# Bowling Green State University
## Dietetic Internship Program

### Rotation: Long Term Care

#### Rotation check list
- Readings completed
- Pre-rotation self assessment (journal entry)
- Pre-test completed
- Assignments printed
- Preceptor and Site forms, Affiliation Agreement (distance only)
- First day – review Traveling Evaluation

### Intern: ___________________
### Facility: ___________________

<table>
<thead>
<tr>
<th>Goal/Objective</th>
<th>initial</th>
<th>Planned Experience</th>
<th>Evaluation Method/Comments</th>
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<tr>
<td><strong>DI 1.2</strong> Apply evidence-based guidelines, systematic reviews and scientific literature (such as the ADA Evidence Analysis Library, Cochrane Database of Systematic Reviews and the USDHHS, Agency for Healthcare Research and Quality, National Clearinghouse Web sites) in the nutrition care process and model and other areas of dietetic practice.</td>
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<tr>
<td>Become familiar with issues relating to long term care including assessment of the need for institutionalization, financial considerations, patient care and quality assurance</td>
<td>• Review - Nutritional Deficiencies in Long Term Care: Part III OBRA Regulations and Administrative and Legal Issues</td>
<td>• Review - Liberalization of the Diet Prescription Improves Quality of Life for Older Adults in Long-Term Care</td>
<td>Discuss specific aspects with preceptor as applicable, director to review journal entries</td>
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<td>• Review MDS form</td>
<td>• Review On-Time Quality Improvement for Long Term Care (assignments folder)</td>
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<td>• Review Liberalization of the Diet Prescription Improves Quality of Life for Older Adults in Long-Term Care</td>
<td>• Review the National Pressure Ulcer Advisory Panel Updated Staging System</td>
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<td>• Review the Clinical Guide to Prevent and Manage Malnutrition in Long Term Care</td>
<td>• Discuss philosophy of liberalized menu with preceptor – does the facility follow ADA’s position? - Journal entry</td>
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<td>• Review the Quarterly Quality assurance reports</td>
<td>• Review the Clinical Guide to Prevent and Manage Malnutrition in Long Term Care</td>
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<td>• Review quality indicator reports for last 3 months of MDS</td>
<td>• Review the National Pressure Ulcer Advisory Panel Updated Staging System</td>
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<td>• For long term care case study – review MDS and identify nutrition related triggers and quality indicators relevant in this resident – Journal entry</td>
<td>• Discuss philosophy of liberalized menu with preceptor – does the facility follow ADA’s position? - Journal entry</td>
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<tr>
<td><strong>DI 1.5</strong> Conduct research projects using appropriate research methods, ethical procedures and statistical analysis.</td>
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<td>Determine the success of the current menu in long term care facility</td>
<td>• Complete plate waste evaluation for meals designated by preceptor – describe in journal entry</td>
<td>Potential on-going project. Preceptor can designate alternative project.</td>
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<td>• Weigh three to five servings of portioned menu item to determine average serving size</td>
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<td>• Weigh uneaten menu item at end of meal</td>
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<td>• Calculate amount and percentage of waste for each item</td>
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<td>• Interview residents regarding satisfaction with meal journal entry</td>
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<td>• Attend dietary council meeting, if available</td>
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<td>• Develop a report summarizing findings using spreadsheets and/or graphs as appropriate and make recommendations</td>
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<td>Determine effectiveness of menu in promoting glycemic control in residents with diabetes</td>
<td>• How is blood glucose monitored in residents with diabetes? How often is HgbA1c monitored? Journal entry</td>
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<td>• What type of diets are typically ordered for residents with diabetes? Journal entry</td>
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<td>• Are diets for residents with diabetes liberalized? Discuss with preceptor. Note: a NCS diet is not necessarily liberalized. Journal entry</td>
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<td>• Since liberalization primarily affects desserts, how are they modified to meet diet requirements? Journal entry</td>
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<td>• Review protocol for adding new menu items for</td>
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Revised 11/23/11
reside

nts with diabetes and develop guidelines as needed. Apply to a new recipe or item.

Journal entry

Evaluation of competency | 1 = competency attempted, with minimal success | 2 = competency partially met | 3 = competency nearly met at entry level | 4 = competency met at entry level | 5 = competency surpasses entry level | NA = not attempted or observed | Intern Rating

DI 2.12 Demonstrate professional attributes such as advocacy, customer focus, risk taking, critical thinking, flexibility, time management, work prioritization and work ethic within various organizational cultures.

