

# **Dietetic Internships**

## **DIETETIC INTERNSHIP AT STEPHEN F. AUSTIN STATE UNIVERSITY**

The Dietetic Internship at Stephen F. Austin State University is currently granted Accreditation by the Accreditation Council for Education in Nutrition & Dietetics of the Academy for Nutrition & Dietetics, 120 S. Riverside Plaza, Suite 2000, Chicago, IL, 60606-6995, (312) 899 - 5400. Next review of the program is 11/1/2017. This post-baccalaureate program prepares students for entry-level careers in dietetics. The program consists of a minimum of 1200 hours of supervised practice experience and 21 hours of graduate course work that can be applied toward an optional M.S. degree. Most the practice sites are within an 80-mile radius of the Stephen F. Austin State University campus. Upon successful completion of the program, students are eligible to write the CDR Registration Examination for Dietitians.

A screening committee reviews applications. D&D Digital Systems procedures will be used for computer matching. The program accepts a maximum of ten students per class, which begins with an orientation course in Summer session II.

### **Admission Requirements:**

1. Minimum overall GPA of 3.2 on a 4.0 scale, and at least 3.4 on a 4.0 scale in all DPD courses. Inadequate performance as an undergraduate may be compensated by high quality, post-baccalaureate work in a dietetics related field and/or evidence of above average performance in graduate level nutrition course work.
2. GRE scores of at least 150 on the verbal, 141 on the quantitative sections, and a 3.0 or better on the written section. Applications lacking evidence of GRE scores will not be reviewed by the screening committee. It is recommended to take the GRE at least 2 months before applications are due.
3. The student must meet the undergraduate requirements for the BS degree and have an ACEND approved verification statement indicating completion (or intent to complete) of the requirements for the Didactic Program in Dietetics.

### **Additional Requirements AFTER Admission:**

1. Accepted interns must supply proof of immunization or serological confirmation of immunity to:  
Measles, mumps, rubella (MMR)  
Hepatitis B series
2. Accepted interns must supply evidence of having had a tetanus booster within the last ten years.
3. Accepted interns must provide evidence of a TB skin test unless they have documented significant reactions. In the event that an intern has a positive TB skin test or reaction they must show proof of a negative respiratory exam or being on appropriate antibiotic therapy for at least two week prior to beginning supervised practice rotations.
4. All accepted interns must participate in a designated criminal background check that includes at a minimum the Nationwide Healthcare Fraud & Abuse Scan, Nationwide Sexual Offender Index, Nationwide Patriot Act, and Criminal History.

5. All accepted interns must consent to a drug screen conducted by the SFA Student Health Services and selected supervised practice sites.
6. All accepted interns must consent to fingerprinting and review by the Texas Department of Aging and Disability Services.

### **Application Process:**

1. The program is using the on-line Dietetic Internship Centralized Application System (DICAS), which may be accessed at <https://portal.dicas.org> ; email [DICASinfo@DICAS.org](mailto:DICASinfo@DICAS.org). The on-line application must be completed for our program by 11:59 p.m. Central Time on February, 15. The fee to use DICAS is \$50 for the application and \$20 for each additional application. There is no separate application fee for the SFASU DI.

Applicants who apply to internships using DICAS will be asked to complete a personal statement in 1,000 words or less. Questions to be addressed in the personal statement include:

- Why do you want to enter the dietetics profession?
- What are some experiences that have helped you prepare for your career?
- What are your short-term and long-term goals?
- What are your strengths and weaknesses or areas needing improvement?

Official transcripts from all colleges and universities attended should be sent to: DICAS – Transcript Department, PO Box 9118, Watertown, MA 02472

When completing the application form, applicants must include the name and contact information (specifically an e-mail address) for each reference. This will trigger an e-mail message requesting completion of a reference form. The form will be completed on-line. Students submitting more than one application will need to use the same individuals as references for each application.

2. Applicants must also register online with D&D Digital Systems, [www.dnndigital.com](http://www.dnndigital.com) , Email: [dnd@netins.net](mailto:dnd@netins.net) 515-292-0490. There is a \$55 charge for computer matching. **The computer matching code for the Stephen F. Austin State University Dietetic Internship is 212.**
3. Important Dates: these dates will change slightly from year to year. The most current date can be found at D&D Digital, see the following dates below for a general estimate:
  - Mid February** – completion of DICAS application, completion of D&D registration and internship preference ranking.
  - Month of March** – Applicants who have registered with D&D may change their preference rankings
  - First of April** – Notification Day beginning at 6:00 CDT at [www.dnndigital.com](http://www.dnndigital.com) .
  - Approximately 2-3 days after notification** – Appointment Day. Matched applicants must contact the Dietetic Internship Director before 5:00 p.m. (time zone of the program) to confirm acceptance of their appointment.
4. AFTER acceptance into the SFASU DI, the intern must apply for admission to the SFA Graduate School: <http://www.sfasu.edu/graduate/>. The fee for applying to the SFASU Graduate School is

currently \$50. Both the Graduate School AND the Dietetic Internship Director will need an official copy of your FINAL transcript indicating that you received your B.S. degree. The Internship Director will also need an original copy of your DPD verification statement. You will be notified by the DI Director of all other required materials.

