

# IOWA STATE UNIVERSITY

## Dietetic Internship

### Rotation Guide

Interns are required to participate in active learning and skill development with guidance and feedback provided by preceptors in each rotation. Through LEARN and ACT items, interns develop competencies that are evaluated through CHECK activities.

- The colored row indicates different types of activities to be completed in each rotation listed in the column below.
- The gray row designates who is required to complete the activities in each column.

MEDICAL NUTRITION THERAPY OBJECTIVES	LEARN	ACT	CHECK		Timeline	
	Cognitive tasks to strengthen knowledge	Application of knowledge and development of skills	Support professional growth	Assess competencies	Based on Assignment Checklist	
Responsibility	Intern	Intern with Preceptor Supervision	Preceptor	Intern submits to ISU Instructor	Intern	
Perform the Nutrition Care Process (assessment, diagnosis, intervention and monitoring/evaluating), for a variety of populations and conditions including: <ul style="list-style-type: none"> <li>➤ Cardiac</li> <li>➤ Diabetes</li> <li>➤ GI</li> <li>➤ Geriatrics/LTC</li> <li>➤ Nutrition Support</li> <li>➤ Oncology</li> <li>➤ Pediatrics</li> <li>➤ Renal</li> <li>➤ Weight Management</li> </ul>	<ul style="list-style-type: none"> <li>• Explore the Nutrition Care Manual and eNCPT.</li> <li>• Become familiar with electronic health care records and location of patient information pertinent to nutrition assessment.</li> <li>• Review nutrition focused physical exam and malnutrition diagnosis.</li> <li>• Know how to write a complete and effective PES statement.</li> <li>• Recognize the importance of measuring outcomes to monitor and modify nutrition plans.</li> <li>• Observe patient interview and nutrition education or counseling.</li> <li>• Round with the dietitian; observe interactions with patients, visitors, and healthcare team members.</li> </ul>	<ul style="list-style-type: none"> <li>• Utilize the Nutrition Care Process when working with assigned patients.</li> <li>• Conduct patient interviews, obtain food and nutrition history and perform nutrition focused physical exams.</li> <li>• Identify and prioritize nutrition problems.</li> <li>• Develop and implement appropriate nutrition prescriptions and interventions.</li> <li>• Select appropriate criteria, indicators, and measures that relate to the identified nutrition problem(s).</li> <li>• Participate in interdisciplinary team conferences and care planning meetings.</li> </ul>	✓ Assist intern in finding appropriate patients throughout MNT rotations.	Nutrition Care Process Worksheets (CRDN 1.2, 1.6, 2.1, 2.5, 2.6, 2.7, 3.1, 3.2, 3.6, 3.8)	Weeks 1-11	
			✓ Complete evaluation form provided by intern.		Professional Evaluations (CRDN 1.6, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.10, 2.11, 2.12, 3.1, 3.2, 3.3, 3.4, 3.6)	Week 1
			✓ Provide constructive feedback.			Week 3
						Week 6
						Week 9
				Week 12 (to include staff relief)		

