



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

- Create folders 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



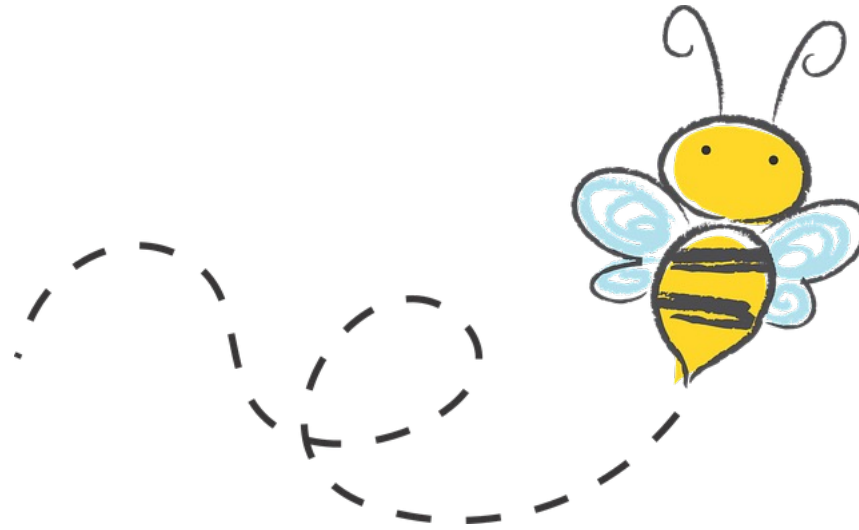
COMMUNICATION



- 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.



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Perspective

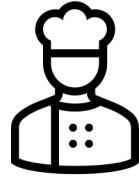
You Are Not an Impostor: The Registered Dietitian Nutritionist and Impostor Phenomenon

Matthew J. Landry PhD, RDN, LDN¹  , Dylan A. Bailey MS, RD²,
Audrey Ervin PhD³

**IMPOSTER SYNDROME
IN THE DIETETICS FIELD**

- https://www.youtube.com/watch?v=_e4Jfi4FGB8

PROFESSIONAL DRESS



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

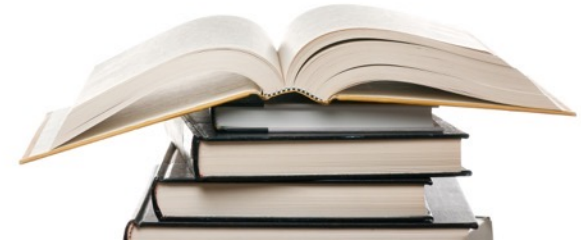


All from Target: \$202.97



All from Target: \$177.90

TEXTS / READING RESOURCES



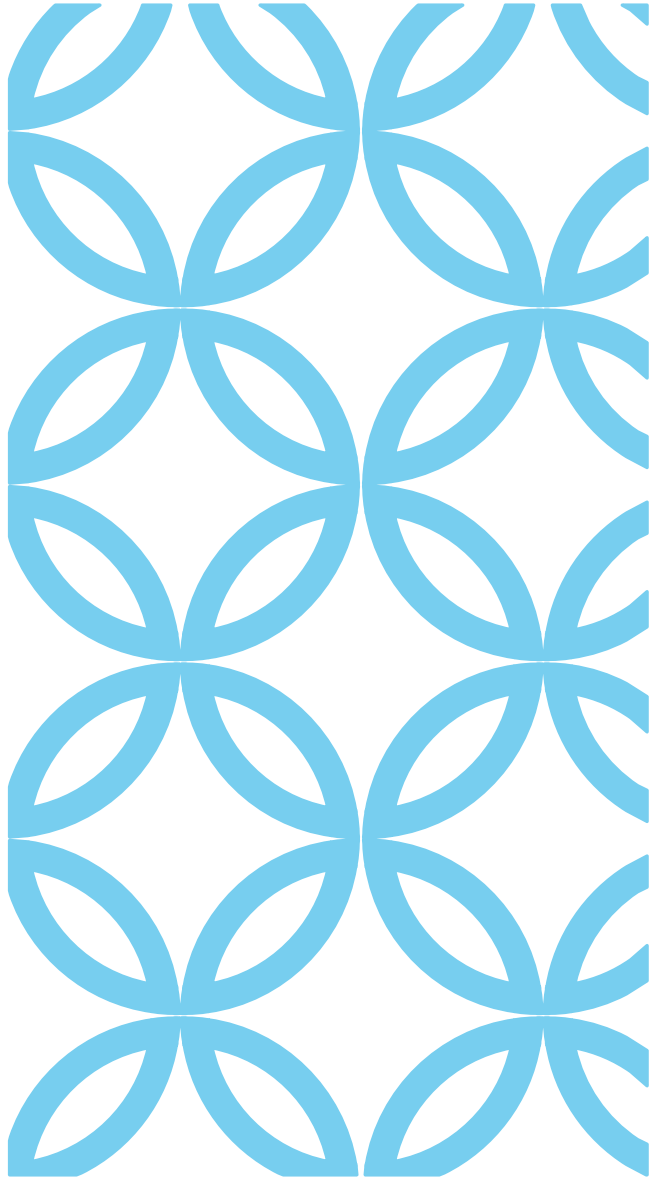
- **Medical Terminology:**
 - <https://www.dmu.edu/medterms/>
 - Need a good text or app
- **Clinical:**
 - Nelms & Sucher's *Nutrition Therapy and Pathophysiology*
 - Drug/medication resource
 - Pocket Guide (we're updating it!)
- **FSM:**
 - Payne-Palacio's *Foodservice Management*
 - Molt's *Food For Fifty*
- **Research/Statistics:**
 - Academy's *Research: Successful Approaches in Nutrition and Dietetics*
- **Your course notes**
 - Organize NOW
- **Patient Death:**
 - Kubler-Ross' *On Death and Dying*
- **Writing:**
 - Review ADIME Case Studies
 - Purdue Online Writing Lab: 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"
 - UC Davis' 2022 Book of the Year: *How to Be an Anti-Racist* by Ibram X. Kend
 - *Fearing the Black Body: The Racial Origins of Fat Phobia* by Sabrina Strings
- **Language skills:**
 - Rosetta Stone / DuLingo
 - Pimsleur
 - Academy's *Pocket Guide to Spanish for the Nutrition Professional*

RDN EXAM PREPARATION



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

- Throughout your DI



QUESTIONS?



ALL THE BEST!
