



Dietetic Internship Newsletter

Issue 2 - Fall '22

Contents

About the Internship	1
<u>Current Dietetic Interns</u>	<u>2</u>
<u>Intern Spotlight</u>	<u>3</u>
<u>WCU DI and DICAS Updates</u>	<u>6</u>
<u>Dietitian vs Nutritionist;_</u> <u>What's the Difference?</u>	<u>7</u>
<u>Alumni Spotlight</u>	<u>8</u>
<u>WCU MSCN Program</u>	<u>10</u>

The Dietetic Internship (DI) program provides the required Accreditation Council for Education in Nutrition and Dietetics (ACEND) learning outcomes and competencies with a community concentration. Interns complete over 1000 hours of supervised practice internship rotation experiences in clinical, foodservice, and community nutrition settings. The WCU DI also takes an innovative approach to teaching interns by including patient simulation in the immersive learning environment, role-playing, and live faculty, student, and class engagement in online classes.

As a distance education program, the WCU Dietetic Internship is an Intern Identified Supervised Practice; therefore, interns have the opportunity to customize their interests and passions in nutrition by securing preceptors and rotation sites to fit their unique needs while still meeting ACEND competencies and standards as part of the preparation to become a Registered Dietitian Nutritionist (RDN).

West Chester University's DI accepts 20 interns per year and welcomes diverse and unique individuals to help shape the future of the nutrition and dietetics profession.



Current 2022-2023 Dietetic Interns:

- Nadia Barimani - PA
- Casey Boehmer - PA
- Andrea Coyle - PA
- Amanda Curley - PA
- Morgan Elmore - NY
- Michaela Frazier - PA
- Melissa Goedecke - CA
- Emily Goldschmidt - PA
- Callie Grassi - NY
- Sheila King - PA
- Madison Kraichely - PA
- Sydnee Mostek - VA
- Alyssa Sabo - PA
- Anna Taylor - PA
- Jennifer Wilinsky - PA
- Paul Yu - PA
- Jena Wood - DI Program Director
- Dr. Patricia Davidson - DI Faculty
- Dr. Joanne Sullivan - DI Faculty & Graduate Coordinator

Internship and Masters Program Highlights

Affordable Tuition

100% Online

Different MSCN
Tracks
Available

Distance
Internship

Combined Masters
and DI available

Dedicated
Professors

Intern Spotlight

Emily Goldschmidt

Hometown: Reading, PA

Internship Rotations: Food Service-Wilson School District, Berks County, PA; Community-The Food Trust, Reading and Philadelphia; Clinical Inpatient-Encompass Health Rehab Hospital, Mechanicsburg, PA; Clinical outpatient- Happy Strong Healthy, a virtual private practice, and Athens Nutrition, Ardmore, PA



Area of focus for career: I am open to any area of dietetics, but I am mostly interested in nutrition education and working in private practice.

Part of internship you are most looking forward to: During my internship, I am most excited to get to see and experience each rotation to see where I am most interested in for my future career.

Advice for future interns: Ask questions!!!! Do not be afraid to ask questions- professors, peers, past students, dietitians, anyone in the field. The more you know, the more you will feel prepared and organized. Also, get involved as early as you can in the dietetics field to gain experience before your internship. Whether it is working as a dietary aid in a hospital, shadowing a dietitian, or volunteering at a food pantry. Having experience during undergrad is super helpful when it comes to knowing what you like/dislike and can find a focus in your career.



Intern Spotlight

Callie Grassi

Hometown: Endicott, NY

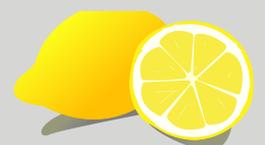
Internship Rotations: Food Service-Johnson City High School; Community- WIC; Inpatient Clinical - Luther Acres; Outpatient Clinical - Half of the rotation with Becky Wojcik, and the other half with Fresenius Kidney Care.



