

A green apple is positioned behind the title text. A white measuring tape with red markings is coiled around the apple and extends across the lower half of the image. The background is a solid dark grey.

SFA MS/Dietetic Internship Rotation Descriptions

DEVELOPED BY NATHAN SLINKARD DIETETIC INTERN 2018

UPDATED BY D. O'DWYER, 4/2023

Stephen F. Austin State University

MS/Dietetic Internship Rotation Descriptions

This document was developed by Nathan Slinkard, a 2017-2018 dietetic intern.

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

Availability of rotation sites varies and may change after the rotation schedule is made

You will receive a rotation preference 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.

If you have any questions about a specific rotation, please don't hesitate to email me at dodwyer@sfasu.edu

PROGRAM OF STUDY

Supervised Practice Experience Schedule*

Supervised Practice Experience	Number of Weeks	Hours per Week	Total Hours
Clinical Nutrition			
Acute Care Hospital	11	32	352
Diabetes Outpatient Clinic	4	32	128
Dialysis Centers	2	32	64
Community Nutrition			
County Extension/Wellness	2	32	64
WIC Admin	1	32	32
WIC Clinics	1	32	32
Foodservice Management			
Hospital Foodservice	3	32	96
School Nutrition/Foodservice	2	32	64
Integrative Physician	4	8	32
Electives (variable hours/availability)	5	32	160
Clinics-Eating Disorder, Bariatric, Cystic Fibrosis, LTC			
Private Practice			
Faculty rotation/research			
Market Street and/or H-E-B			
East Texas Food Bank			
Community Supported Ag and/or SFA Gardens			
Head Start			
SFA Wellness			
Lufkin St. Supported Living			
Mentoring			5
Required Alternate Hours	2	38	76
Total:	37		1,000 hours minimum (105 hours buffer)

***Times listed are approximate. See the schedule provided in class. The schedule is subject to change. Up to 300 alternate-hour experiences may be provided to meet the required hours.**

The Nutrition and Integrative Health and Dietetic Internship MS Program is divided into two components:

- 36-credit hours of graduate coursework (years 1 & 2)
- Supervised practice at specific approved rotation sites (year 2)

Required Rotations

Hospitals

The DI program has contracts with the following hospitals:

- Nacogdoches Medical Center
- Nacogdoches Memorial Hospital
- CHI St. Luke's in Lufkin
- Woodland Heights Medical Center in Lufkin
- Christus Trinity Mother Frances in Tyler
- UT Health in Tyler
- Longview Regional Medical Center
- Christus Good Shepherd Medical Center in Longview

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 rotation



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



Other Features

- Heart & Vascular Center
- Cancer Center
- Sleep Center
- Inpatient and Outpatient Rehab
- Conventional foodservice style

Address: 4920 Northeast Stallings Drive
Nacogdoches, TX 75965

Phone Number: (936) 569-9481



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

Recently named “Best Hospital,” “Best Emergency Room” and “Best Place to Have a Baby” by readers of The Nacogdoches Daily Sentinel



Conventional food service style



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

Nacogdoches Memorial Hospital-Clinical, possibly FSM



133-bed acute care facility

County hospital

Features

- Cardiac Cath Lab and Rehab Center
- ICU, Level III NICU, and Intermediate Care (IMC) units
- Wound care and physical therapy
- Hemodialysis, obstetrics, and inpatient surgery
- Oncology, orthopedic, radiology and nuclear medicine services
- Outpatient Bomar Rehab center located within walking distance.
- Level III Trauma Center



One clinical RD

Unique Aspects:

- very invested in the community; hosts monthly Healthy Nacogdoches Coalition Meetings as well as weekly or monthly cooking demos/presentations for community members, all of which you can participate in
- low patient census makes for more time spent on individual cases
- you are encouraged to spend a few hours shadowing physical therapy's wound care team



CHI St. Luke's Health Memorial Lufkin - offers clinical rotations, FSM, diabetes outpatient (unavailable 2023)

