

**COURSE NAME; NUMBER; SEMESTER; MEETING DAYS, TIMES, AND PLACE.**

Dietetics Professional Practice (3 credits)

11:709:410 Spring 2024 (Face-to-Face Course)

**Pre-req:** Careers in Nutrition (11:709:102)

**MEETING TIMES/DAYS & LOCATION:** Monday & Thursday 12:10-1:30pm, CDL-109

**CONTACT INFORMATION:**

Instructor(s): Virginia Quick, PhD, RD

Office Location: Davison Hall, Room 209

Office Phone: (848) 932-0950 Cell Phone: (908) 507-4879

Email: [vquick@njaes.rutgers.edu](mailto:vquick@njaes.rutgers.edu)

Office Hours: By appointment

**COURSE WEBSITE, RESOURCES AND MATERIALS:**

- Resources and materials will be made available on the class Canvas website.
- Websites to review:
  - Academy of Nutrition & Dietetics: <http://www.eatright.org>
  - Supervised Practice Programs: <https://www.eatrightpro.org/acend/accredited-programs/dietetic-internships>
  - DICAS: <https://dicas.liaisoncas.com/>
  - Find a Preceptor: <https://www.eatrightpro.org/acend/training-and-volunteer-opportunities/preceptors-and-mentors>

**COURSE DESCRIPTION:**

This course will prepare students for post-baccalaureate programming required for the Registered Dietitian Nutritionist (RD/RDN) credential. This includes exploration of the RDN pathways, clarification of career goals, and professional practice in dietetics (scope of practice, code of ethics, mentoring and health care policies).

**Student Learning Goals for Dietetics in Professional Practice course:**

At the end of this course, students will be able to:

1. Develop a personal plan for completing supervised practice program requirements.
2. Begin the supervised practice program application process.
3. Apply professional resources to aid in career development and continuing professional education.
4. Communicate responses to common job interview questions.
5. Discuss current health care system issues, policies, and regulations.
6. Explain standards of practice and the professional code of ethics for nutrition and dietetics.
7. Describe evidence-based practice guidelines for nutrition and dietetics.
8. Understand the importance of mentoring and precepting others.

**2022 Core Knowledge for the RDN (KRDN) – Standards for the Didactic Programs in Dietetics:**

Rutgers University Department of Nutritional Sciences undergraduate Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND). The following ACEND Core Knowledge aptitudes are included within the curriculum of this course:

KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation (i.e., interviewing skills and personal statement).

**KRDN 2.2\*:** Describe the governance of nutrition and dietetics practice, such as the Scope of Nutrition and Dietetics Practice and the Code of Ethics for the Profession of Nutrition and Dietetics; and describe inter-professional relationships in various practice settings (i.e., **case discussions and ethics role play, quiz**)

KRDN 2.3: Assess the impact of public policy position on nutrition and dietetics practice (i.e., class discussion).

**KRDN 2.4\*:** Discuss the impact of health care policy and different health care delivery systems on food and nutrition services (i.e., presentations and discussions, **exam**).

KRDN 2.5: Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates (i.e., presentations and discussions).

KRDN 2.7: Describe contributing factors to health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination (i.e., presentations and discussions, safety zone training).

**KRDN 2.8\*:** Participate in a nutrition and dietetics professional organization and explain the significant role of the organization (i.e., Leadership in Nutrition & Dietetics assignment).

KRDN 4.3: Demonstrate an understanding of the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained (e.g., case studies re: insurance, Medicare, reimbursables).

KRDN 4.4: Apply the principles of human resource management to different situations (i.e., job interview simulation).

**KRDN 5.1\*:** Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement (i.e., Leadership Style Self-Reflection assignment)

**KRDN 5.2\*:** Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals (i.e., personal statement)

**KRDN 5.3\*:** Practice how to self-advocate for opportunities in a variety of settings (such as asking for needed support, presenting an elevator speech) (i.e., personal statement).

KRDN 5.4: Practice resolving differences or dealing with conflict (i.e., Introduction to Conflict Management and Negotiation assignment).

**KRDN 5.6\*:** Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others (i.e., Mentoring and Precepting assignment).

\*Indicates a Student Learning Outcome. If you receive less than 70% on an assessment of a KRDN Student Learning Outcome, you will be required to redo the assignment until you pass (no grade change). If not, you may not receive a Verification Statement required to enter a supervised practice program.

**ASSIGNMENTS/RESPONSIBILITIES & ASSESSMENT:**

Grades for this course are based on participation/attendance, exams (mid-term and final), and various assignments/activities found below with a maximum of 500 points. All assignments and activities will have instructions along with the grading rubric on the Rutgers Canvas course site. Please make sure to check the Canvas course site regular for email correspondence and upcoming deadlines.

**EXAM POLICY**

**All exams are mandatory – no exceptions! Exams will be conducted online via Canvas. You will need an electronic device with good Internet Connection for exams.**

**Exam 1** will cover all material covered in class from the first day of class until the day of the exam.

**Exam 2** will cover all material covered in class since the first exam through the indicated class meeting before the second exam and all assigned readings.

