

# DIETETIC INTERNSHIP ROTATION DESCRIPTION



Developed by Nathan Slinkard, Dietetic Intern 2018  
Updated by D. O'Dwyer, June 2025

**STEPHEN F. AUSTIN STATE UNIVERSITY**

THE UNIVERSITY OF TEXAS SYSTEM ★ NACOGDOCHES, TEXAS

# Stephen F. Austin State University

## Dietetic Internship Rotation Descriptions

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This document was developed by Nathan Slinkard, a 2018 graduate from the MS/DI program.

It is a list of rotation descriptions currently offered by the SFA dietetic internship, updated and maintained by Dr. O'Dwyer.

You will receive a rotation preferences form where you will rank your preferences for various rotations. Please use this document to help you choose the rotation that will best fit your areas of interest and geographic capabilities. Refer to policy 23: Site Placement, in the MS/DI Handbook for more information on site placement procedures.

For the number of weeks for site placements, please see the MS/DI handbook, pg 8.

If you have any questions about a specific rotation, please don't hesitate to email Dala O'Dwyer, MS/DI Director at [dodwyer@sfasu.edu](mailto:dodwyer@sfasu.edu)

# Required Rotations

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# Hospitals

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The MS/DI program has contracts with the following hospitals:

- Nacogdoches Medical Center
- Nacogdoches Memorial Hospital (Not available 2025-2026)
- Woodland Heights Medical Center in Lufkin
- St. Luke's Health Memorial (tentative)
- Christus Trinity Mother Frances in Tyler
- UT Health in Tyler
- Christus Good Shepherd Medical Center in Longview
- Longview Regional Medical Center

Most hospitals will take one intern in the fall and one in the spring; however, that is dependent upon their staffing needs, which change regularly. Some have food service management rotations while some don't.

The following slides will describe the different hospitals.

# Nacogdoches Medical Center Hospital-offers clinical and FSM rotations

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155-bed acute care facility

Proprietary, for-profit hospital

## Features

- ICU and NICU
- Cardiac cath lab, obstetrics, inpatient surgery and hemodialysis
- Radiology, nuclear medicine services, and sleep studies
- Orthopedic, oncology, hyperbaric oxygen, and wound care services



- Currently has one full-time clinical RD, one PRN RD, and one foodservice director; some outpatient nutrition counseling performed

Other Services  
Heart & Vascular Center  
Cancer Center  
Sleep Center  
Inpatient and Outpatient Rehab

Address: 4920 Northeast Stallings  
Drive  
Nacogdoches, TX 75965

Note: I received free lunches and  
coffee during my foodservice  
rotation



# Nacogdoches Memorial Hospital – Clinical and FSM (not available 2025-2026)

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- 231-bed acute care hospital
- Employs 1 full-time RD, 1 remote RD
- A community hospital since 1928

## Features

- Level III Trauma Center
- Women & Children
- Incontinence therapy
- Gastroenterology
- Surgery
- Medical Imaging
- Nutrition Services
- Cardiac Services

Address: 1204 Mound St.  
Nacogdoches, TX 75961

Phone Number:  
(936) 564-4611



# Woodland Heights Medical Center – Lufkin, offers clinical and FSM rotations

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## Features

- 145-bed acute care facility
  - Proprietary, for-profit hospital
  - Two full time RD's
- Imaging (MRI/MRA, Spiral CT, Digital Ultrasound, Nuclear Medicine)
  - Cath Labs, Electrophysiology
  - Level II Neonatal Intensive Care Unit
  - Mammography (ACR Accredited)
  - Open Heart Surgery
  - Orthopedic Services
  - Rehabilitation (Stroke Recovery, Physical, Occupational, Speech)
  - Robotic-Assisted Surgery





Maternity Care Room

### Affiliated Facilities

- Diagnostic Center at Woodland Heights
- Surgery Center at Woodland Heights
- Wound Healing Center/ Sleep Disorder Lab
- Rehabilitation Center at Woodland Heights

Address: 505 South John Redditt Dr.  
Lufkin, TX 75904

Phone: (936) 634-8311



# CHRISTUS Trinity Mother Frances – Tyler - offers clinical and FSM rotations

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If you are interested in clinical, especially critical care, then this is the facility that you want to intern at!

