



DIETETIC INTERNSHIP PROGRAM @ STONY BROOK UNIVERSITY

PROGRAM DIRECTOR:
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LORRAINE DANOWSKI, PH.D., R.D.

SPONSORED BY:
DEPARTMENT OF FAMILY, POPULATION AND PREVENTIVE MEDICINE
SCHOOL OF MEDICINE

LONG-TERM CARE MODULE 4-WEEKS (120 HOURS)

DESCRIPTION OF ROTATION

The long-term care rotation is 4 weeks. During that time, you will increase your awareness of the role of a registered dietitian in a long-term care facility. You will gain experience in the following areas: continuous quality improvement (or quality assurance), nutrition assessment of long-term care residents, development of nutrition care plans for long-term care residents, and documentation of nutrition services for long-term care residents.

FACILITY:

Acadia Center for Nursing and Rehabilitation
1146 Woodcrest Avenue
Riverhead, NY 11901

Brookside Nursing and Rehabilitation
Center
7 Route 25A
Smithtown, NY 11787

Brookhaven Health Care Facility
801 Gazzola Drive
East Patchogue, NY 11772

Long Island State Veterans Home
100 Patriot Road
Stony Brook, NY 11790

Medford Multicare Center
3115 Horseblock Road
Medford, NY 11763

CONTACT PEOPLE:

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FACILITY:

CONTACT PEOPLE:

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St. James, New York 11780

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Northport, NY 11768

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St. James, New York 11780

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Noel Frisch, MS, RD
631-862- 8000 x164

Smithtown Center for Rehab & Nursing
391 North Country Road
Smithtown, NY 11787

Kristen Reichling-Khan, RD
631-361-2020, x 729

The Grand Pavilion for Rehabilitation
And Nursing
41 Maine Ave
Rockville Centre, NY 11570

Amy Goldsmith, RD
(516) 536-7730 x1360
agoldsmith@thegrandpavilionrc.com

The Bove Health Center
at Jefferson's Ferry
500 Mather Drive
South Setauket, New York 11720

Sharon R. Scafidi, MS, RDN, CDN
Clinical Dietitian
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Westhampton Care Center
78 Old Country Road
Westhampton, NY 11977

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HOURS – ALWAYS CHECK WITH YOUR PRECEPTOR REGARDING HOURS

Hours vary by facility; may be 6:00 a.m. to 8:00 p.m. to allow you to observe and participate in all aspects of production. Hours based on preceptor's needs.



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AND COMPETENCIES

Upon successful completion of the long-term care rotation, the intern will be able to:

- CRDN 1.2 Apply evidence-based guidelines, systematic reviews and scientific literature.
- CRDN 1.3 Justify programs, products, services and care using appropriate evidence or data.
- CRDN 1.6 Incorporate critical-thinking skills in overall practice.
- CRDN 2.1 Practice in compliance with current federal regulations and state statutes and rules, as applicable and in accordance with accreditation standards and the Scope of Dietetics Practice and Code of Ethics for the Profession of Dietetics.
- CRDN 2.2 Demonstrate professional writing skills in preparing professional communications (e.g. research manuscripts, project proposals, education materials, policies and procedures).
- CRDN 2.3 Demonstrate active participation, teamwork and contributions in group settings.
- CRDN 2.10 Demonstrate professional attributes within various organizational cultures.
- CDRN 2.11 Show cultural competence/sensitivity in interactions with clients, colleagues and staff.
- CRDN 3.7 Develop and deliver products, programs or services that promote consumer health, wellness and lifestyle management.
- CRDN 3.10 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 4.4 Apply current nutrition informatics to develop, store, retrieve and disseminate information and data.

CLINICAL NUTRITION THERAPY CONCENTRATION ASSOCIATED COMPETENCIES

- CNT1 Integrate pathophysiology and current emerging evidence-based guidelines into the nutrition care process.
- CNT2 Calculate, monitor, and evaluate complex enteral and parenteral nutrition regimens.
- CNT3 Conduct counseling and education for patients/clients with complex needs, considering cultural dietary habits, use of supplements, use of integration therapy therapies.

ASSIGNMENTS (LONG-TERM CARE):

1. Review organizational chart and participate in interdisciplinary health care meetings, including a patient care plan and discharge planning meeting.

