DAY IN THE LIFE OF A DIETETIC INTERN

CSULB 2014-2015
A typical week includes:

- **GLADIC** (Monday)

- **Rotations:** 32 hrs/week (Tuesday-Friday)
  - Additional internship coursework (Planned experiences, DI group activities, etc.)
Mondays typically 8:00 AM – 3:00 PM

Participating internships include:
- VA Greater Los Angeles
- Patton State Hospital
- California State Polytechnic University, Pomona
- California State University, Long Beach
- California State University, Northridge

Topics presented include: gerontology, sports nutrition, pediatrics, diabetes management, private practice, GI disorders, eating disorders, etc.

Serves as an excellent opportunity to network with peers and professionals, discover personal interests and broaden one’s knowledge within the dietetic field
Graduate Coursework

- During the first year of the MS/DI program, interns take a full course load
  - Classes are usually 2 nights per week from 6:00 PM-9:00 PM
  - Classes include:
    - Carbohydrates, Lipids and Proteins
    - Vitamins and Minerals
    - Research Methods
    - Advanced Statistics
    - Specialized area courses per the interns interest
**Typical Day:** Arrived in Torrance around 9:00am and discussed the work for the day with the dietitian. I would then go visit patients and help with nutrition assessments. The dietitian and I would go over my work at the end of the day and give me constructive criticism to aid in my learning. I would also attend any important meetings on a weekly basis.

**Main Duties:** Aid the dietitian, visit, screen and assess patients, participate in departmental meetings and work closely to learn from all the RDs in the office.

**Best part(s) of the rotation:** Being able to apply the things I’ve learned to a real life setting. LCM gave me the freedom to learn how to interview and assess patients on my own and would give me positive feedback that enabled me to learn an enormous amount in a short time period.
Typical Day: Started around 8:00 AM, I arrived and checked in with my Supervisory RD: Elizabeth Batalao. I then would go into the kitchen to see what help needed they needed. After that, I would work in the cafeteria or help out my supervisory RD wherever possible.

Main duties: create 1 day menu to serve in cafeteria, aid food services staff in all aspects, attend hospital departmental meetings, perform catering duties and much more

Best part of the rotation: I loved working with the friendly staff, and having the opportunity to perform other duties that I was interested in at Community Hospital including providing nutrition education to various staff and patients at the hospital!
Typical Day: Started around 9:00-9:30 AM (hours varied). We would typically start our day at one of the senior centers that provides congregate meals and Meals on Wheels for southern Orange County. Age Well is a non-profit organization that funds the Meals on wheels program for Southern Orange County. Lisa Gibson is an independent contractor for Age Well Senior Services based in Laguna Woods, CA. She develops the menus for both food programs and oversees the site managers who run the meal programs.

Main Duties: Some days we would help set up the meals for the volunteers drivers to come and pick up, or help the volunteers prep the kitchen for congregate meal service. We also rode along with the volunteer drivers to make sure they were following the standard procedures. We also did a few in-home visits since they need to be done every 6 months. This was a blast because I have never done meals on Wheels before! We also visited the kitchen where all of the Meals on Wheels meals are cooked and packaged. We did an inspection with the RD of the county for the facility..

Best part of the rotation: Of course working with the sweetest seniors: both the volunteers for Age Well and the recipients of both meal programs. They are adorable and so fun to learn about!
**Disordered Eating: Center for Discovery**

**DI: Sarah McOsker**

- **Typical Day:** Arrive between 10:45 a.m. - 12:00 p.m. Hours varied based on site and daily activities. Upon arrival, I would greet staff and clients and provide help wherever needed. I spent most of my time helping prepare meals/snacks, providing guidance during meal planning and shadowing the RD during individual sessions with clients, leading nutrition group and a restaurant outing with eligible clients.

- **Main Duties:** Prepare meals/snacks; provide guidance/help to clients during meal planning; observe the operation of the facilities; observe the role of the RD; practice appropriate behaviors around ED clients; lead nutrition groups with clients; attend group sessions in IOP; attend treatment team meetings with the therapist, dietitian, counselor, facility manager, & program director to discuss treatment status and progress of clients.

- **Best Part(s):** Having direct communication with clients on daily basis and participating in group sessions; getting to really know your clients.
Typical Day/Main Duties: I would arrive at 8:00 AM at the Head Start main office or at one of the various Head Start school sites in Orange County. The day may start off with nutrition counseling with parents who had questions regarding their children’s diet or eating behaviors. The rest of the day would be spent delivering nutrition education in the classrooms, nutrition counseling over the phone, or working in the office on necessary projects such as lesson plans or newsletters. I would leave between 4:30-5:00 PM each day.

