



Lagniappe Wellness

Health through Education

Outpatient Emphasis Rotation Syllabus

2025

Outpatient Obesity and Diabetes Prevention and Treatment

Rotation Description

Interns practice providing outpatient-based nutrition services including nutrition assessment, counseling, education, wellness promotion for a diverse population including individuals and groups with obesity and diabetes.

Rotation Length and Schedule

This rotation is approximately 160 supervised-practice hours; however, due to the possible nature and schedule of the assignments and activities, this rotation may require a period longer than 4 weeks. The actual activity schedule and deadlines should be agreed upon by the program director, preceptor, and intern, and include the schedule requirements of the facility director, since activities require fitting into the ongoing facility operations.

Setting Requirements

This rotation requires a community or outpatient nutrition setting that may be found in hospital and clinic outreach programs, social service agencies, community centers, or non-profit health programs. The setting must be a fixed location that provides ongoing services in order to provide interns with adequate opportunity for follow up care for patients and clients with obesity and diabetes.

Preceptor Requirements

Preceptors should be registered dietitian nutritionists, or other health care professional with the CDE credential or other credential for the treatment of obesity and diabetes.

Recommended Resource

The Academy of Nutrition and Dietetics International Dietetics & Nutrition Terminology (IDNT) Reference Manual (current edition) and others to be determined.

Completion Requirement

Interns must fulfill the rotation requirements within established time and receive ratings of “satisfactory” on all requisite activities, assignments, and associated competency demonstrations.

Required Rotation Learning Activities:

Facility Orientation

Interns review the strategic plan, policies and procedures, organizational chart and all job descriptions to learn about the structure and operation of the program. Interns will shadow their preceptor to learn about the diversity of the program and to observe the preceptor's interactions and activities. Interns will work with all levels of staff to gain an appreciation for the various roles and interactions that occur.

Program Operation

Interns will engage in day to day activities in the operation of the program which will include the following:

- Review and/or update educational materials as needed for use with patients/clients seen
- Assess clients and plan treatment strategies.
- Conduct educational and counseling with clients and evaluate for attainment of knowledge.
- Other activities carried out in the operation of the practice site
- Other activities as requested by the preceptor

(CRDNs: 2.8, 3.7, 3.10, 3.12, 4.9, 4.10)

Research Paper

Interns will research full meal replacement programs and write a 3-5 page paper detailing benefits, risks, issues such as insurance and other barriers. Research articles (minimum of 5) should be from peer reviewed scientific journals that were published within the past five years.

(CRDNs: 1.2, 1.3)

Precepting Reflection

Interns will identify and read an article from a journal or dietetics related publication (such as Today's Dietitian) that describes the role and responsibilities of precepting. A two page reflection should be written which should include thoughts on their own future role as a preceptor. The paper should be reviewed by the preceptor and posted to their Outpatient submission page.

(CRDNs: 5.8)

Professional Development

- Develop resume of education, experiences, goals for employment
- Self-evaluation of Professional attributes and development of self-improvement plan
- Share and discuss PDP with the preceptor.
- Discuss job opportunities and development needed for employment

(CRDNs: 5.1, 5.2, 5.3, 5.4)

Case Study

Interns should complete a case study using the accompanying rubric found [here](#) which preceptors should use for evaluation. The case study should be reviewed and evaluated by the preceptor and posted to the intern's submission page.

Obesity Case Study Evaluation

Intern: _____

Please rate the interns of the following components of the case study report and presentation.

	S/U	Comments
Introduction		
Has an opening that generates interest		
Introduces the topic and the focus		
Literature review		
Reviews five to ten literature selections, three of which were published within the last five years; reflects current knowledge and procedures with accurate and reasonable interpretation and commentary		
Completely explains the current perspective of patients' primary (area of concentration) and secondary disease states or conditions, nutritional implications, and nutrition interventions.		
For each disease state or condition, includes accurate and reasonable interpretations and commentary for, but not limited to:		
Epidemiology, etiology and pathophysiology		
Clinical Symptoms		
Current treatment strategies		
How other body systems are affected		
Relevance of nutrition to treatment		
Nutrition assessment and MNT		
Patient Case Study Discussion		
Thoroughly discusses patient's progress through the Nutrition care Process		
Introduction to the patient including demographics and diagnoses		
Explanation and rationale of the nutrition assessment and diagnosis, including PES statement		
Explanation and rationale, with supporting quotes and information from the reviewed literature and research, of the nutrition intervention including patient and education		
Explanation and rationale, with supporting quotes and information from the reviewed literature and research, of the monitoring and evaluation including any recent hospital care and outcomes		

Explanation and rationale for the different nutrition interventions including patient education with supporting quotes and information from the reviewed literature and research		
Explanation and rationale of the different monitoring and evaluation plans including the hospital course, if applicable, with supporting quotes and information from the reviewed literature and research		
Charts, diagrams, graphs, and illustrations		
Facilitates understanding of the paper		
Are adequately supplied		
Are of professional quality		
Summary		
Presents a summary of the rationale of the final perspective of the patient's case, recommended treatments, and prognoses; the conclusion with support of literature, research, patient notes, and interactions with patients		
Includes all key issues with possible future implications to be anticipated in the disease states, how that relates to the patients' individual prognoses		
Reference citation		
Is complete		
Follows the Journal of the Academy of Nutrition and Dietetics "Guidelines for Authors"		

Required Learning Activities Checklist

Preceptor instructions: Please include the following activities for the LWDI Outpatient Obesity and Diabetes Emphasis rotation. Space is provided to include preceptor assigned tasks.