MEDICAL NUTRITION THERAPY OBJECTIVES	LEARN Cognitive tasks to strengthen knowledge	ACT Application of knowledge and development of skills	CHECK		Timeline Based on Assignment Checklist
			Support professional growth	Assess competencies	
Responsibility	Intern	Intern with Preceptor Supervision	Preceptor	Intern submits to ISU Instructor	Intern
See Above	<p>Continued:</p> <ul style="list-style-type: none"> <li>• Study pertinent medications, laboratory values and diagnostics tests for clinical areas of practice using MNT prep sheets located in the MNT module in the on-line course.</li> <li>• Understand how to estimate energy, protein, and fluid requirements for all ages and conditions.</li> <li>• Locate and understand evidenced-based practice guidelines.</li> <li>• Observe related medical procedures.</li> </ul>	<p>Continued:</p> <ul style="list-style-type: none"> <li>• Deliver nutrition education to an individual or group.</li> <li>• Provide nutrition counseling using motivational interviewing techniques.</li> <li>• Complete documentation in patient chart.</li> <li>• Conduct meal rounds and evaluate test trays.</li> <li>• Taste and compare nutrition supplements.</li> <li>• Interact with other health care professionals as they evaluate, educate and treat patients.</li> </ul>	✓ Assist intern in finding appropriate patients throughout MNT rotations.	Nutrition Education Evaluation (CRDN 1.2, 2.8, 3.3, 3.6, 3.8)	Week 2
					Week 4
					Week 6
					Week 10
			✓ Complete evaluation of presentation using rubrics provided by intern.	Clinical Presentation (CRDN 1.2, 1.4, 1.5, 1.6, 2.1, 2.5, 2.15, 3.1, 3.3, 3.4, 3.6, 4.3, 4.4)	Week 6
Research and make recommendations pertinent to clinical dietetics that incorporate the principles of a sustainable, resilient and healthy food and water system (SRH).	<ul style="list-style-type: none"> <li>• Watch the webinars and read articles provided by ISU regarding sustainable, healthy, and resilient food and water systems</li> </ul>	<ul style="list-style-type: none"> <li>• Apply recommendations to the clinical facility or a patient case that incorporates the principles of SRH.</li> </ul>	✓ Assist in arranging time for a journal club or discussion.	(Part 1) SRH in Clinical Practice article review (CRDN 1.2, 1.4, 1.5, 1.6, 2.2, 4.4)	Completed independently by week 10
			✓ Complete evaluation of discussion.		

MEDICAL NUTRITION THERAPY OBJECTIVES	LEARN Cognitive tasks to strengthen knowledge	ACT Application of knowledge and development of skills	CHECK		Timeline Based on Assignment Checklist
			Support professional growth	Assess competencies	
Responsibility	Intern	Intern with Preceptor Supervision	Preceptor	Intern submits to ISU Instructor	Intern
Explain the process for coding, billing and reimbursement related to clinical nutrition services.	<ul style="list-style-type: none"> <li>Listen to the presentation, "Dietitians in the World of Coding, Billing and Reimbursement" in the course MNT module.</li> </ul>	<ul style="list-style-type: none"> <li>Work through the practice questions in the "Putting it into Practice" presentation in the course MNT module.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Arrange for intern to discuss the coding and billing process with appropriate staff in the facility.</li> </ul>	Coding, Billing and Reimbursement (CRDN 4.8)	Week 11

