Virtual Rotation Guide

Due to the social distancing requirements, interns may not be physically present at your facilities. Below are a few suggested activities that can be accomplished virtually. Please feel free to adapt these to meet the web security guidelines for your facility.

Medical Nutrition Therapy

- If remote access to the electronic health care records is available, then become familiar with it and location of patient information pertinent to nutrition assessment.
- Observe virtual patient interview and nutrition education or counseling.
- Round with the dietitian on a virtual consult; observe interactions with patients, visitors, and healthcare team members.
- Conduct “patient” interviews, obtain food and nutrition history and perform nutrition focused physical exams. Peer or preceptor to act as “patient”
- Use a case study patient to
  - Identify and prioritize nutrition problems.
  - Develop and implement appropriate nutrition prescriptions and interventions.
  - Select appropriate criteria, indicators, and measures that relate to the identified nutrition problem(s).
- Review the importance of measuring outcomes to monitor and modify nutrition plans.
- Participate in virtual interdisciplinary team conferences and care planning meetings.
- Deliver nutrition education to an individual (preceptor or peer) or group.
- Develop or update handouts for specific patient population/disease/condition.
- Provide nutrition counseling to preceptor or peer using motivational interviewing techniques.
- Complete documentation in patient chart, if remote access available.
- Interact with other health care professionals as they evaluate, educate and treat patients.
- Arrange for intern to discuss the coding and billing process with appropriate staff in the facility, virtually.
- Complete evaluation of presentation using rubrics provided by intern and discuss virtually. Provide constructive feedback.

Community Nutrition

- Discuss an appropriate topic/focus area and opportunity for intern to develop and/or deliver evidence-based intervention(s) to promote health.
- Assist intern in finding a topic or material to review, update or develop.
- Deliver respectful, science based answers to consumer questions. This can be done via a virtual session, creating a YouTube video or blog post.
• Develop culturally appropriate nutrition interventions including menus, meal plans or community based resources.
• Intern to teach a group nutrition education class, provide a cooking demonstration virtually or record a video.
• Intern to deliver nutrition education via oral or written communication to individuals and groups, virtually or review a student recorded a video of the presentation and provide constructive feedback.
• Intern to provide nutrition counseling to preceptor or peer using motivational interviewing techniques; Preceptor to provide constructive feedback.
• Intern to speak virtually with new breastfeeding moms, experienced breastfeeding moms, and other health care professionals about the challenges of breastfeeding.
• Complete evaluation of presentation using rubrics provided by intern and discuss virtually. Provide constructive feedback.

Management
• Plan, implement and/or evaluate departmental in-service. Review a student recorded a video of the presentation and provide constructive feedback.
  o Intern to produce an interactive teaching tool for Special Diets -- think all kitchen staff. Develop handouts, pre-and post-tests.
  o International Dysphagia Diet Standardization Initiative (IDDSI) training for front line staff – just a brief training for staff that work with IDDSI, such as people blending the food, etc.
• Participate in menu or recipe development activities in the facility and oversee purchasing food for special meal/recipe. Interns to think of a list of equipment that may be needed for upcoming year and to provide a
  o Cooking equipment?
  o Tools?
  o Interactive classroom things?
  o Books?
• Participate in the development, implementation and monitoring of quality assurance and process improvement projects.
• Review forecasting procedures. Interns to collect and analyze data related to menu pricing and production.
• Assign developing a plan for marketing a new, existing, or healthful recipe.
• Review menus and related meal pattern and nutrition requirements.
• Research of sourcing goods due to a shortage of a particular item due to the event.
• Conduct vendor or cost comparisons.
• Develop a culturally appropriate menu, meal plan.
• Review a student recorded a video on nutrition-related lessons for a classroom and provide constructive feedback.
  o Develop a PowerPoint, webpage, worksheets and quizzes that can be used by parent’s homeschooling students on healthful eating and/or physical activity.
  o Make a slide of information so that teachers can have as a resource next year for some fun facts to tell their students on the specific Fruit and Vegetable...
day. There should be a slide for every Fruit and Vegetable served at your facility.
  - Physical Activity idea for special needs individuals
    - Develop suggestions/ideas to use in classrooms
- Review school/work site/institutional wellness policies and/or programs.
- Discuss disaster plan in the facility.
- Discuss risk management
- Complete evaluation of presentation using rubrics provided by intern and discuss virtually. Provide constructive feedback.