

LAND ACKNOWLEDGEMENT

The VA San Diego Dietetic Internship acknowledges that the land on which our medical center sits is the traditional territory of the Kumeyaay/Kumiais people. We pay respect to the citizens of the Kumeyaay nation, both past and present, and their continuing relationship to their ancestral lands.

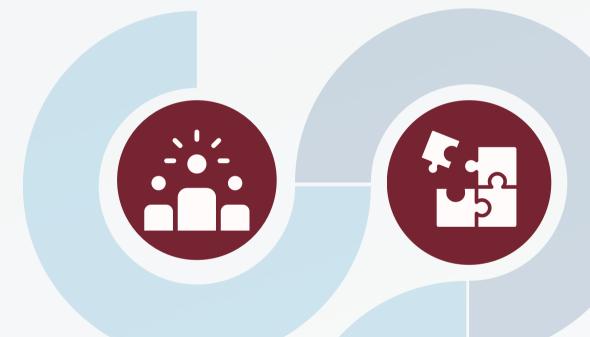
Learn more: Native-Land.ca Our home on native land

Kumeyaay/Kumiais

Kumeyaay/Kumiais

OPEN HOUSE AGENDA

- Introductions
 - DI Director, Interns, Staff, Preceptors
 - Veteran's Health Administration (VHA)
 - VA San Diego Healthcare System
- VA San Diego Dietetic Internship
 - Mission and program goals
 - General Information
 - Curriculum, Rotations, Projects
- Application and Selection Process
 - DICAS Application Process
 - Selection Criteria
- Program Strengths and VA Internship Benefits
- FAQs and Q&A with Current Dietetic Interns





AMANDA HIBSHMAN, MDA, RDN

DIETETIC INTERNSHIP DIRECTOR

(SHE/HER/HERS)

Education:

- Undergrad (BS): San Diego State University in Foods and Nutrition (DPD)
- Gradate (MDA): Utah State University in Dietetics Administration
- Supervised Practice: VA San Diego Dietetic Internship Program (2012)

VHA Internship Experience:

- Intern, preceptor and clinical dietitian within the VA San Diego
- Started as DI Director in June 2023

Dietetics Experience:

- Taught cooking classes for 7 years (Navy, VA Aspire Center)
- Private practice and culinary contract work (menu development, private chef, cooking videos)
- Clinical expertise and advanced practice in field of eating disorders and mental health.
- Certified Intuitive Eating Counselor
- Per-Diem inpatient clinical at Kaiser and VA San Diego

CORE VALUES: Authenticity, Connection, Fun STRENGTHS: Communication, Competition, Maximizer, Strategic, Developer



DIETETIC INTERNS, CLASS OF 2024-2025

(L-R)

SHANIA ZINGALES- SDSU/SDSU
LAUREN SITZMANN - U OF IOWA / SDSU
SAVANNAH SCOTT - U OF COLORADO / SDSU
MAYBELLE LIMPIN - UC IRVINE / SDSU
NATHANIEL JASON - SDSU / SDSU
SARAH BETH DUNN - OHIO STATE / OHIO STATE

MISSION AND VISION



VHA Vision

To provide veterans the world-class benefits and services they have earned – and to do so by adhering to the highest standards of compassion, commitment, excellence, professionalism, integrity, accountability, and stewardship.



VHA Mission

Honor America's veterans by providing exceptional health care that improves their health and well-being.



311 Authorized Beds

- Acute Care
- Medical
- Surgical
- Intensive Care
- Extended Care
- Spinal Cord Injury
- Advanced Rehabilitation Services

