



▶ 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!

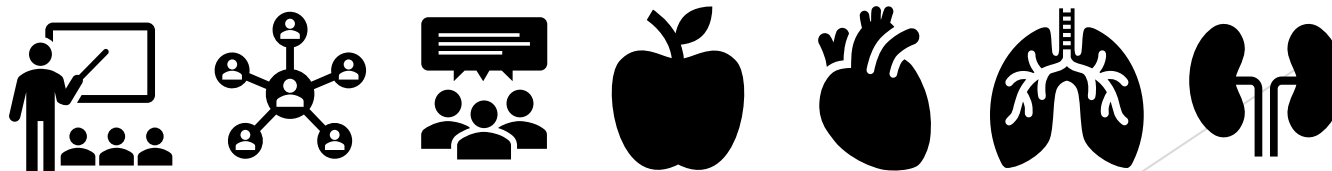
Rotations Timeline - Completed over Fall, Spring and Summer

- ▶ 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

VEGETARIAN NUTRITION

Types of Vegetarian Diets...

| | | | | |
|-----------------------------|--|--|---|--|
| Lacto-Ovo Vegetarian |  | DO: Fruits Vegetables Grains Nuts and Seeds Dairy products Eggs |  | DON'T Meat Poultry Seafood Products derived from meat, poultry, or seafood (gelatin, broths, gravy, and lard) |
| Lacto-Vegetarian |  | DO: Fruits Vegetables Grains Nuts and Seeds Dairy products |  | DON'T Meat Poultry Seafood Eggs Products derived from meat, poultry, or seafood (gelatin, broths, gravy, and lard) Products containing eggs |
| Vegan |  | DO: Fruits Vegetables Grains Nuts and Seeds |  | DON'T Meat Poultry Seafood Eggs Dairy Products derived from meat, poultry, or seafood (gelatin, broths, gravy, and lard) Products containing eggs Products containing dairy |



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



“ 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:

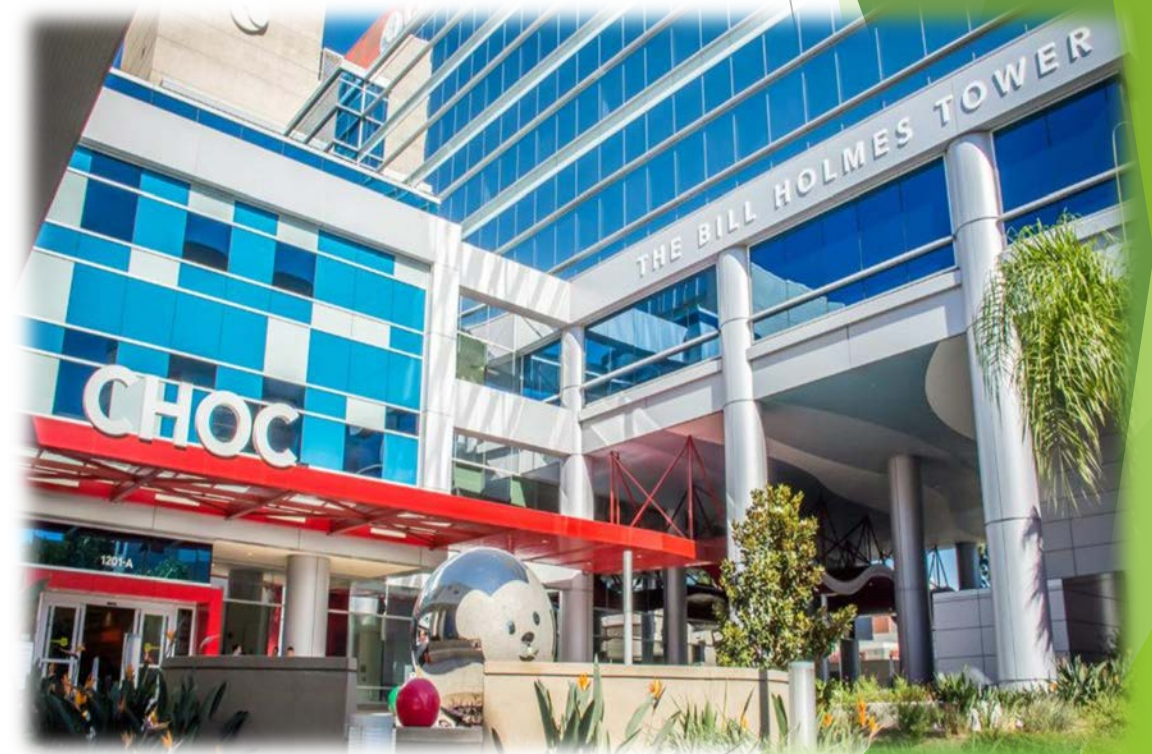
- ▶ 8:00am - 4:30pm Tues. - Fri.
- ▶ Children's Hospital of Orange County

