

Nutrition_Clinical SEL Competency 2.4 and reflection

For this competency, I was fortunate enough to be a part of several classes and presentation.

Furthermore, I was also able to attend to presentations from company representatives from Kate Farms and Juven. The first-class session I was a part of was shadowing a behavioral health ward and happy food and how all foods fit. Later in my SEL, I would host this session by myself.

When I shadowed the lecture, it was straight forward and after the session was over the Q and A was very brief and light. However, when I hosted my version, I tried to make it seem like a conversation rather than a presentation, and the Q and A was a lot more in depth and almost everyone in the class participated. The other class that I was not able to host but able to shadow due to time constraints was as they called it “mommy/ baby class”. Where new mothers would come in and learn but also ask questions about nutrition regarding themselves or their newborn babies. While both sessions were very fun and interactive, I think I got more from the behavioral health class because I was able to lead it but also the feedback was fantastic. Throughout my SEL, I tried to counsel patients via education handouts at least 2-3 times a day. I didn’t set this an actual number because many of my patients didn’t want or need these handouts and as we learned patient directed care is the best kind of care. I would try to address any concerns the patient had and try to inform them in an educational way that was formed to them, but at the end of the day, I am here for the patient.

Reflection

Throughout this SEL, I really enjoyed shadowing then conducting my own classes for different patient populations. I felt that the most influential one was the behavioral health ward because they were very eager to learn and ask plenty of well-rounded questions. This experience changed my thinking about this patient populations. During the program, I may be misremembering but I

don't think we have many sections that cover this populations, so this help me better understand their needs. Along with the learning experiences, this will only further prepare me my future career because now I have the experience that many may not have the privilege to have.

Something new I learned about throughout this competency was the wide range of different education material that may or may not work with different patients. As we learned throughout our coursework, it must be patient centered but having hands one experience with new patients everyday help me understand this. the feedback I received from all the patients that attended my class was very useful. They mentioned that it felt like a conversation, but they learned a lot, rather than a lecture that they are usually here. They also were appreciative of the questions and answer section because they felt as if they were being heard. The only part of the plan where we deviated from was the classes original time frame because of schedules and timing, we had to push back the shadowing and leading a few weeks but in the end, it was a great experience. At the beginning of my SEL I was anticipated working with an older population, but it was a surprise when I was able to work with mothers and those in the behavioral health ward. I think overall, I would highly recommend this experience to most students because I think it gave me valuable lessons that I was not expecting.