COMMUNITY OBJECTIVES	LEARN Cognitive tasks to strengthen knowledge	ACT Application of knowledge and development of skills	CHECK		Timeline Based on Assignment Checklist
			Support professional growth	Assess competencies	
Responsibility	Intern	Intern with Preceptor Supervision	Preceptor	Intern submits to ISU Instructor	Intern
Develop and implement health promotion in community settings such as: <ul style="list-style-type: none"> <li>➤ Consulting or Private Practice</li> <li>➤ Community Health Centers</li> <li>➤ Extension and Outreach</li> <li>➤ Food Banks</li> <li>➤ Head Start</li> <li>➤ Living Communities</li> <li>➤ Outpatient Counseling</li> <li>➤ Public Health Departments</li> <li>➤ Retail/Marketing</li> <li>➤ WIC</li> <li>➤ Worksite Wellness</li> </ul>	<ul style="list-style-type: none"> <li>• Understand nutritional counseling theories (Stages of Change, Health Belief, Cognitive-Behavioral, and Social Learning).</li> <li>• Recognize differences of nutrition needs across the population in relation to the lifecycle (infant, child, adult, and geriatric) and in relation to their physical activity (elite athlete, soccer club, children’s athletics).</li> <li>• Review current legislation to identify issues related to Health Promotion and Wellness; Food Safety; Food Security; Health Protection; or Management/Private Practice.</li> <li>• Identify different levels policy can occur: individual, organizational, community, state, federal, and globally.</li> <li>• Keep up-to-date about current and emerging consumer-related health trends.</li> </ul>	<ul style="list-style-type: none"> <li>• Follow NCP to provide client-centered nutrition education or counseling for various stages of the lifecycle.</li> <li>• Utilize the NCP to develop community based food and nutrition programs that encourage health promotion /disease prevention.</li> <li>• Identify examples of successful nutrition related mass media / marketing campaigns in public health settings.</li> <li>• Develop culturally appropriate nutrition interventions including menus, meal plans or community based resources.</li> <li>• Critically evaluate legislation identifying positives and negatives for consumers, producers, and health agencies.</li> <li>• Teach a group nutrition education class, provide a cooking demonstration or lead a grocery store tour.</li> <li>• Deliver respectful, science based answers to consumer questions.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Complete evaluation form provided by intern.</li> <li>✓ Provide constructive feedback.</li> </ul>	Professional Evaluations (CRDN 1.6, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.10, 2.11, 2.12, 3.1, 3.2, 3.3, 3.4, 3.6)	Week 2
			<ul style="list-style-type: none"> <li>✓ Discuss an appropriate topic/focus area and opportunity for intern to develop and/or deliver evidence-based intervention(s) to promote health.</li> </ul>		Technology in Health Promotion Project (CRDN: 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3, 2.4, 2.5, 2.9, 2.14, 3.1, 3.3, 3.4, 3.7, 3.8, 4.1, 4.4, 4.5, 4.7, 4.8, THP 1, THP2)
				Part 1 Week 1	
				Part 2 Week 2	
				Part 3 Week 3	
			<ul style="list-style-type: none"> <li>✓ Assist intern in finding a topic or material to review, update or develop.</li> </ul>	Developing Nutrition Education Materials (CRDN 3.5)	Part 4 Week 4
					Week 4

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WIC Deliver nutrition services through government programs that serve children and families.	<ul style="list-style-type: none"> <li>• Understand the role of WIC and participant eligibility requirements.</li> <li>• Review and understand the WIC Approved Food's List.</li> <li>• Observe the clinic responsibilities of the RD, nurse, and support staff.</li> <li>• Recognize steps of the NCP completed with WIC participants.</li> <li>• Understand the importance of breastfeeding promotion as well as the challenges women face.</li> <li>• Investigate the extent of the problem of food insecurity and learn about food and nutrition agencies and resources in your area.</li> </ul>	<ul style="list-style-type: none"> <li>• Follow participant through the entire WIC appointment to experience clinic visit.</li> <li>• Engage with non-English speaking participants during appointments.</li> <li>• Practice using the WHO growth charts in assessing infant and child growth patterns.</li> <li>• Deliver nutrition education via oral or written communication to individuals and groups.</li> <li>• Provide nutrition counseling using motivational interviewing techniques.</li> <li>• Speak with new breastfeeding moms, experienced breastfeeding moms, and other health care professionals about the challenges of breastfeeding.</li> </ul>	✓ Assist intern in activities required weeks 1-4 based on intern schedule and amount of time spent in WIC.	See above	See above

