OSF HealthCare
Saint Francis Medical Center

- Located in Peoria, IL
- Halfway between Chicago and St. Louis
- 4th largest hospital in IL
- 600 bed teaching hospital
- Children’s Hospital of Illinois
- JUMP Trading and Simulation Center
- 52 week Dietetic Internship
- “Serving with the greatest care and love”
About the Dietetic Interns

• 10 interns each year
• 5 start in June
• 5 start in October
52 Weeks of Learning

Medical Nutrition Therapy
- 3 Weeks of Orientation + 16 Weeks of Rotations

Community, Wellness & Foodservice
- 1 Week of Orientation + 10 Weeks of Rotations

Emphasis
- 1 Week of Orientation + 21 Weeks of Emphasis
Medical Nutrition Therapy Experiences

- Cardiac
- Neurology
- Rehabilitation Unit
- Renal & Urology
- Orthopedics
- Oncology
- Medical, Surgical, Cardiovascular, & Neurological ICU units
- General Pediatrics
- St. Jude Affiliate
- Pediatric ICU
- Neonatal ICU
- Mom & Baby (community)
- Bariatric Program (community)
- Eating Disorder Program (emphasis)

1:1 preceptor to intern ratio for all rotations
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<td>G200 Gen Acute (adults), 3700 Medical, SICU (4104-4117), MACU (1704-1724)</td>
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<td>NSINT (3341-3404), 3500 NA, NSICU (4118-4137), ED, PACU</td>
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<td>Cardiac-5100, Adult Cardiac Int. (501-512)</td>
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#1 Jessica Bishop #2 Hannah Duncan #3 Elizabeth Goff #4 Erin June #5 Abby Olcott
Additional MNT Projects

**DIAGNOSTIC PROCEDURE:**

**GASTRIC EMPTYING STUDY**

Presented by Zena Halaweih

**Insects: Food or Foe?**

Presented by Zena Halaweih
Community, Wellness & Foodservice Experiences

- 2 Weeks of Food Service
- 1 Week Outpatient Pediatrics
- 1 Week Maternal/Fetal
- 1 Week Outpatient Oncology
- 1 Week Riverplex
- 1 Week Hy-Vee Grocery
- Cooking Demonstrations
- Public Speaking
Additional Community Projects

TRENDING TOPIC: MATCHA
By: Minji Lee
OSF Dietetic Intern

Matcha is a form of green tea where the leaves have been made into a powder. It has been enjoyed in East Asia for hundreds of years and is now enjoyed all over the world.

ETHNIC DISH & CASE REVIEW
Haitian Culture
Prepared and presented by
Angela Lollipop, Dietetic Intern
OSF Saint Francis Medical Center

A DISH & CASE REVIEW
Haitian Culture
Prepared and presented by
Angela Lollipop, Dietetic Intern
OSF Saint Francis Medical Center

ALL ABOUT THE INSTANT POT
THE CONCEPT
The Instant Pot is a pressure cooker with multiple features. It uses water and heat to cook foods under steam pressure. This shortens cooking time and maintains the moisture of foods.

PROS
• Can better preserve nutrients
• Less fat, more moisture used
• Mostly hands-off cooking
• Shortens cooking time
• Low-heat cooking (240 degrees F)
• Can also be used as a crock pot, rice cooker and sauté pan
• Keeps food warm after cooking
• User-friendly and safe!

CONS
• Not to be used for fried or crispy foods - will hold moisture
• Takes up space on a counter
• User must know the cooking times of foods
• Instant Pot foods are not all Instant Healthy

MARCH, 2020

2016.11.22
Emphasis Experiences

It is all about YOU!

• Choose your own 850 hour curriculum!
• Pick your own projects!
• Two emphasis options:
  • Medical Nutrition Therapy
    o 8 weeks (320 hours) staff relief
  • Community/Wellness
    o 3 weeks (120 hours) staff relief
Nutrition Education and Outpatient Counseling in the Community
Professional Luncheon
Work with the Media

Red Flags of False Nutrition Facts

Written by Andie Scherer, Dietetic Intern, OSF Healthcare Saint Francis Medical Center

Headlines scream, “Eat This, NOT That!” or “Top 10 Foods You Should Never Eat Again!” It seems as though we’re bombarded by these kinds of messages everyday we go online or turn on the television, and that makes it difficult and confusing to figure out what is accurate nutrition information and what isn’t. So, here are few red flags to help spot false nutrition information.

1. Promises a quick fix. The truth is, quick fixes won’t work, and slow or whole...
Peoria Riverfront Farmer’s Market
Recipe Development
Cooking Demonstrations
Conferences and Meetings

Illinois Academy of Nutrition and Dietetics Conference
Advocacy Day
Lurie Children’s Hospital Annual Pediatric Nutrition Conference
University of IL, St. Louis University and Purdue School Visits
Diabetes Camp

Camp GranADA – a one week camp for children with type 1 diabetes mellitus
Kids Nutrition Programs
Eating Disorders Program

Sauces, spreads & dips

Add this....

Avocado
Cheese sauce
Peanut butter
Sour cream
Butter

....To this

Vitamins and Minerals

Micronutrients are an important part of the food we eat! Our bodies use them to transport and absorb our foods, support growth and healing of tissues, and fight inflammation.

Vitamin A

Functions

Fun Fact: Eating a lot of beta-carotene foods can cause carotenemia, or orange skin – but your body can use this to maintain healthy skin.

Vitamin D

Functions

Fun Fact: Milk (dairy and plant) and many brands of breakfast cereal and orange juice are fortified with Vitamin D.

