

# Dietitian Internship

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# Background

- ▶ Location: Department of Nutrition, National Cheng Kung University Hospital, Taiwan
- ▶ Composition: 15 interns, and 17 Dietitian.
- ▶ This is the largest teaching hospital in Southern Taiwan.
- ▶ About 500 to 600 people have to eat meals made from the nutrition department every day. (成大醫院, n.d.)



# History

- ▶ Cheng Kung University Medical Center was established on June 12, 1988, in order to serve the patients, so that patients have a safe and hygienic eating environment and teach the correct concept of diet; the nutrition department was set up on the ground floor of the medical center, and began to recruit related staff, such as dietitians, administrators, cooks ..... etc.





# Purpose

- ▶ The main purpose of this community is to train nutrition interns.
- ▶ I have been in this community for 2month. This is a task to be completed before taking the license test.
- ▶ Every interns should have the skills to create therapy menus, communicate with patients, and organize community event.



▼ Figure 1: Diet design for patients with Dysphagia



# Values or Characteristics

- ▶ Learn about the work of a dietitian and prepare for our future as a dietitian. Here are a few example. Figure 1 shows a diet we designed for patients with Dysphagia. We have to consider the patient's taste, the texture of the food, even the appearance of the food.

# Values or Characteristics

- ▶ Figure 2 shows a community health education for the elder. We had to create an event from start to finish to spread nutrition-related knowledge to the community. Interns can find their interest and passion for dietitians during these trainings and can also prepare for the future workplace. And then you will find that the skills used are totally different from what you learned in school. This world is flexible.



▲ Figure 2: Community Health Education Group Photo





## Why I enjoy it?

- ▶ The knowledge in the textbook is no longer just word. For instance, a bowl of bouillon although the textbook states how many nutrition it has, the fact is that the weight varies from store to store. It is best to buy it and weight it. I enjoyed the process of coming up with my own answers.

# Why I enjoy it?

- ▶ I really enjoyed my time with the dietitian, it made me feel fulfilled. In addition, my peers are very thoughtful about their future, and they have helped me learn more about each of the different subfields of nutrition.







## How to join?

- ▶ Nutritional internships are open only to third-year or higher nutrition students. However, other students can participate in volunteer work through asking a hospital dietitian and getting permission, which has fewer hours and lower workload, but still allow them to experience dietitian work.

# Problem

- ▶ A complex treatment plan, community activity, or therapeutic diet is something that needs to be discussed with your co-worker. Therefore, communication skills are very important in this field. Especially if you have a strong personality, you need to pay more attention. Unfortunately, I did not master this skill very well at that time. My group was like a piece of loose sand, particularly disunited. We could not accomplish a task efficiently. Inevitably, there were some arguments.





## Solution

- ▶ In my opinion, the best solution is for everyone to think seriously about the feasibility of their proposals before discussing it. And think carefully about the suggestions made by other members. This will reduce a lot of nonsense and increase the efficiency of the discussion. At the same time, we should not insist on our own opinions, and timely accept of members suggestion.



# References

- ▶ 成大醫院. (n.d.). <https://web.hosp.ncku.edu.tw/nckm/>