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

Site/Facility \_\_\_ Family Care Health Centers

\_\_ \_\_\_\_\_ Main Preceptor Contact \_\_\_\_ Amy Callico, RD, LD Nutrition Services Team Leader

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Rotation Start Date: \_\_\_9/28/2020\_\_\_\_ End Date: \_\_\_\_\_10/23/2020\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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.

I completed four weeks as part of my community rotation with privet nutrition consults business at 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.

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 the community.
* 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 more about the 0-5 years old kids’ needs and the essential educational topic related to younger kids. Younger age assessment is different from the more aging population. It is easier to educate and implant new habits. I learned that it is essential to educate and motivate patent about healthy habits for their children. I also learned about different kinds of formulas. I understand how some of the WIC programs help the community and play an essential role in improving the community’s nutritional status.

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 learned about WIC variety of services and what they do to serve the community. I also improved my knolage about assignments and education for this particular population. The assessment, motivation, setting goal, and education have to be short and right to that point. It needs to be quick and sweet because we need to respect the appointment’s time and the client’s interest and attention spam.

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 your preceptor assist you?

I learned how to assist and direct clients on specific needs, proficiently, and direct to other sources when needed.

I did improve my management skill by attending staff and RD meetings. During these meetings, I learned how my preceptor was managing to imorve the performance of the site. They discussed the possible strategies and changes needed to improve the phone appointment’s participation and reduce the no answer calls. I also learned who she is trying to manage the change during COVID-19 and all its policies.

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

It is rewarding to improve the nutritional status of the younger population. I knew that is improving when the clients are meeting their goals that were set in previous appointments. It is rewarding to educate, direct, and answer a worried mother who wants to improve her child’s health.

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

Timing is the most challenging during this rotation. The appointment is back to back, and we need to an asset, educate, and provide education about the e-card and schedule the next appointment. It becomes challenging when we need to do all that with an interpreter. The interpreter is fine for me, but the appointment takes much more time. When we are later for one appointment, it affects the other ones after it.

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

It would be helpful if the site provides a few days of training on an intern’s computer systems and administration. It is not required to intern to know it, but with all the worker roles’ changes, it will help her manage the computer system to manage the appointment faster and independally.