Intern Name \_\_\_\_\_\_\_Afnan Chikhani\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Site/Facility \_\_\_\_\_McDaniel Nutrition therapy \_\_\_\_\_ Main Preceptor Contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rotation Start Date: \_\_\_5/11/2020\_\_\_\_ End Date: \_\_\_\_\_6/5/2020\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rotation Type:

\_\_\_\_\_\_Clinical

\_\_\_x\_\_\_ Community

\_\_\_\_\_\_ Food Service Management

\_\_\_\_\_ \_\_\_\_\_\_ Other

**Instructions:** Complete Part One of this form prior to the start of your rotation and share your responses with your preceptor on or before your first day (may copy/paste into an e-mail or send the document)

Then, complete Part Two at the end of your rotation. You should share this feedback with your preceptor as you feel comfortable (either during you final evaluation meeting, or via e-mail) and post the completed form in your online portfolio as part of your submitted materials for grading for the rotation.

**Part One: Pre-Rotation**

1. Explain any prior experience, exposure, or knowledge you have related to the content of this type of rotation, specific site, and/or population served.

My previous experience with community volunteers is a food bank. We helped with boxing and distributing food. I volunteered in girls on the run for 5th great girls. Another community service I was involved in is helping refugees to get involved in the community and provide assistant to them according to their needs. I am currently involved with a non-profit organization is called welcome neighbors STL. I also helped in a volunteer in the medical clinic where they provide a free service for people without insurance. I also did a few community awareness educational tables about diabetes and heart health.

2. List at least three objectives related to what you want to learn and/or get out of this rotation (include any large/culminating projects you hope to complete)

* I would like to help a diverse population, so I want to try to help a variety of people.
* I would like to learn the WIC variety of services
* I would like to practice education and training

1. List at least two personal or professional areas for improvement that you would like to work on during this rotation. For each area, include some specific ideas you have for making progress in that area during this rotation.

* I would like to learn how to help professionally on specific issues related to sport nutrition.
* I would like to improve my management skill in the community rotation in different sits.

4. What do you need from your preceptor to help you achieve the above objectives/areas for improvement? You might include your preferred communication/learning style, resources, or specific experiences that would be helpful.

I can communicate through e-mail, call, text depend on the information. The text will be faster than e-mail if it needs a fast response. I am a visual learner, so the best way is an example. Please let me know when things need to be different. I speak Arabic if needed in a certain population. I am a mother of 3 kids so I can deal with kids too.

**Part Two: Post Rotation**

1. Review your response to Part One, #1 above. In what ways did you deepen your knowledge of this type of rotation, specific site, and/or population served?

I learned how privet nutrition consults business work from McDaniel nutrition therapy site. I learned about sports nutrition counseling and who to calculate micronutrient needs for athletes to improve their performance. I learned how to assist clients in their daily nutrition intake by using my fitness pal in a simple and practical way. I also learned a lot about is genetic testing for nutrition and exercise, which is a new subject for me. I was able to Shadow many consult sessions of varieties of issues and needs for different populations. I learned a lot of skills of motivational interview for my preceptor because she is great at it.

1. Review the objectives you set for yourself in Part One, #2 above. Did you meet your objectives? If so, discuss how (through projects, etc.) If not, why not?

I did learn I leaned who to deal with different populations because the client was very from diverse communities. We had clients of different ages, gender, medical needs. Clients were athletes, an older person with Alzheimer’s, adolescents with POCS, a person with obesity, and professional athletes. My other objective was to learn how to educate and train clients to change their lifestyles. I got a great experience in this area, shadowing and doing the assignments of calculation and planning for the clients.

1. Review your personal and professional areas for improvement listed in Part One, #3 above. Did you make any strides toward improving these areas during this rotation? If so, how do you know? If not, what is your plan to improve moving forward? In what ways did you preceptor assist you?

I did get some experience in sports nutrition as a start. I would need to attend webinars and workshops about sports nutrition to improve my knowledge and experiences. I also can read books about sports nutrition. I will educate myself on some ways to calculate the need for a different type of sports.

Since the rotation is visual, and I could not be on-site, it was hart to see r practice management skills. Because of the rotation is one virtual, I did not get to meet the rest of the team to understand how they interact with each other on the site or even virtually. I hope to be able to be on sites in my other rotation to experience some of the managing skills.

1. What did you find most rewarding and/or helpful during this rotation, and why?

I liked the whole experience of learning about nutritional privet business. It is mostly about the self-driven motivation of the business owner and partners.

1. What did you find most challenging during this rotation, and why?

In the very beginning, I was not sure who thinks are done in privet business. It is different than the classroom. The genetic testing project is hard because I do not know much about this area, but I enjoyed learning about a new idea. I spend a lot of time learning about genetic testing.

1. What, if anything, could your preceptor have done to make this a better learning experience for you?

My preceptor did great. I learned a lot from her and the rotation. We did some feedback in general, but I would like to know more about who I am doing to improve, but that was hard to do when we are working individually in a virtual way. With the giving situation of COVID-19 and every thin being virtual, she could not do better. I got much more than I expected for this rotation, especially with the current situation.