Evaluation Strategy: Preceptor observes intern and verbally assesses intern's understanding of the integration of nutritional care with other services. (CRDN 2.3)

2. Develops skills to use the nutrition care process to provide nutrition therapy to long-term care residents.
 - a. Review OBRA regulations for nursing homes and procedures for completing MDS-2 documentation.
 - b. Review pressure ulcer and dysphagia protocols.
 - c. Develop rapport and communicate effectively with long-term care residents and health care team members.
 - d. Obtain accurate weight and diet history by interviewing long-term care residents and/or their significant others.
 - e. Meet with occupational therapist to become familiar with adaptive feeding devices used at the facility. Determine need for adaptive feeding devices, and/or assess patient's use of such devices during meal rounds.
 - f. Observe long-term care residents during meal rounds to assess calorie intake.
 - g. Assess the nutritional status of long-term care residents and complete appropriate assessment forms (4 assessments and 3 follow ups per day are required to meet minimum standards).
 - h. Plan, implement and manage nutrition interventions, including the delivery of nutrition counseling and education to patients and significant others; establish appropriate goals for therapy.
 - i. Monitor and evaluate outcomes related to nutrition therapy for long-term care residents; make appropriate suggestions for future nutrition therapy at interdisciplinary care plan meetings.

Evaluation Strategy: RD observes intern interact with long-term care residents. RD verbally assesses intern's understanding of the policy and procedure manual and regulations. RD reviews intern's ability to assess, diagnose, treat and evaluate long-term care residents as per the nutrition care process, as well as intern's medical record documentation for accuracy, completeness and appropriateness. (CRDN 1.2, CRDN 1.6, CRDN 2.1, CRDN 2.3, CRDN 2.11, CRDN 4.4, CNT1, CNT2, CNT3)

3. Review diet manual and cycle menus, noting specific considerations for the geriatric and rehabilitation population. Submit one-page summary of comments and recommendations with module.

Evaluation Strategy: RD verbally assesses intern's understanding of the diet manual and cycle menus, and reviews summary or comments and recommendations. (CRDN 3.10)

4. Prepare nutrition education material for residents or their significant others as requested by preceptor. Submit on Blackboard.

Evaluation Strategy: RD reviews education material for accuracy, completeness, usefulness, and appropriateness of format. (CRDN 1.2, CRDN 2.2, CRDN 4.4, CNT3)

5. Conduct a computerized literature review on a relevant topic as assigned by preceptor; select and abstract an article in the current peer-reviewed literature on a geriatric or rehabilitation topic. Submit on Blackboard.

Evaluation Strategy: RD reviews articles and summary. (CRDN 1.2, CRDN 1.6, CRDN 2.2, CRDN 4.4)

6. Evaluate the cost effectiveness of the nutritional supplements used in long-term care facilities.
 - a. Review the use of supplemental and enteral nutrition products for 3-5 long-term care residents.
 - b. Prepare a chart comparing 5 PO nutrition supplements on their cost, calorie, protein, carbohydrate, and fat content per four ounces. Benefits and indications for use should be included. Track actual intake of supplement on tray or at medication pass for 3 patients. Submit on Blackboard.
 - c. Evaluate one new product. Review company literature for use, efficacy, and cost. Prepare one-page summary and recommendation for use or make recommendations for supplement use based on findings. Submit on Blackboard.

Evaluation Strategy: RD evaluates intern's verbal understanding of use of supplements for selected residents, reviews comparison chart for accuracy, and appropriateness of recommendation for potential new product or reviews supplement usage. (CRDN 1.3, CRDN 1.6, CDRN 2.10, CRDN 3.7)

7. Intern will observe lunch meal and become familiar with adaptive feeding devices used at the facility.
 - a. Review catalog or product information on the Internet regarding adaptive feeding devices.
 - b. Prepare a one-page proposal on the purchase of a new adaptive feeding device based on your observations of the resident population and needs. Consider cost constraints. Submit proposal on Blackboard.

Evaluation Strategy: RD evaluates intern's understanding of adaptive feeding devices. Results of search for adaptive feeding devices included in module. (CRDN 1.3, CRDN 3.7)