7 Community-Based Outpatient Clinics (CBOCS)

- In-Person
- Telehealth

Extensive Mental Health Services

- PTSD
- Traumatic Brain Injury

VA SAN DIEGO HEALTHCARE SYSTEM

VASDHS





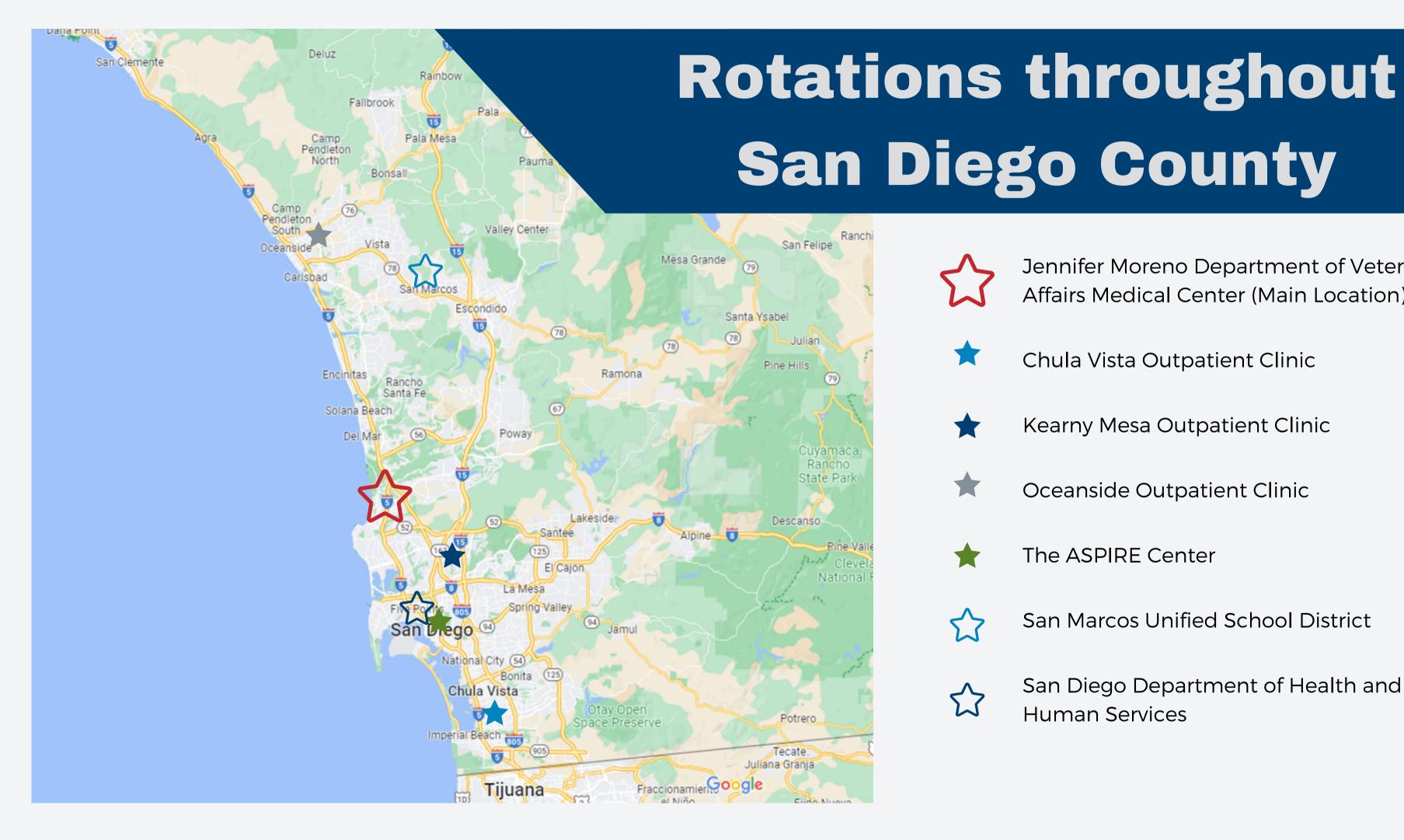
VHA is the largest provider of healthcare training in the United States. VA San Diego Healthcare System is a teaching hospital with Health Professional Trainees (HPTS) from many disciplines, including dietetics, nursing, pharmacy, dental, social work, etc.

Medical Center

Over 60
Traineeships
(Dietetics, Nursing,
Pharmacy, Dental,
SLP, Chaplain, etc.)

Affiliated with UC San Diego (UCSD)
School of Medicine

Over 1,600 Medical residents and over 300 other Clinical Trainees





Jennifer Moreno Department of Veterans Affairs Medical Center (Main Location)



Chula Vista Outpatient Clinic



Kearny Mesa Outpatient Clinic



Oceanside Outpatient Clinic



The ASPIRE Center



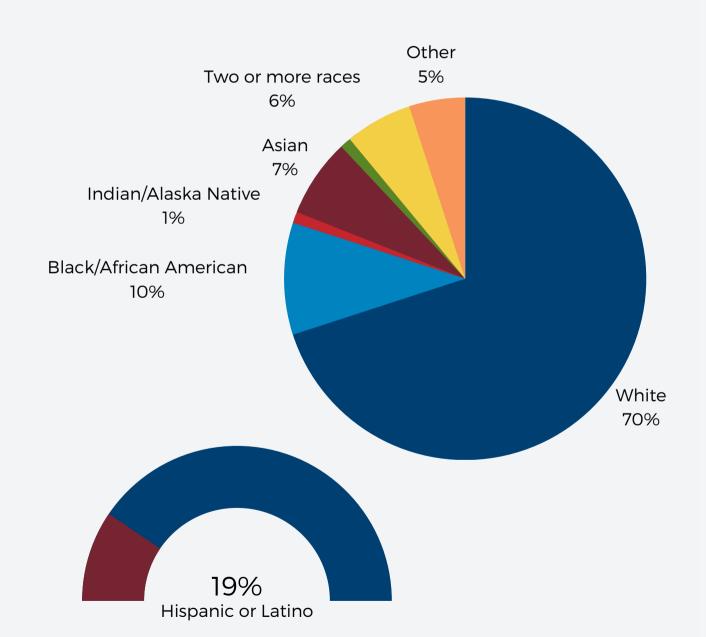
San Marcos Unified School District



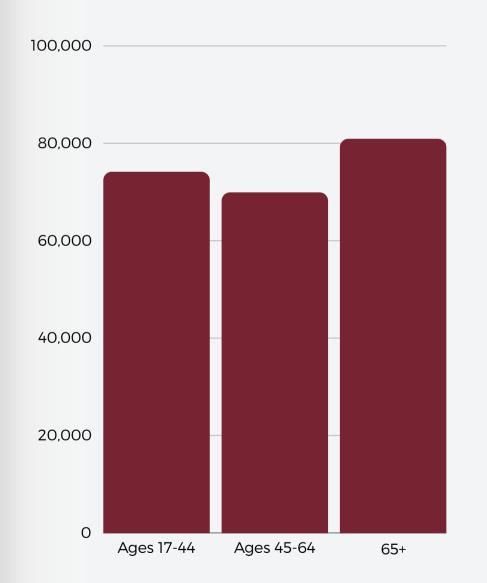
San Diego Department of Health and **Human Services**