457-bed acute care facility

Nonprofit, religious-based hospital

Named one of the nation's 100 Top Hospitals by Truven Health Analytics for the seventh time in 2017

Ranked No. 1 hospital in Texas for Patient Safety in Overall Hospital Care, Overall Surgical Care, General Surgery and Bariatric Surgery for 2016 by CareChex®



CHRISTUS Trinity Mother Frances Health System operates eight hospitals and 82 clinic locations in East Texas.

## Features

- Neonatal
- Neurosurgery
- Obstetrics
- Cancer Services
- Bariatric Surgery
- Ophthalmology
- Sports Medicine
- Rheumatology
- Palliative Care
- Plastic Surgery
- Endocrinology
- Oral and Maxillofacial Surgery
- Gastroenterology, Hepatology, and Endoscopy
- Infusion Therapy
- Imaging Services



# Foodservice

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Room service style

Has greater than 7 full time RD's on staff

You will rotate with all of the RD's during your 11 weeks there

Address: 800 East Dawson Tyler, TX 75701

Hospital Phone Number: (903) 593-8441



# UT Health Tyler – offers clinical and FSM rotations

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425-bed, short term acute care facility

Nonprofit hospital

Level 1 trauma center

6 FT RDs, 1 PRN

Address: 1000 South Beckham  
Street Tyler, TX 75701

Phone Number: (903)-597-0351



Student comment: “I have had many learning experiences with dialysis, wound care, bariatrics, tube feeds, and TPN. The hospital just recently bought ten ventilators with indirect calorimetry, which is unheard of in E.TX. It has also been pretty neat to see the growing respect some of the doctors have shown for the dietitians since I have been here. I enjoyed the environment and the fact that it was a trauma hospital. There was never a dull day here. I highly recommend this rotation.”



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## Cardiovascular Institute

- 27,000 square-foot addition that houses two cath labs, two cardiac surgery suites, a dedicated electrophysiology lab and a cardiovascular intensive care unit.

## Digestive Disease Center

## Family Birthplace

## UT Health Orthopedic Institute

## Urology Institute

## Wound Healing Center

## Features

- Digestive disease
- Emergency care
- Imaging
- Heart care
- Orthopedics
- Surgery
- Wound care
- Urology
- Family Birthplace

# Christus Good Shepherd Medical Center – Longview – offers clinical & FSM rotations



351-bed, short term acute care facility

Not-for-profit, religious-based hospital

Address: 700 East Marshall Avenue Longview, TX 75601

Phone Number: (903) 315-2000

3 RDs, 3 PRN

Student comment: “During my time there I was able to observe a Dobhoff feeding tube be placed, a bolus PEG feeding, a modified barium swallow study, and I participated in ICU rounds. I think GSMC is a great location for interns with plenty of room to grow as an intern.”

## Features and Services

- Birth Services
- Bone and Joint
- Breast Care
- Cancer Care
- Diabetes and Endocrinology
- Digestive Care
- Hospice and Palliative Care
- Occupational Health
- Orthopedics and Sports Medicine
- Pediatrics
- Pulmonary care
- Rehabilitation and Outpatient Therapy
- Sleep Services
- Weight Loss Surgery



Region's first Level III NICU

Level III Trauma Center

The Emergency Department of Good Shepherd Medical Center Longview treats over 80,000 patients yearly, making it one of the busiest in the state of Texas

# Longview Regional Medical Center – Clinical and FSM rotations

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- 230 bed facility, recognized for chest pain and stroke care
- Located at 2901 N Fourth St, Longview, TX
- This hospital has 3 registered dietitians with an opportunity to rotate in the NICU.

## Features

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|----------------------|------------------|
| ○ Critical Care      | ○ Orthopedic     |
| ○ Emergency Services | ○ Pediatric      |
| ○ Heart Care         | ○ Rehabilitation |
| ○ Maternity          | ○ Women's Health |
| ○ Neurology          | ○ Wound Care     |

Student comment: “The dietitians there are very welcoming and helpful with any questions or concerns. It would be nearly impossible to have a bad day there.”