Review strategies to promote resident centered care

- Read article Culture Change in Nursing Homes: An Ethical Perspective
- Read article Continuing Down the Highway for Culture Change – Words Do Make a Difference – discuss use of terminology described with preceptor - journal entry
- Review table of organization and analyze relative to culture change model – journal entry
- Read article: A Story of Dining Transformation
- Discuss how dietary staff promotes resident centered care with preceptor – journal entry
- Complete the Culture Change in Dining Assignment

Preceptor to evaluate, director to evaluate journal entries

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DI 3.1a Assess the nutritional status of individuals, groups and populations in a variety of settings where nutrition care is or can be delivered.

Demonstrates understanding of the affects of aging on nutrition status and special concerns of the geriatric patient.

- review – Impact of the physiological changes associated with aging on nutrition assessment as needed
- review Medical Nutrition Therapy for Pressure Ulcers or FN 6110 notes
- review Merck Manual of Geriatrics on-line as needed
- self- determined plan to review impact of aging on nutrition journal entry

Discuss with preceptor, director to review journal entries and LTC case study

Demonstrates understanding of special needs of patient with Alzheimer’s disease and related illnesses.

- review Strategies for Improving Quality of Life for Demented Residents if needed
- review How to Try This: The Edinburgh Feeding Evaluation in Dementia Scale
- read: Managing Dysphagia in Residents with Dementia: Skilled Intervention for a Common and Troubling Disorder
- review house menu for finger food diet and describe in journal entry
- complete Dementia case study/Edinburgh Feeding Evaluation in Dementia Scale

Discuss with preceptor, director to review journal entries and Dementia case study

Apply strategies to systematically assess and develop interventions for residents

- Review Nutrition Risk Assessment Strategies/Interventions and Instructional Guide for Nutrition Risk Assessment and apply to residents as assigned by preceptor. Determine Overall Risk Category based on points.

Evaluated by preceptor as part of resident assessment

Assess individual residents

- Apply Clinical Guide to Prevent and Manage Malnutrition in Long-Term Care to assess residents assigned by preceptor
- complete long term care case study/Nutrition Risk Assessment Form

Evaluated by preceptor as part of resident assessment, director to review case study, LTC case study

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DI 3.1b Diagnose nutrition problems, create problem, etiology, signs and symptoms (PES) statements.

Identifies nutrition diagnoses for residents

- Review sample LTC ADIME
- If facility does not use nutrition care process, include ADIME as journal entry for 3 residents.

Evaluated by preceptor

Documents assessment using

- Review MDS protocol for residents
- Meet with MDS coordinator, if possible and

Evaluated by preceptor, director to review case study

Revised 11/23/11
| facility format | review facility procedure for applying MDS protocols  
|               | • review charts for appropriate format  
|               | • complete accurate documentation of assessment under preceptor supervision  
|               | • complete relevant areas of MDS for LTC case study |

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| Intern Rating |  
|              |  

DI 3.1c Plan and implement nutrition interventions, to include prioritizing the nutrition diagnosis, formulating a nutrition prescription, establishing goals and selecting and managing intervention.

| Identifies components of care plan per facility policy. | • review policy and state or Joint Commission regulations regarding care conferences  
|                                                       | • review facility format for writing care plan  
|                                                       | • review samples of care plans |

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DI 3.1d Monitor and evaluate problems, etiologies, signs and symptoms and impact of interventions on the nutrition diagnosis.

| Compare actual caloric intake with estimated needs. | • review policy and procedures for monitoring and recording resident food and fluid intake  
|                                                    | • where is this information recorded? journal entry  
|                                                    | • observe/assist in obtaining or recording intake  
|                                                    | • participate in meal rounds if available  
|                                                    | • complete calorie count as part of long term care case study |

| Make recommendations to achieve estimated needs. | • develop care plans as appropriate for patients needing to increase or decrease intake to achieve estimated needs  
|                                                   | • complete care plan for long term care case study |

| Monitor weight status in low risk individuals | • Read article Surveyor Review of Effective Care Planning  
|                                               | • Is there a facility system for tracking of unintended weight loss after admission (either at a ‘significant’ level or ‘insidious’ gradual weight losses) and re-assess of nutrition diagnosis? Discuss effectiveness of system with preceptor – revise plan, if needed – journal entry |

| Intern Rating |  
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DI 3.7 Develop and evaluate recipes, formulas and menus for acceptability and affordability that accommodates the cultural diversity and health needs of various populations, groups and individuals

| Applies mandated guidelines for menu planning in this facility. | • review state regulations for nutrient requirements - what are facility’s meal times, how does this compare to state or Joint Commission guidelines – journal entry  
|                                                               | • review policy and procedure for menu planning for this facility  
|                                                               | • do diet orders on chart match diet orders on spreadsheet? Journal entry |

| Develops cycle menu for facility. | • use facility guidelines to develop menu or modify current menu under direction of preceptor |

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DI 1.3 Justify programs, products and services using appropriate evidence or data.