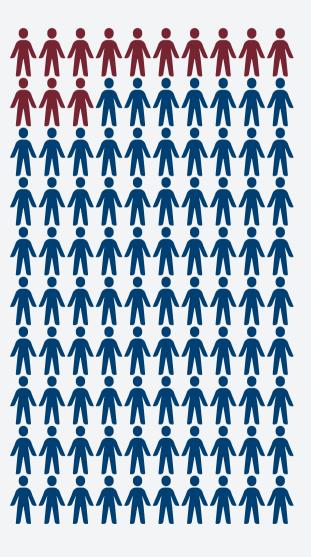
VETERAN POPULATION

Veterans in California



Veterans in San Diego





Race/Ethnicity

Age and Gender



VA San Diego is proud to serve our national heroes from different war eras

Year to Date (Fiscal Year 2018)

Iraq/Afghanistan	25,854	32%
Vietnam	22,390	28%
Desert Storm	18,718	23%
Post Vietnam	7,838	10%
Korean	2,518	4%
Post Korea	1,457	2%
World War II	1,305	1%



VASDHS DIETETIC INTERNSHIP PROGRAM



Mission Statement

The mission of the VASDHS Dietetic Internship is to offer a supportive learning environment in a challenging and dynamic program with a focus on medical nutrition therapy. Our program is designed to promote progressive, patient-centered nutrition services, which prepares our graduates to be highly functioning, competent entry-level Registered Dietitians.





VASDHS DIETETIC INTERNSHIP PROGRAM

The VA San Diego Dietetic Internship prepares graduates to be proficient in conducting Nutrition Focused Physical Exams (NFPE) and practicing Medical Nutrition Therapy (MNT) on complex patients in clinical settings.

Program Goal #1 and Objectives

- At least 90% of graduates who complete the DI Graduate Survey and are working as a registered dietitian in a clinical setting
 - will rate themselves as proficient in conducting NFPEs.
 - will rate themselves as proficient in practicing MNT on complex patients.

The VA San Diego Dietetic Internship will prepare graduates to be competent entry-level dietitians.

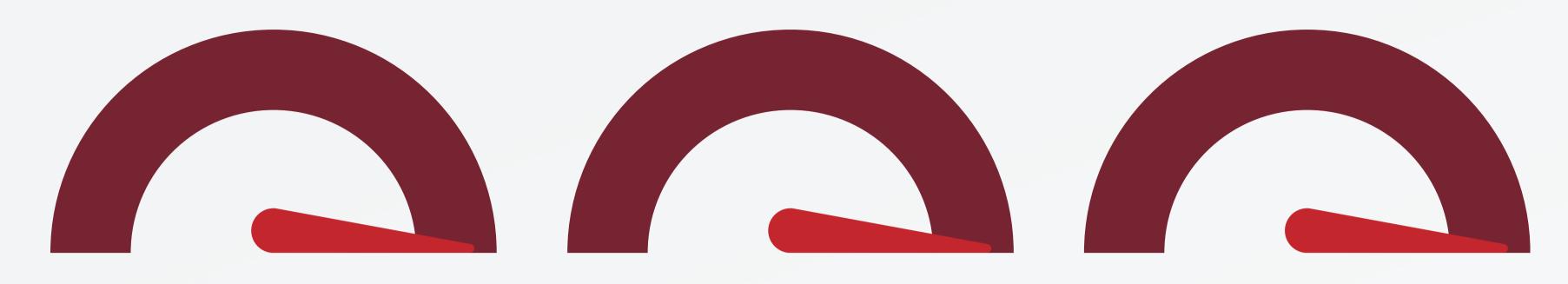
Program Goal #2 and Objectives

- At least 90% of program graduates take the CDR credentialing exam for dietitian nutritionists within 12 months of program completion.
- The program's one-year pass rate (graduates who pass the registration exam within one year of first attempt) on the CDR credentialing exam for dietitian nutritionists is at least 80%.
- At least 80% of program interns complete program requirements within 62 weeks (150% of program length).
- Of graduates who seek employment, 90% who complete the DI Graduate Survey will report that they are employed in nutrition and dietetics or related fields within 12 months of graduation.
- At least 90% of graduates who complete the DI Graduate Survey and are working as a registered dietitian will rate themselves as "well prepared to perform the duties" in their entry-level registered dietetics position."
- At least 90% of employers who complete the DI Employer Survey will rate program graduates as "well prepared to perform duties on an entry-level registered dietitian."

100% of graduates took the RD exam within 12 months of graduation. One-year pass rate is 94% over the last 3 years. Historically 100%.

88% one-year pass rate for DI programs across the nation https://www.cdrnet.org/RDExamStats

94% of graduates who completed the graduate survey rated themselves as "well prepared" for entry level.



100%

of graduates who complete the DI Graduate Survey and are working as a registered dietitian in a clinical setting rate themselves as proficient in conducting NFPEs and in practicing MNT on complex patients.

100%

of graduates who seek employment and complete the DI Graduate Survey and employed in the nutrition and dietetics or related fields within 12 months of graduation.

