

## The Critical Care Medical Nutrition Therapy Specialty Rotation

The critical care medical nutrition therapy specialty rotation is an excellent choice for you if you want to expand your knowledge of working with a critically ill population. In this rotation you spend 160 hours working with the critically ill population following your core clinical rotations. You will learn to complete advanced level nutrition assessments on patients with multiple comorbidities and spend extended time in intensive care units with nutrition support patients. You will practice how to perform physical assessments on critically ill patients, screen for malnutrition, and represent the nutrition department during medical rounds. You will also work with a respiratory therapist to increase your knowledge of working with mechanically ventilated patients and interpretation of arterial blood gases (ABG's). Additional activities include attending wound rounds, observing enteral feeding tube placements, and the insertion of PICC lines. If interested, this specialty rotation is a great choice to prepare you for a job in a clinical nutrition setting.



### In this rotation you will gain a deeper understanding by:

- assessing and treating more complex patients
- additional experience managing complex enteral and parenteral feeding regimens
- a greater involvement in the interdisciplinary team

## The Culinary Specialty Rotation

The culinary specialty rotation is an excellent opportunity for you if you are looking to expand your culinary knowledge and techniques in a variety of settings. We recognize the value of a culinary specialty rotation for dietetics professionals and are excited to offer this option for you. With increased employment opportunities in non-traditional, dietetics-related jobs (for example Corporate Wellness, School Lunch Services, Colleges/Universities, Supermarkets), it has become evident that RDNs would benefit from strengthening their knowledge and understanding of culinary skills and learn how to promote wellness through healthy eating, meal preparation, cooking demonstrations and nutrition education.

We employ thousands of culinary experts in all our divisions (for example health care, corporate, campus services and schools). Sodexo chefs feed everyone from Walt Disney characters to our U.S. Marines. They can be found cooking in the community through volunteerism, taking leftover meals to food banks and teaching culinary skills to tomorrow's future cooks.



### In this rotation you will gain a deeper understanding by:

- utilizing a unique Culinary Foundations program to strengthen your knowledge and skills
- working with experienced Sodexo Chefs mainly in corporate and university settings where you learn and practice culinary preparation techniques
- preparing and promoting ethnic dishes from a variety of international cuisines
- performing numerous cooking demonstrations to promote wellness to various patient populations.
- participating in recipe development and testing by creating healthy substitutions, making them suitable for clients with varying medical conditions.

## The Diabetes Specialty Rotation

The diabetes specialty rotation is an excellent opportunity for you if you are interested in working with the patient population who are living with diabetes. This may include both Type 1 and Type 2 diabetes. Type 2 often includes co-morbidities of obesity; insulin resistance and cardiovascular disease and you will learn how to manage the medical nutrition therapy with these conditions. Patients with type 1 diabetes often use an insulin pump and you will be introduced to current pumps, carbohydrate-to-insulin ratios, and self-blood glucose monitoring. The RDNs interested in this area of practice often go on to become Certified Diabetes Care and Education Specialists (CDCES). Our goal is to provide you with a basic knowledge of all nutrition related disease states with an emphasis on the prevention and management of diabetes.



### In this rotation you will gain a deeper understanding by:

- having more experiential learning experiences with the diabetes patient population in the inpatient clinical and outpatient self-management classes
- spending more time in the outpatient setting working with Certified Diabetes Care and Education Specialists and insulin pump trainers
- exploring diabetes education and counseling through community presentations, health fairs and in camps

## The Management Specialty Rotation

The management specialty rotation is intended for you if you are interested in a management career in food and nutrition services. There are increasing opportunities for Registered Dietitian Nutritionists with management skills and technical expertise to lead these departments, not only in hospitals and nursing homes but also in other settings, like schools. During this rotation, you will work with experienced Sodexo managers. You will have the opportunity to further refine the competencies developed during the food service management rotation and to acquire additional competencies required for management positions in their preferred area of focus - Patient/Resident Dining, Clinical Nutrition Management, Schools, or Corporate Food Service. The management specialty rotation is designed to prepare you for an entry level management position in a small operation.

This specialty rotation includes five weeks focusing on both technical and soft skills in managing food and nutrition services. You will rotate through each major area of the food and nutrition department culminating in a 2-week stint as a relief manager in your preferred area of focus.



