

EN MNI Activity Reflection

Watching this video, after completing my project on metformin, prepared me somewhat for what to expect, even though it focused on how metformin interacts with food and nutrients naturally, rather than the same content as my project. Before this video, I hadn't fully considered the clinical implications of enteral feeding and medications, but I now recognize that it's an essential part of our career. The idea that even minor interactions, such as mixing medications with enteral formulas, could reduce a drug's efficacy or bioavailability was something I hadn't previously considered, despite thinking about typical food and drug interactions. As we progress through this program and transition to the clinical setting, we will likely apply this knowledge to more effectively treat or collaborate with our patients, particularly those on enteral feeding. For example, I consistently emphasize the importance of working with the patient's care team (e.g., pharmacists, doctors, and nurses) to provide the precise care the patient needs. In this case, it involves ensuring we review medications and address potential issues that could arise if we use certain medications, such as extended-release formulations, in a feeding tube. This video/module has helped me prepare for what I should expect in some aspects of clinical nutrition during my internship next spring. By exploring in greater depth, the risks associated with medications and how to mitigate these risks, it could better equip me for that internship. I am passionate about learning about medications and their interactions with food and nutrition, but I rarely hear or read about these concepts in the context of enteral feeding, except through the projects and modules we have completed. On a related note, while working on my metformin project, I began with a solid understanding of

metformin's effectiveness and side effects, but this module helped me better understand additional aspects and prompted me to consider potential challenges we may encounter in the future. Whenever I engage with a project, discussion post, reading, or new material, I approach it with an open mind and eagerness to learn because you never know when seemingly simple or less critical information might prove valuable in the future.

The video emphasized the importance of continuous learning, highlighting that, in science, there are no absolute facts. Theories and methods evolve, and it is our responsibility to stay current with these developments to ensure our patients receive the best information and care possible. I am not entirely sure what to expect during my clinical rotation, but I know I will be ready to apply this knowledge, along with evidence-based critical thinking skills, and learn from the healthcare professionals guiding me to become a competent dietitian. A new and interesting concept I learned from this video was the simple yet complex issue of how physical interactions between medications and enteral formulas can lead to complications and the associated risks. It also provided sources that I plan to research and read to further advance my knowledge on the topic. This module was extremely insightful, and I believe it could help current and future students connect theoretical knowledge with the practical application of clinical nutrition, particularly for our rotations. The video addressed something often overlooked that was deeply instilled in me during my time in the military: the importance of documentation and teamwork. While it doesn't translate exactly from military to healthcare, maintaining clear and understandable communication channels could prevent many mistakes and enhance the care patients receive.

I walked away from this experience with new knowledge and acquired skills that I might not have encountered until my rotation. This video provided real-world insights, or as close as we could get, giving me a better understanding of what it might entail as we progress through the program and into our rotations. We have completed numerous case studies and projects, but this module, I believe, offered a clearer understanding of the interdisciplinary approach and how seemingly minor details play a significant role in a clinical setting when managing feeding and medications. Something I did not expect to learn or had limited understanding of before this video was the risks associated with certain medications and how, if we do not thoroughly review them, we could overlook key factors, such as extended-release formulations. It emphasized the pivotal role dietitians play in the care team, highlighting that, in many cases, we may be among the most critical members because we possess specialized information that others may overlook or lack in-depth knowledge about. This experience was excellent, and pairing this module with our project on enteral feeding could create a more dynamic module or project. The most valuable takeaway was the significance of drug-nutrient interactions (DNI) and how they can be both simple and complex. By taking certain precautions, we could mitigate significant risks.