

Nutrition_Clinical SEL Competency 2.3 and reflection

For this competency, I didn't complete just one experience but rather this encompasses my entire SEL experience. At the start of each day, I would be assigned a floor or a dietitian that could either have a floor or float to other floors. While doing so, I would go through epic and find patients that fit the criteria either for length of stay, referral, wounds or low BMI for age. Once this was complete, I would analyze their lab results, in patient and outpatient records, and all other notes while they have been submitted to our portal. From here I would create a nutrition care plan for this patient based on all information and after I met with the patient. Before I met with the patient, I would take all relevant information and compile questions that I thought we best to get the most information while also being understanding for the patient. After all information was gathered, I would use epic to determine protein and energy intake along with from at least 1 PES statement that was most relevant for the patient needs. I would also complete care plans/ education tools for the patient who may or may not have chronic disease. However, I would gather the information from the patient to understand which handout would best fit their needs. Throughout my time at Northwestern Palos hospital, I had patients who had low BMI for age, CKD of all stages, HF, CVD, Type 1 and 2 diabetes among many other chronic disease states.

Reflection

It took me about a week to fully understand EPIC and use it as a tool but also understand the SOP the hospital had while using it as well. Before this experience we had plenty of encounters with online patient interactions, but having the experience of meeting and treating a wide array of patients at this very well-known hospital was a great experience. While I may not be a dietitian yet, I thought this experience opened my eyes to the care system and how it operates but

also a new understanding of healthcare from a hands-on perspective. Something new or interesting I learned, was the product Juven that is used to help patients with wounds heal better. I was in sports nutrition and as we learned about certain supplements, I found it interesting that some supplements may not be effective in the athlete community but in a hospital setting it can be life changing. However, as we learned it is always important to have a foundation with real food first before supplementation if warranted. Some useful feedback I received after my entire SEL process, was from Dr. D, but I tried to take the feedback and use it to my advantage in hopes to learn and grow from it.

Some of the challenges that were faced was the beginning process of taking massive amounts of patient information and being able to sift through it all and only annotate the parts that were relevant or important. I found this difficult at first because I wanted to have a thorough background before I met the patient to ensure it felt like a conversation rather than an interview and I was present. I mention this because that is one of the major complaints about healthcare encounters is that the patient doesn't feel like they have the attention from the care team. The only deviation from the original plan was that my first evaluation was supposed to be halfway through my SEL, but it ended up being around 5 weeks in out of 6 weeks, but it was still informative. I believe that this was a great experience not only because I learned so much about the clinical side of dietetics, but also because I was able to get hands on experience with the EPIC system. I would recommend this experience for everyone because you can learn a lot about the health system, nutrition and the patient populations that you one day may treat yourself.