

Summary of PH & IP rotations

I did my independent practice rotation, in total of 150 hours at NY Enrichment Group (NYEG).

NYEG is the largest and leading Health, Wellness, Nutrition & Educational Group for all Non-profit Social Service Agencies in the tri-state & nationally.

The mission of NYEG is to improve health and quality of life through the integration of all the services and programs they offer:

- NUTRITION COUNSELING for EARLY CHILDHOOD
- NUTRITION COUNSELING for ADULTS and SENIORS
- NUTRITION CONSULTING and PROFESSIONAL HEALTH COACHING

I had to work in Nutrition counseling in early Childhood. Pediatric nutrition counseling for Head Start programs is conducted for children from infant to age 5. The nutritionist implements health and safety practices that adhere to the National Head Start (HS) Performance Standards. I had to monitor each child's health by performing periodic health checks, observations, and screenings. Screenings include anthropometric measurements, food restrictions, and developmental milestones. I also conducted individual intervention counseling sessions with families to discuss the desired health and dietary plan for each child.

- Nutrition-related problems may include:
- Overweight & obesity
- Loss of appetite & underweight
- Lead content monitoring

- Iron status
- Eating issues such as "Picky eating"
- Lack of self-feeding skills.
- Allergies
- Any other chronic & congenital disorders
- Food insecurity at home

I had to provide nutrition-related lessons, activities, and projects for children. I participated in many health fairs and I had an opportunity to express my nutrition knowledge via nutrition lessons, classes, posters, presentations, and cooking demonstrations. Additionally, I learned from other RDNs, and health professionals about professionalism and communication.

I also participate in online events provided by my supervisor Christine McGuire for various topics like diabetes, hypertension, and early childhood eating issues workshops.

I started this project when I was doing my public health & community nutrition rotation, I finished my Independent rotation.

During remote hours, I was assigned to help build Nutrition Digital data for NYEG with other interns.

My responsibilities included:

- ❖ To review all food inventory items from various vendors
- ❖ Sort them into food classification
- ❖ Find nutrition labels & facts
- ❖ Identify salt, sugar, fat, vitamin, and mineral content

- ❖ Identify grains whole vs regular
- ❖ Identify Allergy content: soy, nuts, fish, egg, wheat, gluten, lactose, and soy
- ❖ Identify only NYC DOE-approved food and CCAFP-approved foods
- ❖ Insert all the data into the new Excell spreadsheet

My digital product is very helpful for dietitians, cooks, teachers, and kitchen staff to avoid mistakes in the future whether they plan a food purchase, craft a menu, forecast, or cook safe and allergy-free meals for students.

Any worker of NYEG can access the Excell spreadsheet food database. They can plan from ordering proper safe food to safe quality meals for students, adults, and other members of the communities that they serve.

After finalizing the NYC approved food database project, I was assigned to create the "Alzheimer & Nutrition Training" project. In this project, I had to review many educational materials and peer-reviewed articles on Dementia & nutrition. Then, I created a training presentation on Alzheimer's & nutrition for caregivers. By doing this project I learned a lot about dementia and how to manage the disease with nutrition, feeding skills, communication skills, and how to manage their weight.

I enjoyed this rotation and I will apply many skills into my future practice.