

## *Garden To Table Nutrition Dietetic Internship*

### **Rotation Description: Community**

#### **I. Beginning of Rotation, the intern will prepare for the rotation by:**

- Contacting Preceptor (1-3 weeks before rotation starts); sharing with the preceptor this Rotation Description, and copies of the Mid Rotation Assessment and Final Assessment; and checking-in regarding start time, dress code, and parking
- Reviewing community health information learned using the following tools: Multiple choice question RDStudy.com and videos on RDStudy.com and the intern's own course notes/texts from DPD program, previewing available information about the community site (website, practice the commute)
- Completing the first part of "Fact Check" assignment, and share research with small group. Intern is to be prepared to speak with clients about the emerging trends identified by small group.
- Preparing for Community rotation by researching and identifying resources in the community creating a Community Resource list. Start this list by finding answers for at least 5 of these before you start your Community rotation. You will continue to add to this list while in your Community rotation.
- Researching the community resources in the neighborhood(s) where you will be working:
  - Where are the local food banks? What are their hours of operation? Who qualifies for service?
  - Where are free meals served? What days of the week?
  - What local clinics provide low-cost or free medical care?
  - What services are available for the homeless, or to prevent homelessness?
  - If you will be working with seniors, check out the local senior centers and see what programs they offer (congregate meal programs? Diabetic foot care? Nurse visits? Recreation or Education?)
  - If you expect to be working with children, find out what programs exist for kids afterschool. Does this community have a free summer lunch program for kids under 18?
  - Are there family shelters available for homeless families? o How can you access SNAP benefits?
  - Does your farmers market accept SNAP EBT?
  - You will share this list with your preceptor at the beginning of your rotation, and add to it throughout your rotation. You will have it available to use when doing Nutrition Counseling and Nutrition Education, and might consider working with listed organizations for your Capstone project.

**II. At the beginning of the rotation,** preceptor and intern will review Garden to Table Nutrition Internship Rotation Description, CDRNs that are to be covered and the assessment tools to be

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used. Intern will present their “Growing Resources in my Community” list, and preceptor will share the referral procedures used at the facility. Preceptor will look at the make sure intern is oriented to the facility rules, regulations and guidelines.

### **III. Throughout the rotation, preceptor will:**

- Give intern opportunities to learn a variety of roles in a community nutrition.
- Scaffold the intern experiences moving from observe, then assist, then acting independently.
- Supervise intern in the completion of learning activities and projects.
- Inform internship director if the intern is not meeting standards.
- Evaluate intern in a mid-rotation assessment.
- Evaluate intern at end of rotation (see below).

### **IV. Assessments:**

1. **Mid Rotation Assessment:** Preceptor will evaluate intern on the less complex aspects of dietetics and basic professionalism with a Mid Rotation Assessment. If a problem is identified, time remains to correct it before the rotation ends, when skills will be evaluated again.
2. **Final Assessment:** Preceptor will complete a draft of the Final Assessment with their intern one week before the end of rotation, to allow interns an opportunity to address shortcomings before the last day of the intern’s rotation. The Final Assessment will be sent directly to the internship director on the intern’s last day of that rotation. Please contact the internship director as soon as practical if it looks like intern will not meet the CRDNs.

Note: If rotation is less than four weeks long, this can be combined with the Final Assessment at the end of the rotation.

### **V. CDRNs, Assessments and Learning Activities for Community Rotation**

Projects to be completed during the Community rotation and evaluated by preceptor and scored on the Final Assessment:

#### **1. Nutrition Education Materials (CRDN 3.5)**

Under guidance of preceptor or internship director develop Nutrition Education materials for a specific group (seniors, children, Hispanic women, migrant farm workers, etc.), target to their age/education/language levels. This is evaluated by preceptor and after any needed changes are made, upload the file to the class Google Drive folder.

