Lamar University Internship Program In Nutrition & Dietetics

Accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND)*

DEPARTMENT OF
FAMILY AND CONSUMER SCIENCES
DIVISION OF THE COLLEGE
OF
EDUCATION AND HUMAN DEVELOPMENT
LAMAR UNIVERSITY
BEAUMONT, TEXAS 77710
409/880-8663
FAX 409/880-8666

APPLICATION MATERIALS**
Postmark Date February 15, 2015
Application packet is only valid for the 2015-2016 Internship Program.
Materials are updated no later than October of each year.

*Accreditation Council for Education in Nutrition and Dietetics
Academy of Nutrition and Dietetics
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
Phone: 312/899-0040 ext. 5400
www.eatright.org/acend

**Revised October, 2014

Lamar University is an equal opportunity/affirmative action educational institution and employer. Students, faculty, and staff members are selected without regard to their race, color, creed, sex, age, handicap, or national origin.
A member of the Texas State University System
Introduction
The Internship Program in Nutrition & Dietetics (IP) at Lamar University is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition & Dietetics (the Academy)*. The next program review is planned for the spring of 2015.

Lamar University offers an 11-month full time non-degree IP for up to 10 highly qualified college graduates. The IP at Lamar University has a Nutrition Education & Counseling emphasis and requires the successful completion of a minimum of 1200 supervised practice hours and 24 hours of graduate course work. Eighteen of the 24 hours can be applied toward an optional M.S. degree. The program meets the 2012 Accreditation Standards for an IP established by ACEND.

Program Mission Statement:
The key mission of the Lamar University Internship Program in Nutrition & Dietetics (IP) is to provide qualified students with learning experiences developed to meet the knowledge, skills, and competencies for entry-level dietitians. Interns receive post-baccalaureate training in four major areas of dietetics: clinical nutrition, community nutrition, food service management and nutrition education & counseling. Training in the IP builds upon the foundation knowledge and skills previously acquired in an ACEND-accredited Didactic Program in Nutrition & Dietetics (DPND). Interns receive advanced academic training and experience through the completion of eight graduate level courses integrated with the supervised practice component of the program. Graduates are qualified to take the Registration Examination for Dietitians, apply for licensure if applicable, and become active members of the Academy of Nutrition & Dietetics.

2010-2015 Goals & Objectives of the Lamar University IP are:
1. To recruit and select qualified dietetic interns.
   • A minimum of 90% of interns will successfully complete the program within 15 months from the start date.

2. To provide quality instruction and supervised experiences for successful dietetic practice.
   • A minimum of 80% of program graduates will pass the registration exam on first attempt.
   • Within two years of completing the program, 90% will be registered.
   • 90% of graduates will feel “somewhat” to “well-prepared” for an entry-level position.
   • 90% of employers will recommend graduate for future employment.
   • 90% of graduates will secure job within 3 months of program completion.

3. To encourage interest and participation in scholarly research.
   • 80% of internship graduates will earn a graduate degree within 5 years of program completion.

4. To engage students/graduates in professional networking.
   • 100% of interns will be members of the Lamar University student professional organization, Graduate Association of Interns and Nutrition Students (GAINS).
   • 80% of graduates will respond that they are members of the Academy of Nutrition & Dietetics.

Program outcome data are available to the public and prospective students upon request. Please contact Dr. Jill Killough, Internship Program Director.
General Program Information
Number of applications received in 2014: 43
Number of intern positions: 10
Average GPA: 3.5
Pass Rate on RD Exam last two years (first-time test takers): 94%
Past Rate on RD Exam last 5 years 89%

Important LU IP Calendar
April 12th, 2015  Notification Day
April 13th, 2015  Appointment Day
July 2015  Begin graduate studies and dietetic internship experience.
Fall 2015  Continue graduate studies and dietetic internship experience.
Spring 2016  Continue graduate studies and dietetic internship experience.
Summer 2016  Complete dietetic internship experience (minimum of 1200 hours) along with other program requirements to become eligible to take the Registration Examination for Dietetics.
Summer to Fall 2016  Projected date for completion of the Master's degree.

Internship Program Format
Learning experiences are provided through a variety of delivery methods which include rotation experiences, courses, conferences, seminars, projects, and individual instruction with emphasis on developing responsibility as a professional staff member. Interns are evaluated on the basis of professional growth, effectiveness in each rotation, and performance on class projects. Counseling sessions are held on a formal and informal basis throughout the program.

During the program, students are challenged by learning experiences in clinical dietetics, foodservice systems management, community nutrition, and nutrition education and counseling. The program also includes a 4-week staff rotation. All interns are required to complete a minimum of 1200 hours of supervised practice through approved rotation sites. Days for supervised practice are generally Monday through Thursday from 8:00 to 5:00pm, although hours may vary with each facility. Some weekend work may also be required.

