

# Dietetic Internship

## Community Rotation Requirements

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### LENGTH

Interns are required to find 2 rotations sites for Community.

Each rotation for community is 4 weeks (160 hours) for a total of 8 weeks (320 hours)

Interns have two options to complete this rotation.

#### Option A

- **Block 2** for Community Rotation site 1 begins 10/13/19 and ends 11/09/19
  - **Block 2** for Community Rotation site 2 begins 11/10/19 and ends 12/14/19
- Or*

#### Option B

- **Block 3** for Community Rotation site 1 begins 01/12/20 and ends 02/08/20
- **Block 3** for Community Rotation site 2 begins 02/09/20 and ends 03/07/20

### COMMUNITY CONCENTRATION LENGTH

- The community concentration rotation is 4 weeks (~160 hours).
- The Community Concentration rotation must return to one of the two community sites where the intern was placed during the community rotation.
- The rotation must be continuous.
- This rotation must be completed during Block 4.
  - **Block 4** begins 3/15/20 and ends 4/18/20

### FACILITIES

The community rotation is required to be completed at *two sites* where the delivery of nutrition/health education and nutrition/health services occurs. One site is required to have an opportunity for the intern to practice counseling patients.

#### Examples of facilities appropriate to the community rotation include:

- Local Health Bureaus
- Cooperative Extension Offices
- Outpatient Nutrition Education and Counseling Facilities or Clinics
- Wellness Centers/Programs
- Grocery Stores
- Senior Centers
- Childcare Organizations
- WIC
- American Heart Association
- American Cancer Society
- Private Practice RDs
- Food Banks

### PRECEPTORS

Interns can work with multiple facilities with a variety of preceptors during the community rotation. At least one of the sites that an intern works with during the community rotation must be have a Registered Dietitian as their preceptor. If the intern is working with a non-RD for a portion of the rotation, s/he should hold a position related to the delivery of nutrition services to the public.

## **LEARNING REQUIREMENTS**

The community facilities must be able to provide opportunities to complete *all* of the activities listed below. The rotation should progress from basic to more complex activities. By the end of your rotation, it is expected that interns will be able to function as staff relief with minimal supervision.

- Screen individuals for nutrition risk.
- Observe nutrition education and counseling.
- Directly provide individual nutrition counseling/education to clients under preceptor supervision (client family members may be present in session).
- Document client counseling/education per facility guidelines.
- Contribute to new and existing projects at the community site(s) as a team member.
- Design, implement, and evaluate 2 nutrition presentations or classes to a variety of populations (see below).
- Develop an education material for use at the community site.
- Develop and/or modify recipes appropriate for the population at the community site, to be shared with clients through education materials, client education, or group community presentations.
- Perform staff relief and/or complete tasks independently, as appropriate for the site, at end of rotation.

**The following experiences need to be accomplished at the site where the community concentration rotation is completed.**

- Discuss and review the budgeting process with the preceptor.
- Participate in nutrition interventions that target public health issues among diverse populations.
- Assume responsibilities of a team member in public health related activities.
- Complete the Wellness Project.

## **WELLNESS PROJECT**

The purpose of this project is to develop a project that can be planned and implemented during your community rotation and then implemented during your community concentration. The wellness project must add or enhance a significant aspect of the program. The program, product, or service should promote consumer health, wellness or lifestyle management to meet the needs of the population served. This project should allow for development of a resource that can continue to be utilized after an intern leaves the site.

**Examples of ideas for wellness projects include:**

- Educational programs
- Web-based material
- A new component to an employee wellness program
- A nutrition series, a social media campaign
- Organizing an event such as a large health fair or education event
- Cooking/education series
- Set up food pantry and procedures/campaign.
- Creating a specific type of cookbook for the needs of the sites clients.

## **IPSD WEEKS**

“Individualized Professional Skills Development” weeks are built into the rotation schedule to provide additional opportunities or make up hours.

12/15/19 - 12/18/19

03/08/20 - 03/14/20

04/12/20 - 04/18/20

### **Interns can use this time to complete the following:**

- Explore a particular specialty area of community dietetics at their scheduled practice site.
- Spend this week on self-directed study and preparation.
- Use these hours towards the required hours for any rotation due to weather, illness, or bereavement.

## **QUESTIONS?**

Questions regarding the process of selecting facilities and preceptors for supervised practice may be directed to [dietetic.internship@cedarcrest.edu](mailto:dietetic.internship@cedarcrest.edu)