MANAGEMENT OBJECTIVES	LEARN	ACT	CHECK		Timeline Based on weeks on-site
	Cognitive tasks to strengthen knowledge	Application of knowledge and development of skills	Support professional growth	Assess competencies	
Responsibility	Intern	Intern with Preceptor Supervision	Preceptor	Intern submits to ISU Instructor	Intern
Develop leadership and management skills in a variety of settings including healthcare food service, school food service and other community food service programs.	<ul style="list-style-type: none"> <li>Observe various communication styles utilized throughout the facility; identify positive and negative interactions.</li> <li>Observe staff and customer service interactions. Consider strengths and weaknesses of these interactions.</li> <li>Review procurement procedures, cycle menus/room service and various methods of food production, such as cook/chill, cook/serve.</li> <li>Recognize factors involved in purchasing decisions.</li> <li>Review various avenues of quality management such as clinical productivity studies, patient satisfaction surveys (Press Ganey), etc.</li> <li>Identify important factors to evaluate in food quality, labor and equipment costs.</li> <li>Review budget development, planning, implementation and evaluation.</li> </ul>	<ul style="list-style-type: none"> <li>Complete Safety/Sanitation Checklist and propose corrective action.</li> <li>Plan, implement and/or evaluate departmental in-service.</li> <li>Conduct inventory during foodservice rotation.</li> <li>Participate in menu or recipe development activities in the facility and oversee purchasing food for special meal/recipe.</li> <li>Perform a food quality/accuracy audit at your facility.</li> <li>Conduct a plate waste study and food waste audits.</li> <li>Participate in the development, implementation and monitoring of quality assurance and process improvement projects.</li> <li>Participate in forecasting procedures. Collect and analyze data related to menu pricing and production.</li> <li>Discuss disaster plan in the facility.</li> <li>Develop a plan for marketing a new, existing, or healthful recipe.</li> </ul>	<ul style="list-style-type: none"> <li>Complete evaluation form provided by intern.</li> <li>Provide constructive feedback.</li> </ul>	Professional Evaluations (CRDN 1.6, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.10, 2.11, 2.12, 3.1, 3.2, 3.3, 3.4, 3.6)	Week 2
			<ul style="list-style-type: none"> <li>Provide forms for intern to complete.</li> </ul>		Safety and Sanitation Audit and Action Plan (CRDN 4.2)
			<ul style="list-style-type: none"> <li>Allow intern to complete facility assessments and food waste audits.</li> <li>Guide intern in developing process improvement and action plan.</li> </ul>	Leadership Challenge (CRDN 1.1, 1.3 1.5,1.6, 2.2, 2.3,2.4, 2.5, 2.7, 2.8, 2.10, 2.11, 3.9, 4.1, 4.2, 4.3 4.4, 4.5, 4.6, 4.7, 4.,8 4.9, 4.10)	
					Part 2 Week 3
					Part 3 Week 4

MANAGEMENT OBJECTIVES	LEARN	ACT	CHECK		Timeline Based on weeks on-site
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School Nutrition Perform aspects of management and child nutrition to a school setting.	<ul style="list-style-type: none"> <li>Review the USDA Food and Nutrition website to become familiar with school lunch guidelines.</li> <li>Be aware of policies and/or procedures that may increase productivity, decrease waste, increase revenue, or improve other facility assets.</li> <li>Identify assets and barriers to procuring local foods.</li> </ul>	<ul style="list-style-type: none"> <li>Review menus and related meal pattern and nutrition requirements.</li> <li>Compare/contrast school food service management with other experiences you have had.</li> <li>Observe, prepare or deliver nutrition-related lessons for a classroom.</li> <li>Review and evaluate school/work site/institutional wellness policies and/or programs.</li> <li>Complete activities related to incorporating local produce as part of the Farm 2 School (F2S) program.</li> </ul>	<ul style="list-style-type: none"> <li>Assist intern in activities required weeks 1-4 based on intern schedule and amount of time spent in School Nutrition.</li> </ul>	See above	See above
			<ul style="list-style-type: none"> <li>Assist intern as needed to complete selected school nutrition assignment activities (a minimum of 2 must be submitted).</li> </ul>	School Nutrition: Review of Menu and 2 other activities (CRDN 1.2, 3.3, 3.6, 3.8, 3.9, 3.10, 4.2, 4.7- depending on activities selected)	Complete by end of School Nutrition

**ACEND Competencies met:**

- CRDN 1.1 Select indicators of program quality and/or customer service and measure achievement of objectives.
- CRDN 1.2 Apply evidence-based guidelines, systematic reviews and scientific literature.
- CRDN 1.3 Justify programs, products, services and care using appropriate evidence or data
- CRDN 1.4 Evaluate emerging research for application in nutrition and dietetics practice
- CRDN 1.5 Conduct projects using appropriate research methods, ethical procedures and data analysis
- CRDN 1.6: Incorporate critical-thinking skills in overall practice.

