

LEARNING OBJECTIVES: EVALUATION

Learning Objective # 1:

Learn how to get involved and attract a possible client in to nutrition counseling sessions.

Resources/ Activities

- Attend to various health, and nutrition fairs
- Shadow dietitians that attend fairs, and observe what they do
- Study the subject to be treated to increase confidence to speak with a possible client.

Evaluation

- Have a patient register to nutrition counseling
- Have people interested in speaking about nutrition counseling

Discussion

Since I am a nutrition major, One of the most important things I needed to learn is how to attract a client to nutrition counseling. This maybe taught in college, but the only way to get better at it is with experience. Luckily for me, this semester I got the opportunity to attend various health fairs for my internship. This definitely helped me achieved my first learning objective that was to learn how to get involved and attract a possible client in to nutrition counseling. Health fairs are exactly for that. During this semester, I attended and assisted in four health fairs. The first one was in a Septa location, which I saw for the first time how to interact with a client. In this health fair, I just saw and learn what I needed to do from Krista, my supervisor. The next health fair I attended to was in Temple University Hospital. Here, I was by myself, so it was the health fair that I learned the most. At the beginning I was nervous to speak with a possible client, but then I really enjoyed it. It was really important for me to see what Krista did on the previous health fairs so I can do the same thing when I was by myself. It was also important to understand the services that Family Food, LLC gives to clients, so I can explain the same thing when I talked with new possible clients. At the end of this Health Fair I got eight out of 13 people to register for nutrition counseling, so I already felt I accomplished my first learning objective. The

third Health Fair I attended to was in Temple University, and finally, the last one was in LaSalle University.

I learned a lot from this experience of trying to attract a possible client to nutrition counseling. First, I was surprised that people are not too interested in nutrition or it is not priority. At the beginning I thought that everyone would want to sign up for nutrition counseling, but it wasn't that way. I had to understand and learn that not everyone is interested in nutrition or health. I also learned that I am going to deal with all kinds of people when it comes to counseling. People that are really interested and want your services, people that think they don't need them, and which they need to be convinced that everyone needs nutrition counseling, and people that are just not interested at all. I realized that I need to have patience and respect what others think.

Assisting in health fairs gave me more confidence to speak with people, but I do think I can improve still improve this. I need to work on having a balance between convincing the client that they need nutrition counseling, and not pushing them to do so if they are not interested. My biggest problem with this subject is that I think that everyone enjoys nutrition as much as I do, and everyone would like nutrition counseling, but this is not the case.

Learning Objective #2:

Learn how to work with a client that does not have motivation and does not follow the dietitian's advice

Resources/ Activities

- Shadow at least two dietitians to see their reaction to this problem
- Attend to health fairs
- Talk to Krista (the executive director) for advice

Evaluation:

- Write a report on a client with low motivation, and possible suggestions
- Practice with someone I know that has low motivation for nutrition counseling

Discussion:

In nutrition, working with a client that is not motivated to any sort of change can be a difficult task. One of my learning objectives for this semester was to learn how to work with a client that does not have motivation and does not follow the dietitian's advice. The activity that helped me the most achieving my learning objective was to shadow registered dietitians. During the semester I shadowed three different registered dietitians and saw nine different clients while I was shadowing. Every client that I saw was different, so I was lucky I got the chance to see a little bit of everything. Some of the clients I saw were really motivated and were willing to take the advice that the registered dietitian gave them. I could tell immediately that they were interested on the subject and on their health. I also saw clients that did not had a lot of motivation, or did not give much importance to nutrition counseling. It was really interesting to me to see how the registered dietitians deal with that. I saw how patient and understanding they were, they never got mad or frustrated. They try to explain the importance of healthy eating and try to motivate the client with a small change to start. This was an interesting technique that did help me achieve my learning objective. I know that every client is going to be different, but I do feel prepared to face clients that have low motivation in healthy eating or exercising.

This experience of shadowing was so helpful for me, I learned so much from it. I learned that there are going to be a number of clients that are not going to be interested at all in what you say or the advice you give to them. Patience and respect are really important when treating with a client that is not interested. I need to try to motivate them with a small change that they are willing to do. For example start eating fruit two or three times a week. I think those small changes are a good way to start for clients with low motivation. This is not an easy subject, there is a lot more to learn. Shadowing was a great start. The more experience I have, the more I would know how to handle low motivation situation. Besides there are videos and books that I can check on the subject as well.

Learning Objective #3:

Learn how to make an appropriate report after visiting clients

Resources/Activities

- Read previous nutrition reports
- Have an updated growth chart of the WHO
- Talk to Krista, the executive director to see what is expected in every report

Evaluation

- Write a report after each client that has been visited
- Get feedback from Krista on my reports.

Discussion:

During this semester, my last learning objective was modified. At the beginning I wanted to learn how to write a report on children, and make a diagnosis of how they are doing, but as the semester went through, I thought it would be more appropriate to modify this learning objective. According to the activities I did, I changed my learning objective in to learning how to write an appropriate report of the registered dietitians I shadowed. Since I shadowed dietitians during the whole semester, I thought that could be more helpful for me. To accomplish this, I took plenty of notes during my shadowing sessions. I wrote what the patient wanted, how did the registered dietitian gave a solution or advice for it, if the client was happy with the advice, and more things I noticed during the session. I also wrote comments on what advice would I have given the client. It was really important for me to shadow more than one dietitian, and also to see the same dietitian with at least two clients. This way I could see and compare the advices that the same dietitian gave to two different clients, and be able to have a better report. I also thought it was importance to include in the report the different methods that each dietitian used with a client. I had to think in all of this before going to each session, that way I was prepared to take notes on the things I needed for my report. Asking questions was also really important. After each nutrition counseling session, I took five minutes to ask the registered dietitian things that were not clear, or more things that I wanted to know about their technique and method used in each session. With all the information needed, I wrote a report on the two first dietitians

that I saw first, and at the end of the semester I wrote another report on the last dietitian that I shadowed.

Learning how to make an appropriate report was really helpful for me. I not only learned how to make a report, but also I had to pay an extra attention to the nutrition counseling sessions, and that made me even learn more about every subject discussed during them. On most of my nutrition courses, I need to write reports on most of the things I do. If we go one day to the hospital and work with patients, a report will be required for that. Even though I worked on reports this semester, I can still make improvement on future ones. Writing skills and organization are two things I want to work on improving on my next report. It is hard for me to organize all the information in to sections in a report. With more practice I can get better at writing reports.