| Review facility enteral feeding procedures and options. | • review facility enteral formulary  
|                                                       | • review criteria for reimbursement (policy, consulting RD or DTR) – journal entry  
|                                                       | • review charts of clients receiving enteral feeding |

| Intern Rating |  
|              |  

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Justify appropriate use of nutritional supplements in long term care population

- review Meeting the Challenge: Improving Clinical Nutrition and Financial Outcomes
- review AHRQ Pressure Ulcer Healing Literature Review
- review facility protocols for preventing pressure ulcers
- review specific supplements targeted to this population – i.e. preventing pressure ulcers
- compare cost of using specialized supplement to cost of other strategies indicated in protocol
- develop Excel spreadsheet comparing costs
- complete a report with recommendations based on assessment of data

evaluated by preceptor and director

Develop appropriate nutrition care plan for nutrition support patient based on nutrition assessment data.

- Read article: Use of Feeding Tubes in the Care of Long Term Care Residents
- Choose resident who is a candidate for enteral feeding (preferably one who is not currently receiving one)
- Review National Guideline Clearinghouse- Nutrition support in adults: oral nutrition support, enteral tube feeding and parenteral nutrition – does the evidence support enteral feeding in this case? – journal entry
- calculate macronutrient needs for nutrition support
- document recommendation in chart if appropriate, journal entry

evaluated by preceptor

Monitors individual client’s response to nutrition care.

- review complications associated with enteral feeding
- assesses pertinent data in nursing notes, discuss with appropriate staff and patient
- document tolerance in chart
- document additional parameters as appropriate (ie weight, I/O)

evaluated by preceptor

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Intern Rating

DI 2.5 Demonstrate active participation, teamwork and contributions in group settings

Attends interdisciplinary team meetings.

- review policy and procedure manual re: policy on care conferences – who typically attends at this facility? journal entry.
- under direction of RD/DTR select resident and develop or update nutrition component of care plan
- attend care conference, discuss resident journal entry

evaluated by preceptor

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DI 4.5 Conduct clinical and customer service quality management activities.

Identify regulations associated with nutrition care.

- discuss the role of state or Joint Commission in monitoring quality of care in extended care facilities with preceptor journal entry
- review specific facility policies related to regulations or Joint Commission
- review format of MDS /RAP sheets
- review most recent state survey journal entry

director to review journal entries

Identify quality improvement policies associated with nutrition care.

- Review web link – On-Time Quality Improvement for Long Term Care (assignments folder) and Outcomes Research link
- identify standards or quality indicators currently being monitored by dietary department
- assist in data collection as needed
- review MDS / RAP sheets of assessed residents
- review consultant report (if applicable) how are recommendations by consultant or facility RD processed? Journal entry

director to review journal entries

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<th>DI 2.11 Establish collaborative relationships with internal and external stakeholders, including patients, clients, caregivers, physicians, nurses and other health professionals, administrative and support personnel to facilitate individual and organizational goals</th>
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| Review responsibility of RD regarding foodservice management. | • discuss division of responsibility with foodservice director  
• observe/assist consulting RD in specific tasks as needed – sanitation and safety evaluation, etc. | discuss with DTR, CDM or consulting RD |
Develop an interdisciplinary protocol for nutrition, hydration and dining

- Review the list of Best Practices Process Improvement assignment form
- With the help of your preceptor, choose one of the F-tags and review current practices and the appropriate section in the State Operations Manual – Guidance to Surveyors in Long Term Care Facilities
- Using the Process Improvement Discussion Guide identify the Assessment Questions associated with the current process and process improvement considerations
- Develop a protocol to implement best practice including timelines and an assessment method

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**DI 2.3 Design, implement and evaluate presentations considering life experiences, cultural diversity and educational background of the target audience.**

Participates in staff in-service training

- review policy and procedures regarding staff in-service
- review “know your audience” and class development guidelines
- develop in-service program including behavioral objectives and evaluation method
- present in-service if possible

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Were competencies generally met? yes no

Was intern on time? Please note any issues related to punctuality.

________________________________________________________________________

________________________________________________________________________

Please describe any areas that will require more attention.

________________________________________________________________________

________________________________________________________________________

Preceptor signature: ________________________________ Date: ________________

Intern signature: ________________________________ Date: ________________

**Post rotation checklist:**

- Goals and objectives signed by preceptor and intern
- Post rotation evaluation form completed by preceptor, signed by intern (for rotations at least two weeks or longer)
- Submission of case studies and assignments to director – hard copy or electronically
- Submission of journal entries to director in journal or electronically
- Complete intern feedback form and submit electronically. (under course documents, evaluations folder)
- Review Traveling Evaluation and make recommendations for future rotations

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