# WIC Administration Net Health- Tyler

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Over 20 WIC clinics in the East Texas region are administrated by the Northeast Texas Public Health District (NET Health) which is located in Tyler. You will learn budgeting, policy implementation, and education development on a broad scale.

NET Health WIC headquarters employs a director, assistant director, administrative dietitian breastfeeding peer counselor coordinator, and other staff.

You will be able to work directly with many of the staff, but mostly with the administrative dietitian.

Received the Gold WIC Loving Support Award of Excellence for Exemplary Breastfeeding Support and Practices

Internship responsibilities are flexible but typically include:

- Developing nutrition education lessons
- Helping the director with financial paperwork and attending board meetings
- Performing grocery store or on-site clinic quality assurance audits
- Assisting staff with special projects and events
- Visiting clinics

Address: 112 East Line St.  
Suite 200 Tyler, Texas 75710

Phone: (903) 593-8331



# WIC Clinical

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- WIC stands for the Special Supplemental Nutrition Program for **Women, Infants, and Children**.
- It is funded by the USDA which gives money to the state agencies.

WIC clinics provide the following free services:

- Food benefits that most grocery stores accept
- Infant formula
- Nutrition counseling
- Mandatory nutrition education lessons
- Breastfeeding peer counselors who provide advice and support
- Weighing, measuring, and hemoglobin measurement
- Referrals for various healthcare facilities

You will be assigned to one of the various WIC locations in East Texas. You will be assigned to these locations by the DI Director based on distance from your home base and site availability. WIC in Lufkin provides the clinic and administrative experience. It is not associated with NetHealth.

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You will get an opportunity to work alongside a nutritionist to perform nutrition counseling.

Typical counseling sessions last 10-20 minutes and topics include:

- Basic nutrition education
- Meal planning
- Healthy maternal weight gain
- Healthy child weight gain
- Set goals and review old ones
- Proper preparation and feeding of infant formula
- Prevention of malnutrition, tooth decay, obesity and stunted growth

- You will get an opportunity to assist the nutrition assistant with the weighing and measuring of women, infants and children
- You may also get to see the process of how participants register and are deemed eligible
- You may be asked to help with internal auditing for quality assurance
- You may also have an opportunity to attend a monthly staff meeting.

# School Foodservice Management

Locations: Nacogdoches  
ISD, Lufkin ISD, Kilgore ISD

## Intern responsibilities:

- Learning from the school nutrition director about reimbursement, staffing, and federal regulations
- Visiting schools and working with staff
- Revising menus and determining the acceptability of menu items







I had the awesome opportunity to go with the Nac ISD school nutrition director and some of her staff to a General Mills food show/training at the Dallas Cowboys stadium.

We got a free tour of the stadium afterward!!

Nathan Slinkard, Dietetic Intern 2018



# Texas A&M AgriLife Extension – Nacogdoches, Lufkin, & Tyler

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Some of the goals are:

- Engaging youth in learning projects
- Enhancing food security
- Chronic disease prevention and management
- Promotion of healthy individuals, families, and communities through high-quality, engaging educational efforts

Some of the major programs conducted by Texas A&M AgriLife extension agencies include:

- Learn, Grow, Eat & Go, Cooking Matters, Walk Across Texas, 4-H, etc.





# Diabetes Outpatient Clinics (Tyler, Longview)



You will work with the outpatient dietitians who counsel patients on a variety of topics, most notably diabetes.

You may also get the opportunity to write nutrition articles, lead diabetes support groups, and make an appearance on a cooking show.

Current sites:

Christus TMF Wisenbaker Endocrinology in Tyler

Good Shepherd Medical Center Orthopedic and Sports Medicine Institute in Longview

TX Institute for Kidney and Endocrine, Lufkin,  
TX- unsure of availability 2025-2026

# Dialysis – various locations based on availability

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- You will shadow the dietitian and assist with the counseling of dialysis patients, helping them navigate through the complex field of renal nutrition.
- These accounts change and may or may not be available.
- Currently we have contracts with DaVita in Gilmer/Longview, Fresenius in the Tyler area, and DCI in Nacogdoches.

