

# PREPARING FOR YOUR DIETETIC INTERNSHIP

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# OVERVIEW

- Timeline
- Paperwork
- Orientation
- What to Expect
- How will I be evaluated?
- Professionalism
- Texts & Resources
- The RDN Exam

# TIMELINE FOR BEGINNING THE DI



- **NOW:**
  - Complete required paperwork
- **One+ month before:**
  - Physical exam
  - Orientation preparation
  - Verification statement
- **Additional requirements for each DI**

# PAPERWORK



- Verification Statement
- Background checks
- Immunizations
  
- Follow your DI's requirements for all
  
- Use an expanding file to organize everything

# ORIENTATION



- Few days to a week
- Local/remote (distance)
- Review policies & procedures
  - *Academy's Code of Ethics*
- Quiz or exam
- Intensive review
- Bonding

# WHAT TO EXPECT



Depending on the rotation:

- Document MNT for basic to complex patients (ADIME)
  - Educate patients and family members on therapeutic diets
  - Conduct nutrition classes
  - Work all areas of the food service operation
  - Provide nutrition education to community groups
  - Attend a professional meeting
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- **EXPECT:**
    - Minimum 8am - 5pm
    - Some weekends
    - Some 5am starts / evening work

# HOW WILL I BE EVALUATED?



- Ongoing feedback during all rotations.
- Performance evaluations for each rotation:
  - Clinical/MNT
    - LTC – Basic clinical
    - Inpatient – intermediate to advanced clinical
    - Outpatient
  - FSM
  - Community
  - Concentration / emphasis
- Projects

# PROJECTS



- Case Studies – basic to in-depth
- Case Study presentation
- Food Service Management project
- Community nutrition / nutrition education project
- Journal club presentation
- Concentration/emphasis project



# PROFESSIONALISM



- Communication
- Presence
- Behavior
- Dress



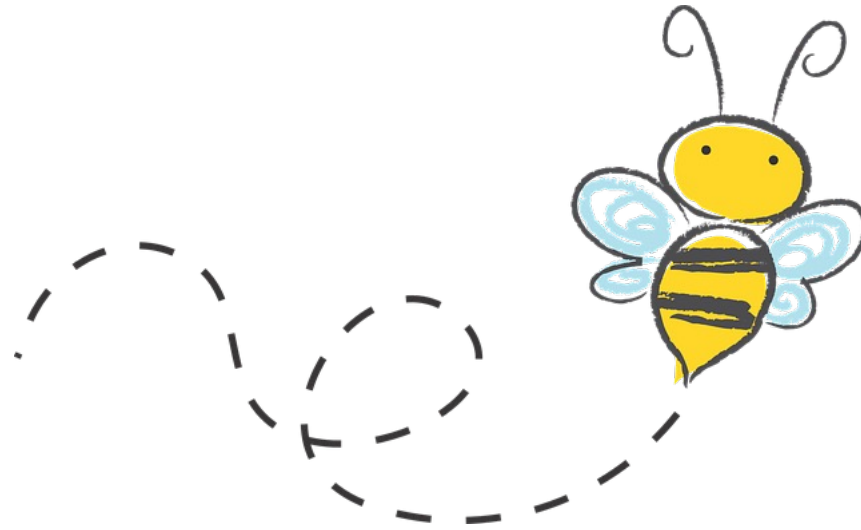
# COMMUNICATION



- Email
- Phone
- In-person
- DI Director
- Preceptors
- Follow-up

# PRESENCE

- Be present
- Be helpful
- Be industrious
- Be careful with:
  - Smart phone use
  - Tablet use
- Be positive



# BEHAVIOR

Smoking

Drug use

Language

Stress/anxiety

Neediness

Self-confidence

Review Academy's *Code of Ethics*

Review program's *Code of Ethics & Handbook*



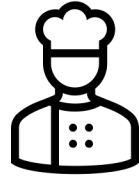
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# ADVICE FROM A DI DIRECTOR...

- RE: Remediation for behavioral traits

- During the course of my internship, many years ago, I also dealt with lack of confidence and shyness. My preceptor sat me down and explained that **my lack of confidence** was **perceived** by the RDs at the facility as **lack of interest**. She further went on to let me know that if I didn't improve my demeanor ASAP, I would be dismissed from the site. After crying a lot, I went home and thought about what she said. The next day, I came in determined to show them I could do it. My preceptor met with me two weeks later and was delighted with my efforts. I thanked her for her honesty. To this day, no one in my professional life has ever given me a better opportunity. If I had an intern with this issue, I would be honest. They simply will never be successful in a professional world otherwise.