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!

December Nutrition Newsletter

The Holiday Season is Here!
"Rethink your Drink & Dental Health"

Overeating can be hard especially around the holidays and not just food, but drinks too. Here are a few tips & suggestions to make this holiday a healthy & happy one for the whole family- CHEERS TO YOU!

Here's to good health and hydration
Make every sip count
Choose **water** or **sparkling water** more often



TIP

Freeze small pieces of peeled fruit and use in place of ice cubes for a refreshing taste and serving of fruit in every glass

Fact

People don't think about grabbing 20 teaspoons of sugar and eating it. However, people DRINK this MUCH and MORE EVERYDAY!

Get the whole family involved in cutting back on sugar. Put a chart on the fridge and everyone tracks their daily intake and see who wins. Everyone is a winner that cuts back on sugar. Eating less sugar can lead to weight loss and less trips to the dentist due to cavities

Rethink your Drink

Slowly begin by switching at least 1 sugar-sweet drink with water or club soda. Try one or all of these sugar-free flavored water/soda recipe ideas:

Sliced cucumber, fresh mint leaves and slices of lime
Mixture of fresh berries and slices of fresh lemon
Pineapple and strawberry slices with fresh basil



TIP: Always wash all fruits & vegetables first

Keep your kids teeth healthy during the holidays!

1. Rinse or brush teeth after eating or drinking sugary treats
2. Limit the amount of sugary drinks to only occasionally
3. Schedule regular dental visits
4. Make tooth brushing fun. Let your child pick their own favorite color or design of toothbrush

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!!



Dark Leafy Green
like Spinach and
Broccoli



Red and Orange
Vegetables like
Carrots and
Tomatoes

Vegetables

2 ½ cups per day

What does a cup look like?