A sample rotation summary is provided at the end of the packet and demonstrates rotation possibilities for the upcoming program year. The purpose is to provide prospective interns an idea of the types of rotation experiences that may be provided; however, there is no guarantee that the provided summary will be the actual rotation summary for the upcoming program year.

Concentration Area
The Nutrition Education and Counseling concentration will include possible rotations in the areas of: diabetes education, renal education, weight management, and pediatrics. All of these rotations will take place in an outpatient clinic setting. The goal of the rotations will be to provide interns with the knowledge and skills necessary to provide individual as well as group counseling. Each rotation will be designed to provide an introductory practice level based on observation then progress to an advanced practice level based on managing patient care.
Competencies for the concentration area are:
1. Manage nutrition care of diverse populations across the lifespan.
2. Manage development and implementation of the nutrition care plan for patients/clients with complicated medical diagnoses to include referrals to interdisciplinary care team.
3. Conduct individual and group counseling sessions for patients/clients with complicated medical diagnoses.

Graduate Credit
The IP requires the completion of a total of 24 graduate hours (8 courses) required regardless of previous degree status such as those entering into the program with a Master's degree. Eighteen of these hours may be applied toward an advanced degree. Students are strongly encouraged to continue graduate study beyond the IP.

Graduate courses required in the IP include:
Dietetic Practitioner (3 hours) – Advanced didactic preparation in dietetics. Includes nutritional assessment, charting, counseling skills, and medical nutrition therapy calculations. Prerequisite: Acceptance into Lamar University IP.

Advanced Dietetics I & 2 (6 hours) - Study of the delivery of nutritional services and consultation for individuals, families, and institutions. Students complete projects in client education, clinical nutrition, public health, foodservice management and related activities. Prerequisite: Acceptance into Lamar University IP.

Dietetic Practicum I & 2 (6 hours) - Supervised practice which includes an average of 32 hours per week field experience in the areas of clinical nutrition, community nutrition, foodservice systems management, and business. Rotations include hospitals and other health care facilities, community nutrition sites, and foodservice facilities. The rotation hours achieve the competencies established by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Prerequisite: Acceptance into Lamar University IP.

Field Experience (9 hours) – Enhances the supervised practice by offering experiences for the intern to prioritize assignments, augment time management skills, expand thoroughness and accuracy in completing activities, and achieve competencies established by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Prerequisite: Acceptance into Lamar University IP.

Internship Program Applicant Requirements
1. Applicants must hold or show plans to complete an ACEND-approved/accredited Didactic Program in Nutrition & Dietetics and a baccalaureate degree from an accredited college or university prior to beginning the program in July of 2015. Therefore, individuals who will be completing degree and/or DPND requirements during the summer with an August graduation date are not eligible for acceptance to the LU IP.

2. A minimum DPD GPA of 3.0 is required for application to the LU IP. Inadequate performance as an undergraduate may be compensated through evidence of an above-average graduate GPA in nutrition course work.
3. GRE Scores (Verbal and Quantitative) are required for application to the program with a preferred minimum score of 146 on the verbal section. Applications lacking evidence of GRE scores will not be reviewed by the selection committee.

4. A complete application. The “IP Application Checklist” provided for you on the next page enumerates materials which must be in the application.

**Application Review**
The application will be considered for selection review once an applicant submits a “complete application packet” submitted to DICAS along with the required supporting documents to Lamar University postmarked by the national due date. Lamar University will not discriminate against any person because of race, color, religion, sex, sexual orientation, national origin, age, marital status/children, or disability. A selection committee, appointed by the IP director, reviews all complete and qualified applications received by the deadline date. Applications materials are evaluated by objective criteria in the areas of GPA, GRE, personal statement, references, work experience (paid and/or volunteer), extracurricular activities/honors, and recommendations. The Program Director will submit a prioritized list of acceptable applicants to D&D Digital. Applicants must also submit their prioritized list to D & D Digital by the appropriate deadline.

**Appointment**
Successful candidates for up to 10 positions will be notified on Sunday, April 12th, 2015 via computer matching through D & D Digital. Applicants who receive a match a computer match to the Lamar University Internship Program are responsible for accepting or rejecting the match by telephone by 6:00 PM Central on Appointment Day, Monday, April 13th, 2015. Matched applicants should contact: Jill Killough, IP Program Director at (409) 880-8669. Applicants are responsible for notifying D&D Digital, in writing, of a decision to withdraw from the matching process if circumstances will prevent them from accepting a match that may occur.

