



it's all
about

Choices...

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School of Health Related Professions

Dietetic Internship Program



UMDNJ
UNIVERSITY OF MEDICINE &
DENTISTRY OF NEW JERSEY



Choices...

Students who choose UMDNJ's School of Health Related Professions want a University that is exclusively dedicated to health care, with state-of-the-art equipment, rigorous coursework, and faculty who care. All our resources go toward supporting a health care educational environment that attracts and nurtures the very best faculty and students.

Practice of Dietetics

The registered dietitian is the professional member of the health care team who is responsible for the nutritional care of individuals and groups. Nutrition is a basic component of quality health care.

Registered Dietitians function to assure quality nutrition care at all stages of the life span and in all conditions of health and disease. In hospitals, long-term care facilities, federal, state and community agencies and in private practice, the dietitian assesses the nutritional needs of individuals and groups, and develops and implements plans for meeting these nutritional needs. Implementation of the nutrition care plan occurs through the provision of appropriate foods or other forms of nutritional support, individual client counseling or community education.

The UMDNJ-SHRP Dietetic Internship

The Dietetic Internship at the University of Medicine and Dentistry of New Jersey (UMDNJ), School of Health Related Professions (SHRP) is a nationally renowned program. Our dietetics faculty includes state and national leaders in the dietetics profession. Over the past decade, we have consistently exceeded the national average for the percent of graduates passing the RD exam on the first attempt and our graduates' exam scores regularly meet or exceed national averages. In addition, graduates of our program have secured employment in a variety of dietetic practice areas and many have gone on to become dietetic leaders themselves.

The UMDNJ-SHRP Dietetic Internship Program is an intensive program of practical training in nutrition beyond the baccalaureate degree. Its goal is to provide learning experiences through which dietetic interns acquire the core professional competencies required for practice as registered dietitians. In addition, the program provides a **unique emphasis combining nutrition therapy and community dietetics**. The program has two tracks.

Track One

is a full-time program providing over 900 hours of supervised clinical experience. The program begins in late August and ends in late May. A maximum of 16-20 interns is accepted annually. The clinical experiences and didactic education provide the core professional competencies for entry-level dietetic practice as well as the competencies for a unique emphasis in nutrition therapy/community dietetics. Varied areas of experience are provided to help produce well rounded practitioners for today's continually evolving health care environment.

Track Two

is an innovative option combining clinical experience with graduate study. This option is administered jointly between UMDNJ and the Graduate Program in Nutritional Sciences at Rutgers, The State University of New Jersey. Students in this track are simultaneously in, and complete all requirements of the Dietetic Internship Program at UMDNJ and the Master of Science in Clinical Nutrition Sciences at Rutgers University. The clinical experiences are identical to those in Track One. In addition, the graduate study provides students with the skills required to critically evaluate and actively conduct research in nutritional sciences. A maximum of 4 students can be accepted at this time. The clinical component of this combined program will be completed within two years; the length of time for completion of the Master of Science degree is project dependent.

Lifelong Learning at UMDNJ-SHRP

With a strong commitment to lifelong learning, UMDNJ-SHRP offers a Master of Science Degree in Clinical Nutrition exclusively for the Registered Dietitian. Graduates of the UMDNJ Dietetic Internship Program who maintain a B average or better are allowed automatic admission into this graduate program. In addition, graduates of the UMDNJ Dietetic Internship Program are granted six credits toward the M.S. Degree for work completed in the Internship Program if they begin the Masters program within 5 years of completing the Internship.

Program Mission and Goals

The mission of the Dietetic Internship Program is to provide the didactic and clinical education necessary to train dietitians that have a broad based knowledge of food, nutrient composition and the role of nutrition in regulation of body processes. Graduates of the program will be able to use this knowledge in working collaboratively with other health care professionals, educators and policy makers to promote health and alleviate many of the nutritionally related health problems existing in the community, state and nation.

The goals of the Dietetic Internship Program are:

- To provide clinical and didactic learning experiences reflecting the breadth of dietetic practice that allow Dietetic Interns to become competent entry level practitioners
 - To provide innovative clinical and didactic educational experiences both within traditional dietetic practice and in expanded areas that will provide graduates with the skills necessary to assume expanding roles in the health care environment
 - To encourage life long learning and professional development
 - To instill a sense of professional commitment and to develop dietetic practitioners who are involved in the profession and professional organizations
 - To expand knowledge of the principles of research and its importance to the dietetic profession in order to develop practitioners who are able to translate research into practical applications and who are able to actively participate in the research process
 - To foster attitudes and behaviors consistent with ethical, professional practice
 - To provide opportunities to develop skills in making public presentations
 - To encourage advocacy in public policy and legislative issues
- Track Two (DI/MS) has the following additional goal:
- To provide students with the skills required for critically evaluating and actively conducting research in the nutritional sciences through completion of the Master of Science in Nutritional Sciences

