

Medical Nutrition Therapy / Clinical Rotation Checklist

Module 1: Introduction

Before Starting

- ☒ Join the Academy of Nutrition and Dietetics as a student member (access EatRight resources).
- ☒ Review the Medical Nutrition Therapy module and discuss learning outcomes with your preceptor.
- ☒ Prepare your binder for this rotation, including signed checklists and supporting documentation.
- ☒ Submit the binder to the program director within one week after your last day.

Preparation Tasks

- ☒ Review Krause's Food & Nutrition Care Process, Part 1: Nutrition Assessment (Chapters 1–4).

Abbreviations

- ☒ Memorize medical abbreviations from Krause Appendices 1 & 2.
- ☒ Review facility's Approved Abbreviations List.
- ☒ Familiarize yourself with common abbreviations (a.c., b.i.d., CBC, Dx, HbA1c, NS, PRN, SOB, etc.).
- ☒ Learn Joint Commission's "Do Not Use" list (qd, qid, qod).

Helpful Resources

- ☒ Merck Manual: <http://www.merck.com/pubs/mmanual/>
- ☒ The Joint Commission: <http://www.jointcommission.org/>

Submit an Outline Narrative for the following:

Familiarize Yourself With the Facility

- ☒ Review the facility's most recent Joint Commission or Health Department survey.
- ☒ Attend committee meetings (e.g., Infection Control, Patient Care, PI).
- ☒ Introduce yourself to key interdisciplinary staff (Speech Therapist, PT, OT, Social Worker, Nurses, Physicians).
- ☒ Complete the Medical Record Audit form to understand chart structure.
- ☒ Discuss facility organizational goals with your preceptor (especially if you completed ND566 here).

- ☒ Identify and meet with clinical staff to determine conditions/dietitians you'll work with.

Nutrition Services System

- ☒ Tour patient care areas and food service.
- ☒ Read the Diet Manual.
- ☒ Review the facility's Policies & Procedures Manual.
- ☒ Review Medical Library and Medical Records Department policies.
- ☒ Describe Clinical Nutrition staffing (RDs/DTRs responsibilities/specialties).
- ☒ Review Counseling Initiation System (when is counseling recommended).
- ☒ Review NPO/Clear Liquid Monitoring protocol (actions and documentation).
- ☒ Identify medications flagged for Food–Drug Interaction Education and review discharge education process.
- ☒ Review Intake Analysis (Calorie Count) procedures and nursing documentation use.
- ☒ Explain Group Counseling referral system.
- ☒ Explain Outpatient Counseling referral system.

Documentation Systems

- ☒ Review criteria for identifying patients needing individualized nutrition care.
- ☒ Read policies and procedures related to clinical nutrition services (e.g., enteral feeding).
- ☒ Observe practice and discuss with preceptor or RD.
- ☒ Review facility's screening and assessment policies.
- ☒ Review forms used for Nutrition Care Process (NCP) documentation by RDs/DTRs.