# Elective Rotations

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# Faculty Rotation (elective)

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This is a really fun rotation, and especially useful for anyone considering teaching nutrition.

## Intern opportunities:

- Teach Intro to Nutrition and help with food science classes (optional)
- Attend faculty and committee meetings
- Learn the ins and outs of life as a professor
- Help with special events/projects-like this rotation information guide!
- Conduct research
- Develop/update online course content





Nathan Slinkard, Dietetic Intern 2018

# Appleby Community Farm (elective)

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This is another really fun rotation, and a nice break from some of the more stressful ones.

Appleby Community Farm is a part of the CSA model, or “Community Support Agriculture” which connects the consumer and producer in a special way by allowing the consumer to subscribe to the harvest receiving a share, in this case, once a week.

Address: 11825 US-59, Nacogdoches, TX 75965

Phone: (936) 645-7201





Organic radishes that I grew myself at the farm!

You will work closely with farmer Bryan Pruett and sometimes other hired hands or SFA undergrad students that are always getting volunteer hours!

#### Intern duties:

- Plant and harvest seasonal crops
- Learn irrigation and growing techniques for sustainable organic farming
- Gain experience using farming equipment
- Help prepare for upcoming events

# Head Start – Nacogdoches (elective)

The staff here are friendly, and the intern responsibilities are flexible.

Most of this rotation is food service management. If you want other experiences, it is important to express your wishes. For instance, ask to attend board meetings, spend time with the children, work with the director, help with projects, etc.

Other duties may include:

- Create informational nutrition poster board or other educational materials
- Develop menus with creative new items
- Create nutrition- or foodservice-related pamphlet for website and in-service training

Becca Blubaugh, Dietetic Intern 2015

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# East Texas Food Bank – Tyler (elective)

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# Services Provided

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## Child Assistance

- Backpack Program
  - Provides school children food over the weekend so they return ready to learn.
- Kids Cafe/Snack Program
  - Provides snacks and meals to local after-school programs.
- Summer Food Program
  - Provides nutritious meals at locations in the summer where children play.

## Senior Assistance

- Senior Box Program
  - Provides a monthly nutritious box of food to seniors who qualify.

## Mobile Pantry

- Delivers truckloads of food to rural locations in our service area that have little to no access to emergency food.

## Nutrition Education

- Cooking Matters and Recipes
  - Educates and promotes healthy and safe food for children, families and seniors that need it most.

## Benefits Assistance

- SNAP Assistance and Partners
  - Provides referrals to services such as SNAP, Children's Medicaid and Women, Infants, and Children (WIC).



# Information

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Their mission is to fight hunger and **feed hope** in East Texas

“Since October 1988, the East Texas Food Bank, a nonprofit organization, has provided food to over 200 partner agencies, in an effort to feed children, the working poor, and seniors throughout 26 counties in East Texas.”

Phone: 903-597-3663 or 800-815-3663

Address: 3201 Robertson Road  
Tyler, TX 75701

Website:  
<https://www.easttexasfoodbank.org/>

# My Signature Nutrition – Tyler (elective)

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Work with Sara Upson, RDN, owner, specializing in outpatient eating disorders

Learn how patients with this condition are counseled

Due to the nature of this condition, you will not be allowed to participate in counseling

Only interns who are seriously interested in eating disorders should request this rotation. The rotation is limited to 2-3 interns per year

Address: 100 Independence Place  
Suite 212 Tyler, TX 75703

Phone: (903) 312-8906

# CHRISTUS Trinity Mother Frances Bariatric Surgery Center – Tyler (elective)

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TMF in Tyler offers a variety of weight loss surgery options and full follow-up care after surgery; you will get a chance to counsel patients in this specialized field.

This is an excellent rotation to learn about nutrition before and after bariatric surgery while practicing your motivational interviewing skills.