Program Description

The learning experiences of the UMDNJ internship program have been selected in accordance with our program mission and goals. The program graduates dietitians dedicated to the principles of health promotion and disease prevention and trained to fulfill their professional role competently and skillfully at a level commensurate with their experience. The UMDNJ Internship builds on previously acquired knowledge of food, nutrition and biological sciences. Course instruction focuses on theory and techniques of nutritional evaluation, management and care, and the scientific principles upon which to plan medical nutrition therapy. Since many of the implementation strategies used by dietitians require communication, counseling and educational skills, classroom instruction emphasizes these principles and techniques. Interns plan and prepare teaching aids for use in patient instruction or community based health promotion and disease prevention programs, utilize a variety of current technologies and participate in research projects.

The program provides experiences with individuals of all ages both well and ill. In a supervised environment, interns gradually acquire the knowledge, skills and attitudes necessary to fill the existing need for dietitians. Dietetic interns have opportunities to work collaboratively with a variety of other health professionals and diverse learning experiences are provided in areas such as:

- Acute clinical care:
medical, surgical, renal, intensive care/nutrition support
- Ambulatory nutrition care, diabetes, rehabilitation, geriatrics
- Obstetric and pediatric practice
- Community health promotion, food security, dental nutrition, management of dietetic and community nutrition
- Food service administration

In addition, Dietetic Interns complete an Elective Rotation in unique areas of dietetic practice as well as a Multiskilling Rotation which introduces them to expanded skills in health care.

Students who complete Track One are awarded a certificate, attesting to their successful completion of the program, and they become eligible for active membership in The American Dietetic Association and

to take the Registration Examination of the Commission on Dietetic Registration. Upon completion of the internship requirements, students who complete Track Two are awarded a certificate from the UMDNJ-School of Health Related Professions and are prepared to meet the requirements for active membership in The American Dietetic Association and are eligible to take the Registration Examination of the Commission on Dietetic Registration. In addition, they receive a Master of Science Degree from Rutgers, the State University upon completion of all academic requirements of the Graduate Program in Nutritional Sciences.

Clinical Facilities and Faculty

The dietetic internship provides experiences with varied populations in a wide variety of health care settings by utilizing a large number of health care facilities throughout central and northern New Jersey and with the assistance of over 150 Registered Dietitians and clinical faculty. Throughout the internship, students complete clinical rotations in a variety of facilities. See the Dietetic Internship website (http://shrp.umdnj.edu/programs/dietetic/diet_location.html) for a comprehensive list of clinical affiliates.

Accreditation Status

The School of Health Related Professions, as part of UMDNJ, is accredited by the Commission of Higher Education of the Middle States Association of Colleges and Schools. The UMDNJ-SHRP Dietetic Internship Program is currently granted accreditation by the Commission on Accreditation for Dietetics Education of the American Dietetic Association, 120 S. Riverside Plaza, Chicago, Ill. 60606; (312) 899-5400.

The University Settings and Mission

The University of Medicine and Dentistry of New Jersey (UMDNJ), the state's university of the health sciences, is dedicated to the pursuit of excellence in: the undergraduate, graduate, postgraduate and continuing education of health professionals and scientists; the conduct of biomedical, psychosocial, clinical and public health research; health promotion, disease prevention and the delivery of health care; and service to our communities and the entire state. Providing educational, research and service programs at campuses in Camden, New Brunswick/Piscataway, Newark, Scotch Plains and Stratford, in communities throughout the state, and nationally and internationally through advanced communication and information technologies, UMDNJ seeks to meet the needs of our diverse constituencies and improve the health and quality of life of the citizens of New Jersey and society at large.

UMDNJ is the nation's largest health sciences University and is New Jersey's state wide system of health sciences education, biomedical research and HealthCare. Founded in 1970 to consolidate New Jersey's health professions education, UMDNJ has become the very core of the state's health sciences system. With five campuses and a network of more than 200 affiliated healthcare and educational partners spanning the state, UMDNJ touch the lives of almost every New Jerseyan every day. Our mission is both simple and inspiring-to enhance the health of all New Jerseyans through broad-based programs covering every aspect of the health sciences:

We **Teach** New Jersey's future HealthCare professionals in medicine, dentistry, allied health and nursing, as well as future scientists in the life science; and we provide lifelong learning for HealthCare professionals.

We **Heal** with the most advanced treatment techniques through specialized referrals at University hospitals and behavioral health programs. We discover ways to prevent and treat New Jersey's most serious health problems through biomedical research programs.

We **Care** through community service and outreach programs, particularly in the state's urban centers.

