Agenda

• Introduction to the Internship
• Management Rotation
• Clinical Nutrition Core
• Adult Critical Care Rotations
• Pediatric Acute Care Rotation
• Ambulatory Rotations

• Speakers
  • Erica Trimble, M.S., R.D. – Interim DI Coordinator
  • Barbara Lusk, M.F.C.S., R.D., L.D.N., F.A.N.D. - DI Director
  • Zita Johnson, R.D. - Nutrition and Dietary Supervisor
  • Jessica Smith, R.D., C.N.S.C. – Clinical Dietitian and Former Intern
About our Internship Class

• 6 interns
• Graduated 21 classes to date
• Concentration: Clinical Nutrition in an Academic Health System
• 48-week planned program
• Full-time, 40+ hours per week*
• Daily schedule varies by preceptor/rotation*
• Additional time required outside of workday*
• Interns cover ~6 holiday/weekend shifts

*For these reasons it is strongly encouraged that you avoid outside employment or enrolling in a graduate degree program while participating in internship
Program Strengths

Nationally renowned, multispecialty academic medical center
- 646-bed hospital with > 34,000 admissions annually
- Nearly 1 million outpatient visits annually

Complex medical and nutritional diagnoses
- Critical Care: 9 ICUs
- Level 1 Trauma Center
- Regional Burn Center
- Transplant Center
- Cancer Center
- Pediatrics: Children’s Hospital
- > 30 primary and specialty outpatient clinics

Innovative learning environment
- Sacramento’s Farm-to-Fork medical center
- Expert preceptors > 50 RD/RDNs
- 1:1 Preceptor-to-Intern ratio (clinical)
- Intern member of multi-disciplinary healthcare team
- 4 weeks of Supervised Staff Relief (hone your skills)
- Didactic Class Mondays (integrated learning)

Extensive “learning by doing”
- Minimum 1400 supervised practice hours (90% of internship hours)
- “See one, Do one, Teach one” methodology

https://health.ucdavis.edu/medicalcenter/aboutus/about.html
## General Schedule

<table>
<thead>
<tr>
<th>Rotation</th>
<th>Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orientation</td>
<td>1</td>
</tr>
<tr>
<td>Food Service / Management</td>
<td>6</td>
</tr>
<tr>
<td>Clinical Nutrition Class Week</td>
<td>1</td>
</tr>
<tr>
<td>Clinical Nutrition Core: Adult Inpatient</td>
<td>12</td>
</tr>
<tr>
<td>Advanced Clinical: Adult Critical Care</td>
<td>4</td>
</tr>
<tr>
<td>Advanced Clinical: Pediatric Acute Care</td>
<td>4</td>
</tr>
<tr>
<td>Ambulatory and Community Nutrition</td>
<td>10</td>
</tr>
<tr>
<td>Staff Relief / Elective</td>
<td>4-7</td>
</tr>
<tr>
<td>Weekend/Holiday Rotation</td>
<td>~10-12 days</td>
</tr>
<tr>
<td>Clinical Nutrition Quality Improvement Project</td>
<td>~20 hours</td>
</tr>
</tbody>
</table>

Schedule includes a two week break during winter holidays and 1 week spring break to make 48 weeks.
UC DAVIS MEDICAL CENTER DIETETIC INTERNSHIP
APPLICATION CHECKLIST

2. Submit a Personal Statement addressing questions and upload to DICAS by deadline.
3. Answer and upload the two UC Davis Medical Center DI Program Addendum Questions and upload them to DICAS in the "Dietetic Internship Program Designation" section by deadline.
   Type your name on the upper right-hand corner of each page.
   Limit each answer to 300 words, single spaced. Find questions at: https://health.ucdavis.edu/dieteticinternship/
4. Send Official Transcripts to DICAS at:
   DICAS Transcript Dept., PO Box 9118, Watertown, MA 02471
5. Upload a Verification Statement/Declaration of Intent.
6. Upload your CV/resume into DICAS by deadline.
7. Upload an official DPD course list from your DPD program advisor by the DICAS Deadline. This is an official list or copy of an official list of courses required to meet Didactic Program in Dietetics requirements at your college/university.

UCDMC DI Program requires a graduate degree before the start of the internship (not a combined program)

- DICAS: https://dicas.liaisoncas.com/
  - DICAS opens December 1st for online applications for Spring Match
  - The following documents to be submitted in DICAS by Feb 15th 11:59 pm [CST] deadline:
    - Personal Statement
    - UCDMC DI Addendum Questions
    - 3 Letters of Recommendation
    - Verification Statement/Declaration of Intent
    - DPD Required Class List
    - CV/Resume
    - Transcripts are to be mailed to DICAS

Only completed Supplemental Application Form and UCDMC DI Application Fee (check) are to be mailed to us (postmarked no later than Feb 1st).