### In this rotation you will gain a deeper understanding by:

- rotating as a relief manager through at least 3 of the following areas of the food and nutrition services department
  - Retail, Production, Patient/Resident Dining, Clinical Nutrition Management or Wellness Promotion/Regulatory
- conducting relief management functions in an area of interest for 2 weeks, using Sodexo Patterns of Management as a guide
- participating in hospital/department leadership meetings
- utilizing available technology in performance of management functions
- obtaining additional experience in financial management, equipment cleaning/functionality and preventive maintenance programs

## The Leadership Specialty Rotation

The leadership specialty rotation is an excellent opportunity for you if you are looking to further explore and develop your leadership abilities. Surveys taken with both dietetics professionals and those hiring RDNs reveal that one of the many skills that will be needed by dietitians in future practice is leadership. With the increased interest in nutrition and health, the focus on childhood obesity, and the changing demographics of the population, there are almost unlimited opportunities for our profession. Leaders that inspire others, market themselves and their skills, and network with other professionals, will be the most successful. For this specialty rotation, you will choose an area of interest to you, find preceptors in that area (we can provide some assistance, depending on the topic), and explore and develop your leadership style.



### In this rotation you will gain a deeper understanding by:

- taking opportunities to learn and practice leadership skills during management and clinical staff relief rotations
- managing various projects including needs assessments, development, implementation, and evaluation
- developing facilitation skills with peers and interdisciplinary teams
- opportunities to learn and practice strategic planning and organizational change
- taking the lead in planning experiences, development of self-marketing and negotiation skills, completing learning activities that include readings and viewing videos related to the basic principles of leadership with self-assessments, observations, and reflections, as well as practical applications

## Optional International Experience

Due to the COVID-19 pandemic this optional experience was not available. We plan to have it available again for you starting with our Fall 2023 start cohort (Spring 2023 match). This experience is available as an optional part of the leadership specialty rotation only. In an international experience you will complete up to 160 hours at a Sodexo managed account outside of the United States. The Accreditation Council for Education in Nutrition and Dietetics limits the amount of supervised practice hours and types of activities an intern may complete outside of the United States. If you are interested, more information is available after the match.

## Costs and Liabilities for the International Experience

Any expenses related for the international experience are your responsibility. See list below for some expenses that you will incur; this is not a complete list of potential expenses.

- Transportation—to, from and within the international experience country
- Housing in the international experience country
- All meals during the international experience
- Passports, visas and other paperwork required by the international experience country
- Immunizations and/or health forms required by the international experience country
- Medical and liability insurance coverage if additional coverage is required
- Security and safety documents and tests as may be required by the facility, including drug tests and fingerprinting
- All the costs and liabilities required for you in our program
- In addition, you will be responsible for the safety of your own self and your possessions during travel and stay in the designated country
- You must be fluent (reading and writing) in the language of the country where you want to be placed in

## Application and Placement

To take part in the International Experience, you must choose the leadership specialty rotation and indicate to your director your desire to participate in an international experience. The leadership specialty rotation is the only one that can accommodate this experience within the framework of the curriculum. Placement in the international experience is not guaranteed. Your director will work with you and the country's contact person to organize this experience.



Anna giving a presentation to her classmates on her experience in Finland.

## The Oncology Specialty Rotation

The oncology specialty rotation is an excellent opportunity for you if you are interested in working with oncology patients in the inpatient and/or outpatient setting. The documented benefits of proactive nutrition intervention in care of the oncology patient have resulted in increased employment opportunities for RDNs skilled in care of this population. The Registered Dietitian Nutritionists interested in this area of practice often go on to become Certified Specialists in Oncology Nutrition (CSO). During this rotation, you will be precepted by Registered Dietitian Nutritionists with experience in oncology nutrition and will leave this rotation with knowledge, experience, and confidence in your ability to provide care in oncology nutrition.

This specialty rotation includes five weeks of providing Medical Nutrition Therapy to patients receiving both chemotherapy and radiation therapy and collaborating with interdisciplinary care providers in the delivery of nutrition care. In this rotation you will facilitate community outreach events focused on educating the public on the role of nutrition in cancer treatment and prevention.



### In this rotation you will gain a deeper understanding by:

- obtaining supervised practice experiences with the oncology patient population in the inpatient clinical and outpatient setting.
- providing Medical Nutrition Therapy to clients undergoing radiation therapy and chemotherapy
- gaining additional experience working with interdisciplinary teams
- providing education on the role of nutrition in cancer prevention and treatment in a community setting

## The Pediatrics Specialty Rotation

The pediatrics specialty rotation is an excellent opportunity for you if you are looking to further enhance your knowledge and skills working with the pediatric population. We are one of a few programs to offer this opportunity in a clinical setting. To provide you with this experience, we place you in pediatric hospitals that are offered in several regions.

