



HOEC 106

Field Experience - Nutrition Clinics Student Health Center or PE Health & Wellness Center CCSF Ocean Campus

Nutrition Clinics--Guidelines for Students:

All NA students will be rotating 2 full work days through the Nutrition Clinics under the supervision of faculty RDs Frances Chan (Student Health Center, Wednesdays) or May Woo (PE Fitness Center on Mondays). This mini-rotation will give all students the opportunity to do screening/assessment and nutrition counseling, thus meeting those two specific Core Competencies which may or may not be possible at the main field placement site.

NOTE: These Clinic hours (~14 hours) can count towards the 160 hours requirement (if necessary).

1. Hours: 8:30 a.m. to 4:30 p.m. (30-minute lunch break)
Mondays at PE Fitness Center; Wednesdays at Student Health Center at the Ocean Campus, 50 Phelan Ave.
Allow time to find parking (\$3 for student parking). Arrive promptly.
2. Dress code: Casual, professional, neat. Wear name badges.
3. Preparation:
 - a. Review clients' concerns/problems from appointment schedule, if available ahead of time.
 - b. Review intake forms, interviewing/counseling tips and tools, Field Experience Manual
 - c. Be proficient in using diet analysis program (MyPyramid Tracker). Review tutorials prior to the start of your clinic rotation.
 - d. On first day, preview "Tool Box" file to see what is available for you to use for counseling clients.
4. Nutrition Clinics:
 - a. Appointments are limited to a maximum of 4-6 clients per clinic day, to allow ample time for interviewing/counseling, computer input, and one-on-one time with preceptor. Appointments are scheduled at 9:30, 10:30, 1:00, and 2:00. Student Health Center and/or PE Department staff will coordinate the sign-ups. Clients will be given appointment reminder cards. Preceptor should give clients a reminder phone call or email a day or two prior to help minimize "no-shows". If there are no-shows, please try to recruit walk-ons (the nurses at SHC or Peg Grady/staff at Fitness Center can assist). Use the rest of the time to analyze diet using the computer and prepare for counseling.

First appointment (intake interview & prep for counseling): Complete Nutrition Intake Form, and 24-hour recalls of typical day and a “hectic” day. You will most likely be conducting a recall interview, or reviewing their pre-written food record with probing questions.

Set appointment for follow-up to go over the analysis and to do counseling. Each student will be responsible for completing the diet analysis of each client and preparing for counseling.

Using MyPyramid Tracker, input and print out appropriate diet analysis reports of the two-day recalls. Prepare blood sugar graphs (if appropriate, i.e. if the client has some of the symptoms of low blood sugar AND you can correlate it with excess hours between meals or inadequate balance within a meal.)

Second appointment (counseling/education):

After going over diet analysis and counseling, have client suggest one or two areas he/she is willing to work on (i.e. action plan). Write recommendations and goals on the form (in the FORM file) and give to client along with the print-out. Document the counseling session with a SOAP note for the client’s medical chart.

- b) Food models are available for helping client estimate portion sizes. Be sure to use and practice motivational interviewing skills and effective counseling techniques.
- c) Use materials available in the file as handouts if appropriate, or search for and bring relevant nutrition education materials.
- d) Complete Final Performance Evaluation (do it as a self-evaluation) of your performance by the end of the second day of clinic. Review and discuss with your preceptor.

**Please note that clients’ medical records are confidential documents and need to be handled appropriately.*