

Elective Rotation at VA (MNT/NS)

Skill Area: Medical Nutrition Therapy and Nutrition Support

Competencies: DI 2.12, DI 2.8, DI 2.2, DI 3.2, DI 4.6, DI 1.4, DI 2.4, DI 2.6, DI 2.7, DI 2.11,
DI 3.1 (a,b,c,d), DI 4.11

Tasks and Duties: My role at the VA included nutritional assessments of patients and the development of nutrition care plans, nutrition interventions, and individualized nutrition education.

Reflection to the Rotation: By assessing patients in the ICU and speaking with the hospital staff, I was able to broaden my knowledge and familiarity with commonly used equipment and expand my recognition frequently used medical terminology. Over the three weeks at this rotation, I assessed multiple patients each day with a large range of illnesses, medications, diet orders, and means of alternative nutrition. In addition, I provided a patient education on gravity-tube feeding at home and observed a procedure in the operating room for a tracheostomy and PEG placement.

Competencies demonstrated: Through this rotation, I practiced a number of different competencies that are required to be a Registered Dietitian. This rotation allowed me to use effective education and counseling skills to facilitate behavior change (DI 2.4), assign appropriate patient care activities to DTR's and/or support personnel (DI 2.6), establish collaborative relationships with internal and external stakeholders (DI 2.11), perform the Nutrition Care Process (DI 3.1), and many more.