GENERAL INFORMATION

ACEND-Accredited
Site Visit in January 2024



Stipend (\$24,600), Biweekly No application fee or tuition



Full Time SP + Projects
(40 Hrs+ Per Week)

Established in 1974 (2023-2024 = 50th class)



Program Concentration:

MNT in Inpatient and Outpatient Settings

Six Interns Annually (April Match)

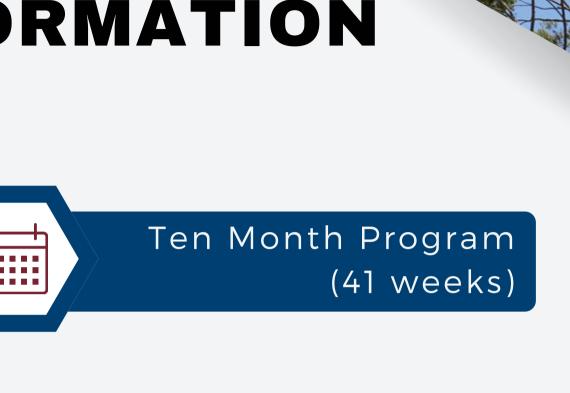


VA Onboarding

Background check, health screening, immunizations. Selective Service.

More information can be found on the VASDHS Dietetic Internship Webpage:

https://www.dieteticinternship.va.gov/SanDiego/



CURRICULUM



ORIENTATION

Orient to the VA culture, review DI handbook and policies, overview of expectations and evaluations. Intensive computer training on EMR. Preparation for rotations.



Food Service

Relevant and applicable projects to include: Theme Meal, Sustainable Meal, Plate Waste Study, FSW Inservice, Menu Analysis and MORE! Emphasis on Food Service Systems Management.



Management

1:1 Rotations with our Associate Chief of Food Operations and Clinical Nutrition Manager. Projects include: Equipment Procurement, HACCP, Marketing, HR, and MORE!



COMMUNITY

Affiliate sites include San Diego Health and Human Services (Public Health), ARC Women Infants and Children (WIC), and San Marcos Unified School District (School nutrition)



INPATIENT

Rotate through all our medical units at the VA San Diego, including the Spinal Cord Injury (SCI) unit, Community Living Center (CLC), Medical/Surgical Floor and Intensive Care Unit.



OUTPATIENT

Rotate through all our
Community-Based
Outpatient Clinics (CBOCs),
located throughout San
Diego. Teach classes
(including a virtual cooking
demo) and counsel veterans
with a wide variety of
conditions.



OUTPATIENT AP

Specialty and Advanced
Practice (AP) rotations in our
outpatient clinics include:
Diabetes, Renal/Dialysis,
Home Based Primacy Care
(HBPC), Oncology, Mental
Health (Eating Disorders and
PTSD)



STAFF RELIEF

The culminating event of the Dietetic Internship includes two weeks of "Staff Relief" on your choice of inpatient ward and two weeks on your choice of outpatient clinic.

The ultimate preparation for entry level practice!

Master Rotation Schedule 2022-2023 (Subject to Change)

Orientation Week 1 = 8/15-19; Orientation Week 2 = 8/22-26

Orientation week	_					4.0.10							
INTERN	8/29 No HBPC No Renal	9/5 No Renal No WIC	9/12 os cd	9/19 No WIC	9/26 No WIC	10/3 No Renal No ASPIRE	10/10 No ASPIRE	10/17 No ASPIRE OS CD No PH	10/24	10/31 No Renal	11/7	11/14 os cd	11/21 No WIC
Preceptor Leave													
Intern 1	LM	EC	WIC	PW	PW	JD	JD	JD	KO	KO	FS	FS	FS
Intern 2	EC	KW	SN	SN	HBPC	FS	FS	FS	FS	FS	PW	PW	AMc
Intern 3	DB	JD	JD	JD	KW	FS	FS	FS	FS	FS	AM	AM	AH
Intern 4	FS	FS	FS	FS	FS	EC	PW	PW	AH	AH	WIC	AMc	KG
Intern 5	KW	DB	SN	SN	AM	AM	WIC	AMc	PH	PH	FS	FS	FS
Intern 6	FS	FS	FS	FS	FS	DB	AM	AM	JD	JD	KW	JD	PH
INTERN	11/28 No HBPC No Renal	12/5 No PH No Renal	12/12 No PH OS CD	12/19 No PH	12/26 No PH No WIC	1/3 No Renal No WIC	1/9	1/16 os cd No WIC	1/23	1/30 No HB PC No Renal No WIC	2/6	2/13 os cd	2/20
Preceptor Leave													
Intern 1	FS	FS	OS	AM	V	ICU	ICU	ICU	AM	DP	DP	HBPC	AH
Intern 2	JD	JD	JD	KG	V	PH	PH	KO	KO	AM	AM	ICU	ICU
Intern 3	AH	ICU	ICU	ICU	V	DP	DP	PW	PW	KO	KO	OS	WIC
Intern 4	KO	KO	DP	DP	V	BD	LM	PH	PH	KW	HBPC	JD	JD
Intern 5	FS	FS	KO	КО	V	JD/SH	JD	HBPC	JD	AH	AH	PW	PW
Intern 6	PH	AH	AH	HBPC	V	KO	KO	OS	ICU	ICU	ICU	LM	BD
INTERN	2/27 No Renal	3/6	3/13 08CD	3/20	3/27	4/3 No Renal	4/10	4/17 os co	4/24	5/1 No Renal	5/8 No WIC	5/15	5/22
Preceptor Leave													
Intern 1	AH	KW	KG	SR	SR	SR	SR	CNM	BD	PH	PH	SN	SN
Intern 2	ICU	BD	OS	DP	DP	AH	AH	SR	SR	SR	SR	CNM	WIC
Intern 3	PH	PH	LM	KG	HBPC	SR	SR	SR	SR	SN	SN	BD	CNM
Intern 4	JD	AM	AM	CNM	ICU	ICU	ICU	SR	SR	SR	SR	SN	SN
Intern 5	KG	ICU	ICU	ICU	CNM	LM	DP	DP	SR	SR	SR	SR	BD
Intern 6	DP	DP	CNM	PW	PW	SR	SR	SR	SR	SN	SN	WIC	KG

