

Supervising RD Assignments

To apply the knowledge you learn in Nutritional Assessment, it is necessary that you work with an RD or a related health professional for approximately 4-6 hours. The activities are designed to allow the student to maximize their learning experience and the dietitian to minimize time working with the student.

The student will:

- Contact the dietitian and arrange a schedule that is convenient for the dietitian
- Prepare all lessons related to the assignment prior to the supervised time.
- Have all materials on hand and work efficiently with the dietitian and exhibit courtesy
- Dress professionally when working with the dietitian
- Obtain the dietitian's signature to verify the hours spent in the facility
- Provide Dr. Yarrow's contact information to the dietitian should any questions or concerns arise:

Dr. Linda Yarrow, Instructor
Kansas State University
Dept of Human Nutrition
255 Justin Hall
Manhattan KS 66506
Phone: 785-532-7177
Fax: 785-532-3132
Email: lyarrow@ksu.edu

The dietitian will:

- Provide the scenarios or modified scenarios to fit the needs of the workplace and the dietitian's schedule
- Provide feedback to student questions
- Contact Dr. Yarrow if there are questions/concerns

Assignments: (all assignments have detailed instructions provided in associated lab assignments; this list is to give you a preview of the assignments so that you can make arrangements with a supervising dietitian)

1. Practice taking a 24-hr diet recall

- The RD will have the student ask one client for a 24-hour recall. The student is to have practice prior to working with a client. The 'practice' sessions can be with friends or family.

2. Observe the dietitian collecting a diet history

3. Anthropometric practice – (ht/wt) & (waist measurement) Instructions given in lab assignment.
 - The student needs to observe and practice taking height, weight, and waist measurements. The student should practice using the appropriate equipment prior to performing on an actual client/patient
 - NOTE: You can perform all 3 measurements on the same client if you read in advance how to perform waist measurements. The waist measurement information will be submitted with the remainder of the Adult body composition lab report.
4. Observation of charting
 - The student will review 2 patient medical charts (in-patient) to become familiar with the format of a medical record. The student will listen and watch as a dietitian completes an assessment or follow-up of a patient and observe the decision pattern of the dietitian and the charting of what is happening with the patient. Instructions given in lab assignment.
5. Observe a clinical history
 - The student needs to observe the RD completing a comprehensive initial work-up of a client. The student will listen to questions asked, observe the interaction between the dietitian and the client and observe data collection, data entry and analysis. Instructions given in lab assignment.

Form

Please send the following information to Dr. Yarrow (lyarrow@ksu.edu) via email:

Name of dietitian

Name of facility

Address of facility

Phone number of dietitian

Email of dietitian

Please indicate that you have discussed this information with the dietitian and he/she has agreed to supervise you for the time required to complete the assignments.

A check-list will be provided for the dietitian to sign indicating that you have observed and completed all required assignments. Please email Dr. Yarrow with questions!