

Welcome!



OSF[®]

SAINT FRANCIS
MEDICAL CENTER

*Dietetic Internship
Program*



OSF HealthCare Saint Francis Medical Center



- Located in Peoria, IL
- Halfway between Chicago and St. Louis
- 4th largest hospital in IL
- 600 bed teaching hospital
- Children's Hospital of Illinois
- JUMP Trading and Simulation Center
- 52 week Dietetic Internship
- "Serving with the greatest care and love"

About the Dietetic Interns

- 10 interns each year
- 5 start in June
- 5 start in October





52 Weeks of Learning

Medical Nutrition Therapy

- **3 Weeks of Orientation + 16 Weeks of Rotations**

Community, Wellness & Foodservice

- **1 Week of Orientation + 10 Weeks of Rotations**

Emphasis

- **1 Week of Orientation + 21 Weeks of Emphasis**

Medical Nutrition Therapy Experiences

- **Cardiac**
- **Neurology**
- **Rehabilitation Unit**
- **Renal & Urology**
- **Orthopedics**
- **Oncology**
- **Medical, Surgical, Cardiovascular, & Neurological ICU units**
- **General Pediatrics**
- **St. Jude Affiliate**
- **Pediatric ICU**
- **Neonatal ICU**
- **Mom & Baby (community)**
- **Bariatric Program (community)**
- **Eating Disorder Program (emphasis)**



1:1 preceptor to intern ratio for all rotations



Rotation Schedule for In-Patient Medical Nutrition Therapy June 2020-2021 Class

Rotation	Level 1			Level 2			Level 3				Level 4					Level 5					
	June 8	June 15	June 22	June 29	July 6	July 13	July 20	July 27	Aug 3	Aug 10	Aug 17	Aug 24	Aug 31	Sept 7	Sept 14	Sept 21	Sept 28	Oct 5	Oct 12		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
G200 Gen Acute (adults), 3700 Medical, SICU (4104-4117), MACU (1704-1724)	Orientation classes and basic in-patient MNT practice skills development.			3	4		1		5	2						S	S	S	S		
4 Surg, 4500 Short Stay					2	5		3	1							4		T	T	T	T
NSINT (3341-3404), 3500 NA, NSICU (4118-4137), ED, PACU				4		2	5		3					1				A	A	A	A
2200 ONC Acute, 2700 Med, MACU (1732-1755)					1	4						3	5				2	F	F	F	F
Cardiac- 5000, ACICU (513- 532), 1000 Short Stay Unit & CDU				2	5		3	4								1		E	E	E	E
Cardiac-5100, Adult Cardiac Int. (501-512)				1		3	4	2			5							X	X	X	X
Individual make up time													4	5	2	3	1	P	P	P	P
Urology/Nephrology (2400), 6 th Ortho/Surgical				5			2			4					1		3	R	R	R	R
Rehab (2300), MICU (4001- 4025), MINT (3202-3229)					3	1			5		4					2		I	I	I	I
General Peds (600), G200 (Peds), Heme-Onc									1	2		3	4	5				E	E	E	E
Peds ICU (417-432) Peds Intermediate (401-416)												1	2	3	4	5		N	N	N	N
NICU													1	2	3	4	5	C	C	C	C

Additional MNT Projects

DIAGNOSTIC PROCEDURE:

GASTRIC EMPTYING STUDY

Presented by Zena Halaweh

INTERN SEMINAR 2020

Insects: Food or Foe?

Presented by Zena Halaweh

Community, Wellness & Foodservice Experiences

- 2 Weeks of Food Service
- 1 Week Outpatient Pediatrics
- 1 Week Maternal/Fetal
- 1 Week Outpatient Oncology
- 1 Week Riverplex
- 1 Week Hy-Vee Grocery
- Cooking Demonstrations
- Public Speaking



Additional Community Projects



TRENDING TOPIC:
MATCHA

By. Minji Lee
OSF Dietetic Intern

Matcha is a form of green tea where the leaves have been made into a powder. It has been enjoyed in East Asia for hundreds of years and is now enjoyed all over the world.

2019.11.22

ETHNIC DISH & CASE REVIEW

Haitian Culture

Prepared and presented by
Angela Lollock, Dietetic Intern
OSF Saint Francis Medical Center



MARCH, 2020

ALL ABOUT THE
INSTANT POT
WHAT YOU SHOULD KNOW

THE CONCEPT

The Instant Pot is a pressure cooker with multiple features. It uses water and heat to cook foods under steam pressure. This shortens cooking time and maintains the moisture of foods.

PROS

- Can better preserve nutrients
- Less fat, more moisture used
- Mostly hands-off cooking
- Shortens cooking time
- Low-heat cooking (240 degrees F)
- Can also be used as a crock pot, rice cooker and saute pan
- Keeps food warm after cooking
- User-friendly and safe!