Info

271-bed acute care facility

Nonprofit, religious-based hospital

Features

- Heart and Stroke care center
- Temple Cancer Center, Temple Imaging Center, and Kurth Imaging Center
- Cardiac cath lab, rehab, and surgery
- Sleep studies, joint replacement, speech and physical therapy

Other features

- East Texas' largest emergency room
- Polk Education Center for Stroke, Diabetes, and Heart Care
- Express Lab
- Wound Care Center
- ICU, orthopedic, radiology, nuclear medicine, and hyperbaric oxygen services
- Home to the only rural long-term acute care facility in the area
- Level IV Trauma Center

Food Service

CHI just spent \$1 million
revamping their cafeteria
and kitchen

2 full time RD's and one
part time

Address: 1201 West Frank
Avenue Lufkin, TX 75904

Phone Number: (936)
634-8111





Woodland Heights Medical Center – Lufkin, offers clinical rotations

- 145-bed acute care facility
- Proprietary, for-profit hospital

Cath Labs, Electrophysiology)

- Imaging (MRI/MRA, Spiral CT, Digital Ultrasound, Nuclear Medicine)
- Level II Neonatal Intensive Care Unit
- Mammography (ACR Accredited)
- Open Heart Surgery
- Orthopaedic Services (Arthroscopy, Arthroplasty, Total Joint)
- 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 Disorders Laboratory
- Rehabilitation Center at Woodland Heights

Employees two full time RD's

Address: 505 South John Redditt Drive Lufkin,
TX 75904

Phone: (936)-634-8311



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

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®

Medical Services

- [Anesthesiology](#)
- [Bariatric Surgery](#)
- [Blood Services](#)
- [Breast Health](#)
- [Cancer Services](#)
- [Cardiology](#)
- [Cardiothoracic Surgery](#)
- [Critical Care Medicine](#)
- [Diabetes](#)
- [Ear, Nose and Throat](#)
- [Emergency Medicine](#)
- [Endocrinology](#)
- [Family Medicine](#)
- [Gastroenterology, Hepatology and Endoscopy](#)
- [Gynecology](#)
- [Hematology](#)
- [Hospitalist](#)
- [Imaging Services](#)
- [Infectious Disease](#)
- [Infusion Therapy](#)
- [Internal Medicine](#)
- [Kidney Care](#)
- [Lab Services](#)
- [Neonatology](#)
- [Neurology](#)
- [Neurosurgery](#)
- [Nutrition Services](#)
- [Obstetrics](#)
- [Ophthalmology](#)
- [Oral and Maxillofacial Surgery](#)
- [Orthopedics](#)
- [Pain Medicine](#)
- [Palliative Care](#)
- [Plastic Surgery](#)
- [Podiatry](#)
- [Pulmonary Medicine](#)
- [Rehabilitation](#)
- [Rheumatology](#)
- [Senior Services](#)
- [Sleep Medicine](#)
- [Sports Medicine](#)
- [Surgery](#)
- [Urology](#)
- [Vascular Care](#)
- [Women's Health](#)

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



Foodservice

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

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.

Medical Services

Digestive
Disease



Emergency Care



Family Birthplace



Guest Services



Heart Care



Imaging



Inpatient Care



Laboratory



Orthopedics



Surgery



Urology



Wound Care



"We Care"
Concierge Team



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

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.

All Programs and Services

- Birth Services
- Bone and Joint
- Brain Care
- Breast Care
- Cancer Care
- Diabetes and Endocrinology
- Digestive Care
- Ear Nose Throat
- Emergency Care
- Heart Care
- Hospice and Palliative Care
- Imaging and Radiology
- NICU
- Obstetrics & Gynecology
- Occupational Health
- Orthopedics and Sports Medicine
- Pain Management
- Pediatrics
- Pulmonary Care
- Rehabilitation and Outpatient Therapy
- Senior Health
- Sleep Disorders
- Stroke, Brain and Spine
- Surgery
- Urology
- Weight Loss Surgery
- Wound Care



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

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.

