



# PROFESSIONAL DISCLOSURE



UP4Nutrition

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## UP 4 NUTRITION

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## QUALIFICATIONS AND EXPERIENCE

I am a Registered Dietitian Nutritionist by Commission on Dietetics Registration and Licensed by Texas State Board. I graduated from Louisiana Tech university with Master Degree in Foods and Nutrition which was coupled with 1120 hours of internship in different healthcare settings. I am a member of American Dietetic Association and International Confederation of Dietetics Associations. I have eight years of education and experience in the field of Dietetics. I have worked with clients from different ethnic and cultural background and delivered nutrition benefits successfully to them.

## INFORMED CONSENT

**Nutrition Coaching Relationship:** Sessions are usually held for 30-60 minutes (Initial sessions are longer while follows ups are shorter). Although our sessions may feel social and emotional in nature, but our relationship is rather a professional one. Our contact will be limited to consultation sessions you arrange with me, except in case of emergency when you may contact me by phone.

**Effects of Nutritional Consulting/Coaching:** At any time, you may initiate a discussion of possible positive or negative effects of entering, not entering, continuing or discontinuing nutrition plan. While benefits are expected from nutrition programs, specific results are not guaranteed. Nutrition/lifestyle modification is a personal exploration and may lead to some changes in your food/body perspectives and decisions you make. These changes may affect your relationships, your job, and/or your understanding of yourself. Some of these changes may be temporarily distressing. The exact nature of these changes cannot be predicted. Together we will work to achieve the best possible results for you.

**Client Rights:** Amount of time required to achieve goals is different from case to case. Some clients need a few nutritional consultation sessions to achieve their goals; others may require months or longer than that of nutritional coaching. As a client, you are in complete control and may end our consultation relationship at any time, though I do request you participate in a termination session. You also have the right to refuse or discuss modification of any of coaching techniques or suggestions that you believe might not be beneficial to you. I assure you that our services will be rendered in a professional manner consistent with accepted legal and ethical standards. If at any time for any reason you are dissatisfied with services, please notify us in person or in writing and we will



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work with you to resolve your concerns. It is my pledge that any problems will be resolved to your satisfaction.

Referrals: Should you and/or I believe that a referral is needed, I will provide some alternatives including programs and/or people who may be available to assist you. A verbal exploration of alternatives to consultation will also be made available upon request. You will be responsible for contacting and evaluating those referrals and/or alternatives.

Fees: You are responsible to pay fees for services provided to you. The fee for each session will be due and must be paid at the conclusion of each session. Cash, credit cards or personal checks can be payable to UP 4 NUTRITION.

Cancellation: Please notify me at 469-471-1988 24 hours in advance before you set appointment you time. Missed appointments or cancellations without 24 hour notice will be billed a \$30 penalty fee.

Records and Confidentiality: All of our communication becomes a part of the clinical record. Client records are disposed of five years after the file is closed. Most of our communication is confidential, but the following limitations and exceptions do exist: 1) You direct me to release your records 2) I determine you are a danger to yourself or others; 3) You disclose abuse, neglect, or exploitation of a child, elderly, or disabled person; 4) I am ordered by a court to disclose information; 5) I am otherwise required by law to disclose information.

I will keep confidential (within the limits cited above) anything you disclose to me without your family member's knowledge. However, I encourage open communication between family members and I reserve the right to terminate the coaching relationship if I judge a secret to be detrimental to you or nutrition coaching.

You are not asked to sign here. You will be asked to sign in the initial form that you have read and understood the Professional Disclosure statement.