

# Clinical Rotations

Clinical rotations are 20 weeks long and all are within our facility or are located close by.

Students will rotate individually through each rotation and work under the supervision of the Registered/Licensed Dietitian (RD/LD). During the clinical rotations, students will begin with introductory learning experiences such as cardiology and progress to more complex ones such as critical care as they complete each rotation. The students first learn the basic skills for clinical nutrition care of hospitalized patients. Students will master skills in reading medical records, gathering and analyzing nutritionally relevant data, and generating a complete nutrition assessment for individual patients. The students will also develop care plans, implement nutrition interventions and monitor patient progress. Students will chart using the Nutrition Care Process and will also receive practice in coding for malnutrition.

WVU Medicine is a Level 1 Trauma center for adults and one of only 21 verified Level 2 pediatric trauma centers in the United States, therefore will provide the opportunity for unique learning experiences not found in other facilities. Because WVU Medicine is a teaching hospital, there are always opportunities to observe surgeries and procedures related to clinical rotations. Past students have observed gastric bypass, ENT and various cardiac surgeries and procedures. Students are also able to observe feeding tube placement, modified barium swallow studies and work with our wound care nurses.

## **Oncology, Blood and Marrow Transplant Service- (2 weeks) –**

Students will learn the nutritional care of patients with cancer, those receiving blood and marrow transplants, orthopedic surgery needs and have exposure to a variety of other cancer treatments and research.

## **Cardiology - (2 weeks) –**

Students will learn the nutritional care of cardiology patients including those on the floor and in the Cardiovascular ICU (CVICU). Students will have experience in counseling, education and also nutrition support in the ICU units.

### **NICU - (1 week) –**

Students will be able to participate in the nutritional care of newborn infants born with medical and surgical problems in our 39-bed Level IV unit. Many of their problems place them at nutritional risk resulting in complicated nutritional management. Students will round with the healthcare team daily and learn to calculate neonatal formulas along with enteral and parenteral nutrition support. This is a unique learning experience and will provide the student with opportunities to learn about multiple neonatal medical conditions and work with nurse practitioners.

### **Pediatrics/Obstetrics - (2 weeks) –**

Students will work with the RD/LD in our Level 2 pediatric trauma center and gain experience with infants, children, and adolescents. The experience includes calculating infant formulas, plotting growth charts, learning basic physical assessment, and calculating enteral and parenteral nutrition support. Students also work with patients in our Maternal Infant Care Center.

### **PICU - (2 weeks) –**

Students will spend 2 weeks with the RD/LD in our Pediatric Intensive Care Unit. Students will round daily and learn how to care for higher acuity pediatric patients most of which are on enteral or parenteral nutrition support.

### **Surgery - (2 weeks) –**

The students rotate on the surgical floor and also in the Surgical Intensive Care Unit. They round with the RD/LD and healthcare team daily with the goal of mastering the nutrition support and care of the critically ill population. Students are also taught how to complete comprehensive nutrition interventions including how to interpret metabolic cart results, calculate enteral/parenteral nutrition support, calculate the osmotic load of parenteral nutrition and how to monitor and adjust electrolytes.

### **Critical Care - (2 weeks) –**

Students spend time in the Medical Intensive Care Unit rounding with the healthcare team and calculating enteral and parenteral nutrition support of high-risk patients. The student will review and interpret current research regarding the application and implementation of nutrition support in the ICU.

### **Trauma, Medicine, Medicine Step-down- (2 weeks)-**

Students will learn round with the Trauma team and learn the unique nutritional needs of the Trauma service patients and in addition those of the general medicine and medicine step-down patients. Students may also work with patients in the post-anesthesia recovery area.

### **Neurology- (2 weeks)-**

Students will round with the Neurology team in the Neuro ICU and on the floors. They will also work in our JCAHO certified stroke unit and some students may get to experience working in the outpatient ALS clinic that occurs once per month.

