

Nutrition_Clinical SEL Competency 1.9- 1.11 and reflection

Competency-

For both competencies, I developed and completed CKD handouts for all stages and treatments, but I also participated in interdisciplinary care rounds in the ICU and oncology before and after reviewing charts and breaking down the medical terminology. At the start of the SEL, I was instructed to make handouts for patients that have CKD and also may be doing both dialysis regimens. I waited until I met with a few patients to get a better understanding of the real-life scenarios and based off this experience, I was able to develop 4 handouts. While I was working with 7 dietitians, only 2 of them did rounds daily. Of those two, one did the ICU, where I would see patients from all floors into one floor but I would also listen to the entire care team from case managers to surgeons. This not only allowed me to understand the framework of care, but it also allowed me to ask questions in real time to gain a better understanding. This was also the first time I used EPIC, so there was a learning curve, but I was able to work with it fully within 2 days and I found few glitches that limited my ability to take proper notes. The system was different from the case studies we have done in the past, and the system generated most of the information needed to complete the patient record on our side of things.

Reflection-

While the creation of the CKD handouts was a great experience, building off the experience of seeing actual CKD patients was the most helpful. This experience changed my perspective on the care side of things, because many of these patients were somewhat

knowledgeable about their current health state but many wanted more information that was simple but comprehensive at the same time. This is what I used as a guide for my handouts. I will use this experience to further enhance my ability to take evidence-based information and break it down for the general population. But while I was already good at taking information and breaking it down, it really helped me gain a better understanding for my future career. The most interesting aspects of this was the stories I heard from all the patients. Not only the medical stories that helped me build my handouts but the unique personalized stories that let me understand their journey up until when I say them. One of the challenging aspects of this was creating a one-page handout for CKD patients and including all the relevant information but trying to avoid making it overwhelm all at the same time. As for the rounds I completed, this was one of my favorite aspects of the SEL because it let me learn so much from a wide variety of the care team. Some of the rounds were in the room with the patient and others were just in the hallway, but I have seen rounds from the patient perspective, and they can be very overwhelming but here they tried to do it in a way where it was not too overwhelming for the patient. This experience helped me understand how I would want to confront patients in rounds, if I decide to go that route and I think having them be a part of it and make it less chaotic would be my goal.

Something new or interesting I learned while doing these rounds was the different approaches each doctor took while doing rounds. Some would take notes or have a computer, while others would have the patient information remembered from the day before and would remember everything from their name to the city they were from. Both experiences, I think were very useful for not only my future career but to gain a better

understanding of how the care team works/ operates and the patients themselves. One challenge I ran into while doing the rounds, was the ability to interpret the information because each floor had different doctors and they each had different ways on delivering information but after a few encounters, I was able to adjust and learn. The challenge I faced with the CKD handouts was creating a handout that was different from North Westerns but also making it more of a walkthrough than a learning material. Because most of the feedback I got from patients was trying to understand everything on top of their current health status and the stress that comes with that. But overall, these experiences, not only gave me more insight into each floor and care process of the hospital but a deep understanding and respect for the patients.