Admin/FSM Rotations:

DS = Daniel Santibanez, RD, NFS Chief BD = Betsy Doyle, RD, Admin Asst. Chief KMc = Kristin McCutcheon, FS Mgt RD FP = Food Production (Walter Hartman)

KA = Kim-Ashleigh, Informatics RD

DTR Rotation:

DB = Danielle (Dani) Ballesta, DTR

EC = Emie Castro, DTR

Affiliate Rotations:

PH = San Diego County Public Health WIC = WIC Program (American Red Cross)

SN = School Nutrition (San Marcos)

Clinical Rotations:

TP = Tabitha Pratt, RD, Clin Asst Chief/Clinical Nutr Mgr

YB = Yvonne Best, MS, RD, CNSC (ICU/Critical Care)

JD = Jessilyn Dang, RD (Med/Surg)

AM = Ali Miller, RD (SCI/CLC)

KG = Kristine Giltvedt, MS, RD (Liver/Oncology)

DP = Dana Palermo, RD (Diabetes/Metabolic)

PW = Pete Williams, RD (Renal)

KO = Katelyn Osgood, RD (Outpatient/Obesity, LJ)

LM = Leslie Miranda, MS, RD (Outpatient, CV)

AMc = Ally McGunagle, RD (Outpatient, OS)

KW = Kristina Waite, RD (Outpatient, MV) AH = Amanda Hibshman, RD (ASPIRE Center)

SH = Susan Haines, MBA, RD (Inpatient Float)

HBPC = Chanel Cordero-Heerd, RD & Katie Reiter, RD (Home

Based Primary Care)

Other Key Symbols:

SR = Staff Relief

OS CD = Oceanside Cooking Demo Weeks with Holidays in red V = Vacation (approved by RO)

Changes Highlighted Tentative

SAMPLE MASTER SCHEDULE

2023-2024 Dietetic Internship Schedule

DAILY VIEW														
PP 18	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
	27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
Sarah Beth Dunn		PH	PH	PH	PH	CLASS			H	PH	PH	PH	PH	
Nathaniel Jason		WIC	WIC	WIC	WIC	CLASS			H	FSSM	FSSM	FSSM	FSSM	
Maybelle Limpin		PH	PH	PH	PH	CLASS			H	PH	PH	PH	PH	
Savannah Scott		WIC	WIC	WIC	WIC	CLASS			H	HBPC	HBPC	ASPIRE	HBPC	
Lauren Sitzmann		WIC	WIC	WIC	WIC	CLASS			H	FSSM	FSSM	FSSM	FSSM	
Shania Zingales		cv	cv	cv	cv	CLASS			H	CLC/DTR	CLC	CLC	CLC	
PP 19	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
Sarah Beth Dunn		Onc	Onc	Onc	CLASS	Onc			OS	os	os	OS*	CLASS	
Nathaniel Jason		FSSM	FSSM	FSSM	CLASS	FSSM			FSSM	FSSM	FSSM	FSSM	CLASS	
Maybelle Limpin		Renal	Renal	Renal	CLASS	Renal			Renal	Renal	Renal	Renal	CLASS	
Savannah Scott		HBPC (KR)	HBPC (KR)	ASPIRE	CLASS	HBPC			LJ/Wt	LJ/Wt	LJ/Wt	LJ/Wt	CLASS	
Lauren Sitzmann		FSSM	FSSM	FSSM	CLASS	FSSM			FSSM	FSSM	FSSM	FSSM	CLASS	
Shania Zingales		SCI	CLC	CLC	CLASS	CLC			SCI	SCI	SCI	ICU	CLASS	
PP 20	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	1(0)2	WED	THU	FRI	SAT
	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
Sarah Beth Dunn		WIC	WIC	WIC	WIC	CLASS			Onc	Onc	Onc	Onc	CLASS	
Nathaniel Jason		FSSM	FSSM	FSSM	FSSM	CLASS			FSSM	FSSM	FSSM	FSSM	CLASS	
Maybelle Limpin		WIC	WIC	WIC	WIC	CLASS			Diab	Diab	Diab	Diab	CLASS	
Savannah Scott		KM	ASPIRE	KM*	KM	CLASS			PH	PH	PH	PH	CLASS	
Lauren Sitzmann		FSSM	FSSM	FSSM	FSSM	CLASS			FSSM	FSSM	FSSM	FSSM	CLASS	
Shania Zingales		WIC	WIC	WIC	WIC	CLASS			PH	PH	PH	PH	CLASS	
PP 21	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
Sarah Beth Dunn		H	SCI	CLC	CLC	CLC			Renal	Renal	Renal	Renal	CLASS	
Nathaniel Jason		H	SN	SN	SN	SN			SCI/DTR	SCI	SCI	SCI	CLASS	
Maybelle Limpin		H	Diab	Diab	Diab	os			os	os	os	OS*	CLASS	
Savannah Scott		H	PH	PH	PH	PH			FSSM	FSSM	FSSM	FSSM	CLASS	
Lauren Sitzmann		H	SN	SN	SN	SN			Onc	Onc	Onc	Onc	CLASS	
Shania Zingales		H	PH	PH	PH	PH			FSSM	FSSM	FSSM	FSSM	CLASS	

