

# Dietetic Internship

## Community Rotation Requirements



### COMMUNITY & CONCENTRATION ROTATION LENGTH

Interns must secure one community-rotation facility upon application. Each rotation for community is 5 weeks per facility with a culminating 5-week rotation at one of the facilities.

Interns have two options to complete this rotation.

*Please refer to the DI Calendar on the website for specific dates*

### FACILITIES

The community rotation must be completed at *two different facilities* where the delivery of nutrition/health education and nutrition/health services occurs. At least one facility must provide an opportunity for the intern to counsel patients. For additional details, refer to the Learning Requirements below.

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

- Local Health Bureaus
- Cooperative Extension Offices
- Outpatient Nutrition Facilities or Clinics
- Wellness Centers/Programs
- Grocery Stores
- Senior Centers
- Childcare Organizations
- WIC
- 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 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

Interns must complete *all* activities listed below, but some activities will only be completed at one of the two community sites. It is the intern's responsibility to ensure they have achieved all activities across their two community rotation sites. The rotation should progress from basic to more complex activities. By the end of the Concentration rotation, interns should function at entry-level competence with minimal supervision.

- Screen individuals for nutrition risk.
- Observe nutrition education and counseling.
- 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 nutrition presentations or classes to a variety of populations (see below).
- Develop 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.

**The following experiences need to be accomplished at the facility where the 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 during the **Community** rotation and then implemented during the **Concentration** rotation. The wellness project must add or enhance a significant aspect of the program or services provided at the facility. 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:**

- Develop an educational program or nutrition presentation series
- Create a new component to an employee wellness program (or a new employee wellness initiative)
- Develop web-based material content
- Design a social media campaign
- Create a comprehensive cookbook for the needs of the site's clients
- Develop a cooking demonstration (education) series
- Set up a food pantry and procedures/campaign
- Organize an event such as a *large* health fair or education event [Must have substantial content compared to a single presentation]

## **PROFESSIONAL DEVELOPMENT WEEKS**

Professional development weeks are built into the rotation schedule at the end of each rotation block. Students will engage in Professional Development activities with Cedar Crest College but will also spend time at their sites. Please be aware that their schedules may vary during these weeks. The interns will communicate their schedules to the preceptors well in advance of professional development weeks.

## **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)