**DI Program Costs:** The following cost figures are offered as approximations only with the intent to give an estimation of expenses:

1. Information relative to campus housing is available from: Housing Office, Stephen F. Austin State University, P.O. Box 13054, SFA Station, Nacogdoches, Texas 75962. Phone (936) 468-2601 or Email: <http://www.sfasu.edu/housing> . A one bedroom apartment is between \$450-800 per month.

Off-campus housing information is provided by the Nacogdoches Chamber of Commerce at the following address: Nacogdoches Convention Center & Visitors Bureau, P.O. Drawer 631918, Nacogdoches, Texas 75963. Phone (936) 564-7351 or E-mail <http://www.visitnacogdoches.org> . You can also access Daily Sentinel newspaper classified ads online at <http://www.dailysentinel.com> .

2. To estimate tuition and fees, please visit the SFA Tuition Calculator: [http://www.sfasu.edu/controller/businessoffice/students/tuition\\_calc.asp](http://www.sfasu.edu/controller/businessoffice/students/tuition_calc.asp)  
For financial aid information see <http://www2.sfasu.edu/graduate/ProspStudents/finaid.html>  
or contact the Director of Financial Aid, Stephen F. Austin State University, P.O. Box 13052 SFA Station, Nacogdoches, Texas 75962. Phone (936) 468-2403.

3. Other estimated expenses include:

Uniforms/Lab coats	\$30.00
Educational materials	\$1,200.00
Student I.D.	\$6.00
Background check	\$40.00
HIPAA Training	\$15.00
Drug screen	\$22.00
Academy membership	\$50.00

4. Students are expected to attend the Texas Academy of Nutrition and Dietetics Food, Nutrition, Conference and Expo (FNCE). The registration fee is between \$75.00 - \$100.00. The convention is held over two-three days in a city outside of Nacogdoches: students will need to pay for lodging and transportation while at the convention, the cost of which is approximately \$150.00 if shared with other interns
5. The student is responsible for his/her own transportation to and from the practice sites and the University. All sites are within an 90-mile commuting distance of Stephen F. Austin State University.

#### Program Description

The SFA Dietetic Internship program is divided into two components: graduate education (27 semester hours) and supervised practice (minimum of 1,200 hours) at specific approved rotation sites.

#### Graduate Coursework

The graduate courses are designed to expand the knowledge base used by a competent, entry-level Registered Dietitian. During the long semesters (Fall and Spring) the classes meet on Monday 's only unless online.

## Required Courses

### **Summer**

HMS 511- Introduction to Dietetics Practice – 3 semester hours - Historical, philosophical, ethical and legal basis of dietetics practice. Beginning integration of normal and clinical nutrition, community nutrition, foods and foodservice management into dietetic practice.

### **Fall**

HMS 531 Supervised Practice for Dietetic Interns and seminar - 6 semester hours - Educationally supervised practice under the direct supervision of a Registered Dietitian. Students complete experiences in clinical, community and foodservice. Prerequisite: Admission to SFA Dietetic Internship Program.

HMS 532 Public Health Nutrition – 3 semester hours - Survey of food and nutrition issues pertinent to public health and consumerism. Investigation of food and nutrition assistance programs; research and analysis of current policies and goals. Prerequisite: 6 hours in foods/nutrition courses.

### **Spring**

HMS 531 Supervised Practice for Dietetic Interns and Seminar- 6 semester hours – Educationally supervised practice under the direct supervision of a Registered Dietitian. Students complete experiences in clinical, community and foodservice. Prerequisite: Admission to SFA Dietetic Internship Program.

HMS 535 Advanced Nutrition in Health and Disease - 3 semester hours - In-depth study of conditions which necessitate dietary modification as part of the therapeutic management of the patient. Prerequisite: 12 hours human sciences including HMS 339 and HMS 449. May be taken concurrently with HMS 449.

### **Summer**

Variable, Electives to meet 36 hours including:

HMS 529 Nutrition for Sports – 3 semester hours (Dependent upon instructor availability)

Nutritional concerns for individuals and team sport participants at various ages, including optimum diet selection for maximum performance; nutrient impact on performance; body composition; energy balance; unique needs of specific sports participants; food and nutritional quackery in sports and athletics.