All exams will cover lecture material and any assigned readings. Exam formats will be a combination of multiple choice, matching, T/F and short open-ended questions. Students need to have a computer or other electronic device with internet access for taking the exam via Canvas.

**Participation & Attendance:** Students are expected to attend all scheduled classes unless a prior arrangement has been made. In being courteous to your professor and guest speakers, please arrive on time and prepared.

**Assignments:** Instructions for all assignments in this class listed below are located on our Canvas course site.

1. Online Information Survey (10 points)
2. Personal information form and GPA calculation document (10 points)
3. Resume (25 points)
4. Personal Statement (25 points)
5. Scope of Practice for RDN Modules (10 points)
6. Code of Ethics Quiz (10 points)
7. Nutrition Care Process Tutorial & Quiz (10 points)
8. Introduction to Conflict Management & Negotiation (10 points)
9. Participation & Attendance (30 points)
10. Exams (2 total [mid-term and final], 50 points each = 100 points)
11. Leadership Style assignment (10 points)
12. Leadership in Nutrition & Dietetics assignment (10 points)
13. Mock Interview Practice with Big Interview (20 points)
14. Mentoring & Precepting assignment (20 points)
15. History of Dietetics assignment & presentation (50 points)

**Final Grade Assessment:** Final grade determination is based on the following: A = 450 points & above; B+ = 425-449; B = 400-424; C+ = 375-399; C = 350-376; D = 300-349; F = 299 & below.

**COURSE SCHEDULE:**

<b>Class Meeting Week</b>	<b>Topic</b>	<b>Assignments</b>
Week 1 (Jan 18)	Introduction & Course Expectations; History of the Dietetics Profession, Scientific Discoveries and Legislation	- <i>Online Information Survey DUE</i> - <i>Read two articles on History of Dietetics</i>
Week 2 (Jan 22 & 25)	Scope of Practice (SOP) for RDNs & Supervised practice program application process  Complete the <u>Supervised Practice Program Activity</u> and come to class prepared to discuss your findings	- <i>SOP for RDNs Modules DUE</i>  - <i>Personal Information Form &amp; GPA calculation document DUE</i>  - <i>Supervised Practice Program Activity</i>
Week 3 (Jan 29 & Feb 1)	<b>In-Person Class</b> (Jan 29th) Professionalism & Leadership in Nutrition and Dietetics Guest speaker: Peggy Policastro, PhD, RD  <b>Outside Classwork</b> (Feb 1 <sup>st</sup> ) How to Write a Stellar Personal Statement video	- <i>Start drafting your own personal statement</i>  - <i>Read Chapter 4 “Creating a Culture of Professionalism” &amp; Chapter 9 “Leadership”</i>
Week 4 (Feb 5 & 8)	Professionalism, Leadership & Management in Nutrition and Dietetics  Professional Presentation Skills, Continuing Professional Education (CPE) & Individual National Provider Identifier	- <i>Leadership Style assignment due</i>  - <i>Read NPI article</i>
Week 5 (Feb 12 & 15)	Professional Interviewing and Resume Writing  Overview of Nutrition Care Process (Feb 15) Guest Speaker: Kerry Conlon, MS, RDN	- <i>Intro to Conflict Management &amp; Negotiation assignment due</i>  - <i>Complete Nutrition Care Process Tutorial Modules and Tutorial Quiz for Certificate of Completion</i> <a href="https://www.ncpro.org/encpt-tutorials">https://www.ncpro.org/encpt-tutorials</a>
Week 6 (Feb 19 & 22)	<b>Outside Class Work</b> (Feb 19) 1) Code of Ethics Video (watch) 2) Read Code of Ethics Handouts (3 total) 3) Complete Code of Ethics Quiz  <b>In-Person Class</b> (Feb 22) Ethic Case Studies/Role Playing	- <i>Code of Ethics Quiz (complete on Canvas)</i>

