

### Activity log

Performance Indicator	CPE Activity Type	Activity Title	Activity Provider	CPE Units	Activity Date	How did you use the knowledge, skill, judgment, and attitude acquired from this learning activity?
<b>1.1.5 Integrates new knowledge and skills into practice</b>	Ethics; Professional Development	Medical Nutrition Therapy Modules	Marywood University	2	November 10 -March 27	Through my MNT modules, I strengthened my understanding of ethics, professional development, and health promotion. I applied this knowledge by developing a health promotion project and improving my clinical reasoning and professionalism.
<b>10.2.1 Selects valid and reliable tools for assessment</b>	Clinical Nutrition; Assessment	Acute Care Nutrition Assessment	Guthrie Lourdes Hospital / Wilkes-Barre General Hospital	3	November 10 -March 27	I conducted nutrition assessments using patient interviews, anthropometric data, and lab values. This helped me determine nutritional status and develop appropriate interventions for diverse acute care patients.
<b>10.2.2 Interviews patients and reviews medical records</b>	Clinical Nutrition; Assessment	Patient Interview & Chart Review	Guthrie Lourdes Hospital / Wilkes-Barre General Hospital	3	November 10 -March 27	I reviewed patient charts and conducted interviews to gather medical history, dietary intake, and clinical data. This improved my ability to develop accurate nutrition diagnoses and care plans.
<b>10.2.3 Develops and implements nutrition interventions</b>	Clinical Nutrition; Intervention	Nutrition Care Planning	Guthrie Lourdes Hospital / Wilkes-Barre General Hospital	3	November 10 -March 27	I created individualized nutrition care plans and recommendations based on patient needs, enhancing my ability to apply the Nutrition Care Process in real clinical settings.
<b>10.2.6 Monitors and evaluates outcomes</b>	Clinical Nutrition; Monitoring	Patient Follow-Up	Guthrie Lourdes Hospital / Wilkes-Barre General Hospital	2	November 10 -March 27	I monitored patient progress and adjusted nutrition interventions as needed, improving my critical thinking and clinical judgment skills.
<b>10.2.1 Conducts nutrition assessment in LTC</b>	Long-Term Care; Assessment	Resident Nutrition Assessment	Oak Ridge Rehabilitation and Healthcare Center	3	November 10 -March 27	I assessed residents' nutritional status, including chronic disease management, weight trends, and dietary intake, helping me understand long-term care needs.
<b>10.2.3 Develops individualized care plans</b>	Long-Term Care; Intervention	Resident Care Planning	Oak Ridge Rehabilitation and Healthcare Center	3	November 10 -March 27	I collaborated with the interdisciplinary team to develop individualized nutrition care plans, focusing on improving quality of life and functional status.
<b>12.2.1 Identifies determinants of health</b>	Community/Population Health	Health Promotion Project	Marywood University	2	November 10 -March 27	I analyzed social and behavioral factors affecting health and applied this knowledge to design a health promotion project targeting specific populations.
<b>12.2.5 Collaborates with healthcare team</b>	Professional Practice	Interdisciplinary Collaboration	Acute & Long-Term Care Sites	2	November 10 -March 27	I worked closely with dietitians, nurses, and physicians, strengthening my communication skills and understanding of team-based patient care.