Welcome to the first edition of the Benedictine University Dietetic Internship Annual Report.

First, I would like to thank all of you that serve as site preceptors for Benedictine University’s Dietetic Internship. The internship would not exist without you and your colleagues. The expertise that you share with our interns is invaluable. We are extremely grateful for your support and contributions in making our program successful.

Second, I would like to express my gratitude to the Interns in the 2010-2011 Dietetic Internship Class. Thank you all for your input into the content of this, our first, annual report. Thank you also for representing Benedictine University in such a professional manner in all rotations and community projects that you were involved in. The work that your class has done to provide nutrition services in the community has truly made a difference!!

Enjoy reading our report illustrating the academic expertise, creativity, and dedication of the 2010-2011 Dietetic Internship Class.

Sincerely,
Julie M. Moreschi
Dietetic Internship Director
The Dietetic Internship Class of 2010–2011 would like to thank the following organizations for their service as site preceptors. Without the help of the wonderful people at these institutions, the dietetic internship program would not exist. Thank you for sharing your time, talent, and expertise with us!

- Advocate Christ Hospital and Medical Center
- Advocate Good Samaritan Hospital
- Advocate Trinity Hospital
- Benedictine University Dining Services (Sodexo, Inc)
- Cadence Health - Delnor Hospital
- Community And Economic Development Association of Cook County, Inc. (CEDA) Women, Infants, and Children (WIC)
- Daniel J. Edelman, Inc.
- DuPage Community Clinic
- DuPage Convalescent Center
- Easter Seals Metropolitan Chicago-Head Start/Early Head Start Programs
- Edward Hospital and Health Services
- Elmhurst Extended Care Center
- Evergreen Healthcare Center
- Franciscan St. James Health
- Greek American Rehabilitation & Care Center
- HCR/Manor Care – Elgin and Rolling Meadows
- HCR/Manor Care – Hinsdale
- HCR/Manor Care – Oak Lawn East & West
- HCR/Manor Care-Westmont
- Holy Cross Hospital
- Kendall County Health Department Women, Infants and, Children (WIC)
- Lieberman Center for Health and Rehabilitation
- Loaves and Fishes Food Pantry
- North Central College – Dyson Wellness Center
- North Shore Health Systems – Evanston Hospital
- North Shore Health Systems – Highland Park Hospital
- North Shore Health Systems – Skokie Hospital
- Northwestern Memorial Hospital
- Presbyterian Homes
- Riverside Medical Center
- Sinai – Health Systems – Mt. Sinai Hospital, Chicago- Sodexho
- SportFuel, Inc.
- St Anthony Hospital
- St Joseph Hospital- Resurrection Health Care
- The Holmstad
- Villa St Benedict
- Vital Bridges
- West Chicago School District #33
- Will County Elderly Nutrition Program
- Will County Health Department Women, Infants, and Children (WIC)
- Wilton Industries

Thank You!!!

Vision

The Benedictine University Dietetic Internship will provide a high quality program that is recognized as a superior model for the preparation of entry-level dietitians, and display excellence in provision of community and wellness initiatives and interventions across the lifespan.

The internship focuses efforts on vision attainment through a focus on the following goals:

- Goal #1 – The Dietetic Internship will prepare highly qualified entry-level Registered Dietitians.
- Goal #2 – Benedictine University's Dietetic Internship graduates will demonstrate high levels of professionalism.
- Goal #3 – The Benedictine University Dietetic Internship program will prepare dietetics professionals with knowledge and skills in public health nutrition as defined by Benedictine University's public health nutrition competencies.

The sections that follow will provide you with an overview of the scope and reach of the activities of the 2010 2011 Dietetic Intern class.
Clinical dietetics typically involves looking at patients in both acute care hospital and long-term care settings and performing assessments, nutrition diagnoses, interventions, counseling, and evaluations. Benedictine University Dietetic Interns spend 19 weeks in a clinical setting (12 weeks in acute care and 7 weeks in long-term care). By working directly with a qualified and experienced preceptor, the interns are able to hone their clinical skills with a focus on patient assessment, intervention, and education.

**Acute Care Hospital Patient Interventions:**
Many patients were seen by the dietetic interns for nutrition intervention. A total of 1,109 patients were seen for screenings, 1,510 were seen for assessments, 1,023 were seen for a follow-up, and 505 patients received education.

