

## Rotation Description: *Medical Nutrition Therapy (MNT) 1*

Dietetic Internship Program  
University of Georgia

### Overview

This program's clinical rotations offer interns practical experience in various healthcare settings, working with multidisciplinary teams including RDNs, doctors, nurses, etc. Interns engage in thorough patient nutrition assessments and actively contribute to all phases of the nutrition care process.

The MNT 1 rotation, a 6-week introductory clinical experience, is the first of three rotations. It primarily involves standard patient cases, providing interns a solid foundation in patient communication and documentation of nutrition care. Specific objectives for this rotation are outlined below.

### Rotation Objectives

<b>LEARN</b>	Deepen knowledge of the NCP and evidence-based guidelines for variety of populations and health conditions Hone skills and confidence in speaking with and assessing patient needs Refine abilities to write clear, concise, and complete nutrition notes
<b>ACT</b>	Apply knowledge and develop skills in: <ul style="list-style-type: none"><li>• written, verbal and digital communication</li><li>• collecting data</li><li>• making appropriate and ethical clinical decisions using patient data, background knowledge and evidence-based practice documents</li><li>• documenting care clearly, concisely and effectively</li><li>• counseling patients effectively and with cultural humility</li><li>• working effectively in teams to achieve desired outcomes</li><li>• utilizing and evaluating programs, services and processes</li></ul>
<b>CHECK</b>	Assess & evaluate growth and competence, making sure to discuss areas for improvement with preceptors Get CRDNs checked off throughout the rotation

### Key Experiences

Interns will work with various clinical populations and conditions, including:

- Cardiovascular, obesity, diabetes, malnutrition, gastroesophageal reflux, etc. (experiences vary)
- Adults, older adults (possibly younger age groups, people with disabilities, or pregnant/lactating females)
- Diverse, minority and health disparity groups (experiences vary)

### Typical Tasks and Competencies

Specific competencies to be met in clinical rotations are provided in CRDN Competency Rating Tables as part of your DI Binder. Below is a summarized list of experiences often obtained in the MNT 1 rotation.

- Utilize the Nutrition Care Process (assessment, diagnosis, intervention, and monitoring/evaluation).
- Conduct patient interviews, obtain food and nutrition history, and perform nutrition-focused physical exams.
- Identify and prioritize nutrition problems/diagnoses.
- Develop and implement appropriate nutrition prescriptions and interventions.
- Familiarize themselves with electronic health records and patient information relevant to nutrition assessment.
- Write effective PES (Problem, Etiology, Signs/Symptoms) statements.
- Develop nutrition education materials for patients and caregivers.
- Create and deliver training presentations to staff or other healthcare professionals.

### Resources

- **Nutrition Care Manual and eNCPT:** Explore these resources on eLC and refer to past assignments for guidance.
- **Other Manuals:** Preceptors may have specific materials to recommend. If they do not offer this information, you can always ask them.
- **Textbooks:** Your DI Director has textbooks on a range of relevant topics such as clinical nutrition practice, counseling techniques, pathophysiology, etc. Reach out if you wish to borrow any materials before, during or after your rotation.