A Day in the Life of an Intern

California State University, Long Beach
Internship Program in Nutrition & Dietetics (IPND)
Cohort 6 (2017-2019)
CSULB IPND Focus

- Nutrition Across the Lifecycle
  - All of the rotations together are designed and compiled to give the intern a comprehensive dietetic experience in working with all age groups in a variety of setting.
A typical week involves:

Monday: Alternate between
- FCS 591B Class with Dr. Frank
  - Time dedicated to discussing rotations and class assignments
- GLADIC

Tuesday-Friday:
- Rotations (32 hrs/week)
- Planned Experiences (PEs): Experience writeups to be completed by the end of each internship rotation
- Thesis/Directed Project (Work independently on this!)
Greater Los Angeles Dietetic Internship Coalition (GLADIC)

On select Mondays - 8:00am-3:00pm

Participating Internships meet together in various locations throughout LA county for lectures and network building.

Lectures consist of current topics and practice standards in dietetics.

Examples of lecture topics include: MNT for specific diseases and conditions, food science, hot topics in research and more!
Rotations Timeline - Completed over Fall, Spring and Summer

- Nutrition Therapy (9 weeks)
- Burns (1 week)
- Outpatient (1 week)
- Disordered Eating (1 week)
- Pediatrics (1 week)
- Community (4-6 weeks)
- Head Start (1 week) & Nutrition Education (3 weeks)
  - OR APLA Health (6 weeks)
- Food Service (6 weeks)
- School Nutrition Services (3 weeks)
- Business/Entrepreneurship (2 weeks)
- Nutrition Research (1 week)
- Leadership (1 week)
- Self-Select (2 weeks)
Rotation: Nutrition Across the Lifecycle Communication Concentration (NALCC)

- Completed over the course of the entire internship
- The purpose of this concentration is for the interns to acquire: Unique Communication, Education and Health Promotion Skills:
  - client-centered interviewing/counseling skills, and health promotion and chronic disease prevention plans tailored to individuals across the life cycle.
- PEs include:
  - Write and implement an MI counseling/interviewing script
  - Develop a 60-second Public Service Announcement (PSA) for either prevention or treatment communication
  - Develop a 10-year health promotion plan for chronic disease prevention or treatment
  - Development of a portfolio to demonstrate health focus communication skill
PSA Showcase

ESRD Treatment
https://youtu.be/C7P81cwh0RI

Child Obesity Prevention
https://youtu.be/2bY-HR_X3PA

Kidney Disease Prevention
https://youtu.be/vPaEKIhtjrg
About Each Rotation
Rotation: Nutrition Therapy
Intern: Lauren Cook

Daily Schedule:
- Tuesday - Friday, 7:00 a.m. - 3:00 p.m.
- University of California Irvine Medical Center

Main Duties:
- Performed ADIME assessments on a wide variety of patients
- Developed and presented a culturally responsive clinical case study on the nutritional considerations for a trauma patient
- Performed staff relief for a dietitian for one week
- Attended interprofessional rounds with different professions such as speech-language pathologists, physical therapists, and pharmacists
- Created and conducted an in-service on the different types of vegetarian diets for the diet office staff

My Favorite Experience:
- My favorite experience was learning how to perform a nutrition-focused physical exam on a malnourished patient
Rotation: Disordered Eating
Intern: Kristen Wood

Daily Schedule:
- Usually 9 am - 5 pm Tuesday - Friday
- Akua Mind & Body - Costa Mesa
- Private Practice - Seal Beach

Main Duties:
- Observe & participate in group classes and individual counseling
- Observe RD’s private practice

My Favorite Experiences:
- Seeing the inter-professional cooperation & positive group vibe amongst the staff
- Witnessing clients who are ready to make a positive change in their lives

TESTIMONIAL

“All the therapists, clinical staff are there to speak with you on any need you want. They are there for you, they care, and they are not treating this as a job. They taught me how to trust in people again. They taught me how it’s okay to ask for help.”

-Grant
Rotation: Pediatrics
Intern: Kc Chung

Daily Schedule:
- 8:00am - 4:30pm Tues. - Fri.
- Children’s Hospital of Orange County

Main Duties:
- Visiting elementary and middle schools; teaching nutrition lessons to students
- Conducting taste tests with students and staff
- Creating handouts, newsletters, and brochures
- Presenting an in-service to school kitchen staff
- Other tasks: menu planning, observing central kitchen operations, assist with ordering food and supplies

My Favorite Experience:
- Witnessing the close rapport between the cystic fibrosis dietitian and their long term patients.
- Shadowing a board certified lactation consultant, which gave me an advantage in my WIC rotation.
Rotation: Head Start
Intern: Catherine Henderson

Daily Schedule:

- Typically 8 am-4 pm, Tuesday-Friday
- Santa Ana, Orange County Head Start

Main Duties:

- Engage children to participate in nutrition education learning activities like “How to build a healthier sandwich”
- Create nutrition-related education handouts
- One-on-one counseling with Head Start parents
- Develop a simple and fun nutrition lesson plan as a classroom activity

My Favorite Experience:

Helping a single busy mom come up with reasonable solutions to help her cook more healthy, nutritious meals at home for her children!