UCDMC DI Supplemental Application Checklist (a helpful tool)

For full details, refer to instructions on our webpage: https://health.ucdavis.edu/dieteticinternship/application/selection-criteria.html
Financial Information - Highlights

Program Application Fee: $50
Program Administration Fee: $5,000

Benefits:

Professional liability insurance provided by medical center

Daily meal stipend → FNS cafes

https://health.ucdavis.edu/dieteticinternship/financial.html
Please review website for further details about

• Financial Information

• Application Information – Selection Criteria are considered and listed in order of importance:
  ✓ Academics
  ✓ Essay Questions
  ✓ Letters of Recommendation
  ✓ Work and Volunteer Experience
  ✓ Extracurricular Activities
  ✓ Interviews – scheduled with top candidates

• Program Requirements
  ✓ Admissions Requirements
  ✓ Graduate Requirements

If you have questions after viewing the website, please contact us.

https://health.ucdavis.edu/dieteticinternship/
Management

- 6 weeks
- Self-operated Food and Nutrition Services Dept
- Serves > 3 million meals to patients, staff, and visitors annually
- Whole food and plant-based ingredients
- Locally sourced menu options
- National sustainability awards
- Management in:
  - Institutional food service
  - Retail food service
  - Clinical nutrition

<table>
<thead>
<tr>
<th>Learning Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Operations</td>
</tr>
<tr>
<td>Human Resources</td>
</tr>
<tr>
<td>Quality Assurance</td>
</tr>
<tr>
<td>Continuous Quality Improvement</td>
</tr>
<tr>
<td>Employee training</td>
</tr>
<tr>
<td>Patient Meal Project</td>
</tr>
<tr>
<td>Developing new patient meals</td>
</tr>
<tr>
<td>Recipe testing and acceptability survey</td>
</tr>
<tr>
<td>Analysis of costs and resources</td>
</tr>
<tr>
<td>Staff education</td>
</tr>
<tr>
<td>Marketing communications</td>
</tr>
</tbody>
</table>
Clinical Nutrition Core

- 12 weeks
- Inpatient: Adults to Geriatrics
- Apply the Nutrition Care Process
  - Nutrition Focused Physical Exam
  - Malnutrition Diagnosing
- Document in EMR
- Multidisciplinary care
- Additional opportunities
  - Observe feeding tube placement
  - Observe swallow evaluation
Advanced Clinical Nutrition

<table>
<thead>
<tr>
<th>Adult Critical Care</th>
<th>Pediatric Acute Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 weeks</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Intensive Care Units:</td>
<td>Infants to teenagers</td>
</tr>
<tr>
<td>• Cardiothoracic</td>
<td>• Oral, enteral, and parenteral nutrition</td>
</tr>
<tr>
<td>• Neurosurgery</td>
<td>• Neonatal ICU elective option</td>
</tr>
<tr>
<td>• Medical</td>
<td></td>
</tr>
<tr>
<td>• Surgical</td>
<td></td>
</tr>
<tr>
<td>• Trauma</td>
<td></td>
</tr>
<tr>
<td>• Burn</td>
<td></td>
</tr>
<tr>
<td>Multiple, complex medical conditions</td>
<td>Patient and family education</td>
</tr>
<tr>
<td>Complex enteral and parenteral regimens</td>
<td>Multidisciplinary team rounding</td>
</tr>
</tbody>
</table>
### Ambulatory Nutrition

- **Clinics**
  - Bariatrics
  - Cancer Center
  - Cystic Fibrosis
  - Family Medicine
  - Health Management and Education
  - Gastroenterology
  - Internal Medicine
  - Nephrology
  - Obstetrics
  - Primary Care Networks (Regional)
  - Transplant Program

- 4 weeks planned, up to 7 with elective.
- Adults and pediatrics
- Nutrition counseling and education
- Tailoring nutrition therapy for:
  - Learning needs
  - Health literacy
  - Readiness to change
  - Diverse regional community
Community Nutrition

- 6 weeks
  - 4 weeks at DaVita Dialysis
  - 2 weeks at WIC (Women, Infant, Children)
- Nutrition education – individual and group
- Develop education materials and lesson plans
Other Learning Activities

- Staff Relief: Minimum of 4 Weeks (Up to 6 weeks)
  - Gain independence
  - Reinforce entry-level practice

- Electives: 2 to 4 weeks (dependent on preceptor availability)

- Didactic Classes
  - 10% of internship hours

- Clinical case study
  - Written and oral presentation on a patient focusing on the nutrition related care and literature related to their care.

- Journal club
  - Intern critical evaluation of nutrition-related research and how applies to clinical practice with facilitated discussion led by the intern
Q and A
Contact Us

• Barbara Lusk, MFCS, RD, LDN, FAND
  Dietetic Internship Director
  blusk@ucdavis.edu

• Erica Trimble, MS, RD
  Interim Dietetic Internship Coordinator
  eltrimble@ucdavis.edu