Area of focus for career: I am looking to either go into a clinical or food service setting. I haven't decided quite yet.

Part of internship you are most looking forward to: I am looking forward to learning more about the clinical side of dietetics! I have had a lot of food service experience, and not enough clinical

Advice for future interns: My advice for future interns is to make sure you learn at least one new thing daily at your internship site! It will help broaden your knowledge in the field of nutrition, and it may even help you narrow down what you want to do once you pass the exam! Also, remember to make time for yourself! Self-care days are very important.





Intern Spotlight

Madison Kraichely

Hometown: Pottstown, PA

Internship Rotations: I am starting with Main Line Health in King of Prussia for community. Then I am going to Great Valley School District in Malvern for food service, followed by PrimeLife Nutrition, a private practice out of Royersford and Joyful Connection Nutrition in Downingtown for my outpatient rotation, and lastly Pottstown Hospital for my clinical inpatient rotation.



Area of focus for career: My dietetic career focus involves a combination of both community and clinical inpatient aspects. I really enjoy one-on-one counseling and group counseling with individuals on overall health and well-being involving nutrition and exercise. I also love taking a more personalized approach with clients looking to really dive into nutrition guidance and education with high attention on mindfulness and living a balanced lifestyle.

Part of internship you are most looking forward to: I am currently in my community rotation, and I love the work and experiences I have gained in the surrounding communities so far. I am also looking forward to my clinical inpatient rotations within the two private practices to gain experience in the type of setting I hope to pursue.

Advice for future interns: My biggest take away so far...**BE OPEN MINDED!** All of this seems so new and honestly intimidating coming from a classroom setting the past 4+ years... but show everyone that you are confident in your willingness to learn and have these experiences... Say **YES** to everything... you will learn with every opportunity. **GOOD LUCK** to you all! You got this. :)

WCU Dietetic Internship Dates & DICAS Updates

New DICAS website: <https://dicas.liaisoncas.com>

WCU DI Application Requirements When to Start the Application Process

- WCU Specific Questions - **answer before uploading documents**
 - 3 letters of recommendation
 - WCU Personal Statement
 - DI Preceptor Selection & Commitment Form for Clinical 1 and Community Rotations
 - Foodservice and Clinical II not required, but recommended
 - DI Distance Rotation Schedule Template
 - Recency of Education Form *only if DPD verification was received 5+ years ago
- As soon as possible. DICAS is open!
 - Give yourself ample time to find preceptors, obtain letters of recommendation, and to complete your application.
 - All information and forms are available on our website:
<https://www.wcupa.edu/healthSciences/nutritionAndDietetics/dieteticApply.aspx>

WCU Preselect Application Important Dates

- January 8, 2023 by 11:59 pm EST - **applications due in DICAS**
 - D&D Digital is not required for Preselect applications
- Mid to late January 2023 - interviews will be conducted
- January 31, 2023 - applicants will be notified of Preselect decision
 - if selected, students must accept or decline offer by 11:59 pm EST
- February 1-15, 2023 - For those not selected, you may apply again via DICAS during Spring Match, but must also register for D&D Digital

Traditional DICAS and D&D Digital Important Dates

- October 4, 2022 - DICAS opens
- December 1, 2022 - D&D Digital registration opens
- February 15, 2023 - **DICAS applications due** & D&D Digital registration closes
- March 20 - 27, 2023 - you may reorder DI rankings in D&D Digital
- April 2, 2023 - Notification Day starts 7pm EST on D&D Digital
- April 3, 2023 - If matched, contact internship by 6:00pm EST to confirm acceptance
- April 4, 2023 - DI directors may contact unmatched applicants, and if contacted, you must confirm acceptance by 9:00pm EST
- April 5, 2023 - if not matched or contacted, check D&D Digital for open DIs, update DICAS & submit application for open DIs. Double check DI website if there are any additional application instructions.

Trending Nutrition Topic: Registered Dietitian vs. Nutritionist; What's the Difference?



