

Garden to Table Nutrition Dietetic Internship **Community Rotation Description - 2022 Standards**

I. Before the rotation, the intern will prepare for the rotation by:

- Contacting Preceptor 1-3 weeks before rotation starts.
- Sharing with the preceptor this rotation description, list of CRDNs, and projects.
- Checking-in regarding start time, dress code, COVID-19 procedures, and parking
- Reviewing community health information: materials from Visual Veggies, intern's own course notes/texts from DPD program, information about the community site (website, practice the commute).
- Research and identifying resources in the community create a Community Resource list

Community Resource List:

- o Where are the local food banks?
 - o What are their hours of operation? Who qualifies for service?
- o Where are free meals served? What days of the week?
- o What local clinics provide low-cost or free medical care?
- o What services are available for the homeless, or to prevent homelessness?
- o If you will be working with seniors, do local senior centers offer congregate meal programs? Diabetic foot care? Nurse visits? Recreation or Education?
- o If you expect to be working with children:
 - o What programs exist for kids after school? Does this community have a free summer lunch program for kids? Are there family shelters available for homeless families?
- o Does your farmers market accept SNAP EBT?
- o What community garden programs exist? What programs exist to teach gardening, cooking (example *Cooking Matters*)? Does WIC teach cooking? Do local schools have gardens?
- o How has COVID affected community needs and the community resources?

II. At the beginning of the rotation, preceptor and intern will:

- Review this rotation description.
- Review the CDRNs that are to be covered and the assessment tools to be used.
- Intern will present their Community Resource List and preceptor will share the referral procedures used at the facility.
- Preceptor will make sure the intern is oriented to the facility rules, regulations, guidelines and Covid-19 precautions.

III. Throughout the rotation, preceptor will:

- Give intern opportunities to learn a variety of roles in community nutrition.
- Scaffold the intern experiences moving from observing, then assisting, then acting independently.

Garden to Table Nutrition Dietetic Internship **Community Rotation Description - 2022 Standards**

- Supervise intern in the completion of learning activities and projects, or find others who can help the intern gain needed experiences.
- Create an environment where biases and microaggressions can be talked about and the effects can be minimized. Help intern implement culturally sensitive strategies to address cultural biases and differences. (CRDN 2.12) An excellent three-minute video that could help: [Responding to Microaggressions](#).
- Inform the internship director if the intern is not meeting standards.
- Assess intern via mid-rotation (mid rotation assessment can be skipped if rotation is less than 150 hours) and final assessment. (One week before end of rotation, preceptor completes draft of final assessment and reviews it with intern, to allow interns an opportunity to address shortcomings.) and send interns a copy of the assessment.
- Contact the internship director as soon as possible if it looks like the intern will not meet the CRDNs or is having trouble with elements of the rotation.

CRDNs and Assignments:

We have attempted to create assignments that will be useful to the facility and a good way for an intern to demonstrate they meet the required CRDN. If the assignment as described can not be done at this site, intern will have another chance to meet the CRDN in another rotation. If you have questions or concerns contact director@gardentotablenutrition.com.

Unless otherwise noted, all assignments will be evaluated by the preceptor using the assessment for this rotation.

Learning Activities for Required CRDNs in Community Rotation:

1. Nutrition Education Materials: CRDN 2.2, 2.12, 3.9

- Under the guidance of the preceptor or internship director, develop nutrition education materials for a specific cultural group that isn't being well served by existing educational materials/methods. Create new/revised materials/procedures.
 - What culture/education/age/language are you targeting? What elements would make the material more culturally appropriate? (Consider working with a member of that culture for guidance/feedback)
 - Use a SMOG evaluation to assess the appropriate reading level for your audience. ([readability tools](#))
- Consider keeping the material at an 8th grade level for the general population, and consider using a 4-6th grade level for non-native English speakers, or for audiences with limited education. Consider using more graphics and less text to bridge language and

Garden to Table Nutrition Dietetic Internship **Community Rotation Description - 2022 Standards**

education gaps.

CRDN 3.9: Create or revise existing nutrition education materials that demonstrate an understanding of cultural differences avoiding cultural biases; materials are culturally and age appropriate and designed for the literacy level of the audience.

CRDN 2.2: Demonstrate professional writing skills in preparing professional communications.

CRDN 2.12: Implement culturally sensitive strategies to address cultural biases and differences.

2. Nutrition Education Presentation: CRDN 3.7, 3.8, 3.11

- Work with preceptor to pick a nutrition topic and target group for your presentation. Research the needs of the expected audience and design appropriate materials (consider reading level, education, language skills, generation, wealth and culture).
- Pick objectives for your presentation.
- Tailor presentation targeted to meet the needs of the population served.
- Evaluate the effectiveness of the presentation with your preceptor.

CRDN 3.7: Demonstrate effective communication and documentation skills for clinical and client services in a variety of formats and settings, which include telehealth and other information technologies and digital media.

CRDN 3.8: Design, implement and evaluate presentations to a target audience.

CRDN 3.11: Develop and deliver products, programs or services that promote consumer health, wellness and lifestyle management.

