

# Preceptor Training

Appalachian State University

Master of Science and Dietetic Internship

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# Preceptors are the backbone of our profession.

- You are the expert!
- Preceptors offer guidance, practical experiences, and training.
- Preceptors serve as mentors, role models, facilitator, and guide.
- You are all of these things and more - Thank you!



# Great Preceptors ...

- Demonstrate enthusiasm and patience
- Show respect for people of all backgrounds
- Remembers that interns are preparing for entry-level positions
- Participates in own professional enhancement
- Strive to be honest, self-aware, and willing to demonstrate skills
- Challenge intern performance by giving them responsibility
- Are specific with praise and appropriate feedback
- Honors the interns' efforts and partnership with the University

# What Preceptorship Can Do

## *Shared from previous Preceptors*



- “Being a preceptor definitely enhances your knowledge and competence in the field of nutrition and dietetics.”
- “Being a preceptor gives me a sense of personal accomplishment and satisfaction.”
- “The presence of clinical students improves the visibility of my department.”
- “Interns have helped us conduct outcomes research and have completed other important projects.”
- “It was great to have staff relief – we were able to complete some ‘back burner’ projects.”
- “I just really like working with students. It’s an enjoyable part of my job.”

# Benefits to Supervised Practice Sites

Students can provide ...

- Staff relief (frees up regular staff to complete other projects)
- Supervisory tasks, such as supervising meal preparation or checking the work of dietary aides
- Conducting clinical and foodservice in-services for staff

Students can assist with special projects such as:

- Theme Days
- Chart audits
- Health Fairs
- Community nutrition classes
- Update or creation of nutrition education materials
- Implementation of new programs, such as room service, outpatient nutrition services, or quality improvement projects

# Overview of the App State Combined MS / DI

## 21 month program

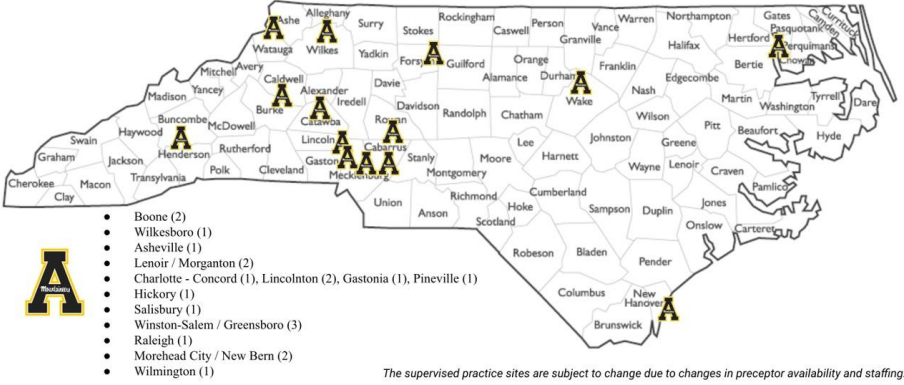
1<sup>st</sup> year consists of Master's courses in  
Boone, NC

- Advanced nutrition assessment
- Research methods
- Professional Leadership
- Nutrition across the lifespan,  
including maternal, infant, and  
older adult
- Individual research project with  
PhD research professor



# Combined MS / DI

## Regions



## 2<sup>nd</sup> Year: Dietetic Internship (1000 supervised practice hours)

This is when the student is with you!

- Rotations across clinical (360 hrs), community (300 hrs), food systems management (260 hrs), and leadership (80 hrs)
- Located across NC, including Boone, Wilkes, Charlotte, Asheville, Winston-Salem, Raleigh, and Wilmington
- Intern Identified Pathway (intern identifies their own sites) or Program Identified Pathway (program sets placements)

**Accreditation Council  
for Education in  
Nutrition and Dietetics**



# What do students need to do? - CRDN

## ACEND 2022 Core Competencies (CRDN)

- Students are required to complete the revised 2022 ACEND CRDNs throughout the supervised practice experience
- Students complete the CRDNs by completing activities - on average 4 activities per rotation + 1 culminating project
- The activities guide the intern and preceptor in the learning experience
- Preceptors complete a Preceptor Evaluation with signature for each of the required activities



# What do students need to do? - Hour Logs

## Contact Hour Log Tracking and Progress Report

- Students are required to track their daily hours on a Contact Hour Log and Progress Report form.
- Students will submit their hour log with a reflection to their preceptor on a bi-weekly basis.
- Preceptors should review the Hour Log and Progress Report with the intern and submit their signature.