Key
Green = Different Rotations
Yellow = Teach class in rotation
Red = Holiday (int = preceptor leave)
Blue = IP Float TBD
Italics = TW day for preceptor
Orange = Specialty

ASPIRE	7:30-4:00	KM	7:30-4:00 (mon 8-4:3
CLASS	7-3:30	LJ/Wt	7:30-4:00
CNM	7:30-4:00	Med	6:30-3:00
CV	7:30-4:00	Onc	7:30-4:00
CLC	7:30-4:00	OS	7:30-4:00
Diab	7:00-3:30; (w9:30-6)	PH	8:30-5:00
DTR.	7:30-4:00	Renal	6:30-3:00
FSSM	8:00-4:30 (+Varies)	SCI	7:30-4:00 (Sun-thu)
HBPC	8:00-4:30	SN	8:00-4:30
ICU	7:30-4:00	TeleM	7:30-4:00
		WIC	8:00-4:30

SAMPLE ROTATION SCHEDULE



PROJECTS

Food Service Projects

Food Service Worker Inservice
Theme Meal
Sustainable Meal
Plate Waste Study
Quality Improvement Projects
Equipment Purchasing
Menu Development and Analysis
HACCP Plan

Clinical Projects

Clinical Seminar
Case Study Presentation
Malnutrition PDSA Project
Fad Diet Presentation
Counseling Training for RDs

Outpatient Projects

Virtual Cooking Demo
Hands-on Cooking Class
Handout Development
Teach several classes in rotation
including: Prenatal Nutrition,
Diabetes Management and
Prevention, Nutrition Basics, Heart
Health, etc.

Additional Projects

Resume and Cover Letter Writing
Panel Based Interview
Negotiation Skills Practicum
Legislative Presentation
National Nutrition Month

RD Exam Preparation



CLASS DAYS

In rotation with preceptors 4 Days per Week = Supervised Practice Hours Meet as a cohort with DI Director 1X week (Fridays) = Didactic Class Days

Classes on various topics, taught by preceptors and subject matter experts to help support you in supervised practice. Mentorship from DI Director with quarterly 1:1 meetings to review progress in internship and provide guidance. Safe place to discuss challenges, wins, and the area in between where you might need input from others. Guided group discussions on relevant and emerging research, malnutrition, chart audits and counseling.

























DIETETIC INTERNSHIP APPLICATION PROCESS

Complete DICAS Application Online DICAS Fee = \$50 first application, \$25 each additional

04 DPD Course List Form

Personal Statement
<1000 words in response to 6 questions

DPD Declaration of Intent to Complete OR Verification Statement Signed by DPD Director

Three Letters of Recommendation At least one from DPD Faculty

Official Transcripts from ALL Colleges sent to DICAS

SUBMIT APPLICATION IN DICAS PORTAL BY: 11:59 PM CENTRAL TIME ON FEBRUARY 15, 2024

DIETETIC INTERNSHIP MATCH PROCESS

- D&D Digital (www.dnddigital.com)
 Register Online & Pay \$65 D&D Fee
 (opens **December 1, 2023**)
- Submit and Prioritize selected Dietetic Internships online before April 1, 2024 @ 11:59pm (Central Time)
- Match posted to DND Digital on, Sunday April 7th, 2024 at 6pm (Central Time)
- Appointment Day Must accept match with DI Director no later than Monday April 8th, 2024 by 6pm (Pacific Time)



DI Matching Home Log In Register Online 2023 Instructions And Programs Fall 2023 Programs Fall 2023 Timeline Fall 2023 Programs With Openings Future Matching Dates Privacy Policy D&D Digital Home

Applicants Who Have Not Registered For The Fall 2023 Internship Matching

- A new registration is required for each Spring or Fall matching period.
- Applicants interested in participating in the Fall 2023 Internship Matching for an approved Dietetic Internship must sel
- . Click Register Online. You may register online by paying the \$65 Registration Fee by a VISA/MASTERCARD credit card
- The registration fee is not refundable.

Applicants Who Have Registered For The Fall 2023 Internship Matching

. Click Log In. Any changes to and verification of the Applicant's registration information and/or DI choices must be made

Dietetic Internship & Didactic Program Directors Who Have Not Created Their Password

- Wait until you receive your username by email from D&D Digital. See the Timeline for the dates.
- Click the link in the email to activate your account and create your password.

Dietetic Internship & Didactic Program Directors Who Have Created Their Password For

Click <u>Log In</u> on the <u>DI Matching Home</u> page.

SELECTION CRITERIA



Holistic Review

We take the entire person into consideration, not just one element. We want a good fit more than anything!



