

Tips for Securing Rotation Sites

As a distance dietetic internship, you must identify preceptors in your area to work with/mentor you for each of your rotations. Applicants with secured site will be given special consideration during the application review process.

Please have prospective preceptors contact Wellness Workdays with any questions regarding their role as a preceptor: wwdi@wellnessworkdays.com

Rotations will begin after orientation in late July. Interns cannot begin rotations until after orientation.

How to Search

Generally, a preceptor is a Registered Dietitian, who is willing to provide guidance and expertise in his/her specific concentration area over the course of your rotation. As you get started on your search, reach out to current or past employers, places where you have volunteered, your DPD Director, school advisor, and past professors to see if they have contacts or are accepting interns. You can also utilize your local dietetic association (go to www.eatright.org to find one near you).

Google Search

- A simple Google search is a great start to look for your rotations. For example, if looking for clinical site, search for all hospitals, long term care centers, skilled nursing facilities, eating disorder, diabetes, cancer, dialysis, etc. treatment facilities in your area.
- You can then find the RD/Nutrition contact on the website or call the main line to be connected with that person.
- Provide your name, contact information (both phone AND email address) in your voicemail.
- Explain to the RD that you are a student planning to apply for a distance dietetic internship and need to secure preceptors /supervisors for the various rotations. Ask if s/he is willing to take on a dietetic intern for the required hours.
- Many sites already have a regular influx of students from set locations. Do not get discouraged if you have to make several calls before securing a site. Clinical settings are always the hardest to secure so start early and be flexible in your location and choices. Network! Ask your DPD Director, research sites online and locate former dietetic interns in your area for advice and suggestions. Be persistent!
- Don't be afraid to follow up! Preceptors receive a lot of emails and calls. Stay on their radar by following up via phone or email if you haven't heard back within a week.
- PLEASE NOTE: when searching for on-site rotations, be sure to check the distance and accessibility from your home BEFORE reaching out to the preceptor.
 - For example, if you will be using public transportation to get to your site, find that route and estimated commute time.
 - If a site is too far away for you to commute to daily, do NOT reach out to that site. Keep searching for sites that are more accessible.
 - This prevents you from looking for directions for the first the night before the rotation



- starts and finding out it's 3-hours from home.
- Keep in mind, up to 1.5 hours **each way** is a reasonable commute
- **Before committing to a preceptor, be 100% sure you are able and willing to get to their facility each day.**

HealthProfs.com

- This is a free online listing of health professionals by location. To specify your search:
 - You can select the state you are searching in
 - Select "Nutritionist and Dietitians"
 - Select a "Style/Type" such as "clinical" or "community"
 - Or Select "Issues" such as "Sports Nutrition"
- You'll be able to message the practitioner through the website or contact via the phone number provided. We recommend calling or reaching out through the professional's website (if listed) FIRST, as this typically generates a quicker response.
- Visit: www.healthprofs.com

Academy Preceptor Finder

- The Academy of Nutrition & Dietetics has their own preceptor database you can utilize, too!
- Visit: <https://www.eatrightpro.org/acend/training-and-volunteer-opportunities/preceptors-and-mentors>

PreRD.Org

- Under "Opportunities" you can view available rotation hour options.
- You can refine your search by selecting from the options on the side panel (i.e., "remote" or "in person")
- Opportunities page linked here: <https://prerd.org/opportunities>

How to Reach Out

See below for a sample email you can send to preceptors. Be sure to include your resume in the email!

Hello {Preceptor Name},

I am {Your Name}, and I have recently been accepted into Wellness Workdays Dietetic Internship to complete my 1,000 rotation hours prior to taking the RDN Exam. Wellness Workdays is an ACEND- accredited distance dietetic internship.

I am looking for a preceptor to complete my {rotation name} rotation and came across your {insert company/hospital name} in my search. I would be very interested in completing my rotation here as {talk a bit about what you think looks interested/what you could learn from this preceptor/facility}. I have some past experiences {enter reasons you think you would be a good intern}, so I hope I could be of help to you during my time there.

If you are interested and available to take an intern this year, could you please let me know? I would need to complete {# of hours} hours, or about {# of days} rotation days. My schedule is flexible, and Wellness Workdays Dietetic Internship will set up any affiliation agreement needed and provide preceptor orientation materials and rotation resources. I am also able to complete rotations virtually if that works better for you.



Some benefits of precepting include:

- Earning CEUs (up to 11 for this year, and up to 23 per 5-year certification cycle)
- Assistance with day-to-day duties
- Help advancing the dietetic profession

I've attached my resume and would be happy to chat on the phone, meet over Zoom or in person if you'd like to learn more and see if we'd be a good fit.

Thank you for your time and consideration. I am looking forward to hearing from you.

All the best,
{Your Name}

Site Selection

Please note that the clinical preceptor must be a registered dietitian as well as at least one other rotation preceptor.