**Long-term Care/Sub-Acute Patient Interventions**
The dietetic interns saw many elderly patients with various disease states during their long-term care rotations. Initial assessments were completed on a total of 515 patients, and 424 follow-up assessments were completed.
When completing clinical rotation, Dietetic Interns are exposed to patients of various ages and ethnicities. In addition, these patients suffer from a variety of disease states. The graphs that follow illustrate these patient demographic variables.

**Age of Patient:**

Total Number of Patients Seen Per Age Group

**Ethnic Group:**

Total Number of Patients Seen per Ethnicity

**Disease State:**

Total Number of Patients Seen per Disease State

Food Service Management
Food Service Rotation

Benedictine dietetic interns complete a 5 week patient food management rotation and a 2 week retail rotation.

Patient Food Service Rotation:
• The dietetic intern works alongside a food management director to gain experience in operating and cleaning kitchen equipment, food specifications, ordering, inventory, conducting sanitation audits, completing budget reports, and resident satisfaction surveys.
• Dietetic interns gain valuable knowledge and skills that will be useful as a practicing dietitian.
• They are also provided with experience that better prepares them for dietetic careers in food management and the foodservice industry.

Retail Rotation:
• Interns work at Benedictine University’s Dining Services to learn more about both hot and cold food production, menu planning, catering events, and item costing.

In-services
During the food management portion of the food service rotation, Benedictine dietetic interns are required to prepare an educational presentation for the kitchen employees.

These presentations are meant to train kitchen employees on a specific topic to improve their skills and knowledge on a topic.

The in-services provide valuable instruction for the staff at the particular site, along with an opportunity for dietetic interns to gain experience in presenting and teaching others.

Self-Study
A total of 14 self-study manuals were created for various food service locations by the dietetic interns this year.

The self-study manual is a 2-3 page manual that is designed to instruct food service employees on a specific topic. Foodservice managers can then use these manuals as references when they feel an employee needs to gain knowledge on that specific topic.

Bulletin Board
A bulletin board is created during the food management rotation. The bulletin boards provide educational information for the staff at the food service site.

Lunch & Learn
Each Lunch & Learn is based on a nutrition topic chosen by the intern, and takes place during the retail rotation.

Lunch& Learn is presented to students and staff at Benedictine University through displaying information, answering nutrition related questions, and providing a food sample that incorporates their specific topic.
Healthy Table: Outpatient Nutrition Clinic

The Healthy Table outpatient nutrition clinic provides nutrition services, offers counseling on campus at Benedictine University, and also reaches out to provide nutrition education and counseling throughout DuPage County.

**Individual & Group Nutrition Education**

Once a week, managers of Healthy Table provide nutrition counseling at Dupage Community Clinics in Wheaton and Westmont. Managers counsel on various topics, including, but not limited to, diabetic diet, weight loss, GERD, hypertension, hyperlipidemia, and more.

The managers of Healthy Table also provide nutrition educational sessions to schools within the area. Schools include: Hinsdale Middle School, Clarendon Hills Middle School, West Chicago Middle School, Homer Junior High, Matea Valley High School, Wheaton Middle School, North Central College, and Triton College. The managers of Healthy Table have also provided nutrition services for Loaves and Fishes food pantry and the Green Earth Institute.

<table>
<thead>
<tr>
<th>Healthy Table Internal Services</th>
<th>Time Spent (Hours)</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Screening</td>
<td>4.75</td>
<td></td>
</tr>
<tr>
<td>Individual education/counseling</td>
<td>26.5</td>
<td>Personalized nutrition counseling</td>
</tr>
<tr>
<td>Education/Counseling follow-ups</td>
<td>3.75</td>
<td>Personalized nutrition counseling</td>
</tr>
<tr>
<td>Nutrition education booths on campus</td>
<td>32</td>
<td>Information</td>
</tr>
<tr>
<td>BenU Athletics</td>
<td>4</td>
<td>Personalized nutrition counseling</td>
</tr>
<tr>
<td>Facebook, Blog, Twitter, etc.</td>
<td>26</td>
<td>Providing viewers with nutrition information, tips, hints, etc.</td>
</tr>
<tr>
<td>Grant Writing</td>
<td>16</td>
<td>Two students received a grant for $250 from Wal-Mart</td>
</tr>
<tr>
<td>Loaves &amp; Fishes</td>
<td>44</td>
<td>Group food demonstrations</td>
</tr>
<tr>
<td>Community Clinic</td>
<td>118.5</td>
<td>Personalized nutrition counseling for uninsured residence of DuPage County</td>
</tr>
<tr>
<td>Various School Community Events</td>
<td>97</td>
<td>Interactive group nutrition education</td>
</tr>
<tr>
<td><strong>Grand Total</strong></td>
<td><strong>372.5</strong></td>
<td></td>
</tr>
</tbody>
</table>
In order for a small business to succeed, that business needs to get the name and the service or product out there. It is important to do this and simultaneously build a client base. In summer 2011, Healthy Table started a huge social media project that included paying more attention and posting more on Healthy Table's Facebook page to interest more people in “liking” us on Facebook.

