

Nutrition_Clinical SEL Competency 5.1 and 6.3 and reflection

For these two competencies I worked alongside the group of dietitians I was assigned to but Jade directly works with me to assign which handouts I was to create. To start, I had to have very strong cultural competence when I came to my SEL, because throughout my time at the hospital, I worked alongside at least 3 interpreters and when they were not needed, I worked with at least 10 families to facilitate active communication. I also communicated and participated in care teams to ensure the patient was receiving the best care possible. Because I shadowed well over 200 patients and directly cared for 100, I was able to develop different care strategies for each patient to ensure quality of care. Alongside this care, I worked with several care teams, from nurses to surgeons to attendings either directly or through daily rounds.

From around week 3 of 6, I started to create handouts for all stages of CKD and their treatments. I found that the handouts from NCP or Northwestern were very informative, but many patients found them overwhelming. So, I took my experience with using Canva throughout the program and created at least 3 different handouts that the team at Northwestern still have and might implement after they get approval. I took information from current evidenced based research and the prior handouts to create a front and back handout that was simple but very effective. Lastly, something I was fortunate to attend was 2 conferences or seminars on Juven and Kate Farms, but I was able to taste all items we give the patients besides Juven. During these sessions, we learned about new research on both topics and how it could affect how the hospital prescribes them to patients. Both were great experiences but for the Juven session, I thought they had very limited data and very small populations tested. But all in all, all these competencies were done throughout my 6-week rotation.

Reflection-

I was very grateful to complete my SEL at northwestern palos because I was able to meet and treat a wide variety of cultures and help build my cultural competency. These experiences help change my thinking when it came to working with patients from different cultures or speak different languages. I have travelled to at least 30 countries, and I have had plenty interactions where I had to learn some of the region's language to work with the military or the locals. But this gave me the opportunity to work directly with patients and their families by direct communication or through an interpreter. I also learned how to use 2 interpreter devices that took some time to get used too. All these experiences helped me build my abilities to communicate either through communication or through presentation/handouts to help patients understand their health. From the feedback I received from patients, I learned that when working with patients in a hospital setting, they thought I was great and I took each patient personally, but this came with a negative which was time management. I wanted to give each patient a pleasurable experience; while also making their health a priority but I didn't want them to feel like a checklist. I was grateful to hear back from many of my patients, and they describe the visit and one of the most memorable and pleasant visits while at the hospital. When I spent time in a hospital as a patient, all my attendings were fantastic and took the time to talk with me and not make it feel rushed and this is why I tried to do the same. One of the main obstacles was trying to learn the translator process and trying to put all the CKD information onto one small handout. While I don't think of it as an obstacle but rather a learning experiences, I had a few patients who were not receptive to my care at the very beginning, but I took this experienced and transformed my care for future patients. I think having all students go through these experiences especially a translator, is a great way to improve their abilities to effectively communicate with patients. Lastly, this experience

took a lot of time and energy, but I am grateful for the good, bad and neutral experiences for these competencies because I learned from them all.