Address: 910 E Houston St #550, Tyler, TX 75702

Phone: (903) 606-8827

# CHRISTUS Trinity Mother Frances Long-Term Rehabilitation Hospital-Tyler (elective-pending availability 2025)

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- This hospital has 1 RD who provides nutrition care and support for patients undergoing neurological, orthopedic, stroke, and spinal cord injury rehabilitation
- Address: 3131 Troup Hwy. Tyler, TX 75701
- Phone Number: (903) 510-7000



# UT Health East Texas HOPE Cancer Center-Tyler (elective)

- Work with oncology dietitian Tracy Phifer, MBA, RD, LD



# Christus TMF Cancer - North East Cancer and Research Inst. – Tyler (elective)

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- Work with oncology dietitian, Lauren Clark, MS, RD



# Market Street – Frisco (elective) – tentative for spring 2026

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In this rotation, you will intern with the corporate dietitian

You will write blogs, utilize social media for content promotion, learn how to market programs, products and services offered by Market Street, put on events, give grocery store tours and much more.

Address: Frisco, TX 75034

Phone: (214) 872-1573

Cell: (972) 322-6328

# UT Health Science Cystic Fibrosis – Tyler (elective)

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- At this elective rotation, you will have the opportunity to work with patients who have cystic fibrosis (CF)
- Cystic Fibrosis clinic is two days per week, on non-CF days you will sit in on clinical or outpatient consults
- When times are slow, you may also work with adults in acute care





# SFA Campus Wellness- Chartwells



This rotation will allow you to work with the campus dietitian, Marie Jessup

You will help Marie:

Prepare and implement tabling experiences to educate campus students about various topics in nutrition.

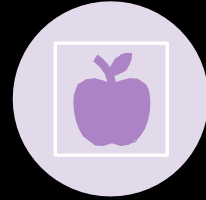
Counsel students, faculty, and staff on various health conditions

Work with menus in campus dining for students and athletes and assess for food allergens

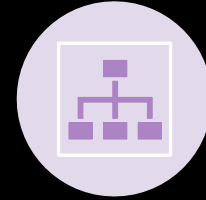
Alex Broadbent and Emily Dammon, Dietetic Interns 2017

# SFA Athletics

(N/A for 2025-2026)



WORK WITH THE RD  
DIRECTOR OF SFA'S  
SPORTS NUTRITION  
PROGRAM.



DUTIES MAY INCLUDE:



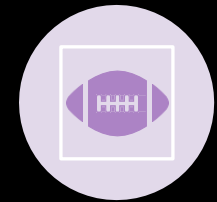
-WORKING HYDRATION  
AND FUELING STATIONS  
DURING TRAINING CAMPS  
AND PRACTICES



-COUNSELING ATHLETES  
ON NUTRITION AND  
HEALTH



-FOOD PRODUCTION AND  
PROCUREMENT FOR  
ATHLETES



(NOTE: A GREAT  
EXPERIENCE WILL BE TO  
HELP THE RD WORK THE  
SFA FOOTBALL TRAINING  
CAMP IN AUGUST )

# UT Health East Texas Orthopedics and Sports Medicine



WORK WITH JESSIE GIBSON, MS, RDN



- Learn about macronutrient and hydration recommendations for athletes.
- Use predictive equations to identify individualized needs.
- Investigate how exercise and nutrition plans can alter body composition.
- Strategize on ways to improve food intake among athletes with limited time, money, and/or cooking skills.
- Create nutrition handouts and presentations to educate athletes, coaches, and trainers.

# Lufkin State Supported Living Center

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- 24-hour supervision for people with intellectual and developmental disabilities
- Employs 3 Full-time RD's (2 clinical, 1 FSM)
- RD's provide nutrition care and support to 240 residents who call the center their home
- The intern will see many unique nutrition cases





# Biomedical Healing for Kids

- Owner, Greer McGuinness, MS, RD, CDN, CLT, DT.SP
- Specializes in helping children with autism
- Elimination diets, nutrition supplements, functional medicine testing
- Personal experience as a mother of a child with autism
- <https://www.biomedicalhealingforkids.com/>

Credential Acronyms: CDN signifies licensure in certain states, CLT is Certified Leap Therapist-advanced training in adverse food reactions, specifically the mediator release test (MRT), DT.SP is Detoxification Specialist from the Academy of Natural Health Sciences