### **Clinical Staff Relief - (2 weeks) –**

Once all of the clinical rotations are completed successfully, students are provided with an opportunity to perform autonomously as a clinical staff dietitian including carrying the beeper, rounding with the healthcare team and being “on-call” one weekend. The student is expected to use time management and problem solving skills developed during previous clinical rotations to complete nutritional care plans on patients and demonstrate competence as an entry-level dietitian. Students are given a choice of the area of interest within our facility excluding ICU's and their work is monitored by the Dietetic Internship Director.

### **Encompass Rehabilitation Hospital - (1 week) –**

This facility provides students experience in the continuum of care from acute care to rehabilitation. The students will work as part of the multidisciplinary team providing appropriate nutritional care including calorie counts, supplementation, modified diets, and enteral/parenteral nutrition.

## **Clinical Projects**

### **Cardiac Recipe Sampling**

Objective: To gain experience in modifying recipes to accommodate the heart healthy guidelines.

The student will choose a recipe and modify it based on the heart healthy

guidelines. This recipe must be pre-approved by the Cardiology Clinical Preceptor. The student will then be required to prepare this item, explain the modifications, supply both the regular and modified recipe and serve it to the students, Dietetic Internship Director and Cardiology Preceptor. This will occur during class at the end of the Cardiology rotation.

### **Clinical Nutrition Case Study**

Objective: To gain experience in researching and reporting a clinical problem relevant to a patient's nutritional status.

This case study is a major component of the internship program. A substantial amount of time should be dedicated to create an in-depth written and oral presentation. (minimum of 30-40 page written and minimum of 1 hour power point presentation) The case study patient/topic must be approved by the Clinical Instructor in the unit in which the case study was assigned.

The written case study will be evaluated by the Clinical Preceptor and the Dietetic Internship Director. The oral presentation will be presented to Students, Dietitians, and the Dietetic Internship Director.

### **Mini-Case Studies**

Objective: To gain experience in researching and reporting a clinical problem relevant to the nutritional status of a patient, specifically in the pediatric population.

The student will be responsible for choosing patients during 5 of their clinical rotations and completing a mini-case study on them including past medical history, social support, anthropometrics, nutrition care plan, research on the condition of the patient and prognosis. The Clinical Preceptor will have final approval of each patient chosen based on their status and nutritional care plan. The students will be responsible for typing a report to be presented orally in class at the end of the second week of the clinical rotation.

## **Portfolio**

Objective: To gain experience in developing, organizing and preparing a folder of past work experiences, projects and tasks completed for use in the job market.

The students will individually prepare a portfolio including a resume, projects, tasks and other goals accomplished during college and the dietetic internship. This is to be compiled on a continual basis during the internship and must be reviewed with the Dietetic Internship Director prior to the completion of the program. The internship director will review the progress of these during National Nutrition Month.

# **Administrative Rotations**

Administrative rotations are 6 weeks long  
and all rotations are within our facility or are located close by.

## **Administrative Rotations**

These rotations are assigned to expand knowledge and provide opportunities to apply principles of management in a food service operation. During these rotations the student is exposed to ordering and receiving systems, production forecasting, materials management, personnel management, employee in-services, customer service issues and cafeteria operations.

### **Retail Services / Catering - (1 week)**

Students will spend one week with the catering manager as an introduction into their food service rotations learning about production, ordering and waste control. They will create a "meal deal" for the cafeteria making sure to follow heart healthy guidelines and they will also learn how to plan, organize and bill for catered functions.

### **Patient Services - (4 weeks)**

Spent mainly with our Patient Services Manager, Retail Manager and Executive Chef. During this time the student learns all aspects of the foodservice department from inventory to ordering and billing. They also learn all aspects of food safety and sanitation including HAACP standards. The student plans and executes a complete

cafeteria special--they choose the theme. (includes pricing, recipe modification and ordering all entrees, grill items, self-serve bar items and desserts) Students also create a survey to evaluate their special and analyze the results. All information is included in their folder at the end of the rotation.

### **Administrative Project - (1 week)**

Students will be given a problem, issue or need in the Department. This will be assigned at the beginning of their patient services rotation--5 weeks prior to due date. The students have this week to work on the project before completing a written and oral report.

