

**Placement: ABC Family Health Team  
Second Clinical Placement  
Dates: January 7 – February 15 , 2012**

**Summary of Activities**

**Orientation** – Prior to the placement, I reviewed my learning goals with the supervising RD. As part of my orientation, we discussed the competencies that I still need to achieve and identified activities that would help me to develop and demonstrate some of those competencies. We also discussed the feedback from previous placements, including my identified strengths and areas for continued improvement. The remainder of the orientation included an introduction to the staff and review of and the organization’s personnel policies as well as the policies for privacy, documentation, and confidentiality. Training was also organized for access to and use of the electronic medical record, and other resources within the clinic.

**Individual Client Care** – Under the supervision of the RD, I provided one-one nutritional care for clients who were referred for a variety of reasons. The following is a summary of the client types and disease states:

**Adult**

- weight loss 15
- diabetes management 10
- celiac disease 2
- hypercholesterolemia 9
- crohn’s disease 1

**Pediatric**

- weight loss 5
- diabetes management 3
- crohn’s disease 1

**Pregnancy**

- healthy eating 5
- gestational diabetes 3
- hyperemesis 1

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For each client the one on one nutritional care included the following activities:

- nutritional assessment
  - gathering relevant information about the clients' medical history through review of the medical record, discussions with other members of the healthcare team, and interviewing the client or family member
  - determining the clients' nutritional requirements
  - interpreting the information gathered
- worked with the client and the rest of the team to develop nutritional care plans
  - identifying and prioritizing goals
  - identifying appropriate nutritional interventions
  - educating the client and/or family members/caregivers
- evaluation of nutritional care plans for clients during follow up visits
  - for clients who were visiting for follow up visits, I reviewed their progress toward their established goals and outcomes
  - where appropriate, I identified modifications to the plan to help achieve goals
  - I educated the client, family and/or caregivers regarding changes to the care plan.
- documentation of the assessment, plan and all follow up was completed using the electronic medical record. Documentation was done using the DAR format, and followed both the FHT's and the College guidelines.

During the first three weeks of the rotation, I reviewed the medical record, interviewed the client and presented my assessment and proposed plan to the RD. Where appropriate, the RD would identify additional information that should be gathered or make modifications to the plan. During the final week, I required less guidance, and was able to complete assessments and implement plans with minimal input from the RD, who reviewed and approved of my assessments and care plans and observed my interactions with the clients during the assessment and education.

### Other Learning Opportunities

**Group Classes** – During my four week placement I had the opportunity to participate in several of the nutrition workshops offered by the Family Health Team. In the first week, I observed the RD's role in the Healthy Heart, Weight Management, and Diabetes Workshops. During the second

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week, I co-facilitated the workshop with the RD using the existing presentation and slides. In the final four weeks, I facilitated the workshops independently, under the observation/supervision of the RD. After each workshop, I reviewed the evaluation forms submitted by clients and received feedback from the RD, and made sure to address the feedback in the next workshop. For example, after the first workshop, my supervising dietitian advised that it was sometimes hard to hear me because I had a tendency to look behind me at the screen during my presentation. As well, some of the client evaluations said that they did not understand the label-reading section of the class. In preparation for the next workshop, I moved the position of the laptop, so that I could see the screen and did not have to turn my back to the clients to see the slides. As well, I made some changes to label-reading section of the slides to better suit my own presentation style and to clarify the parts that previous clients had struggled with.

### **Program Evaluation**

The Weight Management workshop has been running for two years in its current format. As part of my rotation, I completed an evaluation of the program. I identified the needs of the client population and the original goals of the program. I interviewed the various stakeholders (clients, RDs, other members of the Family Health Team) about their perceptions of the strengths and weaknesses of the program. I also reviewed the current literature and evidence with respect to Weight Management. My final report identified the things that work well within the program, along with four suggestions for improvement. The full report was submitted in writing, and I presented a summary of my findings and recommendations to several members of the team (my supervising dietitian, and the nurse involved with the program, as well as the manager of the clinic).

### **Case Study Discussion**

Because conflict of interest is not something that is routinely encountered, my supervising dietitian developed a case study to help me to achieve and demonstrate the competency relating to handling conflict of interest appropriately. For this case study, I reviewed College resources relating to conflict of interest and applied this knowledge to the scenarios in the case study. I also used this knowledge to review the clinic's existing conflict of interest policy. A copy of the case study is included in Appendix A.

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## Challenges

During this rotation, I encountered two situations which were beyond my scope and required extra guidance from my supervising dietitian:

1. A pregnant woman with hyperemesis gravidum.  
I required guidance from my supervising RD to complete my assessment and to develop my plan. I had difficulty determining whether the mother was achieving an adequate nutritional intake, and needed help to develop the nutritional care plan. I consulted PEN and reviewed information in some of the RD's resources, but required additional input from the RD.
2. A two year old child who had been diagnosed with type 2 diabetes.  
Although I had experience assessing and counseling clients with diabetes, this was my first experience with such a young client. I needed some help from my supervising RD to develop a plan for educating the parents about strategies to help monitor and control the child's intake of carbohydrate, what to do if the child refuses to eat, how to monitor for and treat hypoglycemia, and what to do if the child is sick. I had a lengthy discussion with my supervisor about the issues and she provided me with guidance and information, and also directed me to some helpful resources for the parents.

## Summary of Feedback

At the end of this rotation, my supervising dietitian identified the following strengths:

- forming appropriate conclusions, once all relevant information has been gathered
- identifying goals and developing appropriate nutrition care plans in familiar situations
- communicating the assessment and plan to other team members (both formally in the medical record and informally through verbal communication)
- developing a good rapport with clients
- Identifying and acting appropriately when I am beyond my personal scope of practice or competence.

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My supervising dietitian identified the following things for me to continue to work on in future rotations:

- Ensuring that I have gathered all of the relevant information necessary for a thorough assessment.
- Continue to develop my skills in dealing with new/unfamiliar situations.
- Although I made progress in terms of my assessments in familiar situations, I am still slow, so that means my caseload is smaller. When I tried to increase my caseload, I missed relevant information. In my next rotation, I will work on becoming faster and more efficient in my assessments, while still ensuring that I have gathered all of the necessary information.
- Continue to develop my group facilitation skills to ensure that I am able to promote discussion, but in a controlled way, ensuring that we are still on track and on time.

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Date