



**THE COMPETENCY PACKAGE FOR
R.D. TRAINING COMPLETION
EFFECTIVE FROM
JANUARY 2019**



INTRODUCTORY PAGE

Indian Dietetic Association

DIETETIC INTERN'S GUIDELINES & COMPETENCY PACKAGE

NAME:

DATE: / / to / /

INSTITUTION:

Guidelines - Will be discussed under:

1. Objectives

2. Detailed Protocol

**3. Knowledge Base and
Skill Sets to be Acquired**

1. OBJECTIVES

1. To Understand the Functioning of the Dietary Department.
1. To Gain Knowledge and Practical Experience in the Nutritional Management of Various Disorders.
1. To Gain Experience in All Aspects of Food Service Management.
1. To Develop Expertise in Various Types of Communication and Soft Skills.
1. To Understand Application of a Research Approach in Solving Problems.

2. DETAILED PROTOCOL

The total internship period is as follows:
6 months= 26 weeks=182 working days.

This should be continuous internship for **6 months** in the Multi-specialty hospital (inclusive of all aspects of this competency package) recognized by IDA & listed on website.

Please Note: One weekly of must be given to interns. Public holidays as per norms & discretion of Chief Dietitian

3. KNOWLEDGE BASE & SKILL SETS TO BE ACQUIRED

A. Gathering work experience as a Hospital Dietitian for indoor patients of various hospital departments. (To learn actual job profile of Hospital Dietician)

B. Gathering work experience and developing expertise in Nutritional Management (Nutrition Care Process, Screening, Diagnosis, Intervention & Follow-up) and Counseling Techniques of Out patients.

C. Developing skills in Independent Nutritional Management of cases as well as its documentation.

D. Developing skills in Record Keeping, Organizing Material , Presentation of Case Study and Effective Communication.

3. KNOWLEDGE BASE & SKILL SETS TO BE ACQUIRED

E. Acquiring skills in Food Procurement, Production, Quality Maintenance, Patient Food Service and Cafeteria Management.

F. Involvement in Community Nutrition Program.

G. Research project: The student has to submit a Research Project at the conclusion of the internship.

H. Acquisition of skills in Enteral Tube Feeding & Therapeutic Diets Management

I. To update knowledge to practice Evidence based Dietetics. (Regular Reading skill).

A. Gathering work experience as a Hospital Dietitian for indoor patients of various hospital departments.
(To learn actual job profile of Hospital Dietician)

Ward rounds

Responding to Consultation Requests

Nutritional Screening & Assessment

Planning MNT/Prescribing/Implementing

Counseling the Patient

Feedback & Follow-ups

Documentation

The Duration of Clinical Posting/Rotations

ROTATION	DURATION
Clinical 1 Medicine	4 weeks
Clinical II Critically ill	2 weeks
Clinical III Super-Specialty	3 weeks
Clinical 1V Surgery	3 weeks
Clinical V Pediatric	2 weeks
Clinical VI Cardiac/Nephron	2 weeks
Clinical VII Endocrinology & Diabetes	4 weeks
Food Service/General Management	4 weeks
Community Nutrition	2 weeks

B. Gathering work experience and developing expertise in Nutritional Management and Counseling Techniques of Out patients.

The intern has to be involved in OPD practice for a total of **360 hours** during the period of internship.

The time spent in the OPD could range from **2-4 hours /day**.

Note: This can occur concurrently with the clinical postings in different departments of the hospital

C. Developing skills in Independent Nutritional Management of cases as well as its documentation.

- Students are expected to document/submit **50 cases** from different hospital departments during their period of internship.

This would be under the guidance of the dietitian and would be reviewed and assessed by her before submitting to RD Board as soft copy in zipped folder.

Rotation	Period	No. of Cases	Case Category
1. Clinical 1 Medicine	4 weeks	10	Infectious (Malaria, Dengue, TB)/Hypertension/CVA/Stroke/Anemia/COPD/ILD/Renal Calculi/Obesity/HIV
2. Clinical II Critically ill	2 weeks	5	EN feeds, 1 Diabetic RT (fragmented) (DKA), 1 Renal, 1 Hepatic Encephalopathy, 1 ARDS on Ventilator, Pancreatitis (Continuous Drip Feed), 1 TPN or NJ
3. Clinical III Super-Specialty	3 weeks	10	4 Gastro (Cirrhosis, Hepatitis, IBD), 3 Onco (ENT+ Hematology), 2 Nephro, 1 Neuro/ Neuromuscular (AIDP/ GBS/ CIDP)/Pre eclampsia of pregnancy/ PIH/ Skin Pemphigus vulgaris/Steven Johnson syndrome

Rotation	Period	No. of Cases	Case Category
4. Clinical 1V Surgery	3 weeks	5	1 Onco, 1Trauma, 1 Major Abdomen/Whipples, 1 Stoma, 1 IBS (Small Bowel Resection) or 1 with 35% Burns /Renal transplant/Chylous Ascites/Head Injury on GT feeds
5. Clinical V Pediatric	2 weeks	5	3General+2Surgical, 1PEM, 1Nephrotic syndrome, 1 Wilsons disease/Pradder willy/CLD/TOF/MVR & Ileostomy Infant