CRDN 2.1 Practice in compliance with current federal regulations and state statutes and rules, as applicable, and in accordance with accreditation standards and the Scope of Nutrition and Dietetics Practice and Code of Ethics for the Profession of Nutrition and Dietetics

CRDN 2.2 Demonstrate professional writing skills in preparing professional communications

CRDN 2.3: Demonstrate active participation, teamwork and contributions in group settings.

CRDN 2.4: Function as a member of inter-professional teams.

CRDN 2.5 Assign duties to NDTRs and/or support personnel as appropriate

CRDN 2.6 Refer clients and patients to other professionals and services when needs are beyond individual scope of practice

CRDN 2.7 Apply leadership skills to achieve desired outcomes

CRDN 2.8: Demonstrate negotiation skills.

CRDN 2.9 Participate in professional and community organizations

CRDN 2.10 Demonstrate professional attributes in all areas of practice

CRDN 2.11 Show cultural competence/sensitivity in interactions with clients, colleagues and staff.

CRDN 2.12: Perform self-assessment and develop goals for self-improvement throughout the program.

CRDN 2.13: Prepare a plan for professional development according to Commission on Dietetic Registration guidelines.

CRDN 2.14 Demonstrate advocacy on local, state or national legislative and regulatory issues or policies impacting the nutrition and dietetics profession.

CRDN 2.15: Practice and/or role play mentoring and precepting others.

CRDN 3.1 Perform the Nutrition Care Process and use standardized nutrition language for individuals, groups and populations of differing ages and health status, in a variety of settings (including assessment, diagnosis, intervention, and monitoring/evaluation)

CRDN 3.2: Conduct nutrition focused physical exams.

CRDN 3.3 Demonstrate effective communications skills for clinical and customer services in a variety of formats and settings

CRDN 3.4 Design, implement and evaluate presentations to a target audience

CRDN 3.5: Develop nutrition education materials that are culturally and age appropriate and designed for the literacy level of the audience.

CRDN 3.6 Use effective education and counseling skills to facilitate behavior change

CRDN 3.7 Develop and deliver products, programs or services that promote consumer health, wellness and lifestyle management

CRDN 3.8 Deliver respectful, science-based answers to client questions concerning emerging trends

CRDN 3.9 Coordinate procurement, production, distribution and service of goods and services, demonstrating and promoting responsible use of resources.

CRDN 3.10 Develop and evaluate recipes, formulas and menus for acceptability and affordability that accommodate the cultural diversity and health needs of various populations, groups and individuals

CRDN 4.1 Participate in management of human resources

CRDN 4.2 Perform management functions related to safety, security and sanitation that affect employees, customers, patients, facilities and food

CRDN 4.3 Conduct clinical and customer service quality management activities

CRDN 4.4 Apply current nutrition informatics to develop, store, retrieve and disseminate information and data

CRDN 4.5: Analyze quality, financial or productivity data for use in planning

CRDN 4.6 Propose and use procedures as appropriate to the practice setting to promote sustainability, reduce waste and protect the environment

CRDN 4.7 Conduct feasibility studies for products, programs or services with consideration of costs and benefits

CRDN 4.8 Develop a plan to provide or develop a product, program or service that includes a budget, staffing needs, equipment and supplies

CRDN 4.9: Explain the process for coding and billing for nutrition and dietetics services to obtain reimbursement from public or private payers, fee-for-service and value-based payment systems.

CRDN 4.10: Analyze risk in nutrition and dietetics practice.

THP 1: Develop evidence-based intervention(s) to enhance human health and quality of life using effective communication through current technology in diverse settings.

THP 2: Evaluate evidence-based intervention(s) to enhance human health and quality of life using effective communication through current technology in diverse settings.