Note that your placement in this rotation is dependent on availability of the sites, however the rotation can be completed in a non-Sodexo clinical site if you are able to secure preceptors.

The specialty rotation includes five weeks of nutritional assessments using the Nutrition Care Process and appropriate anthropometric measurements (e.g., weight, height/length, head circumference) for infants, children, and teenagers with various illnesses. You will establish collaborative relationships with health team professionals communicating optimal nutritional recommendations. In addition, you will develop and educate families/caregivers regarding your patient's disease-specific nutrition issues. We provide you resources via our website including a pediatric nutrition reference book.



### In this rotation you will gain a deeper understanding by:

- plotting and interpreting a pediatric growth chart.
- learning the methods used to conduct pediatric nutrition assessments on patients with intricate medical conditions.
- being a functioning member of multidisciplinary teams in the pediatric setting.
- strengthening your communication skills in order to educate children and their families about complex dietary issue and refine research and public speaking skills while conducting a comprehensive pediatric clinical case study and presentation.
- taking on opportunities to learn from some of the best pediatric dietitians in the country.

**Note:** You will have exposure to the pediatric population in the community rotations. We invite a pediatric dietitian to our online class days to teach this topic.

## The Senior Living Specialty Rotation

The senior living specialty rotation is an excellent opportunity for you if you are interested in working with the aging population. With the aging population, there are more and more opportunities for dietitians to provide support to seniors, who reside in long term care or assisted living facilities along with those who live independently. Sodexo is in a unique position to offer a specialty rotation in Senior Living with over 500 senior living accounts, approximately 115 of which are Continuing Care Retirement Communities, and regional nutrition managers who work with this population.



### In this rotation you will gain a deeper understanding by:

- completing comprehensive annual, quarterly, and/or significant change nutrition assessments using NCP and MDS process on assigned senior residents to include at least a transition feeding plan, treatment of pressure ulcers, weight changes and an enteral feeding plan.
- developing, promoting, and implementing a nutrition education wellness activity or a special nutrition related project involved with senior population.
- developing understanding and competency for the International Dysphagia Diet Standardization Initiative (IDDSI).

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## The Weight Management Specialty Rotation

The weight management specialty rotation is an ideal choice for you if you have an interest in working with patients to achieve and maintain weight loss through behavioral, pharmaceutical, and surgical options. With the increasing rate of overweight and obesity, we recognize the demand for dietetics professionals who are trained in the field of weight management.



### In this rotation you will gain a deeper understanding by:

- having the opportunity to work with Registered Dietitians and healthcare professionals in a variety of weight management programs.
- learning and teaching the behavioral techniques necessary to achieve and maintain a healthy weight and manage the chronic diseases, which often coexist with obesity.
- attending and participating in individual and group weight loss sessions.

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## The Wellness Specialty Rotation → Two Tracks offered - Health Promotion and Integrative Nutrition

### Health Promotion Track

The health promotion track is an excellent opportunity for you if you are looking to expand your skills in promoting nutritional wellness in the community. Following your education, you will be qualified for employment in all market segments to meet burgeoning nutrition-focused wellness needs in corporations, universities, schools, healthcare, and/or senior living. You are placed in a Sodexo-managed account for this rotation and will increase your knowledge of Sodexo's wellness platform and other corporate initiatives. You may choose to complete this rotation within or outside the Sodexo network.

**During Health Promotion, you will:**

- Develop education materials related to wellness, produce wellness messages for social media outlets, research new wellness and nutrition trends, and present an original infographic or paper to the manager of the site.
- Work with on-site wellness directors, private practice, or outpatient dietitians, and/or HR managers.
- Develop a personal professional definition of wellness.

### **Integrative Nutrition Track**

The integrative nutrition track will introduce you to RDNs who specialize in integrative and functional nutrition. In this track you will begin by enrolling in Track 1 of the Integrative and Functional Nutrition Academy Training.

[Track and Module Descriptions - IFNA Academy](#)

The enrollment fee is an additional expense for all who choose this track. The IFNA Academy offers a discounted fee for students completing Track 1.

You will work with an integrative trained practitioner approved by your advisor.

**During Integrative Nutrition, you will:**

- Work with patients in outpatient settings to develop personalized integrative nutrition care plans.
- Identify a project to support the needs of the integrative clinic or practice.
- Review, interpret, and apply functional testing when working with patients.
- Create a social media blog about your rotation experience.