We are UMDNJ New Jersey's University of the health sciences, with a commitment to excellence in education, research and patient care

Dietetic Interns utilize classroom and support facilities on UMDNJ's Newark campus which includes a medical science building, a dental school, a behavioral health center, and a teaching hospital, all of which are interconnected. In addition, the Newark campus is also home to the School of Health Related Professions' state-of -the-art simulation laboratories and technology center and the George F. Smith Library of the Health Sciences, a major resource for biomedical literature in New Jersey and the Northeast. The vast resources of the University's Newark campus for education, research and services enhance all of the programs in related-health sciences. In addition, Dietetic Interns also utilize academic facilities on UMDNJ's newest campus in Scotch Plains where the Dietetic Internship offices are housed. The Scotch Plains campus is connected to other university campuses via state of the art telecommunication technology.

The School of Health Related Professions

The UMDNJ-School of Health Related Professions currently offers more than 35 programs of study in fields ranging from dental hygiene to physical therapy. The philosophy of the School of Health Related Professions depicts education, quality health care, practice and research as a community effort...

School Mission

The mission of the UMDNJ-School of Health Related Professions is to educate students who will function competently, creatively, responsibly and collaboratively in a dynamic health care environment. In fulfillment of this mission, the School seeks to:

- Provide students with diverse practical experiences
- Promote and provide support for continued professional development
- Establish and sustain multiple academic partnerships at all levels of the educational spectrum
- Pursue scholarship and conduct research
- Provide educational, consultative, health care and community services

For more information on the School of Health Related Professions, visit the school's web site at <http://shrp.umdj.edu/index.htm>

Admissions Requirements

Track One - Dietetic Internship Requirements

- o A baccalaureate degree from an accredited college or university with a major in nutrition, dietetics, or a related field. Course of study must meet the requirements specified by the Commission on Accreditation for Dietetics Education (CADE) for Didactic Programs in Dietetics (DPD).
- o An overall grade point average of no less than 2.5 (on a scale where 4 equals A). Test scores from the Test of English as a Foreign Language (TOEFL) are required for all applicants for whom English is a second language. A minimum score of 550 on the written exam, 213 on the computer-based exam or 79 on the internet based exam is required.
- o Submission of all application materials specified by the Dietetic Internship Program, UMDNJ-SHRP
- o Completion of an interview.

(More detailed application procedures are outlined in the application packet.)

Track Two - Combined Internship/Masters Requirements

Prospective students must meet all of the requirements for admissions to the Dietetic Internship as outlined above. In addition, they must meet the admission requirements to the Graduate Program in Nutritional Sciences at Rutgers, which include:

- o 1 year General Chemistry with Lab
- o 1 year Organic Chemistry or one semester Organic Chemistry plus one semester Biochemistry
- o At least 12 additional credits in advanced sciences
- o Completion of GREs

Preference is given to applicants with GRE 1150 or above (verbal and quantitative) and a GPA of 3.0 or above.

Computer Matching

Applicants to both tracks of the Dietetic Internship must participate in computer matching. Applicants should request instructions and a mark sense card to prioritize their internship preferences from any ADA approved/accredited Didactic Program in Dietetics or directly from D & D Digital Systems, 304 Main St., Suite 301, Ames, IA 50010-6148; phone: 515-292-0490, fax: 515-663-9427; e-mail: dnd@netins.net.

Selection Process

Selection of students for admission to the internship program is a competitive process and is the responsibility of the Dietetic Internship Admissions and Selection Committee. The Committee consists of nine members chosen from the academic and clinical faculty and one dietetic intern and is under the direction of the Director of the program. The decisions of the committee are based on a composite of the applicant's overall academic ability, with particular emphasis on aptitude and abilities in courses needed to complete DPD requirements; the ability of the candidate to express self orally and in writing; professional goals; personal characteristics, including leadership potential; and both life and work experiences.

UMDNJ - SHRP does not discriminate against qualified individuals on the basis of race, creed, national origin, or disability. The Disability Compliance Coordinator may be reached at 973-972-8594. The University of Medicine and Dentistry of New Jersey recognizes the value of diversity and is committed to providing appropriate support for its student body.

Curriculum

UMDNJ Dietetic Interns explore major areas of dietetics through both classroom instruction and clinical experiences. In the summer prior to the start of the internship, interns complete a variety of didactic review materials including written assignments, programmed instructions and readings in order to review foundation knowledge and provide the tools needed for clinical practice. During the internship, generally the interns spend four days of the week in the clinical area. The fifth day is devoted to classroom instruction, consisting of special lectures in medical science and nutrition, community/public health, food service management, journal review sessions, debates, field trips and group discussion related to clinical experiences. Descriptions of the major course areas and the experiences included are listed below.