3. Nutrition Counseling - these CRDNs can also be done in Clinical Rotation: CRDN 2.6, 2.7, 2.11, 3.10

- Prior to nutrition counseling, intern and preceptor discuss the referral system used by the facility, as well as the “Community Resource List”. Intern provides nutrition individual or small group education/counseling.
- Refers individuals in need of assistance outside of the intern’s scope of practice to other professionals (psychologist, MD, social worker) or services (food bank, WIC, TANF).
- Adapts to various cultures and identities of clients (gender identity, race, religion, sexual identity, mental and physical abilities). Uses a person's pronoun of choice when addressing them.
- Facilitates healthy behavior change in clients and shows cultural awareness and humility with clients and coworkers,

CRDN 2.6: Refer clients and patients to other professionals and services when needs are beyond

Garden to Table Nutrition Dietetic Internship **Community Rotation Description - 2022 Standards**

individual scope of practice.

CRDN 2.7: Apply change management strategies to achieve desired outcomes.

CRDN 2.11: Show cultural humility in interactions with colleagues, staff, clients, patients and the public.

CRDN 3.10: Use effective education and counseling skills to facilitate behavior change.

4. Seasonal Cooking: Program Competency #2; CRDN 4.6

- Prepare a seasonal meal with staff members at the site OR create this meal off-site and transport and serve according to local and facility health and safety guidelines.
- Serve the meal to the preceptor and at least four others (clients, volunteers, staff).
- Add the recipe with pictures and explain how the food waste was turned back into nutrients (i.e., vermiculture, hot compost, green compost, municipal food waste recycling).
- Add a slide(s) in the Classroom to the slidedeck showing the class your project.

***Note:** This meal may also be part of the Menu Development project in FSM or done in FSM as a stand-alone project..

Program Competency #2: Prepares a meal with at least 30% seasonal, locally-grown ingredients; demonstrates basic skills in growing and/or harvesting, preparing food, turning food waste into nutrients for the soil.

CRDN 4.6: Propose and use procedures as appropriate to the practice setting to promote sustainability, reduce waste and protect the environment.

Additional Possible Activities

NOTE: Interns may be able to cover these CRDNs in other rotations, if they can't do them here.

1. Skills Development and Demonstration: CRDN 2.3, 2.4, 2.8, 2.10, 5.5, 5.6

- Throughout the internship, interns will be working on these skills. We don't expect every one of these skills to be covered in every rotation. The preceptor will guide the intern as they develop skills in teamwork, negotiation, managing conflict and cultural humility.

CRDN 2.3: Demonstrate active participation, teamwork and contributions in group settings.

CRDN 2.4: Function as a member of interprofessional teams. Works with other professionals such as lactation consultant, social workers, administrators, fundraisers/grant writers to enhance client care, solve a problem or implement a procedure.

CRDN 2.8: Demonstrate negotiation skills. (advocating for changes, negotiating with client)

Garden to Table Nutrition Dietetic Internship **Community Rotation Description - 2022 Standards**

CRDN 2.10: Demonstrate professional attributes in all areas of practice.

CRDN 5.5: Demonstrate the ability to resolve conflict.

CRDN 5.6: Promote team involvement and recognize the skills of each member.

2. Community Health Screening: CDRN 3.3

- Taking Blood Pressure: **CRDNs 3.3**
 - Work with nursing staff to get experience and take blood pressure readings on at least five individuals.

- Finger prick testing: **CRDN 3.3**
 - Get experience doing “waived point of care testing” (ex: glucose, blood lipids, hemoglobin) to gather data for nutrition assessment.

- Recommend/Initiate pharmacotherapy plans for nutrition deficits: **CRDN 3.3**
 - Iron or B12 or vitamin D supplementation, pre-/probiotics, fiber, calcium.
 - Can be done with role play.

CRDN 3.3: Perform routine health screening assessments including measuring blood pressure, conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol), recommending and/or initiating nutrition-related pharmacotherapy plans (such as modifications to bowel regimens, carbohydrate to insulin ratio, B12 or iron supplementation).

3. Glucose Self-Monitoring Education: CDRN 3.4

- Intern helps clients monitor their blood glucose levels, and discusses the effects of diabetes medication as well as MNT strategies to maintain healthy glucose levels. Educates clients on how sugar moves from food into the bloodstream and is used by the body. Empowers clients to create a plan that works for them to manage blood glucose levels.

CRDN 3.4: Provide instruction to clients/patients for self-monitoring blood glucose, considering diabetes medication and MNT (case study OK).

4. Growing Food Security Program: CDRN 1.3; Program Competency #1 (this is done with the whole class and might not line up with the community rotation timeline)

- Find a program at a community site or outside your site that focuses on food security, food sovereignty, local food production, gardening skills (ex: teaching about wildcrafting/growing/harvesting), or a subject that is similar.
- Research its budget and its impact.
- Write a review or “pitch” for a panel of philanthropists deciding where to donate funds.
- This pitch will be less than one-page long. Be sure to include information such as the program’s budget, what type of impact the program makes, how many people are

Garden to Table Nutrition Dietetic Internship
Community Rotation Description - 2022 Standards

affected.

- Upload the file to the Google Classroom, and present the pitch in a competition for a small grant from Garden to Table Nutrition.

CRDN 1.3: Justify programs, products, services and care using appropriate evidence or data.

Program Competency #1: Interns will be able to identify organizations within their community that assist individuals in growing food, and learning how to grow and cook food.