Integrated Dietetic Internship Program Details

The Integrated Dietetic Internship uses a province-wide approach to prepare University of Alberta students to be competent and ethical dietitians whose professional practice responds to the ever-changing healthcare and industry needs in Alberta.

The University of Alberta’s Integrated Dietetic Internship offers professional practicum training to students working towards careers as Registered Dietitians.

The Internship, which is based in the Department of Agricultural, Food and Nutritional Science in the Faculty of Agricultural, Life and Environmental Sciences at the University of Alberta, is the province’s only dietetic training program. In collaboration with Alberta Health Services, other health, community and foodservice organizations and dietitians in private practice, we prepare students for entry into dietetic practice.

The University of Alberta Integrated Dietetic Internship is approved by the College of Dietitians of Alberta.

About Internship

The University of Alberta Integrated Dietetic Internship builds on the academic preparation provided in the BSc Nutrition and Food Science Program. The Internship provides practical, off-campus learning experiences in the following areas: Community and Population Health, Management of Food Service Systems, and Client Care/Clinical Nutrition.

The Internship’s learning experiences are designed to support student interns in meeting the Integrated Competences for Dietetic Education and Practice [2014] which have been approved by the College of Dietitians of Alberta.

Individuals considering entry into the Integrated Dietetic Internship at the University of Alberta should review the Essential Skills and Abilities for Dietetic Students to determine if they have the attributes essential for success in a dietetic practice education program. During a dietetic practice education program interns must participate in clinical, community and management practice courses which require performance of physically and mentally challenging activities similar to those skills required of a practicing Registered Dietitians and Nutritionists (RD).

LEARNING EXPERIENCES / PROFESSIONAL PRACTICE COURSES

The Internship’s learning experiences are divided into five professional practice courses which are taken extra to the degree requirements.

PROFESSIONAL PRACTICE COURSES WHICH COMPRISE THE INTERNSHIP ARE:

- **NUTR 466 Introduction to Professional Practice in Dietetics** *0 (fi 1) (either term or Spring/Summer, 3-0-0). Lectures and discussion to improve readiness of students to work independently in the development of professional practice skills in dietetics. Open only to students accepted into Integrated Dietetic Internship. Required before placement in NUTR 469, 470, 471, or 472. Prerequisites: [NU FS 223 or 323] and [NUTR 468 or NU FS 468].

- **NUTR 469 Introductory Professional Practice in Clinical Dietetics** *0 (fi 1) (either term, or Spring/Summer) 4 weeks. Practical experience in provision of nutrition care, focusing on basic skills of assessment, planning, implementation and evaluation. Continuing care agencies, rural health centres and acute care hospitals. Prerequisite: [NU FS 223 or 323] and [NUTR 468 or NU FS 468].

- **NUTR 470 Professional Practice in Community Nutrition** *0 (fi 1) (either term, or Spring/Summer) 12 weeks. Practical experience in needs assessment and planning, implementing and evaluating nutrition programs in a variety of community settings. Prerequisite: [NU FS 223 or 323] and [NU FS 377 or 477].

- **NUTR 471 Professional Practice in Food Service Management** *0 (fi 1) (either term, or Spring/Summer) 12 weeks. Practical experience in assessment, planning implementation and evaluation of food service systems. Institutional, community and commercial settings. Prerequisite: NU FS 363 or 361, and 461, and [AREC 323 or AG EC 323 or alternate business course.]
NUTR 472 Professional Practice in Clinical Dietetics *0 /fi 1/ (either term, or Spring/Summer) 15 weeks. Practical experience in a variety of acute, continuing care and ambulatory care settings. The student is expected to demonstrate professional competencies in assessment, planning, development and monitoring of nutrition care plans for patients and clients. Prerequisites: NUTR 469, and (NUTR 476 or NUFS 476).

In order to move into NUTR 469, 470, 471 and 472, students successfully complete NUTR 466.

Students are granted full-time status while enrolled in NUTR 470, 471 or 472 given that these placements are 12 weeks or longer.