- What education/age/language are you targeting?
- What topic are you developing materials for?
- Identify 2-3 existing handouts/curriculum/ websites/brochures on the topic you are

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creating curriculum for and attach if practical.

- Use a SMOG evaluation to assess appropriate reading level for your audience.  
(<https://www.webfx.com/tools/read-able/check.php>)
  - For example, keep the material at an 8th grade level for the general population, and consider using a 4-6th grade level for non-native English speakers, or for audiences with limited education. Consider using more graphics and less text to bridge language and education gaps.
  - Include your SMOG evaluation results with your documentation provided and explain why you chose the reading level you did.
- In 1 – 3 paragraphs explain how the nutrition education materials you created improve upon the existing materials available.

Evaluation will be done by preceptor using the assessment for this rotation.

**2. Growing Resources in my Community Project (Program Competency #1):** Locate organizations in the community that help individuals learn to grow and or cook food. Add this information to the Community Resource list you began before you started your community rotation.

Program Competency #1: Growing Resources in my Community Project will:

- Include information for least two organizations that teach people to grow or cook food, or provide community garden space for low-income individuals. If no such organization exists, find appropriate internet resources.

Evaluation will be done by preceptor using the assessment tool for this rotation.

### **3. Nutrition Counseling CRDN 2.6, 2.11**

Intern provides nutrition individual or small group education/counseling in a community setting and is prepared to refer individuals in need of assistance outside of the intern's scope of practice. Prior to nutrition counseling, intern and preceptor discuss referral system used by the facility, as well as the "Growing Resources in my Community" so as to be prepared to offer referrals if needed. Note if this facility does not provide opportunities for this, then it may be done at a different site or on a different rotation.

Intern will demonstrate competency for CRDN 2.6.

- Notices when client's needs are outside of the scope of practice for an RD.
- Refers clients and patients to other professionals and services appropriately, using the facility guidelines and independent research if needed.

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Intern will demonstrate competency of CRDN 2.11.

- Recognizes people are not all like them and is sensitive to variety of cultures including: gender identity, race, religion, sexual identity, mental and physical abilities.
- Adapts to various cultures and identities of clients and co-workers. For example – uses person’s pronoun of choice when addressing them.

Evaluation will be done by preceptor using the assessment tool for this rotation.

**4. Adolescent Program Review (CDRN 1.3):** Find a program at a community site, or outside your site, that works with adolescents. Research its budget and its impact. Write a review or “pitch” for a panel of philanthropists deciding where to donate funds. This pitch will be less than one page long. Be sure to include information such as the program's budget, what type of impact the program makes, how many people are affected. Share this with your preceptor and, after any changes are made, upload the file to the class Google Drive folder. You will present your report during one of our monthly online class meetings. The program you promote will be included in a competition for a small grant from Garden to Table Nutrition.

Intern will demonstrate competency of CRDN 1.3

- Uses data to describe cost and benefits of the program.

Evaluation will be done by preceptor/internship director using the assessment tool for this rotation.

**5. Nutrition Education Presentation (CRDN 3.3, 3.4):** Work with preceptor to pick a nutrition topic and target group for your presentation. Research the needs of the expected audience and design appropriate materials (consider reading level, education, language skills, generation, wealth). Pick objectives for your presentation. Present your information to the targeted group. Evaluate the effectiveness of the presentation with your preceptor. Note: Interns may use targeted version of an assignment that they developed previously if it is appropriate to the targeted audience.

Intern will demonstrate competency of CRDN 3.3

- Verbal communication: Clearly communicates during presentation, adjusts level of detail to suit audience.
- Written component (handout, PowerPoint, blog post, advertising): Well written and understandable by target audience.

Evaluation will be done by preceptor using the assessment tool for this rotation.

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Intern will demonstrate competency of CRDN 3.4

- Presentation was targeted to meet the needs of the population served.
- Evaluation was used to determine if objectives were met.

Evaluation will be done by preceptor using the assessment tool for this rotation.