

## **Self-Evaluation**

Over the past year, I have gained an enormous amount of experience equally on four sections of the dietetics internship.

My first two rotations as Clinical & Food Service rotations were at South Brooklyn Hospital, previously known as Coney Island Hospital.

September -December, 2013

During my first month as a dietetic intern, I experienced what a full 40-hour work week is like for a clinical dietitian in an inpatient setting. This included the time spent with patients and tasks such as writing notes on Epic and collaborating with other health professionals.

At first, I was uncomfortable, then after observing dietitians I quickly grasped the workflow. Then, I had an opportunity to apply all my clinical knowledge to real-life settings such as communicating with patients, gathering information, reviewing other professionals' notes, connecting the dots and nutrition diagnosis, planning the MNT interventions, and monitoring patients as I was following them up. I had to explore all the units of the hospital settings, including units:

Outpatient clinic: Walk in people with various nutrition problems & pregnant women

Inpatient Units: MICU, NICU, PCU, ICU, Labor & Delivery, Pediatric, Psychiatric, Telemetry, Surgical, Renal, and palliative care units. This means that I had exposure to diverse patients with different medical problems, and lifespans, from preconception to palliative care. This experience prepared me for my twelve-week inpatient & outpatient rotation.

At the end of this rotation, I was comfortable communicating with patients, and other healthcare professionals, observing more patients, and improving to writing better notes.

After completing the clinical rotation, I had an opportunity to stay at the same hospital for the food service rotation. In my food service rotation, I was familiar already with the hospital policies and procedures. Also, I already knew the people surrounding me, which gave me the comfort of quickly transitioning from the clinical to the food service part. The food service rotation allowed me to apply my previous knowledge about food safety to reality. I was also able to review HACCP standards, recipe developing skills, forecasting, calculating food cost & labor, and inventory keeping. Additionally, I learned from food purchasing to serving procedures.

At the end of this rotation, I was following all the assigned food service-related tasks according to food service protocols. I was also comfortable presenting educational nutrition presentations to food service staff.

February -May, 2024

In the second part of the internship year, I started my Public Health & Community rotation and Independent Practice rotation with the non-profit organization “ NY Enrichment Group”.

In this rotation, I worked as a community dietician. When I started my rotation I thought that in outpatient settings things are different. However, as I have introduced all the rules and procedures, my preceptor allowed me to work with preschoolers. As I started to dive deeper, the work procedures or application of the nutrition process care was the same as clinical. The only difference was that I had more flexibility in applying nutrition counseling. While working with preschooler community members, I had to concentrate on common nutrition problems that occur

in children such as eating problems, picky eating, portion control, and educating parents or caregivers on those problems. Additionally, I had to monitor lead levels and iron deficiency in children. Closely monitoring their growth. While giving and nutrition counseling I had to consider a child's cultural food preferences. One thing that I have learned mostly, is how to solve a problem if the child has some type of food allergy, which is common in pediatrics.

Providing nutrition education to kids was not easy, because I had to come up with ideas on how to deliver the information to preschooler age.

At the end of the rotation, I was comfortable communicating with family members and preschoolers. Additionally, efficiently delivering the nutrition-related education.

This rotation was partially remote and in person. During remote hours I have gained those skills that I would never think that I need in my career. I learned to prepare lessons, prepare educational materials, write notes, and manage my own time.

After successfully finishing my rotation hours, I was allowed to stay to do my independent hours of 150. In this section, I had more time to craft my starred projects, such as developing a digital nutrition tool that would help dietitians create safe menu items, considering all the components of healthy and safe meals. Additionally, it is a great side cheat sheet for cooks to avoid mistakes while cooking in terms of allergies and nutrient components of the served meals.

As my preceptor saw my progression in working independently, she assigned a new additional project to develop a training tool for those who had to take care of Alzheimer's disease. By doing this project, I have to learn more about dementia and its nutrition-related challenges. I have gained more skills, and knowledge, and improved my creative side of creating educational tools.

By the end of this rotation, I was more proficient in managing my time and set goals to complete work tasks promptly.

In conclusion, I liked all the aspects of the internship. It allowed me to apply all the knowledge that I have learned during my undergrad and graduate years to real people, thus improving my skills in the dietetic field. In the future, I would see myself working with a variety of people with different backgrounds, ages, and cultural backgrounds. I think I can be comfortable working in private practice and helping people to solve their nutrition-related issues.