### INTEGRATED DIETETIC INTERNSHIP STRUCTURE

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<th>Course</th>
<th>Description</th>
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| NUTR 466 Introduction to Professional Practice | - Basic calculations for dietetic interns  
- Hands on practice in nutrition assessment and basic counseling |
| NUTR 469 Introductory Professional Practice in Clinical Dietetics - (4 weeks) | Smaller hospital (e.g. Drumheller, Peace River, High River, Wetaskiwin, Camrose, Cold Lake, Fort Saskatchewan, Canmore) |
| NUTR 470 Professional Practice in Community Nutrition; 12 weeks: May include: | - Women's health / infant / child health  
- Aboriginal placement, Grocery tours |
| NUTR 471 Professional Practice in Food Services Administration; 12 weeks: May include: | - Retail  
- Production  
- Patient Services  
- Food Services Administration  
- Implementation of menu system  
- Food handling  
- Policies  
- Tenders |
| NUTR 472 Professional Practice in Clinical Nutrition -15 weeks | - Variety of experiences  
- Acute care subacute care  
- Continuing care  
- Ambulatory / outpatient / clinics / private practice / diabetes education clinic  
- Home care / Meals on Wheels  
- Cardiology  
- May include introduction to TPN, but interns should not expect to fully meet requirements for the TPN Restricted Activities Permit until they have completed internship and gained added experience in the workforce |

### INTERNSHIP POLICIES

**UNIVERSITY OF ALBERTA REGISTRATION AND CONVOCATION**

Students admitted to the Integrated Dietetic Internship remain students of the University of Alberta, while in placements with Alberta Health Services or private health agencies. The University overseas student academic evaluation and maintains student records in compliance with FOIPP.

Students must maintain continuous registration with the University of Alberta while in internship and are permitted to convocate only when the professional practice courses comprising the internship have been completed.
During placement, students are required to follow the policies of the health care facility and the requirements of the Student Placement Agreement.

**COSTS AND TRAINING REQUIREMENTS**

All students are required to **relocate to sites across the province to complete their professional practice (practicum) placements.** Students may be asked to relocate **on more than one occasion** during their internship. All expenses related to relocation including travel, meals and accommodation are the responsibility of the student. Students should plan their finances accordingly.

For each internship term, students are required to pay the assigned tuition fees, student service and student union fees plus additional Instructional Support Fees. The support fees for NUTR 466, 469, 470, 471 and 472 can be found under Student Instructional Support Fees; section 22.2.3 University Calendar.

To comply with the University’s Student Placement Agreements with our external partners and agencies, **ALL students are required to:**

- Sign binding confidentiality agreements
- Participate in N-95 Mask Fit Testing
- Present evidence of up-to-date vaccinations
- Provide a signed Personal Declaration of Fitness to Practice
- Present a clear Criminal Records/Police Check

**EXPECTATIONS AND PERSONAL TIME COMMITMENT**

Students are expected to function as a self-directed member of the nutrition/food service/health care team and will be supervised by a registered dietitian/preceptor during internship placements.

Practicum course work consists of full-time hours (e.g. 37.5 hours/week X 4, 12, or 15 weeks depending on the practicum course). In addition, students are expected to commit personal time to reading and completion of preparatory work, assignments and projects outside formal placement hours.

**BENEFITS OF THE INTERNSHIP**

- The partnerships established between the University, Alberta Health Services, and private organizations and practitioners promote collaboration between the province’s dietitians in a manner which is mutually beneficial for current and future members of the dietetic profession.

- Classroom learning is enhanced by real life experience as students work directly with Registered Dietitians in health care settings.

- Students gain valuable experience in a variety of urban and rural settings.

- Registered Dietitians, working in non-traditional practice areas, have the opportunity to share their knowledge, experience, and skills for the development of the profession.

- The skills and enthusiasm of students with a background in foods and nutrition are of value to employers who find that involvement in the internship is useful for employee recruitment.

- Employers have a direct link to the academic institution where research is conducted