## **Administrative Projects**

### **Administrative Project**

Objective: To gain experience in identifying a project topic and then planning, organizing, implementing and evaluating a solution in the administrative area.

The project will be assigned by the Dietetic Internship Director at the beginning of your patient services rotation. The student must submit a detailed outline of the project plan for approval to the Internship Director. The project will be completed on the date specified in the syllabus. The project will be evaluated by the appropriate Managers and Dietetic Internship Director. The written paper and oral presentation to the staff and students will be scheduled one week after the rotation is completed.

### **Cafeteria Theme Meal**

Objective: To demonstrate the ability to use efficiently and effectively the techniques and tools for managing foodservice systems.

- The student will develop a theme menu for Ruby cafeteria during their patient services rotation.
- Choose entire theme for special
- Must have 2 entrees, 2 vegetables, 2 starches, 1 soup, 1 grill item + a pizza, or 2 grill items and 2 desserts.
- Supervise development and/or modification of recipes/formulas.

- Supervise production of food that meets nutrition guidelines, cost parameters and consumer acceptance
- Order food, purchase decorations and decorate cafeteria
- Supervise recipe testing, in-service staff
- Develop a customer survey to rate your food from your special.
- Build an excel document that rates the food you served at your special.
- Summarize the special cost/meal%/sales/customer satisfaction rate.

### **Retail Cafeteria Mini-Promotion**

#### Cafeteria Mini-Promotion:

- Develop 2 new menu items for the cafeteria. Recipes must be nutrient dense and contain healthy ingredients, less than 12 grams added sugar, healthy or no added fats, low to moderate calorie and sodium, with emphasis on fresh fruits or vegetables and inclusion of whole grains. Promote recipes as part of a 500-calorie meal deal. (Combined caloric content of items) Meal deal must have less than 600 mg sodium.
- Using Axxya Nutritionist Pro Software and Label editing program, prepare label to include at point of service and to link to menu on line.
- Arrange for recipe testing & evaluate tested product.
- Standardize the tested recipe.
- Determine raw food cost utilizing US Foods Menu Costing Software Program.
- Utilize current labor cost.
- Market the items through display, signage & home size recipes.
- Plan for ordering of ingredients with assistance from inventory control specialist.
- Suggest selling price.
- Supervise preparation of product.
- Determine acceptance of item through survey of customers.
- Report results of recipe development using oral and written guidelines.

Catered Experience: Usually scheduled on Wednesday, but is dependent on catering bookings already in place. Please contact Catering Manager, Stephanie Juristy, the week before.

- Work with catering manager, staff assistant, servers and production to experience planning, billing, production, service and cleanup process.
- Develop a menu or promotion suitable for a catered event using new items. Please keep in mind food trends, variety of tastes, textures, and colors.
- Plan for ordering of ingredients with assistance from inventory control specialist.
- Online Ordering.
- Suggest selling price.
- Supervise preparation of product

## Community Rotations

Community rotations are 9 weeks long and all rotations are located in our facility or are near by.

- **Cystic Fibrosis Clinic (1 week)**

Students will have the opportunity to spend time in our Cystic Fibrosis clinic which is one of only 18 Cystic Fibrosis centers in the US. They will spend time with the Cystic Fibrosis dietitian, pulmonary team and other interdisciplinary team members learning about the unique nutritional needs of this population.

- **Outpatient Adolescent Clinic (1 week)**

Students will work with the dietitian to provide nutrition assessment and education to the pediatric clinics. The student, with guidance from the dietitian, will have the opportunity to screen, assess (including physical assessment) and educate patients in the pediatric Adolescent clinics in the areas of allergy, nephrology, pulmonary and adolescent reproductive clinic.

- **Diabetes Education Center - (1 week)**

Students will have the opportunity to work with the dietitian and nurse educators to provide diabetic education for outpatients. They will also participate in billing of MNT services.

- **Fairmont State University\*\*\* - (1 week)**

Students will have the opportunity to work with several dietitians in the university



setting. They will prepare lesson plans, teach classes and also work with the director of the WV Child Nutrition Program helping plan programs and state meetings.

