

Nutrition_Clinical SEL Competency 1.13, 2.1 and reflection

Throughout the SEL, I had to actively communicate over the phone with the care team to ensure that the patients' needs were being met or aware of. This could be as simple as asking about a patient who was currently out of the room for testing or was discharged before I was able to meet with them. However, it could also be about requesting diet order changes or medication changes because of FMNI. I also would complete patient quizzes at the end of every day. Just like competency in 1.8 I would complete quizzes, but these would be daily reflection about the patients for that day or that week just to ensure that I would understand each complex visit regarding conditions and medications. I thought these were rather insightful because it would allow me to reflect on the day or the week. I have seen that I also would sit down with Rana, who was the dietitian supervisor and go over her daily, monthly and yearly operations and task. I worked with a lot of dietitians, but each one had their daily operations which would encompass a unit or floor, but Rana helped me understand the bigger picture of the entire operations. She also handled an outpatient service at 2-3 satellite offices, which I was unaware of before these meetings. She broke down what cost analysis, budgeting, patient care and updating SOPs might look like. She also gave me a deep dive into what her operations would look like regarding new health programs and grants that may need to be planned or applied for. I did this in my undergrad, but it was a notional exercise and while I understood it having an actual hands-on experience was very insightful.

Reflection

For competency 1.13, I thought the site created a perfect environment to meet the expectations. The 3 activities that I completed really helped me for my future career and helped me develop better for the coursework as well. My time with Rana helped change how I thought about the

day-to-day operations in a hospital setting because I for the most part had a deep understanding of outpatient services. While I will not be a dietitian immediate, this experience helped me eventually obtain a career with the first army as a contractor because of the experiences I obtained here. Something that was new or interesting that I learned, was the operational side with Rana. She gave me insight into the medication and logistics of the program at Northwestern, and I knew about these programs but never had a supervisor walk me through it before. All the experiences were extremely useful but that is not to say there were not obstacles throughout. The main obstacle was trying to find a timeframe with Rana for both me and the other Intern and allow time for us to ask in depth questions and learn the most of her position. The other obstacle was trying to balance my current course work and the review I wanted to do each day for the quizzes and the patients I met to fully comprehend everything I learned that day. The only deviation from the initial plan of this SEL competency was the time with Rana. Initially we had a time frame set throughout the Sel, but it ended up being one day instead of throughout the Sel. I think to improve this SEL experience would have been to elongate the time frame of maybe 4-5 hours a day instead of 9 plus hours a day, to ensure that my SEL and coursework would overlap.