Staff Relief

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During the final week of my community rotation at the family care health clinic WIC office, staff relief was done. It was two days, so it did cover 16 hours of full dietitian workload. On my first day, I printed my schedule first thing in the morning, and I also printed the next day before I leave to get ready for the next day because it will be a busy schedule. Usually, there are two dietitians on-site, and they divide the patients between them, so it was another dietitian and me. The RD on-site divided the workload between the two of us. The RD on-site is Spanish-speaking, so she took most of the patient with the Spanish language not to call the interpreter. I took the other patients. When dividing the appointment, they take the timing between appointed into consideration, so they will be not having calls back to back. They usually give enough time for education, especially the appointment with an interpreter.

An appointment usually either initial certification, re-certification, mid-certification, or secondary education. The appointments I had was a variety of all these. One appointment was a family of three hours, two re-certification, and one-second education appointment. The family was a nursing mother, an infant, and a 3-year-old child. Usually, the most crucial information is to assess the babe feeding and who is that going for both the mother and the infant. The education will be delivered according to the needs after assessment. In this case, the mother was having an issue with breastfeeding and needed to increase the formula. To increase the formula, we need to adjust the food benefits for both the mother and the infant. Decreasing from full breastfeeding to part will increase the formula amount and change the mother's food benefits amount.

There were two appointments with somalin interpretation. These appointments were for two-child, two years old, and four years and nine months. They were educational appointments. During this appointment, I educated about high iron food for two years old. The iron reach food is an important education because, during COVID-19, the office cannot test hemoglobin on-site to assess the hemoglobin's level for most of the patients. We are encouraging the mother to give high iron food. We educated about iron reach food because most children at between the age 1-2 deink high amount of milk, which affect the iron level. We educate about iron reach food and milk recommunication for different ages.

The other appointment was for four years old and seven months, an exit appointment because WIC stops the five-year-old benefits. The education was about oral health because I found this child to be in good health and had education about most of the other topics from the nutritional note. The exit appointment is to let the mother know that her child will not benefit any more from WIC when they turn five years old. We also remind them that they can get benefits from other organization if they need.

There was more appointment throughout the day, which I managed all the ones assigned to me. Due to the COVID, all the arrangements are made via phone. Another thing I handled during the call is that I explained the benefits switched from chick to ecards. After I am done with the appointments, I will inter select the educational topic discussed during the system call. I also write a note for each patient.

Reflection

Only one dietitian was working in the other office, which worked well for my staff relief days. I was able to cover one of the dietitians' work since she was not using these days. Even though it was a staff relief week on initial certification appointments, I only covered the educational parts. The other dietitian and the administration cover is filling the application part. It is all the administration job, but since they are short on staff and change of the appointment way, the dietitian covers some administration work. I was not covering that part because it requires training to do this part of the appointments.

I had a good practice of RD role in the Family Care Health Center WIC office during my staff relief. Staff relief an assignment is to experience the real responsibilities of RDs. It is an excellent practice for my future job as I am ready to be one of my jobs indecently. I had challenged myself out of my comfort zone to practice some new tasks.