1 large **bell pepper** = 1 cup

2 cups **raw spinach** = 1 cup

1 cup **baby carrots**

1 cup **mushrooms**

Vitamin A helps keep your
eyes and skin healthy



Starchy Vegetables like
Potatoes, Corn, and
Peas



Other Vegetables like
Mushrooms, Zucchini,
Asparagus, Cabbage,
and Cucumbers

Parents Role in Preventing Childhood Obesity

**EAT HEALTHY, MOVE MORE....
PASS IT ON!**

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



6 WAYS TO COOK YOUR Veggies

| | |
|---|--|
| <h4>ROAST</h4> <p>Preheat your oven to around 425 degrees. Lightly spray a nonstick cooking sheet with cooking spray [option to place foil down before spraying sheet to save time with dishes]. Cut vegetables into even sizes. Coat vegetables in oil of choice or cooking spray. Season vegetables to liking [salt, pepper, garlic powder, basil, parsley, etc.]. Evenly space vegetables on pan. Bake for 10-40min based on size and type of vegetable and to desired tenderness.</p> | <h4>SAUTÉ</h4> <p>Heat large pan on medium and add 1 tablespoon of oil of choice or spray with cooking spray. Once oil begins to sizzle, add cut vegetables. Season to liking and continue to stir around so vegetables can cook evenly. [Tip: if cooking multiple types of vegetables, add the ones with a longer cooking time at the beginning]. Cook to desired tenderness. Cook on high for about 1min at the end of cooking to achieve more charred vegetables.</p> |
| <h4>BLANCH</h4> <p>Boil a large pot of water on high heat. Add a teaspoon of salt. Cut vegetables to desired shape but keep different types of vegetables separate. Add one type of vegetable to pot of water for about 30-60 seconds depending on how dense the vegetable is. Remove vegetable with slotted spoon, and plunge into bowl of ice water. Remove vegetable once cooled and season to liking. Repeat steps for various types of vegetables.</p> | <h4>GRILL</h4> <p>Preheat grill for about 15 min prior to cooking to ensure it gets hot. Cut vegetables to desired shape and lightly coat in oil of choice or cooking spray. Season vegetables to liking [salt, pepper, garlic powder, basil, parsley, etc.]. Place smaller vegetables in foil wrap to ensure they do not fall through the grill. Larger vegetables can be placed directly on the grill. Flip vegetables after about 2-3min and cook until desired tenderness.</p> |
| <h4>STEAM</h4> <p>Place pot on stove with about 1-2 inches of water and bring to boil. Place cut vegetables in steamer basket. [Tip: if you do not own a steamer basket, a metal strainer will work in a pinch]. Place lid and let sit with water continuing to boil for about 5 min or until vegetables are tender. Remove vegetable from steamer basket and season to liking.</p> | <h4>BOIL</h4> <p>Bring a large pot of water to boil. Add a pinch of salt. Option to leave vegetables whole, or cut uniformly to desired size. [Tip: potatoes and beets are great to boil whole!] Place vegetables in pot and cover with lid. Cook vegetables until tender. [Tip: any easy way to tell if a vegetable is done is if a fork can easily poke into vegetable.]</p> |








Fiber

Fiber is the part of a plant based food that passes through the digestive system without breaking down or being digested





Most Americans consume less than the recommended amount of fiber daily

| | |
|--|--|
|  Women |  Men |
| Age 50 and younger: 25g Age 50 and older: 21g | Age 50 and younger: 38g Age 50 and older: 30g |

High fiber foods include:

| | | | |
|---|---|--|---|
|  8g |  16g |  9g |  35g |
|  10g |  8g |  4g |  11g |

Health Benefits of a Fiber Rich Diet

| | |
|---|---|
|  <p>Since fiber cannot be broken down in your digestive tract, instead of being absorbed, it pushes contents in your gut along, helping with constipation and/or diarrhea.</p> |  <p>Research has found that high fiber diets may lead to a decreased risk of many chronic diseases such as heart disease, hypertension, type II diabetes, stroke, and obesity.</p> |
|  <p>Foods high in fiber are processed more slowly and therefore leave a longer feeling of satiety. This can lead to better weight management by decreasing consumption of excess calories.</p> |  <p>Research has found that diets high in fiber may lead to improvements in blood pressure, blood glucose levels in those with diabetes, and immune function.</p> |

SOURCE: Anderson, Baird, Davis, et al. (2009) Health benefits of dietary fiber. Nutrition Reviews, 67(4): 188-205

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!!

March 2019 - Salad Bar Menu
Ontario-Montclair School District - Food & Nutrition Services

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| | Daily choice of milk: 1% White OR Non-Fat Chocolate OR Non-Fat Strawberry Assorted cereal with string cheese available daily at breakfast as a second choice |  Harvest of the Month  Sugar Snap Peas | <h1>March 2019</h1> | |
| Dark Green Starchy Other Red/Orange Legumes | | | | |
| Breakfast Bean & Cheese Burrito Frozen Peach Cup Berry Juice Peanut Butter and Jelly Sandwich Baby Carrots w/ Ranch Celery Sticks Mixed Fruit Fresh Apple | Mini Maple Pancakes Frozen Strawberries Orange Juice Chicken Tenders w/ Goldfish Tossed Green Salad Zucchini Sticks Applesauce Fresh Pear | Turkey Ham, Egg & Cheese Sandwich Orange Slices Apple Juice Turkey Taco Noodle Seasoned Pinto Beans Grape Tomatoes w/ Ranch Fresh Banana Chilled Mango | Chicken & Waffle Sandwich Apple Slices Orange Juice Rotini w/ Meat Sauce & Bread Roll Caesar Salad Baby Carrots w/ Ranch Diced Peaches Fresh Grapes | Breakfast Pizza Bagel Pineapple Pal Apple Juice Build Your Own Burger w/ Pickles Romaine Lettuce, Broccoli Bites Cool Peas Skoed Kiwi, Lucky Fruited Jello St. Patrick's Day Cookies |
|  |  |  |  |  |



