

Nutrition_Clinical SEL Competency 1.8 and reflection

Competency-

Throughout my SEL, I completed quizzes almost every day on my rotation that would be very in depth. The quizzes would be in different situations, they could be assessed before, during or after rounds on the floor, or right after seeing a patient or in the office setting. The quizzes would cover everything from common pharmacology, their side effects, their common uses, as well as off label use and what type of conditions both are commonly used for. After these quizzes I compiled all common medications used on all 7 floors from cancer to cardiac and would include side effects, uses and any other related information. On a typical day, I would see anywhere from 3-7 patients and would have to create or adjust their dietary treatment plans while reviewing medication for FNMI.

Reflection-

During my SEL I worked under 7 Dietitians and the dietitian supervisor. I not only learned from the SEL experience itself, but I also really enjoyed the quizzes I would receive at least 3 times a week covering experiences I had throughout the week and anticipated experiences for the following weeks. I really enjoyed the quizzes because it would allow me to reflect on what I learned that day and understand how each floor operates differently and the same. I chose to include these experiences because I think while we do learn from doing an action, the best way I learn is reflecting on the information I learn and the actions I took for the day. I took very in-depth notes from each quiz and experience I had each day, but looking back, I

think I would have maintained at least one hour a day to review all information I got that day to fully comprehend everything. The quizzes and completing my day to day with the patients, really helped me understand how a hospital environment works and I think looking back, I don't think I would want to do this career exactly because of the time and availability you have with the patient. While working with the other dietitians, many work outpatient as well, and I asked them a lot of questions to gain insight, and I think this is the route I want to take. While I don't think I would work in this environment, I did learn a lot from this experience. This information was very transferrable to other career options I can choose to take in my life and I think this was one of the best hospitals in the area to do that. While we have done plenty of online case studies, having the experience of meeting and talking with patients was very transformative but the quizzes ultimately helped me digest the countless areas of information I was receiving from dietitians, doctors and nurses throughout the day. Lastly, I think the biggest obstacle I had was trying to manage the coursework from the current course I was in, along with doing 9 plus hours a day at mu Sel sight and trying to balance all the information.