# What do preceptors do?

In addition to serving as a mentor and offering unique learning experiences to the students, preceptors are expected to complete the following forms:

- Professional Behavior Review of the Student - at the midpoint and end of the rotation
- Evaluation and Verification by Preceptor - for each activity assignment within the rotation
- Progress Report - review & sign the contact hour log and report

# Tips for Teaching

- Set clear ground rules and expectations at the beginning of the internship rotation.
- Be sure to explain any distinctives of your facility culture to your intern, i.e. any unwritten expectations that fall into the category “That’s the way we do things around here”.
- Show how to anticipate consequences. Show interns how you collect data, interpret findings, create options, implement actions, monitor results, and use analytical skills.
- Interns will make mistakes. To the greatest extent possible, allow them to make mistakes without fear of reprisal. Turn mistakes into learning opportunities.

# Strategies to be Successful with a Student

## Positive Learning Environment

- Mistakes can happen without fear
- Allow students to solve their own problems and receive feedback
- You know the difference between 'need to know' vs. 'nice to know' for the student to be entry-level

## Clear Communication and Expectations

- Provide orientation
- set ground rules
- Explain the norms
- Learn about the student
- Set expectations that are clear and revisit them
- Model professionalism

## Progress Review and Evaluation

- Should be ongoing and at regular intervals
- Constructive recommendations to become entry-level
- Formally completed at the mid- and end- of the rotation
- Be specific

# Strengths and Limitations

Students have different models of learning

Students are still figuring out how to prioritize work or manage time

They may not understand the limitations in reality; they are idealistic

They are developing their communication skills



# Handling difficult situations

## *As shared by current Preceptors*

### **Problem / Cause**

- Inadequate knowledge prior to start date
- Skill deficiencies
- Personality, such as communication style or interpersonal
- Situational, such as family illness

### **Strategies**

- Adaptations are reasonable, as long as the student achieves the CRDN
- Be realistic
- Identify problems early
- Natural consequences of student actions

# Strategies for Progress Report Review

## *As shared by current Preceptors*

- The student will submit a Contact Hour Log and Progress Report to their preceptor every two weeks.
- Utilize this time to offer constructive feedback
- Frequent, ongoing evaluation provides the forum for discussion of problems and offer positive solutions
- Clearly state all policies and expectations upfront
- Try to identify the positive in a student in order to provide a foundation for growth
- Talk with the student about challenging situations
- Provide resources outside of the rotation

# Earn CPEUs!

- You can earn up to 3 CPEUs per year for precepting using the Activity Type 190.
- Complete the Preceptor Verification & Self-Reflection Form
- You can earn up to 8 CPEUs through the Academy's free online Preceptor Training Program

< ACEND Training and Volunteer Opportunities

## Preceptor Training Program

The Dietetics Preceptor Training Program helps preceptors of dietetic teachers, coaches and mentors. This free training was formally provide The training materials have not been modified; they have only been mc complimentary training awards participants with 8.0 CPEUs. The train

1. Preparing for the Role as Preceptor
2. Planning for Student Learning
3. Facilitating Student Learning
4. Assessing Student Learning
5. Communicating Effectively
6. Managing Time
7. Keeping Current

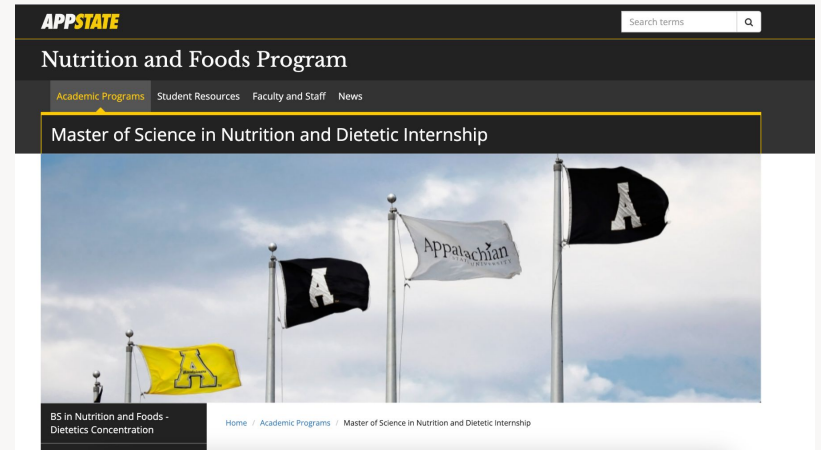


gh these modules preceptors will learn about their different role



# Preceptor Resources

- Visit the 'For Preceptors' page on our website for links to all forms and information to fulfill your responsibilities.
- Use the Director + Coordinator as a resource. We are here to support you!
- We will do our best to clarify the internship process
- Our goal is success for *everyone* !



# Thank you for growing our profession!

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