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

Site/Facility \_\_Missouri Baptist Main Preceptor Contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rotation Start Date: \_\_7-21-2020\_\_\_\_\_\_\_\_\_\_\_\_\_\_ End Date: \_\_\_\_\_\_\_9-24-2020\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rotation Type:

\_\_\_x\_\_\_Clinical

\_\_\_\_\_\_ Community

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

\_\_x\_\_\_Hospital \_\_\_\_\_ School \_\_\_\_\_\_ Other

**Instructions:** Complete Part One of this form before the start of your rotation and share your responses with your preceptor on or before your first day (may copy/paste into an email 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 email) 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.

I had a prior clinical experience when I did my undergraduate internship at St Anthony in IL. I shadowed a clinical dietitian in the hospital and outpatient setting. I experienced nutritional education to inpatient and outpatient; I used to talk to the penitent about drug and food interaction. I also attended many outpatients, such as diabetic education and weight management. Some of the activity used to be held in the hospital is diabetic education I used to help in setting up the activity in the classes. I also participated in the educational table about diabetes. Part of diabetic education is insulin calculation through shots or insulin pumps. I leaned the different roles of the dietitian in the hospital, but it was in a small hospital, so there were not many complicated cases. I used to calculate the calories need and the calories consumed.

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 want to be confident in consoling and diagnosing
* I want to know how to prioritize treatment when there are many complications.
* I want to be faster and more confident in the calculation
* I want to learn about weight management, carb counting, and insulin treatment.

I want to have experienced during my clinical rotation because more experiences can give me confidence. There are many skills I would like to improve related to clinical experiences, such as counseling, education. My mean goal is to become confident in applying my knowledge.

3. 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 want to learn more about weight management strategies.
* I want to know more about nutrition-related medication

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 am a visual learner; I learn by example or experience. I need a little more time reading and writing since English is not my first language. I am a hard worker and move fast, but time can be challenging to me sometimes when it comes to documenting only. I can manage any form of communication according to the need of the task. I prefer a written direction if it is an important assignment or task.

**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 about nutritional diagnoses and assessment according to the disease. I practiced diving he the right treatment according the need of the Patient. I become comfortable ordering supplement as needed. I did practice doing the nutrition physical assessment exam and become very comfortable with it and assessing malnutrition. Nutritional education was done every day, so I become an expert with 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 a lot from my rotation. I met most of my objective. One of my objective was I want to be confident in consoling and diagnosing. I did differently become good at consoling and nutrition diagnosis using critical thinning after collecting all the data need it to make the diagnosis. My other objective was to know how to prioritize treatment when there are many complications. I had many patients with many complications and I know which one to prioritized. I become faster and confident in discission about the treatments and education.

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 learned how to select the medical diagnosis and medication that are only related to nutrition. All the medical information is important when it comes to looking at the Pt charts but selecting what matter for nutrition treatment is different. One of the receptors showed me who to select for the chart what mater like wt. and intake and helped me add short cut to these tips to my computer for faster scan.

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

It was rewarding to see that I am helping a patient foot better and heal. I also liked the educating patient who is interested and want to know more about nutrition and diet. The hospital is a moment that might be changing point for some people and want to make change to healthier lifestyle. It is an opportunity to teach and raise awareness for wellness and make a different.

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

It was a challenge to talk to someone not alert or not responsive, because it is hard to get my questions answered.

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

I will have a better experience if I know what to expect. Having a good understanding to the rotation’s schedules and contents, will make me ask more about what I want.