Rotation	Period	No. of Cases	Case Category
6. Clinical VI Cardiac/Nephro	2 weeks	5	3 General+2 Surgical (1IWMI, 1HF with CCF/ RHD/1LVF with EF 15%), (1CABG, 1VSD)
7. Clinical VII Endocrinology & Diabetes	4 weeks	10	2 TypeI, 1 GDM, 1 Type2 with pregnancy+1 Diabetic Foot+1 Renal DI Diabetic+2 Uncontrolled DM on 4 doses of insulin & 1on Basal Bolus &1 on OHA (secretagogue+Bigunides or Alfa glucosidase inhibitor), PCOS, Hypothyroidism

IMPORTANT NOTE

- *It is not necessary to work on the cases only during the posting in a particular department.*
- *The intern, under the guidance of her dietitian can select cases as per availability in the hospital.*
- *(See Appendix for format to be used for each patient. To be filed and submitted to Internship Coordinator.)*

D. Developing skills in Record Keeping, Organizing Material , Presentation of Case Study and Effective Communication.

The intern is required to **present 4+2=6 cases** of the 50 cases studied before a panel of experts as follows;

- 1.Trainer Dietitian
2. R. D. Representative of the chapter or a person deputed by the Chapter
- 3.Medical expert or another Chief /Senior Dietitian

Note; 4 cases can be presented internally & 2 cases must be evaluated by external jury in format given (annexure 4)

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1. Case studies as per standard case-study format as given on website, should be submitted to the training institute/dietitian.
 2. The case-study evaluation card should include the name of the intern, case name and marks out of 5 x 6 = 30 marks, and signatures of all evaluators.
 3. Format to be downloaded from web site.

E. Acquiring skills in Food Procurement, Production, Quality Maintenance, Patient Food Service and Cafeteria Management.

The intern has to spend **4 weeks** acquiring **Food Service Management** skills .

In case a continuous period of posting is not possible, the intern can spend an equivalent of **240 hours** during the period of internship.

Thus, she could be handling various aspects of food service management concurrent to her various postings.

F. Involvement in Community Nutrition Program.

The intern is expected to work in the community setup and involved in community nutrition projects/workshops/counseling for a period of **2 week or 120 hours** during the period of internship.

This could be completed in a continuous stretch or done concurrent during postings.

RESEARCH PROJECTS

- **ANY ONE** PROJECT LISTED SHOULD BE DONE & SUBMITTED.
- PAN INDIA STANDERDIZATION PROJECT AS GIVEN ON WEBSITE.
- 2nd Dissertation clinical study.

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Alternatively , a research project on a Clinical Nutrition Topic with 30 – 100 subjects should be completed by the Intern.



A list of topics may be suggested by the Course Director and other Dietitians, unless the intern has a specific interest.



It is to be noted that the study should be cleared by the **Institutional/Local Ethics Committee.**



The Review of Literature and Data Collection will have to be carried out concurrent with other rotations.



The Data Analysis and Presentation can be done during the week allotted for Research.



Time period: 2 weeks or 160 hours.

3rd Research Project Option

- 10 or more subjects of a single clinical condition to be studied , critically evaluated and comparative analysis to be done
- Focusing on Evidence based MNT, Counselling , Education , physical activity & Recommendations. E.g.; DM,CKD...
- Research Protocol to be prepared as per research methodology standards . & submitted in the format of paper submission.



H. Acquisition of skills in Food Service Management

The intern is expected to acquire skills required for day to day administration of the Dietetics Department.

Time allotted: 1 week or 60 hours

MINI-PROJECTS

In each rotation, the dietitian may give the intern small specific projects.

- . Preparing SOP, Enteral Nutrition Algorithm
 - . Reviewing a patient education leaflet and updating the information,
 - . Getting patient or cafeteria Feedback Assisting at a seminar, CME, Dietetics day,
 - . Disease specific recipes
 - . Exchange list
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- . These should be listed for each rotation with a short description.
 - . (See Appendix for format)

I. To update knowledge to practice Evidence based Dietetics.

CLINICAL DIETETICS

- Clinical nutrition & dietetics
- Communication
- Education
- Management skills in clinical dietetics

FOOD SERVICE

- Menu system
- Personnel management
- Food supply, procurement and control
- Food production
- Food service distribution
- Financial management

MANAGEMENT SKILLS

- Universal management tools
- Management of the Department

COMPETENCY EVALUATION GRID

COMPETENCY EVALUATION COMPONENTS	Total out of Marks	Marks obtained
Case Studies (50 cases)	30	
Counselling Skill & Technique	5	
Skill in Nutritional Management of Patient	5	
Case Study Presentation	30	
Community Nutrition Program	10	
Research Project	15	
Food Service Management	5	
Total	100	

Minimum Passing marks for internship is 60%

SIGN & STAMP