Best part(s) of the rotation: Being able to be with the kids! They are so fun to be around and it felt good to teach them about good nutrition and being healthy at such a young age. Each day was very different so it kept things interesting!
Typical Day: Was at site from 8am-2pm. I attended meetings, worked on SNS P.E.s, visited two school sites, and participated in a taste test.

Main Duties: Participating in a test taste of new products for school lunches, visited two school sites and became a lunch lady for the day, attend meetings to ensure that the program is meeting federal legislative policies for reimbursable lunches.

Best Part(s) of the Rotation: I enjoyed participating with the lunch ladies and serving lunch to the kids at school. I also enjoyed taste tasting various new products.
Typical Day: Arrived at 8 am. Observe and assist with front office duties: create welcome pamphlets or observe counseling sessions. In addition, I was able to create the monthly class and allowed to teach it to the clients.

Main Duties: Observe counseling sessions, practice MI interviewing skills, create monthly class to be taught to clients, attend all-staff meetings, and network with nutrition professionals in LB.

Best part(s) of the rotation: Networking with Public Health and Nutrition professionals in the Long Beach area. I also enjoyed being able to observe the other WIC branches in the LB area such as the West and Health Department locations. Being able to learn about the entire scope of the community dietician by observing the counseling sessions, visiting the WIC supermarkets, and getting to know the clients via the classes.
Typical Day: I typically worked from 7:30 AM to 3:30 PM. Upon arrival, I would check in with my supervisory RD and discuss tasks to be completed for the day. This often included one-on-one counseling sessions with clients, working at the APLA food pantries, and creating educational material for clients. I also gave occasional food demonstrations and nutrition presentations.

Main Duties: Developing educational handouts, counseling clients, and working at the food pantries.

Best Part of the Rotation: Getting to work with such a unique population.
**Typical Day:** Most days I arrived at OCHS headquarters to start my day at 8:00 AM and typically ended the day around 4 pm. Occasionally I’d meet Isabell (Supervisory RD) at a Head Start (HS) site for a nutrition counseling appointment or pre-planned nutrition-related event (e.g. nutrition and cooking lesson with parents of HS children) before going to headquarters. Other times Isabell and I would go to HS sites or homes for nutrition counseling appointments in the afternoon. Almost every day involved time spend on projects, attending meetings, etc.

**Main Duties:** Create lesson plans/activities for HS children, parents of HS children, and parents enrolled in the Parent Nutrition Assistant program; Provide supervised nutrition counseling for HS children and/or parents; Gather/create appropriate nutrition education materials for nutrition counseling sessions and nutrition lessons; Create flyers to advertise local farmers’ markets; Attend and participate in staff meetings; Research and create educational material on a new food trend.

**Best part(s) of the rotation:** I enjoyed the diversity of responsibilities and working with children! Working with Isabell was also a great experience, as she is a very experienced, talented, and enthusiastic person to assist and learn from.
Nutrition Research: Harbor UCLA DI: Elise Harlow

- Typical day: 6 interns go to this rotation together, which makes the rotation a fun one! You and your fellow interns are tasked with creating your own mini “research study”. Our research study was comparing the body composition results between DEXA, triceps skinfold, & BMI.
- Main duties: completing a mini research study with the study population being the dietetic interns.
- Best part of the rotation: getting to be at rotation with 5 of the other interns and get a DEXA scan done.
Typically, you would go over the list of patients with your supervisory RD first thing in the morning, and then head up to the floors where the patients are. Attending to patients who need initial assessment or are referred by the medical team has priority. Doing a 3-day calorie count, calculating daily caloric, protein and fluid intake, and checking the patients’ vitamin D and zinc is routine. Also visiting the patients to hear their needs and concerns and occasionally educating them on their nutritional needs is done every day.
A Typical Day:
A typical day began between 7:30-8:30 am. I would check in with the RD supervising me for the day and review patient charts. Pediatric RDs work with a multidisciplinary group so I attended rounds or a meeting everyday. Other tasks during the rotation.

Main duties:
Following up on calorie counts, attending rounds and meetings, and assisting with assessments.

Favorite Part of the Rotation:
My favorite part of the rotation was being able to see all the children and the strong impact that nutrition is making on their lives. Also, I like learning by seeing so I enjoyed that the RDs exposed me to a number of patients and conditions.