US Citizen

Federal Dietetic Internship Program requires US Citizenship to receive stipend



Letters of Rec

Get letters from someone who will speak positively of you and can speak to your potential of becoming an RD. Ideally at least one DPD instructor or director.



Experience

Work Experience in the dietetics field is helpful, but we also look for juggling competing demands, organization and grit.



Leadership

While its not always possible to have an official leadership position, we like to see candidates who can take initiative and be professional.



Clear Personal Statement

We want to see the real you!

Be authentic! Make sure to
let us know why you want to
be an RD, and why you think
you're a good fit for our
program.



Minimum GPA 3.0

GPA is one of many factors we consider for overall fitness. Science and DPD GPA is more heavily considered than Total. We also prioritize MNT grades



Master's Degree

starting with the 2023-2024 class, all incoming dietetic interns must have completed a Master's Degree prior to starting the VASDHS Dietetic Internship. Transcripts required for admission.



Recency of Education

DPD Verification statement and MNT courses within the last 3 years. If not, might require additional coursework.



Performance Based Interviews

Top candidates will have live, recorded interviews for the panel to view. Be familiar with this style of interviewing: https://www.va.gov/pbi/

PROGRAM STRENGTHS

Preceptors and Staff

DI Director

Organized, pre-determined rotation schedule. Supportive director who provides ongoing positive and constructive feedback. Experienced in many areas of dietetics to mentor.

Preceptors

Qualified, knowledgeable and experienced with varied backgrounds, educational experiences and advanced credentials. Patient & open to discussion. Receive annual and ongoing preceptor training.

Support Staff

Within the nutrition and food service (NFS) department and outside, there are many people who can help at VA San Diego. From IT to EMS to program support assistants and administrative officers in NFS.

NFS Leadership

Management is involved in the internship as preceptors, and makes sure to prioritize department funds and training to help support our interns and preceptors.



Mission oriented facility with a strong connection to our patient base. Friendly faces to help around every corner! Interns feel welcome at the VA San Diego.



PROGRAM STRENGTHS

Rotations and Projects



Individualized rotations and dedicated time with preceptors



Hands-On

Predominantly "real world" and "hands on" experiences with limited simulation and case study (reserved for didactic class days).



Challenging Clinical

Multiple advanced practice rotations. Often our graduates are rated as "above entry level" by clinical employers upon leaving our program.



Practical Projects

Very little "busy work" and almost all the projects cumulate in implementation or the ability to be implemented.



Food Service Management

Food service rotation is centered around management of a kitchen, with projects that cumulate in execution of two special meals.

Telehealth Exposure

We offer a wide variety of treatment modalities. including 1:1 and classes offered through video and telephone as well as in person. Virtual cooking demo project.



Long IP/OP **Staff Relief**

Interns get the opportunity to spread their wings and fly, get comfortable working in an area, and also have the support of their preceptor and the clinical team if they need it.



Community

Exposure to populations outside of the VA Medical Center, such as women. infants and children (at the WIC rotation) and school age children (school nutrition).



Training Projects

Training others is one of the best ways to learn a topic yourself. We have several projects where the dietetic interns train NFS staff to help master the material.

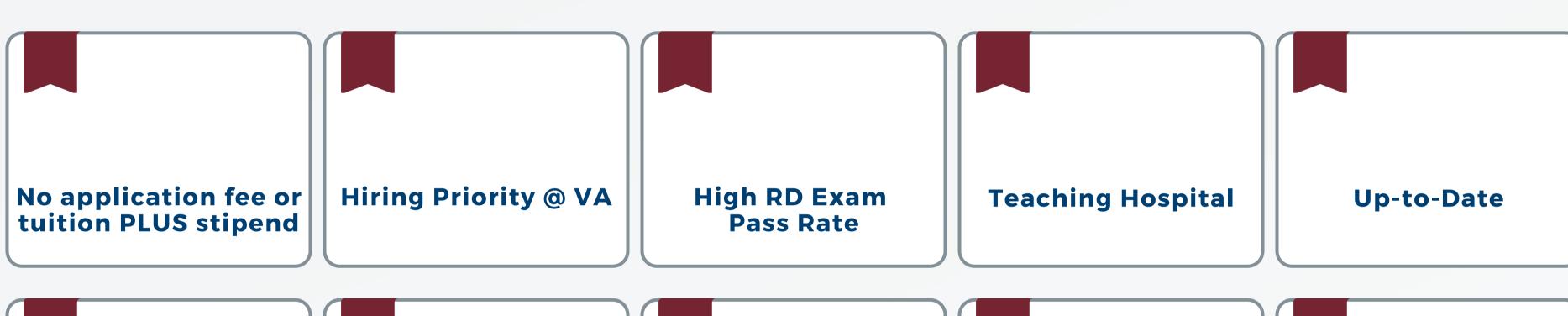


Well Rounded

Although we have a heavy clinical emphasis, our dietetic interns leave feeling well rounded and confident to work in many different areas of dietetics.

PROGRAM STRENGTHS

General Strengths





Access to NCM & Journals



NFPE Conference and Supplies





SAN DIEGO LIFE

Something for Everyone!

Foodie Paradise:

- Best Mexican food in the US
- Avocado Farms
- Farmer's Market every day of the week

Arts Galore:

- Museums in Balboa Park
- Many theater companies
- Outdoor symphony

Outdoor Enthusiasts:

- Many hiking trails (beach, inland)
- Camping
- Beach, Surf, Kayak, Lakes, Bays...