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

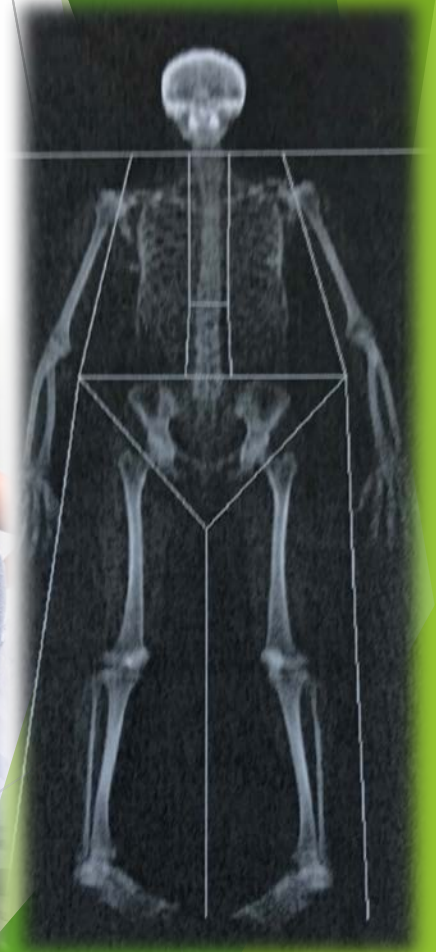
My Favorite Experiences:

- ▶ Getting the DXA scan for free
- ▶ Working together as a group with my cohort



LA BioMed

Los Angeles
Biomedical
Research Institute
at Harbor-UCLA Medical Center



Rotation: Business/Entrepreneurial Intern: Katie Keegan

Daily Schedule:

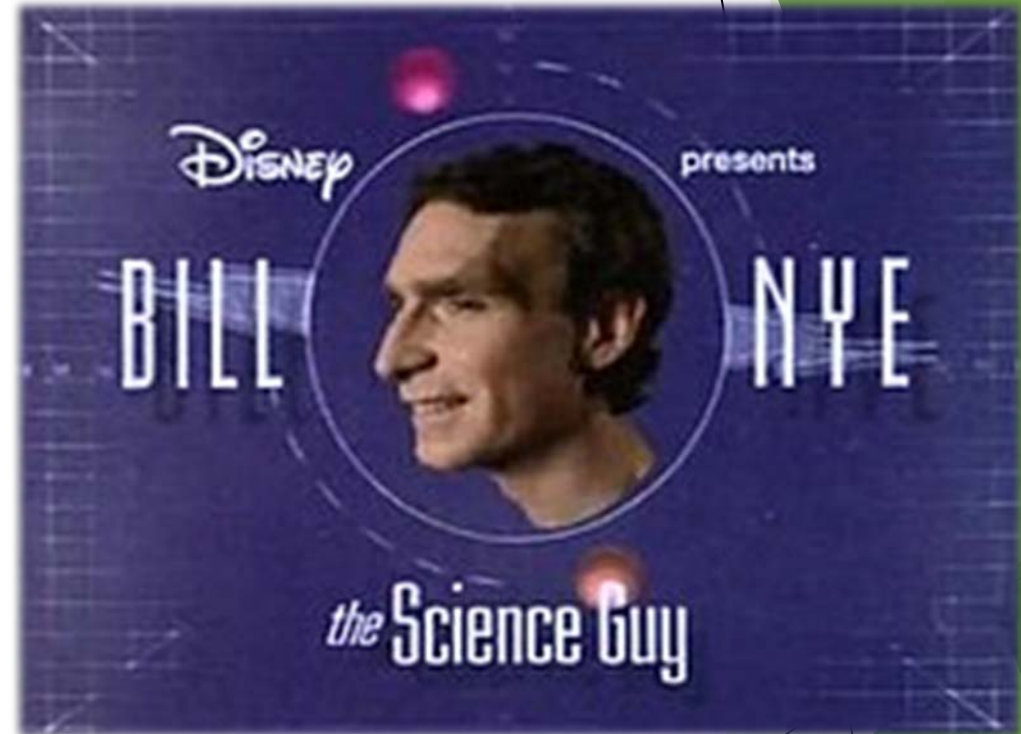
- ▶ 1-3:30pm Tues/Thurs
- ▶ Energy Resource, a Private Practice in Hermosa Beach

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...