# PROFESSIONAL DRESS



- Follow the DI dress code
- Ask for each site
- NO: shorts, flip flops, yoga pants, sweats, jeans



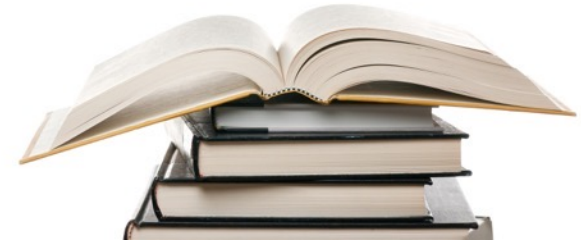
**All from Target: \$202.97**



**All from Target: \$177.90**



# TEXTS / READING RESOURCES

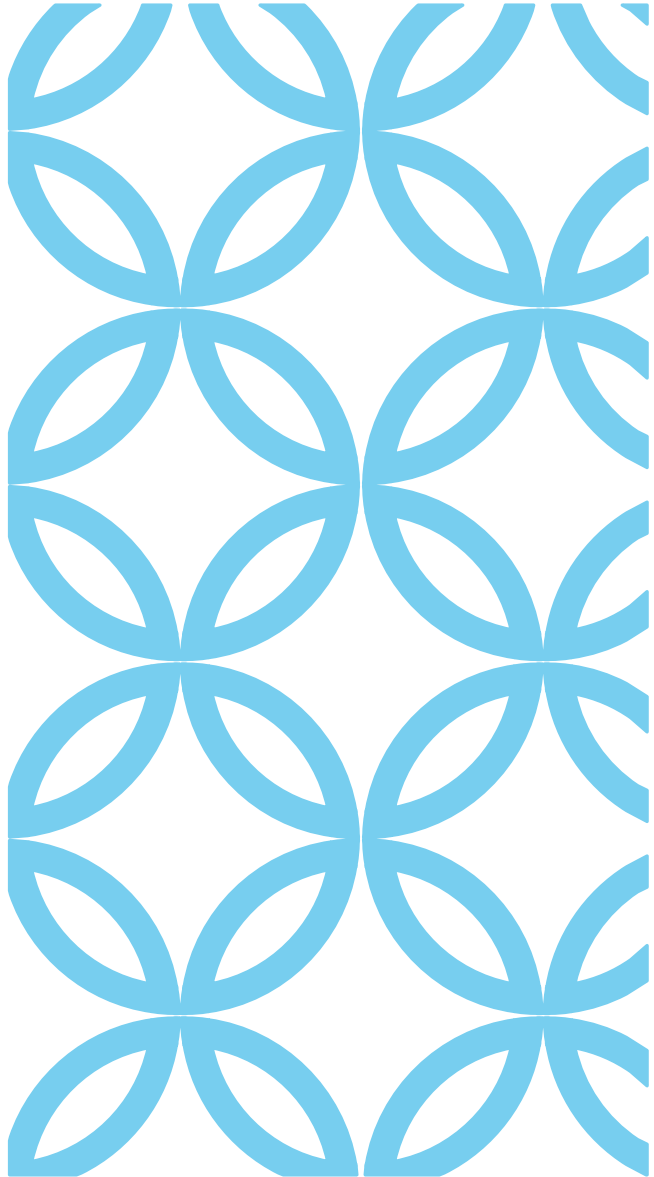


- **Medical Terminology:**
  - <https://www.dmu.edu/medterms/>
  - Need a good text or app
- **Clinical:**
  - Nelms & Sucher's *Nutrition Therapy and Pathophysiology*
  - Drug/medication resource
- **FSM:**
  - Payne-Palacio's *Foodservice Management*
  - Molt's *Food For Fifty*
- **Research/Statistics:**
  - Academy's *Research: Successful Approaches in Nutrition and Dietetics*
- **Your course notes**
  - Organize NOW
- **Writing:**
  - Review ADIME Case Studies
  - Purdue Online Writing Lab: [https://owl.purdue.edu/owl/purdue\\_owl.html](https://owl.purdue.edu/owl/purdue_owl.html)
  - Zinsser's *On Writing Well*
  - Strunk & White's *The Elements of Style*
- **Cultural humility:**
  - Review lectures and notes
  - Review person-centered language
  - Review "microaggressions"
- **Language skills:**
  - Rosetta Stone / DuLingo
  - Pimsleur
  - Academy's *Pocket Guide to Spanish for the Nutrition Professional*
- **Patient Death:**
  - Kubler-Ross' *On Death and Dying*

# RDN EXAM PREPARATION



- *Pocket Prep*
  - *Visual Veggies*
  - *Jean Iman's Review Course*
  - *Academy's EatrightPREP Course*
  - *All Access Dietetics' PassClass*
- 
- Throughout your DI



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QUESTIONS?



**ALL THE BEST!**

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