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Sponsored by:
Department of Family Medicine
School of Medicine
Department of Health Care Policy & Management
School of Health Technology & Management

SAMPLE MODULE

CLINICAL OUT-PATIENT MODULE

5 WEEKS (150 HOURS)

(Includes a two-week renal module)

SUMMARY:

The out-patient module is completed in the out-patient family practice center affiliated with the Department of Family Medicine: The Primary Care Center in Setauket. The nutrition services include individual and group counseling. You will also work with the Family Medicine in-patient team, attending conference and walking rounds. The 2-week module is conducted in a renal dialysis center, GCRC research center, disordered eating clinic, diabetes center or private practice setting.

FACILITY:

THE FAMILY PRACTICE CENTER
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LAUREN GARGIULA-BRAND, RD
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ADA COMPETENCIES:

Upon successful completion of the outpatient rotation, the intern will be able to:

- CD1 Perform ethically in accordance with the values of The American Dietetic Association.
- CD2 Refer clients/patients to other dietetics professionals or disciplines when a situation is beyond one's level of area or competence.
- CD3 Participate in professional activities.
- CD4 Perform self-assessment and participate in professional development.
- CD6 Use current technologies for information and communication activities.
- CD7 Supervise documentation of nutrition assessment and interventions.
- CD8 Provide dietetics education in supervised practice settings.
- CD9 Supervise counseling, education and/or other interventions in health promotion/disease prevention for individuals and patient/clients needing medical nutrition therapy for common conditions.
- CD10 Supervise education and training for target groups.
- CD11 Develop and review educational materials for target populations.

- CD13 Interpret and incorporate new scientific knowledge into practice.
- CD14 Supervise quality improvement, including systems and customer satisfaction, for dietetics service and/or practice.
- CD15 Develop and measure outcomes for food and nutrition services and practice.
- CD16 Participate in organizational change and planning and goal-setting processes.
- CD17 Participate in business or operating plan development.
- CD18 Supervise the collection and processing of financial data.
- CD19 Perform marketing functions.
- CD25 Supervise translation of nutrition into foods/menus for target populations.
- CD31 Supervise nutrition assessment of individual patients/clients with common medical conditions.
- CD32 Assess nutritional status of individual patients/clients with complex medical conditions.
- CD33 Manage the normal nutrition needs of individuals across the lifespan.
- CD34 Design and implement nutrition care plans as indicated by the patient's/client's health status.
- CD39 Conduct nutrition care component of interdisciplinary team conferences to discuss patient/client treatment and discharge planning.
- CD40 Refer patients/clients to appropriate community services for general health, nutrition needs and to other primary care providers as appropriate.
- CD41 Conduct general health assessment.

Nutrition Therapy Emphasis Competencies (NT)

- NT1 Supervise nutrition assessment of individual patients/clients with complex medical conditions.
- NT2 Integrate pathophysiology into medical nutrition therapy recommendations.

- NT3 Supervise design through evaluation of nutrition care plan for patients/clients with complex medical conditions, i.e., more complicated health conditions.
- NT5 Supervise development and implementation of transition feeding plans from the inpatient to home setting.
- NT6 Conduct counseling and education for patients/clients with complex needs.
- NT7 Perform basic physical assessment.
- NT8 Participate in nasogastric feeding tube placement and care.
- NT9 Participate in waived point-of-care testing, such as blood glucose monitoring.
- NT11 Manage clinical nutrition services.

Assignments:

1. Provide medical nutrition therapy to patients throughout the lifespan:
 - a. Develop appropriate rapport with patients and significant others.
 - b. Assess new patients' nutritional status (to include patients throughout the lifespan), and document assessment in SOAP note style in patients' charts. This process includes interviewing patients and patients' significant others to obtain necessary information.
 - c. Develop nutrition care plan for new patients (to include patients throughout the lifespan), and document in patient charts.
 - d. Implement and evaluate nutrition care plans effectively for new patients (to include patients throughout the lifespan) including nutrition education and counseling on prescribed diet, and document in patient charts. Oversee changes in care plans as needed, based on patients' progress.
 - e. During follow-up visits, evaluate efficacy of nutrition care plans, including patient compliance, based on subjective and objective data. Document in patient charts.
 - f. Use appropriate software programs, such as UHIS/Invision, excel and nutrient analysis software.
 - g. Complete a computerized diet analysis of a patient's 24 hour recalls as assigned. Prepare written report for patient.
 - h. Become aware of clients/patients with specialized needs, which require specific area of expertise (i.e., eating disorders, hostile home environment), and refer appropriately.
 - i. Supervise health care providers in clinic setting to assure proper medical nutrition therapy and documentation for patients with simple and complex medical conditions.