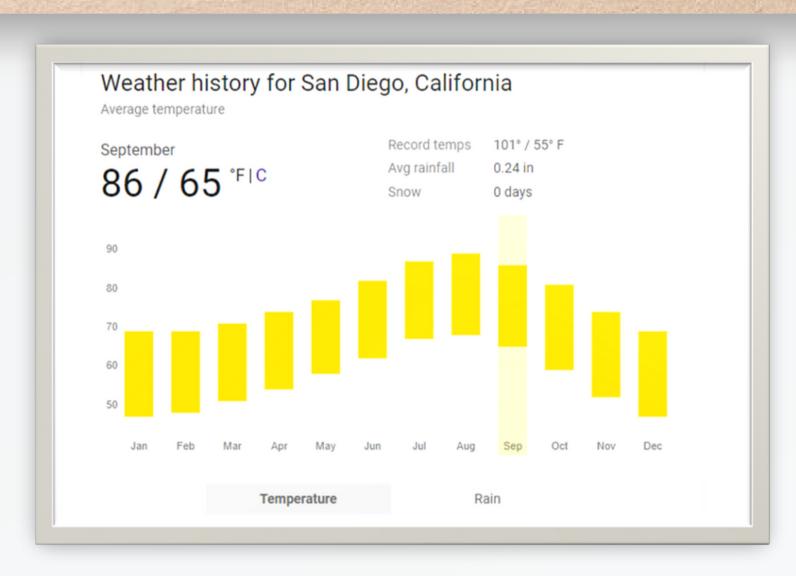
Sports Fans:

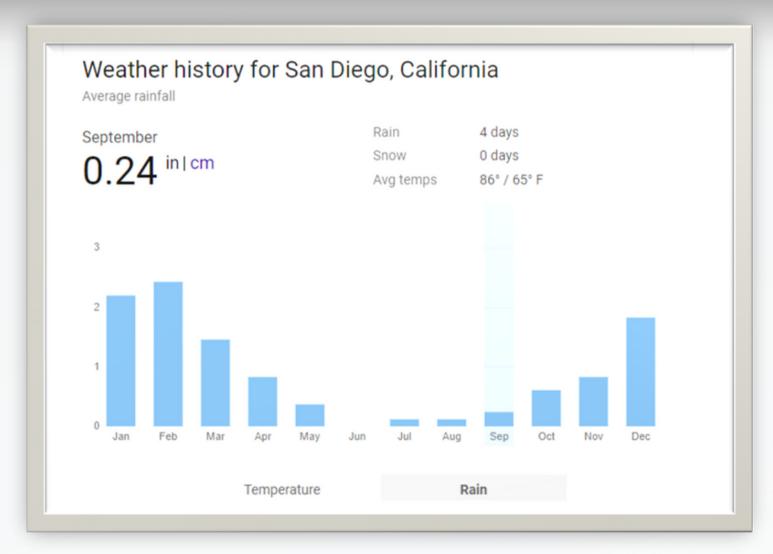
- San Diego Padres
- Soccer! New MLS Team. The Wave
- Golf Farmer's Open at Torrey Pines
- Ice Hockey(The Gulls)
- Professional Rugby

Animal Lovers Paradise:

- Sea World
- San Diego Zoo & Safari Park
- Whale Watching tours, Sea Lions and Dolphins off the coast
- "The most dog friendly restaurants per capita in the country"

SAN DIEGO LIFE





Average Rainfall

COMMENTS FROM PAST INTERNS



Daisy Mercer, Class of 2022 (Denver, CO)

The VASDHS dietetic internship was one of the most formative experiences of my dieteics career. You are surrounded by people dedicated to helping you become the best Dietitian you can be. In this rigorous program, you will become well versed in clinical dietetics, you'll be immersed in the Veteran community, and you will certainly be prepared to enter your first career."



Roger Chou, Class of 2019 (Rosemead, CA)

"The VASDHS dietetic internship has been one of the most rewarding experiences in my life, despite the many challenges, rotations and stressful projects that await you... The driving success of this internship stems from the loving and caring guidance you receive from the Internship Director and the openness and knowledge from the preceptors. In the 10 short months of the program, you develop the knowledge, skill, and clinical judgment necessary to become a competent entry-level dietitian. The VA San Diego is just a wonderful learning environment for the interns."



- Time management & flexibility are essential
- Challenging rotations and projects
- Lots of evaluations; be open to feedback
- Very detailed project guidelines and lots of deadlines
- Coursework from college is used: keep your books!
- Be prepared to do homework & projects on your own time
- It's like a full-time job plus school and homework
- Choose roommates with similar commitments
- Don't wait until the last minute to work on projects!

Q&A



Meet the Interns Class of

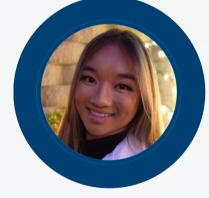
2023-2024







Nate



Maybelle



Savannah



Lauren



Shania



CONTACT

Amanda Hibshman, MDA, RDN

Dietetic Internship Director

VA San Diego Healthcare System (VASDHS) Dietetic Internship



(858) 552-8585 X 2407



www.dieteticinternship.va.gov/San Diego



3350 La Jolla Village Drive San Diego, CA 92161



Amanda.Hibshman@va.gov