### **Fall**

HMS 5—Micronutrients course (online) –This course is currently being developed to provide integrative and functional nutrition information on micronutrients. Their function, metabolism, excretion and requirements will be covered and the application of micronutrients in a health setting will be emphasized.

SOC 551 Sociological Inquiry (online)- Research methods.

Upon successful completion of the supervised practice component, you will be required to pass the final comprehensive “mock” RD examination.

**Supervised Practice:** All interns are required by the Accreditation by the Accreditation Council for Education in Nutrition & Dietetics to complete a minimum of 1,200 hours of supervised practice. This component is divided into rotations at specifically approved sites which will afford you the opportunity to achieve the core competencies that have been. Days for supervised practice are generally Tuesday - Friday from 8:00 - 5:00, although days and hours may vary with the facility. Some weekend work may be required. The facility preceptor may require earlier or later times. Most supervised practice sites are located within an 80 mile radius of Nacogdoches and may include:

<b>Supervised Practice Experience</b>	<b>Number of Weeks</b>	<b>Hours per Week</b>	<b>Total Hours</b>
<b>Clinical Nutrition</b>			
Acute Care Hospital	11	32	352
Outpatient Clinic (DM, Integrative Physician)	5-6	32	160-192
<b>Community Nutrition</b>			
Dialysis Centers	2	32	64
SFA Wellness/Recreation Center	2	32	64
WIC Admin	2	32	64
WIC Clinics	2-3	32	64-96
<b>Foodservice Management</b>			
Hospital Foodservice	4	32	128
School Nutrition/Foodservice	2	32	64
<b>Electives (variable hours)</b>			
Eating Disorder Clinic/Bariatric (various)	2-5	32	64-160
Private Practice (various)			
Long Term Care/Hospice/Dialysis (various)			
Research (various)			
Sports Facilities (various)			
Food Bank/Grocery Facilities (various)			
Community Supported Agriculture (various)			
County Extension Services			
Head Start Nacogdoches			
Texas Academy FNCE	1	15	15
<b>Total:</b>	<b>39.4</b>		<b>1263</b>

**Optional M.S. Degree:** Interns will have earned 21 graduate credits that may be applied to an M.S. degree. After successful completion of the DI, interns would need additional hours to meet the requirements for either of the following graduate degree programs:

Thesis option: M.S. with a major in Human Sciences

Completion of 24 hours of graduate coursework, including classes from the DI, and 6 hours of thesis work/writing with a successful defense of the thesis before a faculty committee.

Non-Thesis option: M.S. with a major in Human Sciences

Completion of 36 hours of graduate coursework including classes from the DI. Upon successful completion of the required graduate courses you may elect to take an additional 15 hours of graduate coursework to complete an M.S. degree. In addition, you will present on a selected topic to dietitians and preceptors in the East Texas area in a seminar type fashion the last fall semester prior to graduation as your comprehensive graduate project.

## Where to find a pdf of Computer Matching Calendar

- DICAS Website
  - <https://portal.dicas.org/>
- D&D Digital Website
  - <https://www.dnndigital.com/ada/index.php>
- ACEND website:
  - <http://www.eatright.org/ACEND/content.aspx?id=186>

## **Websites**

### **Association of Nutrition and Dietetics**

The Academy of Nutrition and Dietetics has many resources for students. To access this information, go to [www.eatright.org](http://www.eatright.org), Click on the top tab, eatrightPro, scroll down and click on "I am a student." You will find information about scholarships, mentoring, etc.

To find ACEND accredited internship programs in the US, go to the ACEND website: <http://www.eatrightacend.org/> and click on "Accredited Education Programs."

### **Dietetic Internship Centralized Application System**

[www.portal.dicas.org](http://www.portal.dicas.org)

You must register as a user. This is the site for online applications.

### **D & D Digital**

[www.dnndigital.com](http://www.dnndigital.com)

Website for computer matching application.

### **All Access Internship**

[www.allaccessinternships.com](http://www.allaccessinternships.com)

A student developed site about dietetic internships.

### **Applicant Guide to Supervised Practice**

Available for purchase at the [www.eatrightstore.org](http://www.eatrightstore.org)

For more information contact:

Dr. Darla O'Dwyer, Dietetic Internship Director via email: [dodwyer@sfasu.edu](mailto:dodwyer@sfasu.edu), Phone: (936) 468-2439 or Ms. Sarah Drake, Didactic Program Director via email: [drakes@sfasu.edu](mailto:drakes@sfasu.edu), Phone: (936) 468-5560