemical basis for nutrient requirements
	Describe digestion, absorption, transport, metabolism, bioavailability, and regulation of macro-and micronutrients
	Identify food sources of nutrients
	Identify the nutritional values of food
	Identify factors affecting nutrient bioavailability, describe food processing and handling of various nutrients
	Recognize the recommended dietary intake of nutrients in health and disease conditions
	Explain the major outlines in the research process, and conduct research projects using appropriate research design, methodology, and statistical analysis, in addition, to following appropriate ethical procedures
	Describe the characteristics of effective nutrition counseling
	Recognize the basic food exchange list
	Understand the physiological/hormonal changes and associated-nutritional requirements throughout the life cycle
	Develop, evaluate, and apply nutrition-health promotion programs
	Practice in compliance with the code of ethics for health practitioners in Saudi Arabia
	Understand the basics of nutritional assessment tools, macronutrients and meal planning
	Keep abreast of drug and nutrient interactions, recognize, and communicate any potential adverse drug-nutrient interaction to the appropriate professional
	Understand the phases of the nutrition care process (NCP)
	Understand physical, anthropometry, biochemistry, clinical, and dietary parameters of nutrition assessment across the age spectrum and different diseases
NUTRITION CARE FOR INDIVIDUALS AND GROUPS (60%)	Understand the nutrition care process (NCP)
	Recognize proper nutritional care documentation
	Recognize nutritional screening and assessment
	Evaluate the risk and benefit of pharmaco-nutrients, functional foods, nutrient supplements
	Apply nutrition support approaches
	Understand the basics of nutrition sports
	Understand the nutrients requirement throughout the life cycle
	Understand the main steps and techniques involved in dietetic counseling

	Understand the process of lifestyle modification
	Apply Medical Nutritional Therapy (MNT) for various clinical disciplines (acute and chronic diseases)
	Apply MNT for patients with obesity and bariatric surgery
	Apply MNT for patients with cardiovascular diseases
	Apply MNT for patients with diabetes mellitus
	Apply MNT for patients with renal diseases
	Apply MNT for patients with liver and pancreatic diseases
	Apply MNT for patients with gastrointestinal diseases
	Apply MNT for patients with metabolic disorders
	Apply MNT for patients with bone diseases
	Apply MNT for patients with oncology and hematology patients
	Apply MNT for patients with acute conditions such as surgeries, burns, trauma, and head injuries
	Apply MNT for patients with allergic, immune, and inflammatory diseases
	Apply MNT for patients with eating disorders
	Apply MNT for patients with infectious and autoimmune diseases
	Apply MNT for patients with pulmonary diseases
	Apply MNT for organ transplant patients
	Apply MNT for patients in the intensive care unit
	Apply MNT for post operative patients
	Apply MNT for pediatric diseases
MANAGEMENT OF FOOD, NUTRITION PROGRAMS AND SERVICES (10%)	Evaluate public health nutrition programs
	Describe the function of controlling food service management
	Understand the main effective steps in the quality control process
FOOD SERVICE SYSTEMS (10%)	List common pathogens that can cause food-borne illness
	Understand the main types of storage in a food services operation
	Describe and understand the steps that are needed to minimize food contamination
	Understand principles of food safety

Note: **Blueprint distributions of the examination may differ up to +/-5% in each level.**

References

- Pinna, K., Rolfes, S. R., & Whitney, E. (2021). Understanding Normal and Clinical Nutrition (12th ed.).
- Raymond, J. L., & Morrow, K. (2021). Krause and Mahan's Food & the Nutrition Care Process (15th ed.).
- Sobotka, L. (2019). Basics in Clinical Nutrition, Espen Blue Book (5th ed.).
- Stipanuk, M. H. PhD, & Caudill, M. A. (n.d.). Biochemical, Physiological, and Molecular Aspects of Human Nutrition (4th ed.).
- Schlenker, E., & Gilbert, J. A. (2020). Williams' Essentials of Nutrition and Diet Therapy (12th ed.).
- Nelms, M., Sucher, K., & Lacey, K. (2019). Nutrition Therapy and Pathophysiology.

Note: This list is intended for use as a study aid only. SCFHS does not intend the list to imply endorsement of these specific references, nor are the exam questions necessarily taken from these sources.

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