Week 7 (Feb 26 & 29th)	<p><b>Feb 26th via Zoom with Guest speaker:</b> Carol Byrd-Bredbenner, PhD, RD, FAND - Graduate Program Co-Director for Rutgers NS</p> <p><b>In-Person Class (Feb 29)</b> Immediate Career Plans in Nutrition and Dietetics and other non-traditional routes to obtain RDN credential (NDTR and RDN Exam)</p>	<p>- <i>Draft of Personal Statement &amp; Resume due</i></p> <p>- <i>Mid-Term Exam (via Canvas)</i></p>
Week 8 (March 4 <sup>th</sup> & 7th via <b>Zoom</b> )	<p>NS Student Alumni Panel -Be prepared to ask them 3 questions</p> <p>Career Alumni Panel -Be prepared to ask them 3 questions</p>	- <i>Mock Interview Practice with Big Interview due</i>
Week 9 (March 11-15 <sup>th</sup> )	NO CLASSES – SPRING BREAK	- <i>History of Dietetics assignment due</i>
Week 10 (March 18 & 21)	Individual Class Presentations (History of Dietetics)	<p><i>Watch Module 5 (two videos) on U.S. Healthcare System and Financing</i> <a href="https://www.aptrweb.org/page/module5">https://www.aptrweb.org/page/module5</a></p>
Week 11 (March 25 & 28)	Individual Class Presentations, cont. (History of Dietetics)	- <i>Read Chapter 1 “Healthcare deliver and systems” and Chapter 3 “Hospitals &amp; healthcare systems”</i>
Week 12 (April 1 & 4)	<p>U.S. Healthcare Settings and Systems</p> <p>Nutrition &amp; Dietetic Organizations and Policies (e.g., AND, NJAND, state &amp; national licensure)</p>	- <i>Mentoring &amp; Precepting assignment DUE</i>
Week 13 (April 8 & 11 <sup>th</sup> )	<p>Safe Zone Training</p> <p>Guest Speakers (April 11<sup>th</sup>) Pinkin Panchal, MS, RD &amp; Sarah Curran, MPH, RD Rutgers MS – Dietetics program</p>	<i>Personal Statement &amp; Resume DUE</i>
Week 14 (April 15 & 18)	<p>Safe Zone Training, cont.,</p> <p>Individual Meetings with Dr. Quick</p>	<i>Final Exam (via Canvas)</i>
Week 15	<p>Individual Meetings with Dr. Quick (no class)</p> <p>Individual appointments to review application materials for selected supervised practice program(s) this week (bring all materials &amp; questions to your appointment)</p> <p>Thursday, April 25<sup>th</sup> (NJAND Meeting)</p>	- <i>Leadership in Nutrition &amp; Dietetics assignment due</i>

## ACCOMODATIONS FOR STUDENTS WITH DISABILITIES

Please follow the procedures outlined at <https://ods.rutgers.edu/students/registration-form>. Full policies and procedures are at <https://ods.rutgers.edu/>

## ABSENCE POLICY

Students are expected to attend all classes; if you expect to miss one or two classes, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence. An email is automatically sent to me.

## ACADEMIC INTEGRITY

The university's policy on Academic Integrity is available at <http://academicintegrity.rutgers.edu/academic-integrity-policy>. The principles of academic integrity require that a student:

- properly acknowledge and cite all use of the ideas, results, or words of others.
- properly acknowledge all contributors to a given piece of work.
- make sure that all work submitted as his or her own in a course or other academic activity is produced without the aid of impermissible materials or impermissible collaboration.
- obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with his or her interpretation or conclusions.
- treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress.
- uphold the canons of the ethical or professional code of the profession for which he or she is preparing.

Adherence to these principles is necessary in order to ensure that

- everyone is given proper credit for his or her ideas, words, results, and other scholarly accomplishments.
- all student work is fairly evaluated and no student has an inappropriate advantage over others.
- the academic and ethical development of all students is fostered.
- the reputation of the University for integrity in its teaching, research, and scholarship is maintained and enhanced.

Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students. Every member of the University community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld.

## AVAILABLE STUDENT SUPPORT SERVICES

- ***If you are having personal or other problems, there are many options at Rutgers for assistance.***
  - Student Affairs office can help with issues related to your experience at Rutgers and when you don't know where to start when looking for assistance, contact the [Dean of Students office](#).
  - If are in need of *mental health* services, please use our readily available services. Rutgers Counseling and Psychological Services (CAPS) – New Brunswick: <http://rhscaps.rutgers.edu/>
  - If you need some temporary guidance, there is “Lets Talk” – which is a CAPS service offering drop-in hours at a number of locations across campus. No appointment is necessary. <http://health.rutgers.edu/medical-counseling-services/counseling/therapy/community-based-counseling/#runbhc>



- **If you are in need of *physical health* services** due to illness, please reach out to:  
Rutgers Health Services – New Brunswick: <http://health.rutgers.edu/>
- **If you do not have enough food**, there is a Food Pantry on College Ave campus that is exclusively for Rutgers Students. <http://ruoffcampus.rutgers.edu/food/>
- If you need accommodation for a ***disability***, obtain a Letter of Accommodation from the Office of Disability Services that provides student-centered and inclusive services. <https://ods.rutgers.edu>
- If you are a **military veteran** or are on active military duty, you can obtain support through the Office of Veteran and Military Programs and Services. <http://veterans.rutgers.edu/>
- If you are in **need of legal services**, please use our readily available services: <http://rusls.rutgers.edu/>
- If you are in need of additional ***academic assistance***, please use our readily available services. Rutgers University-New Brunswick Learning Center: <https://rlc.rutgers.edu/>.
- If you or somebody you know has been victimized by a ***crime, interpersonal violence*** (e.g., stalking, sexual assault), support is available at the Rutgers Office for Violence Prevention and Victim assistance. <http://vpva.rutgers.edu>

## OTHER STUDENT WELLNESS SERVICES

Just In Case Web App <http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

### Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901/ [www.rhscaps.rutgers.edu/](http://www.rhscaps.rutgers.edu/)

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

### Violence Prevention & Victim Assistance (VPVA)

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / [www.vpva.rutgers.edu/](http://www.vpva.rutgers.edu/)

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

### Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the

accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

Scarlet Listeners

(732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.