The interns also started a twitter page and a blog (www.thehealthytable.blogspot.com), to interact with other health professionals and to start showing on a larger scale the amazing work that is done in Healthy Table. As of December 2011, there are multiple posts on the blog, Healthy Table had 82 followers on Twitter, and 172 “likes” on Facebook. Work continues to expand Healthy Table’s virtual reach.
Villa St. Benedict is a faith based independent and assisted living community for the elderly. It is located down the street from Benedictine University in Lisle, IL. The dietetic interns were given the opportunity to educate the residents about an abundance of topics that include: Farmers Markets, the Mediterranean Diet, eggs, and many other exciting topics.

They created and presented food demos, called Lunch and Learn, to engage the residents on how to make easy and healthy recipes! Also, coffee talk was a big hit where the interns discussed fun tips and trivia about the theme of the week while the residents drank their late morning coffee. There were 14 interns who provided a total of 572 community hours at Villa St. Benedict this year!

"It has been very helpful having the interns come and find creative ways to present information about nutrition to diverse audiences. I am constantly amazed at their creativity, and I know the residents appreciate it very much. We invite staff to the Lunch & Learn and often get requests for the recipes they have demoed. In addition, our exercise physiology students gain a new perspective on the field of dietetics. It is a 'win-win' for all involved!"

- Regina Schurman

The Will County Senior Service Center provides meals and activities for seniors throughout the day. They also deliver meals to those who may have a disability or limited walking capability so that they are taken care of and able to have a warm meal each day. The dietetic interns provide 600+ community hours with the Nutrition Director, Melissa O’Brian.

The Dietetic Interns create presentations for the senior service, which include topics on eye health, MyPlate balanced meals, and healthy fats to consume. Also, the dietetic interns help Melissa with phone surveys to provide the best service possible, and find new innovative ways to improve the food and service at the Senior Service Center of Will County.
WIC (Womans, Infants, and Children) is a Special Supplemental Nutrition Program, funded by the USDA, focused on healthy eating for moms, babies, and kids.

Benedictine Dietetic Interns served the WIC clinics of CEDA, Kendall and Will Counties providing nutrition education, counseling, support, and referrals. The 14 interns provided a total of 47 nutrition education interventions, which included in-services, assessments, and food demonstrations. In addition, 17 bulletin boards were developed, and 8 home visits were conducted.

The dietetic interns also provided help in special projects to WIC such as research on breastfeeding in hospitals, Farmers Market WIC voucher implementation, research on soy milk, and updating group education to be more discussion based.

CEDA WIC enjoys the opportunity to introduce Benedictine interns to the field of public health nutrition. Students are able to gain an appreciation for the importance of the WIC program, and witness firsthand the impact it has on the lives of mothers, infants, and children. Interns also enhance the CEDA WIC program with their fresh ideas, unique perspective, and eagerness to help and learn.”

Erin Nold, RD, LDN, IBCLC, MPH from CEDA WIC.

2011 was the inaugural year for the Benedictine dietetic internship partnership with Easter Seals Head Start. Head Start is an income-based program developed by the United States Department of Health and Human Services. The goal is to help create healthy development in low-income children, aged three to five.

Highlights from the first year of affiliation with Head Start:
More than 300 preschoolers, aged three-five, were provided with nutrition education by the dietetic interns.

14 dietetic interns shared nutrition knowledge and materials to 18 different Chicagoland Head Start sites.

Services provided by the dietetic interns included:
• 14 staff workshops
• 4 parent workshops
• 6 student lessons
• 28 newsletters
Dietetic Interns provide two seminars during their program

• Case Studies in Nutrition
• Trends in Nutrition Research

Benefits of Seminars

• Interns gain valuable presentation experience
• Program preceptors obtained 8.5 continuing education credits (CEUs)
• Program attendees gain new and exciting knowledge about nutrition topics
• Connections are made with local vendors and businesses in the collection of gifts and coupons for a goody bag that was given to the attending professionals
Designed by Kelly G. Mitchum
Written by Dietetic Internship class of 2011
under the direction of Julie Moreschi MS, RD, LDN
Spring 2012