CONS

- Not to be used for fried or crispy foods - will hold moisture
- Takes up space on a counter
- User must know the cooking times of foods
- Instant Pot foods are not all Instant Healthy

Kimberly Korff
11/2019

Emphasis Experiences

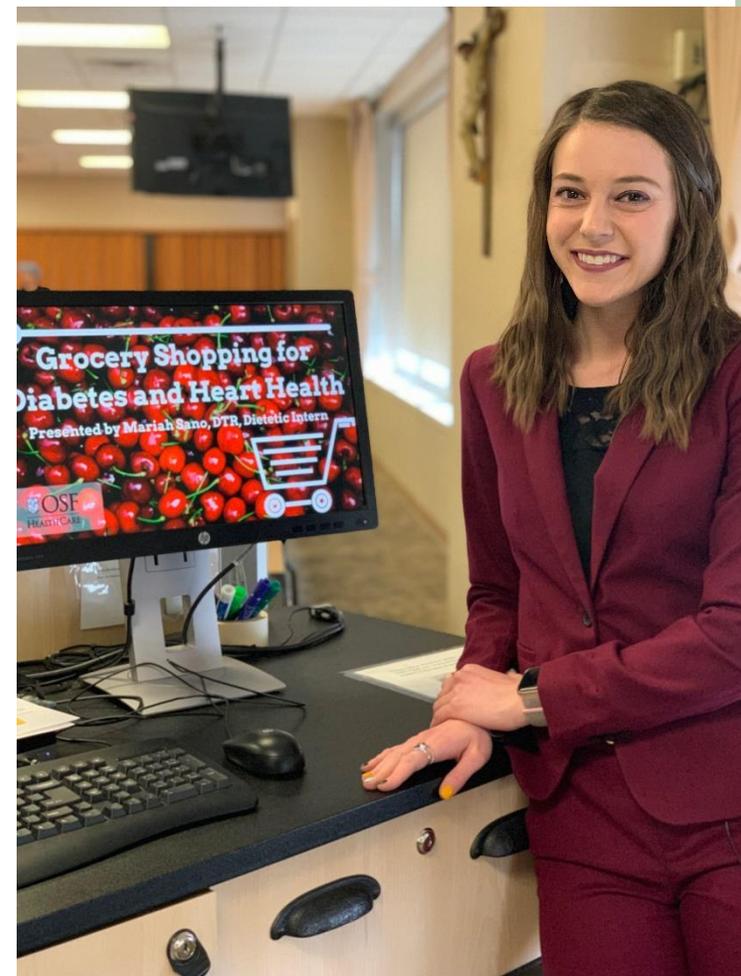
It is all about YOU!

- Choose your own 850 hour curriculum!
- Pick your own projects!
- Two emphasis options:
 - Medical Nutrition Therapy
 - 8 weeks (320 hours) staff relief
 - Community/Wellness
 - 3 weeks (120 hours) staff relief

Nutrition Education and Outpatient Counseling in the Community



Professional Luncheon



Work with the Media



Red Flags of False Nutrition Facts



Ashley Simper

September 6, 2018

2 Comments

Written by Andie Scherer, Dietetic Intern, OSF HealthCare Saint Francis Medical Center

Headlines scream, "Eat This, NOT That!" or "Top 10 Foods You Should *Never* Eat Again!" It seems as though we're bombarded by these kinds of messages everytime we go online or turn on the television, and that makes it difficult and confusing to figure out what is accurate nutrition information and what isn't. So, here are few red flags to help spot false nutrition information.

1. Promises a quick fix. The truth is, quick fixes are not sustainable, and there's no miracle

Peoria Riverfront Farmer's Market



Recipe Development



Cooking Demonstrations



Conferences and Meetings



Illinois Academy of Nutrition and Dietetics Conference

Advocacy Day

Lurie Children's Hospital Annual Pediatric Nutrition Conference

University of IL, St. Louis University and Purdue School Visits

Diabetes Camp



Camp GranADA – a one week camp for children with type 1 diabetes mellitus

Kids Nutrition Programs



Eating Disorders Program

Sauces, spreads & dips

Add this....

....To this

Avocado



Cheese sauce



Peanut butter



Sour cream



Butter



Vitamins and Minerals

Micronutrients are an important part of the food we eat! Our bodies use them to transport and absorb our foods, support growth and healing of tissues, and fight inflammation.

Vitamin A

Sources

Functions

Fun Fact: Eating a lot of beta-carotene foods can cause carotenemia, or orange skin - but your body can use this to maintain healthy skin!

Vitamin D

Sources

Functions

Fun Fact: Milk (dairy and plant) and many brands of breakfast cereal and orange juice are fortified with Vitamin D.

Vitamin E

Sources

Functions

Fun Fact: Milk (including plant milks) and many brands of breakfast cereal and orange juice are fortified with Vitamin D.

Vitamin K

Sources

Functions

Fun Fact: Because Vitamin K helps to clot our blood, it can interact with blood thinner medications taken by people with heart problems.

Vitamin C

Sources

Functions

Fun Fact: Vitamin C is the most sensitive vitamin to water, heat, and light, so these foods should be eaten fresh and raw whenever possible.