Evaluation Strategy: Preceptor will observe intern's interactions with patients and health care professionals, as well as intern's assessments, follow-up and counseling sessions, and review all chart notes. Preceptor reviews intern's computer skills and computerized

diet analysis (ADA Competencies CD1, CD2, CD6, CD7, CD9, CD13, CD25, CD31, CD32, CD34, CD40, NT1, NT2, NT3, NT6, NT11)

2. Conduct general health assessment (BP and instruction on self-monitoring blood sugar techniques).
 - a. Intern demonstrates ability to take and document blood pressure readings. Monitors patients' BP and instruct on self-monitoring blood glucose when appropriate.
 - b. Record blood sugars four times a day for three days.

Evaluation Strategy: Preceptor observes intern's technique, and checks readings. Preceptor evaluates interns' explanation and review of self-monitoring blood sugar. (ADA Competencies CD41, NT9)

3. Design one piece of written education material for a designated patient population, using appropriate current computer technology.
 - a. Assess need for patient education material.
 - b. Design and produce a piece of nutrition education material.
 - c. Introduce nutrition education material to health care providers.

Evaluation Strategy: Preceptor reviews patient education material for organization, appropriateness and accuracy. (ADA Competencies CD8, CD11)

4. Assess the nutrition education needs of the various health care providers, and develop an education activity to meet identified needs.
 - a. Select a topic and population group.
 - b. Develop appropriate educational activity, using presentation computer software when appropriate.
 - c. Develop lesson plan to facilitate implementation of presentation.
 - d. Identify, review and list other educational resources available.
 - e. Implement educational activity
 - f. Evaluate educational activity.

Evaluation Strategy: Preceptor reviews needs assessment, assesses appropriateness of selected topic, evaluates lesson plan, observes implementation, and assesses evaluation strategy. (ADA Competencies CD3, CD6, CD8, CD10, CD11)

5. Review the resources available to the lay public in magazines and newspapers that reference a recent scientific study.
 - a. With preceptor, select topic (consider needs of dialysis centers, the family practice team and the private business owner).
 - b. Select 1 lay article with corresponding referenced research articles (a minimum of 1 research article per lay article).
 - c. Read the scientific and lay articles and determine if the information provided to the public is complete and accurate. Prepare a written summary of your assessment.
 - d. Apply research information to patient care.

Evaluation Strategy: Preceptor reviews search strategy and written assessment, as well as considers application of new knowledge to patient care. (ADA Competencies CD6, CD13)

6. Participate in the process and interpretation of financial data.
 - a. Read Pavlovich, W., Waters, H., Weller, W., Bass, E. *Systematic Review of Literature on the Cost-Effectiveness of Nutrition Services*. **JADA**. 2004 (104-2): 226-233.
 - b. Review provider reports, detailing show rates, number of bookings, billed amounts and collectables. Discuss with preceptor, highlighting issues of self-pay and third-party reimbursement and goal setting for revenue generation.
 - c. Consider methods of increasing appropriate target populations. Draft advertisement, and price placement of advertisement in marketing outlet as assigned.

Evaluation Strategy: Preceptor assesses interns' verbal understanding of the Naglak article and provider reports. Preceptor discusses advertisement placement of intern. (ADA Competencies CD6, CD15, CD16, CD 17, CD 18, CD 19)

7. Participate in group nutrition counseling program for patients with chronic diseases (adults and pediatrics).
 - a. Plan a lesson, using a variety of educational strategies and resources.
 - b. Attend one adult and one pediatric Target Fitness class.
 - c. Evaluate patients' understanding and achievement of class objectives.

Evaluation Strategy: Preceptor evaluates lesson plan for creativity, accuracy, and use of resources. Preceptor evaluates intern's delivery of lesson plan for organization, clarity and pace. Preceptor reviews intern's evaluation strategy and conclusions. (ADA Competencies CD8, CD9, CD10, CD 33)

8. Coordinate and direct the nutrition activities of the family medicine in-patient team. This may include nutrition counseling or education on health promotion and disease prevention.
 - a. Attend morning report and walking rounds as assigned.
 - b. Follow-up on nutrition related issues and questions.
 - c. Report back to team and make recommendations on nutrition therapy activities, thereby integrating nutrition services within the multidisciplinary care plan.
 - d. Participate in nasoenteric feeding tube placement and management of feeding issues. Participation will take place in the GI suite.
 - e. Direct the transition of nutritional care from the inpatient to the outpatient setting, especially for patients at high nutritional risk.

Evaluation Strategy: Preceptor observes intern's interaction with family medicine team and evaluates the quality of information and recommendations provided to the team. (ADA Competencies CD31, CD32, CD39, NT1, NT2, NT3, NT5, NT11)

9. Attend weekly grand rounds.

(ADA Competencies CD3, CD13)

10. Completes self-assessment and development worksheet on charting, counseling and writing skills.
Evaluation Strategy: Preceptor review interns worksheets for completeness and appropriate development strategy.(ADA Competency CD4)
11. Complete renal sub-module.
12. Prepare postings for weight management study post intervention web-based discussion forums. One per week for each of the three groups is required. Topics to be discussed with Josephine prior to posting.
Evaluation Strategy: Intern describes the general content of recent postings and proposed information to be posted that moves the discussion in a positive direction. (ADA Competencies CD6, CD8, CD11, CD13, CD33, NT6)