Vitamin E

Functions

Fun Fact: Milk (including plant milks) and many brands of breakfast cereal and orange juice are fortified with Vitamin D.

Vitamin K

Functions

Fun Fact: Because Vitamin K helps to clot our blood, it can interact with blood thinner medications taken by people with heart problems.

Vitamin C

Functions

Fun Fact: Vitamin C is the most sensitive vitamin to water, heat, and light, so these foods should be eaten fresh and raw whenever possible.
RD Exam Prep

- EatRight Prep
- RD Pocket Prep
- Visual Veggies
- Inman Materials
- Bi-monthly practice question review
- 2 Day Review Course

1 year pass rate of 100%
COVID’s Impact
COVID’s Impact

In The Kitchen | Edamame Summer Salad

LET'S EAT THE RAINBOW!
with OSF Dietetic Interns

Smunchies
WHAT SETS US APART FROM
THE REST?

PEDIATRIC EXPERIENCES
HEARTLAND CLINIC
MEDIA EMPHASIS
OSF Written Application Tips

- Follow directions → DICAS
  - Upload ALL documents
- Write a GREAT application letter that answers every question
  - Be unique → sell yourself!
    - Begin with an interesting intro
    - Be specific with your goals
- PROOFREAD
- Give yourself plenty of time!
- Do you want a Master’s degree or do you want to wait?
- Apply to 6 to 8 programs
- Visit open houses and write thank you notes
OSF Written Application Tips

- What is the cost of living, where the program is located
- Be sure to have a wide variety of work or volunteer experience in clinical and community
- Don’t leave any relevant experiences out, even if they’re small
- Get organized now, don’t procrastinate
- Talk with graduates from the program. Check out previous grads e-portfolios - https://andiescherer.weebly.com/ - Andie Scherer
- Submit your application before the last day!!!

Apply to programs that best fit your goals, wants and needs!
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| **Application Materials:** | Rejected if not complete  
Subtract points if letter not in business format or reference request not followed  
Completed information as requested  
Submitted information in an organized manner  
Information is clear and concise  
Virtual interview preference sheet included |
| **Application Letter:**   | 20 points  
Completed information as requested on website  
Personal motivation and good concepts of all fields of dietetics  
Concise, clear, well-organized, self-expressing, and grammatically correct  
Demonstrates good team work, creativity and interpersonal skills |
| **Grades:**              | 24 points  
Overall grade point average (≥2.8)  
DPD grade point average  
Grades show consistent improvement  
Exceeds minimum requirements (i.e. extra courses benefitting dieticians, double major, or advanced degree) |
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| **Work Experience:** 27 points | Paid, practicum and volunteer experience related to dietetics (emphasis on clinical and community)  
Shows variety  
Job with higher level of responsibility (i.e. teaching, management, etc.) |
| **Extracurricular Activities:** 8 points | Dietetic related clubs, organizations, special projects, etc. (including position/office held)  
Non-dietetic related clubs/organizations (i.e. fraternity/sorority, athletics, etc)  
Dean's List and awards |
| **References:** 15 points | How well the reference knows the applicant  
Application of knowledge  
Conceptual and analytical decision making skills  
Communication skills  
Interpersonal skills and teamwork  
Leadership ability  
Confidence, assertiveness, organizational ability, and ability to work independently |
| **Add/Deduct Points:** + or – (0-6 points) | Significant strengths or weaknesses |
OSF Virtual Interview Tips

- Make sure you have a reliable internet connection
- Assure you and your surroundings look professional
- Avoid generic answers - provide details and or examples of times where you experienced what we are asking
- Be ready for MNT questions – basic calculations and MNT scenarios
  - Have a calculator and a sheet of paper handy!
WHAT WILL SET YOU APART?

Unique experiences
Well-rounded in all aspects of dietetics
Going above and beyond
Teamwork
Detailed examples/answers during Virtual Interview
Why the Interns Love This Program

- Sites are all at close locations
- Small intern class
- Two start dates/peer mentors
- Intern to preceptor ratio
- Variety of experiences
- Emphasis area
- Pediatric experience
- Own computer and office
Free Meals!

& snacks of course.
Peoria outings... and friends for life
Peoria hosts a variety of festivals, attractions, and other fun activities!

**Weekend Fun**
- Luthy Botanical Garden
- Local wineries
- Apple Orchards
- Peoria Zoo
- Forest Park

**Riverfront**
- RiverPlex
- Farmer’s Market
- Live music
- Oktoberfest
- Spirit of Peoria

**Festival of Lights**
- Morton Pumpkin Festival

**Athletics**
- Peoria Chiefs baseball
- Peoria Rivermen Hockey
- Bradley Braves

**Trivia Nights**

Enjoy Peoria
Last, but certainly not least...
$0.00

Free Tuition!
OSF INTERN'S 1ST JOBS

Megan Zurek
October 2020

Angela Lollock
October 2020

Mackenzie Burgess
June 2020

Kim Korff
June 2020

Emma Elsasser
October 2019

Carmen Rabel
June 2019

Katie Stadick
June 2019
WHAT'S A TYPICAL DAY?

CURRENT OSF DIETETIC INTERNS
FAVORITE EXPERIENCES

CURRENT OSF DIETETIC INTERNS
WHAT ABOUT.....

• Working during the internship?
• Taking MS classes?
• Housing/Cost of Living?
INTERN CONTACT INFO

• See flyer
• Get past and current intern insight!
Follow us on Instagram @dieteticinternship