Services include critical care, emergency services, heart care, maternity, neurology, orthopedic, pediatric, Rehab, Women's health, 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."

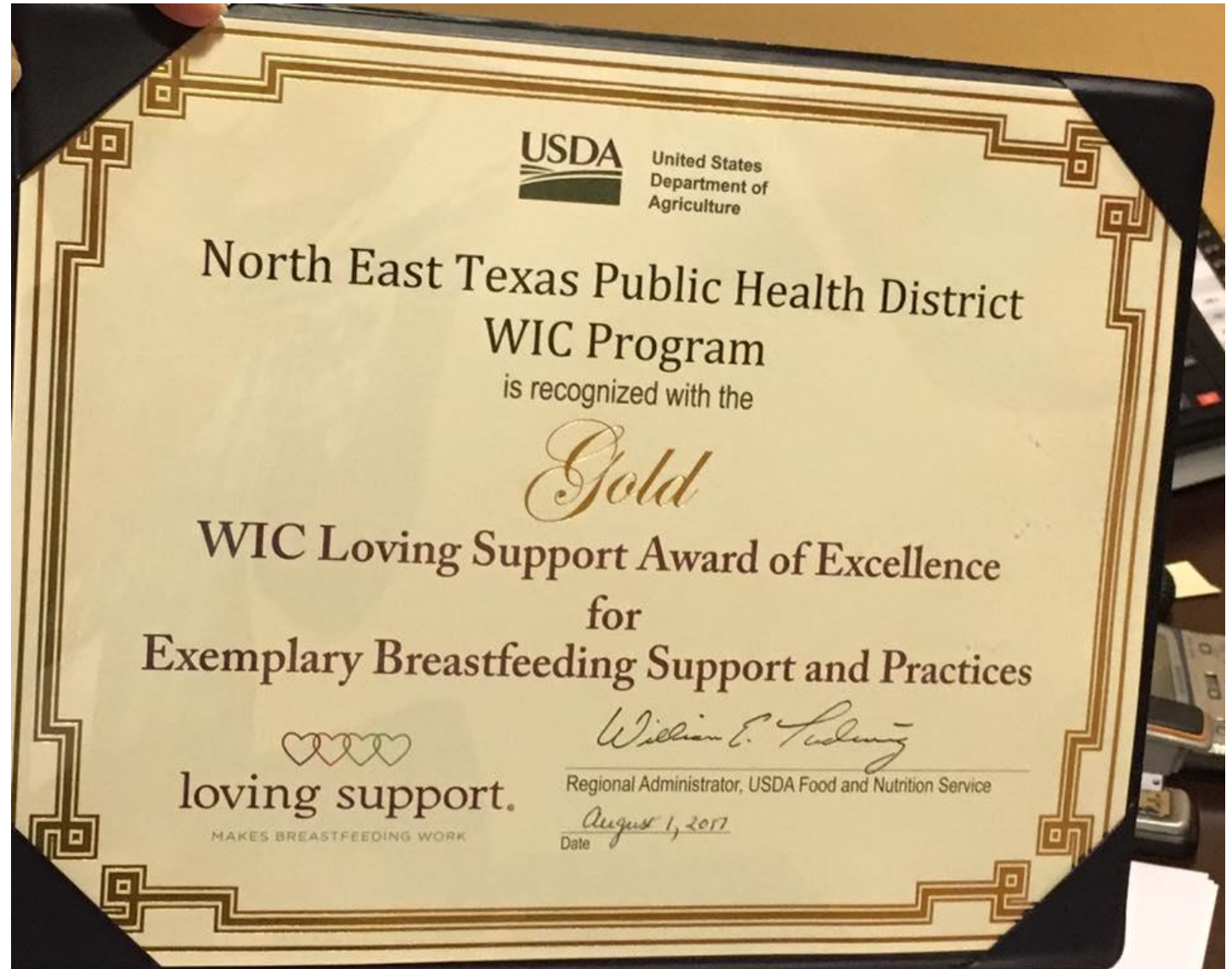
WIC Administration - Tyler

Phone number: 903-593-8331

Address: 112 East Line Street Suite
200 Tyler, Texas 75710

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

The NET Health WIC headquarters are located in Tyler.