Dietetic Practice: Tools and Techniques

The course introduces the Dietetic Intern to the fundamental principles of nutrition care management including: communication and interviewing; anthropometric, biochemical and physical assessment, documentation in the medical record; nutrition care planning; counseling techniques; educational methodology and evaluation strategies; material development; and utilization of technology. The knowledge gained in this course is utilized in all clinical experiences of the internship. (3 credits)

Advanced Clinical Nutrition I and II

A total of sixteen weeks of clinical experience is provided. Included among the experiences are in-patient medicine-surgery, intensive care/nutrition support, ambulatory care nutrition, renal dialysis, diabetes care, and rehabilitation. Nutrition care encompasses acute and chronic intervention as well as preventive programs for individuals of all ages.

Classroom instruction in this course emphasizes the principles of normal and preventive nutrition as well as medical nutrition therapy. The relation of physiology, pathology, endocrinology and pharmacology to modification of nutrient needs of the individual is stressed. Research in these areas is reviewed and its application is discussed through presentation of case studies. (14 credits)

Seminar In Management for Dietitians

This course includes classroom sessions on the managerial and administrative principles and practices needed by a dietitian. It includes organizational planning, personnel management, fiscal management, food management, continuous quality improvement and sanitation as well as research methodology. Nine weeks of clinical practice are provided where principles may be applied. This includes food service administration, geriatrics, management of dietetic and community education and staff relief. The management experience culminates with a series of stimulating community assessment research projects developed and implemented by the interns. (5 credits)

Public Health and Nutrition

This course surveys various programs, agencies and organizations, which offer nutrition services for the public. Observations and clinical practice encompass programs of prevention and intervention, normal and remedial nutrition care and education. Clinical experiences include community health promotion, dental health, and food security. The Interns also participate in a variety of legislative and hunger activities and they participate in a week of cross-training and “multiskilling” activities. (3 credits)

Maternal and Child Nutrition

Clinical experiences in maternal and pediatric areas include two weeks in various adult and adolescent prenatal, gynecologic, and postnatal services. In addition, two weeks are devoted to pediatric services where well baby and pediatric chronic disease are explored. Classroom instruction focuses on the physiological changes during prenatal and postnatal periods and the nutritional needs of the pregnant woman during this period of the life span. Nutritional needs of the neonate, infant, child, and adolescent are emphasized. Determination of normal growth and development patterns at each age and the effects of malnutrition and/or disease on the normal mental, physical, and emotional growth and development of infants and children are discussed. (5 credits)

Transportation and Living Accommodations

The UMDNJ Newark campus is easily reached on public transportation from New Jersey and New York City. By private transportation, it is within a five-minute drive of the Garden State Parkway and the New Jersey Turnpike.

The Scotch Plains campus, located in Union County, is close to the Garden State Parkway and Routes 22 and 78. Clinical experience sites are located throughout New Jersey. **A car is recommended for travel to clinical sites and to the Scotch Plains Campus.** Public transportation is available in some areas but variety of clinical training sites would be limited. The University has begun construction on graduate student housing which will be located on the Newark Campus. Completion is expected in August 2006. In addition, adequate housing is available in surrounding areas.

The proximity of UMDNJ to New York City extends opportunities for varied entertainment and recreational activities for students.

Financial Aid

Information about financial aid is available from the Newark Campus Financial Aid Office: ADMC 1208, 30 Bergen Street, Newark, New Jersey 07107-3001. Telephone: (973)-972-4376 or at http://www.umdnj.edu/studentfinancialaid/office_location/

Scholarships are also available through the American Dietetic Association. Contact them by phone at (800) 877-1600, extension 4876 or through e-mail at education@eatright.org or at the ADA web site http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_394_ENU_HTML.htm

Request for Application Packet

For more information on the Dietetic Internship Program only and an application packet please call (973) 972-5454 or write to:

Office of Enrollment Services

UMDNJ-School of Health Related Professions

65 Bergen Street, Room 149

Newark, New Jersey 07107-3001

E-mail: shrpadm@umdnj.edu.

For more information on the combined Dietetic Internship Program/Master of Science in Nutrition Program with Rutgers, The State University of New Jersey, please contact the Graduate Program in Nutritional Sciences at (732) 932-9439 or write to:

Graduate Program in Nutritional Sciences

Rutgers, the State University of New Jersey

96 Lipman Drive

New Brunswick, New Jersey 08901-8525

Or <http://nutrition.rutgers.edu/graduate.html>

Program Fees and Costs

Track One: Program tuition and fees are set each year by the University Board of Trustees and are subject to change without notice. The Tuition and Fee Brochure Insert provides current year tuition and fees and estimates of other costs. Housing costs will vary depending upon accommodations selected by the student.

Track Two: All tuition and fees are paid to Rutgers University. Students in Track Two pay approximately half of the UMDNJ tuition for each of the 2 semesters in which they are doing their clinical rotations at UMDNJ. Estimates for this tuition and for tuition for completion of the remainder of full time graduate study at Rutgers University are provided in the Tuition and Fee Brochure Insert.