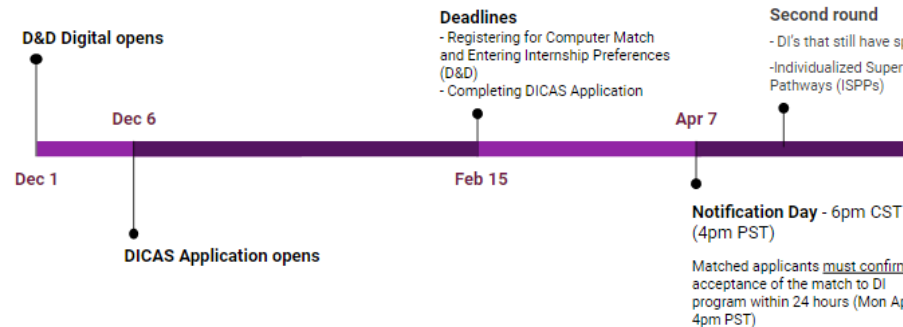
Additional requirements for CSULB MS/DI:

- University application (fee \$65)*
- GRE Analytical Writing Score* (4.0 minimum score)
- 3 Letters of recommendation* (At least 2 from instructors)
- IPND application (fee \$45)
 - Letter of Intent (By Dec. 1st)
 - GPA Sheet
 - Work Experience Sheet
- Application to DICAS
 - Personal statement in 1,000 words or less
 - Official Transcript
 - 3 references - name & contact

* A hard copy must be sent to MS program

Visit the CSULB IPND MS/DI Website by clicking [HERE](#)

April 2019 Computer Matching Calendar Timeline



Identify the type of program you want to attend

Types of Supervised Practice Programs

- Dietetic Internship (DI)
- Combined programs (Master's + DI)
- Coordinated Programs (CP) in Dietetics (DPD + DI)
- Distance Programs

Each program varies in...

- Cost
- Length (8-24 months)
- Concentration (CSULB: Nutrition Across the Life, Cycle Communications, Clinical, etc.)



www.samanthabetty.com

Sep-Nov: GRE

Review each internship for minimum requirements

- Typically writing 4+ (out of 6)
- ~50% of programs require GRE
- ~\$200



- Can take up to ~Jan 1
 - Results take 10-15 days to be sent to recipients
- Take before winter break so you can retake if necessary
 - Appointments are scheduled on a first-come, first-served basis. Register early to get your preferred test date and test location!

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

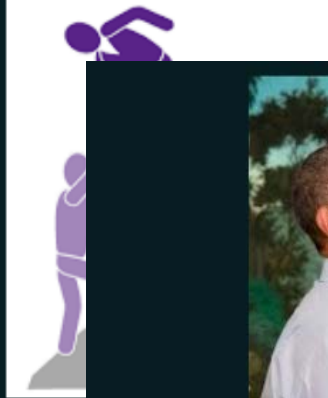
WHERE: On CSULB campus in the FCS building

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

...for SRD

...their lives, and

...Interviewing

...d questions

...be about nutrition

...there, fave part

...etc)



(chsva.org, 2018)

TRAINING LEADERSHIP SEMINARS LEARN INSPIRE HELP PRAC
SKILLS WORKSHOPS CAREER
MENTOR
METHOD IMPROVE WORK PEOPLE GOALS
DIRECTION DEVELOP PROGRAM
MOTIVATE COACH MENTORING

Presented by: Dietetic Internship Cohort 6
March 2019

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

Image: 365 IT Solutions (2018)





Apply to be in
the next Cohort!