

Appalachian State University

Master of Science and Dietetic Internship

Overview

The combined Master of Science Degree with Dietetic Internship at Appalachian State University prepares graduates to be competent, entry-level registered dietitian nutritionists. During the first year of the program, students complete graduate coursework on-campus with a strong focus on professional development and leadership. The second year is dedicated to completing the required supervised practice hours and competencies within a dietetic internship.

Dietetic Internship Hours and Schedule

The dietetic internship includes required activities and hours across rotation sites. It is recommended that the dietetic internship is 100% of their time and the student does not hold outside employment.

The rotations include a total of 1000 hours, including:

Rotation	Description	Time
Clinical	The clinical dietetics rotations are designed to develop skills in assessing, planning, implementing and evaluating nutritional care for hospitalized patients. In addition, the Interns participate in team rounds, conferences, group classes and case studies. Strong emphasis is placed on learning the pathophysiology of disease states in relation to nutritional therapy.	360 hours ~ 12 weeks
Food Systems Management	The food systems management rotations are designed to expand knowledge and provide opportunities to apply principles of management across the food systems, with an emphasis on experiences within food service operations.	260 hours ~ 8 weeks
Community	The community rotation provides opportunities to the different roles of dietitians, such as within day-cares, school systems, outpatient clinics, public health, food banking, and others.	300 hours ~ 9 weeks
Professional Leadership	This rotation builds on knowledge gained during the research methods course; dietetics practice that meets virtually on Mondays throughout the second year/supervised practice; and attending professional organization meetings and webinars.	80 hours

The above rotation hours are completed at a variety of facilities across North Carolina. Students take part in completing hours through contractual agreements between assigned facilities and the department at Appalachian State University. Students are expected to abide by all the policies and procedures of the assigned facilities.

Required Onboarding

All students enrolled in this program complete the following prior to beginning their internship:

- Criminal background check (CBC)
- 12-point drug screen
- Immunizations, including Hep B, MMR, Varicella, Tdap, Flu, and COVID-19
- TB screening
- Professional Liability Insurance
- Additional onboarding and training required per facility (as needed)

Contact

Amanda Hege, MPH, RDN, FAND
Director, Dietetic Internship
Department of Nutrition and Health Care Management
hegea@appstate.edu | 828-262-2788

Appalachian State University
Master of Science and Dietetic Internship

Food Systems Management Rotation

Overview

The food systems management rotation is designed to expand knowledge and provide opportunities to apply principles of management across the food systems, with an emphasis on experiences within food service operations.

Hours and Schedule

- Total required hours: 260 hours
 - Estimated time: ~ 8 weeks
 - Estimated schedule: Daily, 8 AM – 4 PM
- *Students attend class on most Monday mornings throughout the semester.

Competencies Assessed:

- CRDN 3.13 Coordinate procurement, production, distribution and service of goods and services, demonstrating and promoting responsible use of resources.
- CRDN 3.14 Develop and evaluate recipes, formulas and menus for acceptability and affordability that accommodate the cultural diversity and health needs of various populations, groups and individuals.
- CRDN 4.2 Perform management functions related to safety, security and sanitation that affect employees, clients, patients, facilities and food.

Example Activities

- Menu planning – Students assist with the menu planning, including recipes, forecasting, budget, personnel, equipment, and health needs of the population.
- Food service and daily operations – Students assist with the daily operations at the facility, including food service, cooking, and clean-up.
- Management functions – Students participate in the management functions and provide support and assistance.
- Students will have one culminating project at the end of their rotation. The project is a Food Systems Management presentation that provides an overview of the daily operations of the food service facility, including management, food sourcing, health, recipe development, and menu planning.

Potential Dates**

- January 4 – February 10, 2023
- August 29 – November 18, 2023
- November 28, 2023 – February 3, 2024

**The Food Systems Management Rotation and Community Rotation can be completed simultaneously at the same facility. For example, a student may be placed at a facility from November 28 through April 14 and complete food systems and community together. The intern may spend 4-hours a day completing community activities and 4-hours a day completing food systems activities.

Appalachian State University
Master of Science and Dietetic Internship

Community Rotation

Overview

The community rotation provides an overview of the role of the nutrition and dietetics professional in public health settings, such as outpatient centers, food banks, day-care and school systems, and others.

Hours and Schedule

- Total required hours: 300 hours
 - Estimated time: ~ 9 weeks
 - Estimated schedule: Daily, 8 AM – 4 PM
- *Students attend class on most Monday mornings throughout the semester.

Competencies Assessed:

- CRDN 2.11 Show cultural humility in interactions with colleagues, staff, clients, patients and the public.
- CRDN 3.8 Design, implement and evaluate presentations to a target audience.
- CRDN 3.11 Develop and deliver products, programs or services that promote consumer health, wellness and lifestyle management.

Example Activities

- Nutrition and health education – Student can lead group activities dedicated to increasing knowledge of nutrition and health with a specific population.
- Food security – Student will consider food access and security for the population served and the impact it has on health.
- Student will complete one culminating project that will design and implement a Health Promotion Activity for a population.

Potential Dates**

- January 4 – February 3, 2023
- February 13 – April 14, 2023
- October 31, 2023 – January 20, 2024
- February 13 – April 14, 2024

**The Food Systems Management Rotation and Community Rotation can be completed simultaneously at the same facility. For example, a student may be placed at a facility from November through April and complete food systems and community together. The intern may spend 4-hours a day completing community activities and 4-hours a day completing food systems activities.

Appalachian State University
Master of Science and Dietetic Internship

Clinical Rotation

Overview

The clinical dietetics rotations are designed to develop skills in assessing, planning, implementing and evaluating nutritional care for hospitalized patients. In addition, the Interns participate in team rounds, conferences, group classes and case studies. Strong emphasis is placed on learning the pathophysiology of disease states in relation to nutritional therapy.

Hours and Schedule

- Total required hours: 360 hours
 - Estimated time: ~ 12 weeks
 - Estimated schedule: Daily, 8 AM – 4 PM
- *Students attend class on most Monday mornings throughout the semester.

Competencies Assessed:

- CRDN 3.1 Perform Medical Nutrition Therapy by utilizing the Nutrition Care Process including use of standardized nutrition terminology as a part of the clinical workflow elements for individuals, groups and populations of differing ages and health status, in a variety of settings.
- CRDN 3.4 Provide instruction to clients/patients for self-monitoring blood glucose considering diabetes medication and medical nutrition therapy plan.
- CRDN 3.7 Demonstrate effective communication and documentation skills for clinical and client services in a variety of formats and settings, which include telehealth and other information technologies and digital media.
- CRDN 3.12 Deliver respectful, science-based answers to client/patient questions concerning emerging trends.

Example Activities

- Patient exposures / visits – Student will visit patients and assess nutrition through nutrition assessments, effective communication, and charting.
- Staff meeting / rounds – Students will contribute nutrition care component of interdisciplinary team conferences to discuss patient treatment and discharge planning.
- Students will complete one culminating project that is a clinical case study. The case study assesses a nutrition case on a patient with complex medical condition. Student will present the clinical case study during a class.

Potential Dates

- August 29 – November 18, 2024
- January 30 – April 21, 2025