Often the terms "nutritionist" and "Registered Dietitian" are used interchangeably. But what are the differences between the two? What should you know in your journey to become a Registered Dietitian/RD/RDN?

Registered Dietitians are required to complete specific education and supervised practice requirements. Currently, you must hold at least a bachelors degree in nutrition, but by 2024, a masters degree will be required to be eligible. In addition, you must complete at least 1000 hours in a supervised practice setting, such as a clinical, food service, and community setting via a Dietetic Internship or Coordinated Program.

Once hours are completed, you must pass the CDR (Commission on Dietetic Registration) exam and complete 75 CEUs every 5 year cycle to maintain the RD/RDN credential. In addition, some states, like Pennsylvania, require licensure (LDN) in addition to the RD credential. Pennsylvania RDs renew their license every 2 years through the State Board of Nursing.

Make sure to check your state's licensure requirements.

A significant difference between RDs and nutritionists is RDs can practice Medical Nutrition Therapy, or MNT, to treat nutrition-related disease.

Nutritionists, compared to RD/RDNs, are not often held to these standards. Most states have no regulation regarding a "nutritionist" title; so any person can consider themselves a nutrition expert and refer to themselves as a nutritionist.

After completing a bachelor degree in a nutrition-related field, a graduate may use the "nutritionist" title, but they cannot utilize the RD credential or insinuate registration in any way.

Lastly, nutritionists can provide general education on health and wellness, but are not eligible to perform MNT.

It is important to know that interns who complete their internship, but have not yet passed the exam, may identify themselves "registration eligible."

Alumni Spotlight



Courtney Dedrick, MS

Where are you currently working, and what is your title/position?

PennState Health - clinical bariatric and weight management

What population do you work with?

Obese/overweight adults

Can you give us a snapshot as to what a typical day looks like?

While I am new to the position and creating the program, my day will look like presenting PowerPoints to clients who wish to get bariatric surgery and meet one on one with clients to review education on food before and after surgery.

I also provide nutrition counseling to clients for weight management and bariatric surgery and create education material/content. Best of all, I am their cheerleader and build their self confidence.

Any advice for interns?

Set boundaries and know you are smart.
Remember why you entered into dietetics.

Alumni Spotlight



Megan Luybli, MS, RDN, LDN

Where are you currently working, and what is your title/position?

I own my own private practice, A Soft Place to Land, LLC.

What population do you work with?

My practice specializes in eating disorders/disordered eating and counseling for other chronic conditions from a weight inclusive lens from 14 yo +

Can you give us a snapshot as to what a typical day looks like?

I typically have on average 4 sessions/day with clients, which includes an hour of session then charting. Sometimes I provide other team members updates or call PCPs. Wednesday and Friday mornings I set aside time to do admin work, meet with therapists or network, complete CEUs, meet with school districts, meet with the therapist on my staff, and/or create social media.

Any advice for interns?

Network as much as you can and don't feel like you need to stay in the box of what we think a typical dietitian career is!

Masters of Science in Community Nutrition



Have you been considering beginning an advanced degree in nutrition? WCU offers a 100% online, 33 credit, Masters of Science in Community Nutrition (MSCN) perfect for working professionals, and can be completed part-time or full-time from the comfort of your home.

The MSCN is a research-focused program for students seeking an advanced nutrition degree. The MSCN is designed for registered dietitians, graduates of a DPD, and other health professionals, such as physicians and BSN registered nurses. The MSCN involves courses that promote evidence-based nutrition, health promotion, and disease prevention in the community. This non-thesis program culminates with a capstone paper.

Applications are accepted on a rolling basis for fall and spring semesters. Isn't it time for you to take your career to the next level?

Learn more here:

www.wcupa.edu/healthSciences/nutritionAndDietetics/grad.aspx or contact Dr. Joanne Sullivan, the Graduate Program Coordinator, at JSULLIVAN2@wcupa.edu for more details.