Broccoli is so tasty; it makes me feel so strong, As a super veggie, I really can’t go wrong, I like it as a snack, or even with my dinner, My eyes, my teeth, my bones are healthy, it really is a winner!
Rotation: Nutrition Education
Intern: Catherine Henderson

Daily Schedule:
- Typically from 8 am-4 pm, Tuesday-Friday
- Costa Mesa, Orange County Department of Education

Main Duties:
- Assist Janis and Nadia at school site visits within school district
- Learn about School Wellness Policies and assist with application process
- Create powerpoint presentations on topics designed to address nutrition-related concerns within the community
- Design educational handouts and materials

My Favorite Experience:
Interacting and teaching the students about the basic food groups within the classroom and how to select a “healthier” meal choice including all 5 food groups at the mall on a budget!!
Rotation: Community Intern: Taylor Towne

Daily Schedule:
- 8:30am-5:30pm Tuesday - Friday
- Long Beach Women Infants Children (WIC)

Main Duties:
- Observe and counsel clients on breastfeeding, nutrition, healthy meal options physical activity and overall health
- Design handouts
- Attend meetings
- Create and give classes

My Favorite Experience(s):
- Counseling clients and getting hands on experience with motivational interviewing!
- Going to an ethnic restaurant to try different foods
Rotation: Aids Project of Los Angeles (APLA)
Intern: Sarah Fortunato

Daily Schedule:
- 9am - 6pm Wednesday - Friday
- Tuesday: Project Day from home
- Aids Project of LA - Downtown LA

Main Duties:
- Counseling clients utilizing Motivational Interviewing
- Creating and teaching classes, focus groups, and in-services
- Assisting in food pantries; packing and distributing groceries to clients
- Other tasks: bag audits, client phone calls, data entry

My Favorite Experience:
- Performing a Food Demonstration to clients on how to make lentil meatballs
Rotation: Foodservice
Intern: Aya Ibrahim

Daily Schedule:
- 7am-3pm
- College Hospital Costa Mesa

Main Duties:
- Take on a supervisory role by performing inspections, updating policies and taking part in finances
- Assist with menu creation and modifications
- Work with kitchen staff to perform daily tasks
- Assist supervisors with activities such as with special events, caterings, etc

My Favorite Experiences:
- Created a production meal for Cinco de Mayo!
- Made new grab & go items for the hospital to sell in their café.
Rotation: School Nutrition Services
Intern: Kara Winterton

Daily Schedule:
- 7:30am - 4pm Tuesday - Friday
- Ontario/Montclair School District

Main Duties:
- I shadowed my assigned RDs as they performed patient-related activities at their outpatient clinics.
- Shadow RD and discuss patient cases.
- Chart on at least 1 patient each day of rotation.
- Attend intra-departmental meetings with SRD as assigned.

My Favorite Experience:
- Attending the California School Nutrition Association 66th Annual Conference. So much free food from vendors!!
Rotation: Nutrition Research

Intern: Jessica Fey

Daily Schedule:
- 8:00 am - 4:00 pm
- Harbor UCLA Biomedical Research Inst.

Main Duties:
- Work together as a group of 6 interns
- Conduct original research based upon body fat composition
- Create hypotheses
- Complete a DXA scan to determine body fat composition %
- Gather group data from DXA scan
- Analyze results
- Complete laboratory report

My Favorite Experiences:
- Getting the DXA scan for free
- Working together as a group with my cohort
Rotation: Business/Entrepreneurial
Intern: Katie Keegan

Daily Schedule:
- 1-3:30pm Tues/Thurs
- Energy Resource, a Private Practice in Hermosa Beach

Main Duties:
- Work on handouts for RD’s clients
- Observe one counseling session
- Learn about motivational interviewing and counseling in the private practice setting
- Create a business idea and plan for the future, including profit/loss sheet

My Favorite Experience:
- I loved creating my business plan, which was to create a show similar to “Bill Nye, the Science Guy,” but including nutrition education for school-aged children.
Rotation: Leadership
Intern: Samantha Matt

Daily Schedule:
- 32 hours Tuesday - Friday (on your own)
- CSULB/home

Main Duties:
- Create a highlight of a past Supervisory RD
- Create a showcase of a past rotation experience
- Organize and contribute to DI Mentoring Project by scheduling and developing pre/post test
- Read research articles and expand a report on obesity outcomes

My Favorite Experiences:
- Being able to work independently and manage my own time
Leadership Class Project: FALL

Cohort 6 Conducts a Presentation

WHO: To the Introduction to Dietetics Class (Students exploring Dietetics as a major)

WHAT: About how to plan and apply to internships, including the CSULB IPND

WHEN: At the end of Fall semester as the class was finishing up and planning their next steps

WHERE: On CSULB campus in the FCS building

WHY: To promote the IPND program as well as build efficacy in prospective interns to apply for internships
A few slides from the FALL project...
Leadership Class Project: Spring

Cohort 6 Conducts Another Presentation

**WHO:** To the DI preparation Class (Students aiming to prepare for the next step in dietetics)

**WHAT:** About the importance of Mentorship relationship and how to develop and establish them

**WHEN:** During spring semester as the class was learning skills to develop success in the field

**WHERE:** On CSULB campus in the FCS building

**WHY:** To educate students on the value of mentorship and to motivate them to establish relationships
A few slides from the SPRING project...

How to Mentor Others

- As a student:
  - Advise your peers and underclassmen
  - Model professional behavior
- As an intern:
  - Share experiences and resources with one another

A Positive Mentoring Relationship

- Provide SRD for your mentee, their lives, and careers
- Participate in mock interview sessions
- Ask general questions
- Ask specific questions about nutrition and dietetics

Objectives

- Preceptors/Mentors
  - Strategies for Finding Mentors
  - Potential Ways to Mentor Others

Presented by: Dietetic Internship Cohort 6
March 2019
Apply to be in the next Cohort!