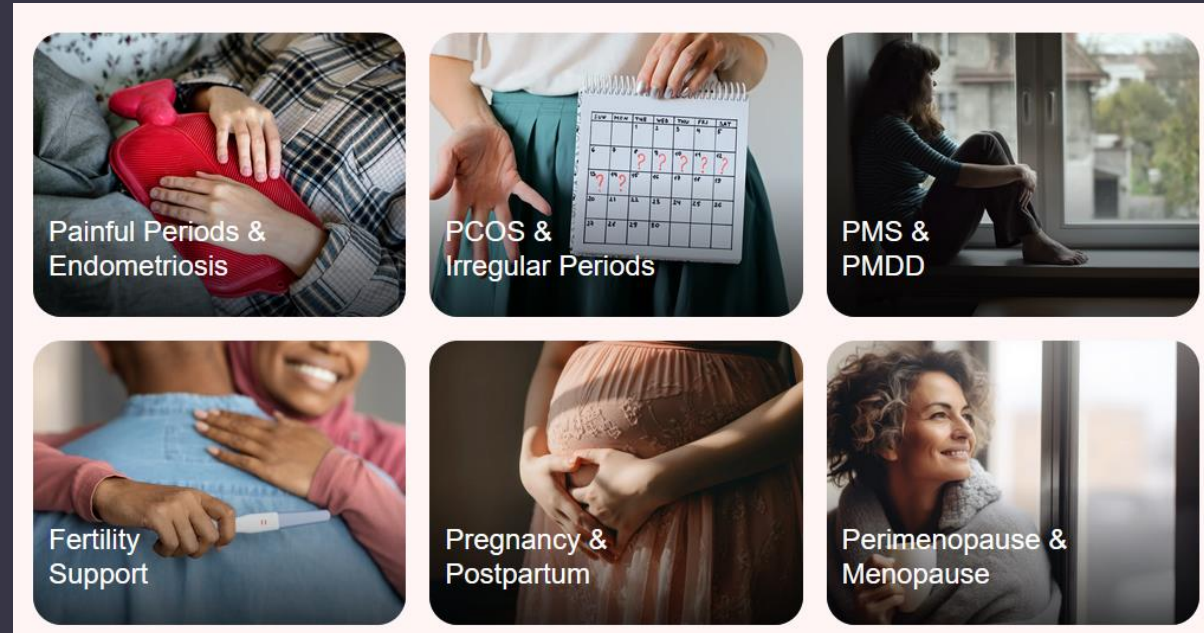


# Precision Women's Care (taking SFA interns

Spring 2026 only-requires full 5 weeks of elective)

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- Owner – Abrar-Al Shaer, PhD, RD, WIMI-CP
- A private practice specializing in women's health
- Functional nutrition approach
- Team of RDs to work with
- <https://precisionwomenscare.com/>



Credential Acronym: WIMI-CP is a credential awarded by Aviva Romm, MD after completion of her Women's Integrative and Functional Medicine Professional Training Program: <https://avivaromm.com/courses/womens-integrative-and-functional-medicine/>

# Kidney Nutrition Institute (response for taking interns 2025-2026, pending)

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- Owner, Jessianna Saville, MS, RDN, CSR, LD, CLT
- Private practice where she helps people BEFORE dialysis
- May require more than 2 weeks of elective
- Work with a team of 6 RDs
- <https://kidneynutritioninstitute.org/>

Credential Acronyms: CSR is Certified Specialist in Renal Nutrition through the Commission on Dietetic Registration  
CLT is Certified Leap Therapist-advanced training in adverse food reactions, specifically the mediator release test (MRT)

## Take Control of your Kidney Health

Are you living with the uncertainty of kidney disease, worried about the prospect of dialysis? The Kidney Nutrition Institute is here to guide you on a transformative journey towards optimal kidney health, empowering you to reclaim control of your life and avoid the need for dialysis.

[Get Started Now](#)

# Conclusion

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This internship offers plenty of opportunities for you to learn and grow.



Take this time while you are in the internship to figure out what you may or may not want to pursue as a nutrition professional.



Choose rotations based on experiences, not locations. You may not get these types of opportunities once you complete the internship.



Be open to new ideas. You may think you don't like something and be surprised at how you feel after an experience.