REQUIRED LEARNING ACTIVITY	Check when complete
Review of policy and procedure manual	
Review of departmental budget and expenditure reports	
Review the strategic plan of the program	
Review the organizational chart and all job descriptions	
Conduct education and counseling of clients/patients	
Review and/or update educational materials as needed	
Research current literature regarding full meal replacement program benefits and write paper	
Use the NCP and write PES and/or ADIME notes	
Preceptor Reflections	
Billing and coding or complete module and quiz	
Intern to complete self-evaluation of Professional Attributes and develop self-improvement goals	
Resume development	
Share and discuss PDP with preceptor and development needed for employment with current rotation	

As the preceptor for _____ (Intern's name), I verify that all above activities have been completed as indicated.

Comments:

Preceptor's signature

Date

LWDI Professional Attributes Evaluation Rubric

CATEGORY	ATTRIBUTE	EXCEEDS EXPECTATIONS	SATISFACTORY PERFORMANCE	NEEDS IMPROVEMENT
BEHAVIOR				
	Dependability			
	Flexibility			
	Time management			
	Organization			
	Task completion			
COMMUNICATION				
	Listening			
	Verbal skills			
	Writing skills			
	Relevance			
	Technology skills			
	Communication with various education levels			
PROFESSIONAL COMPORTMENT				
	Intellectual curiosity			
	Professional engagement			
	Self-improvement			
	Professional development			
INTERPERSONAL				
	Open minded			
	Cooperative			
	Follow directions			
	Reacts appropriately			
CRITICAL THINKING	Perceives situation as a whole			
	Able to exercise judgement			
	Able to prioritize issues			

This rotation requires an evaluation at the end of the rotation by both the intern and the preceptor. Please follow the link below to complete the intern's competency evaluation.

[Outpatient Emphasis Competency Evaluation](#)

[Professional Attributes Evaluation](#)

[Outpatient Learning Activities Checklist](#)

OUTPATIENT EMPHASIS EXPECTED OUTCOMES

1. Scientific and Evidence Base of Practice: integration of scientific information and research into practice	
Upon completion of this rotation, interns are able to:	Associate learning activities:
CRDN 1.2: Evaluate research and apply evidence-based guidelines, systematic reviews and scientific literature in nutrition and dietetics practice.	Research paper on liquid meal replacement
CRDN 1.3: Justify programs, products, services and care using appropriate evidence or data	Research paper on liquid meal replacement
2. Professional Practice Expectations: beliefs, values, attitudes and behaviors for the professional dietitian level of practice.	
Upon completion of this rotation, interns are able to:	Associated learning activities:
CRDN 2.8: Demonstrate negotiation skills.	Conduct appropriate counseling/ discussions clients
3. Clinical and Customer Services: development and delivery of information, products and services to individuals, groups and populations	
Upon completion of this rotation, interns are able to:	Associated learning activities:
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.	Conduct effective nutrition education during client visits

CRDN 3.10: Use effective education and counseling skills to facilitate behavior change.	Conduct nutrition education and counseling during client visits
CRDN 3.12: Deliver respectful, science-based answers to client/patient questions concerning emerging trends.	Engage in thoughtful discussions with clients during counseling sessions.
4. Practice Management and Use of Resources: strategic application of principles of management and systems in the provision of services to individuals and organizations	
Upon completion of this rotation, interns are able to:	Associated learning activities:
CRDN 4.9: Engage in the process for coding and billing for nutrition and dietetics services to obtain reimbursement from public or private payers, fee-for-service and value-based payment systems.	Conduct billing and coding activities for outpatient services (OE) or complete Billing and Coding Module
CRDN 4.10: Analyze risk in nutrition and dietetics practice (such as risks to achieving set goals and objectives, risk management plan, or risk due to clinical liability or foodborne illness).	Conduct nutrition education and counseling and provide therapeutic strategies during client visits
5. Leadership and Career Management: Skills, strengths, knowledge and experience relevant to leadership potential and professional growth for the nutrition and dietetics practitioner.	
Upon completion of this rotation, interns are able to:	Associated learning activities:
CRDN 5.1 : Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.	Complete self-evaluation of competencies and professional attributes and develop goals for self-improvement
CRDN 5.2: Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals.	Resume development
CRDN 5.3: Prepare a plan for professional development according to Commission on Dietetic Registration guidelines.	Share and discuss PDP with preceptor
CRDN 5.4: Advocate for opportunities in the professional settings (such as asking for additional responsibility, practicing negotiating a salary or wage or asking for a promotion).	Share and discuss PDP with preceptor and discuss development needed/ opportunities for employment with current rotation
CRDN 5.8: Identify and articulate the value of precepting.	Precepting reflection paper