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.

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

WIC Clinical



- 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

Locations: Various locations in the East Texas area. You will be assigned to these locations by the DI Director based on distance from your home base.

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, Chapel Hill 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

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 (Lufkin, 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 Trinity Mother Frances Wisenbaker Endocrinology in Tyler

Good Shepherd Medical Center Orthopedic and Sports Medicine Institute in Longview

Texas Institute for Kidney and Endocrine in Lufkin

UT Health North Campus Clinic

Dialysis – various locations based on availability



You will shadow the dietitian and assist with the counselling 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, DCI in Nacogdoches.

Kara Fitzgerald's Functional Medicine Immersion (Last rotation in May) –This rotation will be on hold for 2023/2024

Kara Fitzgerald is a naturopathic physician with a clinic in Newtown, Connecticut.

She practices functional medicine, blogs, has podcasts, performs research, and trains other like-minded professionals.

Her clinic also provides a 1000-hour internship to students training to become certified nutrition specialists (CNS)

To learn more about the differences and similarities between the CNS and RD programs and scope, visit this website:

<https://www.frugalnnutrition.com/cns-nutritionist-vs-rd-nutritionist-whats-the-difference/>

In the month of May, you will spend approximately 32 hours interacting with CNS students. This includes attending patient care meetings with Kara Fitzgerald, physicians, the CNS director, and CNS students.

You will present cases to the CNS students, and they will present cases to you.

To learn more about this clinic, please visit:

<https://www.drkarafitzgerald.com/>

Dr. Fitzgerald has a great podcast called New Frontiers in Functional Medicine. You can listen on iTunes, Spotify, or Stitcher

Elective Rotations



Faculty Rotation (elective)

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)

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 intern responsibilities are flexible.

It is important to be vocal about what you want to accomplish during your rotation. For instance, ask to attend board meetings, spend time with the children, work with the director, help with projects, etc.

Typical intern duties:

- 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

East Texas Food Bank – Tyler (elective)



Services Provided

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

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)



You will work with Sara Upson, RDN, who owns a private practice specializing in outpatient eating disorders

You will 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

Eating Recovery Center – The Woodlands (elective)



This site only accepts students who are serious about working with people who have eating disorders. Do not pick this site because of location. Only 2-3 students are accepted at this site per year. Because the dietitian must model eating habits, they regularly eat with the patients. Students cannot have any food restrictions that might trigger a patient's eating disorder.

From their website:

- “Eating Recovery Center, The Woodlands provides outpatient eating disorder treatment for adults and adolescents.”
- “An individualized, multidisciplinary approach is used that addresses the psychosocial, behavioral, and medical aspects of these complex illnesses. The components of treatment typically include individual psychotherapy, nutritional counseling, family therapy, and medical monitoring.”

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



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

Market Street – Frisco (elective)



Address: Frisco, TX 75034

Phone: 214-872-1573 Cell: 972-322-6328

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.

H-E-B Nutrition Services in Houston (elective)

You will work with various dietitians throughout the Houston area.

Main focus of this site is nutritional counseling, performed at the various stores

You will sit in on consults and webinars and work on various projects

Note that 2 interns have been employed with H-E-B since graduating



<https://www.heb.com/static-page/Nutrition-Services>

UT Health Science Cystic Fibrosis – elective

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.



UTHealth
East Texas



SFA Campus Wellness

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 athletes and to assess for food allergens

Alex Broadbent and Emily Dammon, Dietetic Interns 2017



Lufkin State Supported Living Center

Serving people with intellectual and developmental disabilities who need medical, habilitative or behavioral support.

Home to 240 people

A diverse healthcare team consisting of RD's, nurses, physicians, physical therapists, occupational therapists, social workers, and behavioral health specialists.

Conclusion



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.