Clinical/MNT rotation: 400 hours

Your primary preceptor must be a registered dietitian. At least 208 hours of the rotation should be completed in an acute care/inpatient setting such as a hospital or long-term care facility. Up to 192 hours can be completed in a specialty setting such as a children's hospital, dialysis center, cardiac rehab, or outpatient MNT counseling if needed. Please verify that your site uses ADIME and PES statements for notes.

Considerations in choosing a clinical site:

Potential sites include:

- Community hospitals
- Medical centers
- Sub-acute facilities

Look for sites that can provide the following experiences/skill development:

- Nutrition screening and assessment
- Charting in the medical record
- Development of nutrition care plans
- Interaction with members of the healthcare team
- Interaction with patients

Consider specialty sites (up to 192) that can provide experience in areas such as:

- Dialysis
- Cardiac rehabilitation
- Diabetes self-management
- Oncology
- Eating Disorder Treatment Facility
- Individual medical nutrition therapy



Community rotation: 180 hours

It is preferred that the primary preceptor be a registered dietitian, however, other healthcare professionals may be appropriate.

Considerations in choosing a community nutrition site:

Potential sites include:

- WIC
- Public Health Departments, Department of Health
- Area Agencies on Aging
- Cooperative extension
- American Heart Association
- American Cancer Society
- Alzheimer's Association
- Addictions Clinic (Alcohol/drug)
- Ambulatory Care Clinics (Adult/Pediatric)
- Cardiac Rehabilitation Center
- Clinical Research Center
- Diabetes center
- Developmental Disabilities Center
- Eating Disorders Clinic
- Fitness/Athletic Club
- Food Nutrition Consulting
- Food Bank
- Grocery/Supermarket
- Head Start
- Health Care Foodservice
- Health-related Children's Camp
- Managed Care System
- Meals on Wheels
- Mental Health Facility/Service
- Military Field Operations
- Non-Profit Agency (Heart Assoc etc.)
- Office for Aging
- Pediatric-Based Program/Clinic
- Rehabilitation Center
- Renal Dialysis Outpatient Center
- Senior Citizen Program
- State/Federal Agency or Task Force

Look for sites that can provide the following experiences/skill development:

- Development of communication skills
- Written articles



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- Counseling opportunities or opportunities to observe nutrition counseling
- Program lecture or display development
- Grant writing
- Educational materials
- Employee scheduling
- Management skills
- Budget development
- Health insurance / budgeting review
- Interaction with members of the health care team

Consider sites that can provide experience in:

- Coalition development
- General health screenings
- Working with under-served, vulnerable populations
- Marketing of nutrition education programs and services

Food Service/Management rotation: 180 hours

Your preceptor must be a registered dietitian, food service director and/or food service supervisor.

Considerations in choosing a food service rotation sites:

Potential sites include:

- Hospitals
- Long Term Care / Sub-acute care foodservice
- College / university dining services
- School food service
- Retail kitchens

Look for sites that can provide the following experiences/skill development:

- Budget development
- Employee scheduling
- Employee hiring process
- Disciplinary/termination process
- Quality assurance monitoring
- Menu/recipe development
- Costing of menu items
- Develop specifications for food items and equipment
- Sanitation and safety procedures

Concentration Areas (Choose 1):



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Worksite Wellness and Health Promotion: 240 hours

It is preferred that the primary preceptor be a registered dietitian, however, other health care professionals may be appropriate.

Considerations in choosing a worksite wellness sites:

Potential sites include:

- Companies with established wellness programs
- Insurance companies with a focus on preventative wellness
- Employee assistance programs
- Benefits brokers providing wellness services and guidance to clients

Look for sites that can provide the following experiences/skill development:

- Development of communication skills
- Authoring articles
- Health / wellness presentation opportunity
- Social marketing
- Development of management skills
- Budget development
- Strategic planning
- Return on Investment (ROI) analysis

Sports Nutrition and Entrepreneurship: 240 hours

It is preferred that the primary preceptor be a registered dietitian, however, other health care professionals may be appropriate.

Considerations in choosing a worksite wellness site:

Potential sites include:

- Professional Sports Teams
- Training Facilities
- Universities with established sports nutrition programs
- Private Practice Dietitian working primarily with athletes

Look for sites that can provide the following experiences/skill development:

- Development of communication skills
- Authoring articles
- Counseling opportunities
- Interacting with physically active individuals
- Ability to build entrepreneurial skills
- Ability to analyze the regulations and effectiveness of performance-enhancing supplements and products



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Nutrition Communications and Marketing: 240 hours

It is preferred that the primary preceptor be a registered dietitian, however, other healthcare professionals may be appropriate.

Considerations in choosing a site:

Potential sites include:

- Government agencies focusing on nutrition
- RD Bloggers
- PR Firms focusing on nutrition
- Nutrition Magazines
- Nutrition councils and boards
- Private Practice Dietitians with social media/website/newsletter/blog

Look for sites that can provide the following experiences/skill development:

- Development of communication skills
- Authoring articles
- Health promotion and presentation opportunity
- Social marketing
- Development of marketing materials