**Public Health (WIC) - (1 week)**

Students are given the opportunity to become familiar with the WIC organization and learn the eligibility requirements and referral procedures for WIC patients. The student will observe the role of the RD/LD in selecting and counseling patients including prenatal, postpartum, and pediatric education both in a group and individual setting.

**Outpatient Weight Management Clinic - (1 week)**

Students will work with the dietitian to provide nutrition assessment and education to the weight management clinics in the Physician's Office Center. The student, with guidance from the dietitian, will have the opportunity to screen, assess and educate patients.

**Outpatient Cancer Center - (1 week)**

Students will have the opportunity to work with the dietitian assessing and educating patients with different complications relating to their cancer and/or treatment.

**Family Medicine - (1 week)**

Students will work with the dietitian at the outpatient Family Medicine clinic. Students will have experience working with the dietitian counseling patients, learning about Head Start and working with the Diabetes Clinic as part of the Patient Centered Medical Home service.

**Department of Surgery-Bariatrics - (1 week)**

Students will work with the bariatric surgery dietitians. The dietitians see patients in the outpatient clinic, visit them on post-op day 1 inpatient and also run the bariatric support group. Students will have the opportunity to participate in these activities along with the possible opportunity to observe a bariatric surgery.

\*\*\*Designates facilities which may be outside of town and require travel. A vehicle is required since some facilities are anywhere from 15-40 minutes outside

of town. Fairmont State University is located approximately 15 minutes South of town. Meals are provided.

## Additional Experiences-may be virtual

### **Kid's Fair - 1 Day**

Dietetic students also participate in the WVU Medicine Children's Hospital "Kid's Fair" held in the spring each year. (usually April) The students are responsible for creating educational materials, activities and games for the children, work at the booth and provide education to parents and children.

### **West Virginia Academy of Nutrition and Dietetics Association Meeting -2 days**

Students will attend the state dietetic association meeting held in the Spring each year. Students will be responsible for helping introduce speakers and work the registration booth if applicable.

### **Tour of US Foods Plant - 1 Day**

Students are given the opportunity to tour the US Foodservice plant in Greensburg, PA along with participating in lectures by vendors. This opportunity gives students exposure to group purchasing organizations (GPO's), food service contracts and alternative products available for patients such as those with dysphagia or pre-planned meal programs that are available.

### **Tour a Local Farm- 1 Day**

Students experience a tour of a local farm presented by the National Dairy Council.

### **Tour of the Strip District - 1 Day**

Students are given the opportunity to tour the Strip District in Pittsburgh, PA and experience the open food markets and specialty stores.

### **National Nutrition Month- Fridays during the month of March**

In March, all Fridays are spent conducting National Nutrition Month activities in the community. Some of these activities include:

1. Public Service Announcement at local Radio Station
2. Work in the Soup Kitchen
3. As an internship class, create and cook a meal at the Rosenbaum Family House
4. Create a wellness poster and handout to be presented for the community

- **Week of Choice (2 separate weeks) –**

Students are scheduled two weeks of choice. The first is usually scheduled during the first three months of the internship and the second is near the end of the program. During these weeks the student is encouraged to gain experience at other facilities in areas they may not have exposure to at our facility. This can be in an area related to dietetics you would like more focus on or a facility you might like to work at when you graduate. The student must find a Registered Dietitian who agrees to precept and create competencies for them. An affiliation agreement must be obtained with the facility if one does not already exist. Travel is dependent on site chosen.

We have several dietitians that are part of WVU Medicine who are options for the week of choice such as our Outpatient dietitian at Cheat Lake Physician's office center, the Heart and Vascular Institute dietitian, Transplant Dietitian, Pediatric endocrinology clinic dietitian or the Pain Clinic dietitian. There are also several other dietitians within the University or local area that may be able to accommodate the rotation such as the dietitian in Genetics, the dietitian who manages the University dining services and nutrition counseling, or the University Certified Sports Dietitian.

Students are encouraged to think outside the box for experiences they would find beneficial. For the 2017-18 class, one of our students was able to spend a week of choice at NASA in Houston, Texas. Read about Matt Breit's NASA experience [here](#).