RD Exam Prep

- EatRight Prep
- RD Pocket Prep
- Visual Veggies
- Inman Materials
- Bi-monthly practice question review
- 2 Day Review Course



1 year pass rate of 100%

COVID's Impact



COVID's Impact

GOOD DAY CENTRAL ILLINOIS

In The Kitchen | Edamame Summer Salad



**PEDIATRIC EXPERIENCES
HEARTLAND CLINIC
MEDIA
EMPHASIS**

**WHAT SETS US APART FROM
THE REST?**

OSF Written Application Tips

- Follow directions → DICAS
 - Upload ALL documents
- Write a GREAT application letter that answers every question
 - Be unique → sell yourself!
 - Begin with an interesting intro
 - Be specific with your goals
- PROOFREAD
- Give yourself plenty of time!
- Do you want a Master's degree or do you want to wait?
- Apply to 6 to 8 programs
- Visit open houses and write thank you notes

OSF Written Application Tips

- What is the cost of living, where the program is located
- Be sure to have a wide variety of work or volunteer experience in clinical and community
- Don't leave any relevant experiences out, even if they're small
- Get organized now, don't procrastinate
- Talk with graduates from the program. Check out previous grads e-portfolios - <https://andiescherer.weebly.com/> - Andie Scherer
- Submit your application before the last day!!!

Apply to programs that best fit your goals, wants and needs!

Section	Details
<p>Application Materials: Rejected if not complete Subtract points if letter not in business format or reference request not followed</p>	<p>Completed information as requested Submitted information in an organized manner Information is clear and concise Virtual interview preference sheet included</p>
<p>Application Letter: 20 points</p>	<p>Completed information as requested on website Personal motivation and good concepts of all fields of dietetics Concise, clear, well-organized, self-expressing, and grammatically correct Demonstrates good team work, creativity and interpersonal skills</p>
<p>Grades: 24 points</p>	<p>Overall grade point average (≥ 2.8) DPD grade point average Grades show consistent improvement Exceeds minimum requirements (i.e. extra courses benefitting dieticians, double major, or advanced degree)</p>

Section	Details
<p>Work Experience: 27 points</p>	<p>Paid, practicum and volunteer experience related to dietetics (emphasis on clinical and community) Shows variety Job with higher level of responsibility (i.e. teaching, management, etc.)</p>
<p>Extracurricular Activities: 8 points</p>	<p>Dietetic related clubs, organizations, special projects, etc.(including position/office held) Non-dietetic related clubs/organizations (i.e. fraternity/sorority, athletics, etc) Dean's List and awards</p>
<p>References: 15 points 2 points deducted for each letter that illustrates qualities we don't want in an intern</p>	<p>How well the reference knows the applicant Application of knowledge Conceptual and analytical decision making skills Communication skills Interpersonal skills and teamwork Leadership ability Confidence, assertiveness, organizational ability, and ability to work independently</p>
<p>Add/Deduct Points: + or – (0-6 points)</p>	<p>Significant strengths or weaknesses</p>

OSF Virtual Interview Tips

- Make sure you have a reliable internet connection
- Assure you and your surroundings look professional
- Avoid generic answers - provide details and or examples of times where you experienced what we are asking
- Be ready for MNT questions – basic calculations and MNT scenarios
 - Have a calculator and a sheet of paper handy!

WHAT WILL SET YOU APART?

Unique experiences

Well-rounded in all aspects of dietetics

Going above and beyond

Teamwork

**Detailed examples/answers during
Virtual Interview**

Why the Interns Love This Program

- Sites are all at close locations
- Small intern class
- Two start dates/peer mentors
- Intern to preceptor ratio
- Variety of experiences
- Emphasis area
- Pediatric experience
- Own computer and office



Free Meals!



& snacks of course.

Peoria outings... and friends for life



Peoria hosts a variety of festivals, attractions and other fun activities!

Weekend Fun

Luthy Botanical Garden
Local wineries
Apple Orchards
Peoria Zoo
Forest Park

Riverfront

RiverPlex
Farmer's Market
Live music
Oktoberfest
Spirit of Peoria

Festival of Lights

Morton Pumpkin Festival

Athletics

Peoria Chiefs baseball

Peoria Rivermen Hockey

Bradley Braves

Trivia Nights



Riverfront & Downtown

Peoria, IL



Last, but certainly not least...

\$0.00

Free Tuition!

OSF INTERN'S 1ST JOBS



Megan Zurek
October 2020



Angela Lollock
October 2020



Mackenzie Burgess
June 2020



Kim Korff
June 2020



Emma Elsasser
October 2019



Carmen Rabel
June 2019



Katie Stadick
June 2019

WHAT'S A TYPICAL DAY?

CURRENT OSF DIETETIC INTERNS



FAVORITE EXPERIENCES

CURRENT OSF DIETETIC INTERNS

WHAT ABOUT.....

- Working during the internship?
- Taking MS classes?
- Housing/Cost of Living?

INTERN CONTACT INFO

- See flyer
- Get past and current intern insight!



Follow us on Instagram
[@dieteticinternship](https://www.instagram.com/dieteticinternship)



#RD2Be