**Admission to Lamar University**
An applicant matched to the Lamar University Dietetic Internship Program does not warrant admission to the university. Applicants must apply to Lamar University and be fully admitted prior to the first class day of Summer Session 2. An applicant matched to the IP can apply to the university either as a post-baccalaureate or graduate student. The application process for admission to the University is outlined on the Lamar University website at: [http://www.lamar.edu/graduate-student](http://www.lamar.edu/graduate-student)
Lamar University Internship Program In Nutrition & Dietetics

IP APPLICATION CHECKLIST February 15, 2015 Deadline

☐ Complete the dietetics internship centralized application, system DICAS, which can be accessed at http://portal.dicas.org.
   - DICAS will be available in December 2014 for the Spring 2015 Match. The application must be completed by 11:59 p.m. Central Time on February 15, 2015. The fee to use DICAS is $40 for the first application submitted and $20 for each additional application.
   - Applicants who apply to internships using DICAS will be asked to complete a personal statement in 1,000 words or less. Questions to be addressed in the personal statement include:
     - Why do you want to enter the dietetics profession?
     - What are some experiences that have helped to prepare you for your career?
     - What are your short-term and long-term goals?
     - What are your strengths and weaknesses or areas needing improvement?
     - Are you interested in pursuing an advanced degree?
   - 3 Professional References- Submit names along with an email. This will trigger an e-mail message requesting completion of the reference form. Reference examples include professor, DPD program director, volunteer supervisor and/or current or former work supervisor.
   - DPND Directors to submit Declaration of Intent or DPND Verification Statement online- (Speak with your DPND director regarding this procedure)
   - Upload a copy (unofficial is acceptable) of your GRE scores to the DICAS Supplemental information section or you may opt to send a copy (unofficial is acceptable) directly to Jill Killough at the address below (Not the Graduate Program at the University).
   - Submit Official transcripts from all colleges and universities attended to:
     DICAS- Transcript Dept., PO Box 9118, Watertown, MA 02472
     **It is not necessary to submit transcripts to the LU IP director.

☐ Register and complete computer matching with D & D Digital at www.dnddigital.com. D&D charges a $50.00 fee for computer matching. Select internship program choices by 11:59pm no later than February 15th, 2015. The computer matching code for the Lamar University Internship Program is 214. Contact Information for D&D Digital Systems is (515) 292-0490 and dnd@netins.net.

☐ Check/Money Order ($25.00) payable to Lamar University and mailed to the attention of Dr. Jill Killough at the address below.

☐ Application to the LU Graduate Program is not required for application to the Internship Program. Application to the graduate program should be submitted after you are matched to the LU IP.

For additional information or questions, please contact:
Jill E. Killough, PhD, RDN, LD
P.O. Box 10035
Beaumont, TX, 77710
(409) 880-8669
jill.killough@lamar.edu
**Estimated Program Expenses:**
The expenses listed are approximations. Actual cost may be more or less than these estimates.

**ESTIMATE OF BASIC EXPENSES AS OF Fall, 2014: *SUBJECT TO CHANGE FOR 2015-2016***

A. Monthly living expenses
   1. Housing (Minimum) 800.00
   2. Other essentials 300.00
   3. Transportation 450.00
   4. Miscellaneous supplies, parking, copying fees. 100.00
   **Estimated Expense** $1650.00

B. Minimum Program Expenses - Based on two summer sessions (6 credit hours) and two long semesters (taking 9 credit hours each semester) = 24 credits required for the IP.
   1. Insurance
      a. Student malpractice insurance 35.00
      b. Health insurance (student policy) 720.00
   2. Lamar University tuition and fees
      (Texas resident) 9848.92
      (Out-of-state) 18536.92
   3. Textbooks and reference books 500.00
   4. Criminal background check & drug testing 100.00
   5. Appropriate professional clothing 250.00
   6. Student membership in the Academy of Nutrition & Dietetics 50.00
   7. Hand calculator 10.00
   8. Registration and expenses for FNCE 800.00
   9. Application fee for Registration Exam 200.00
   10. Dues for Active membership in the Academy of Nutrition & Dietetics 250.00
   **Estimated Expense - Texas Resident** $12763.92
   **Estimated Expense - Out-of-State** $21451.92
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Additional Information for After Admittance to the Program:

Official Transcripts/Verification Statements
Those interns who apply and match to the LU program prior to completing a B.S. degree and all DPND courses must provide a final, official transcript and verification statement to the IP Director no later than the first day of their initial course (Summer 2) indicating completion of DPND and a graduation date of no later than the July start date of the program.

Financial Assistance
The Academy of Nutrition and Dietetics Foundation provides a limited number of scholarships to qualified students. Applications should be requested from the AND Foundation in the student's senior year. Lamar University dietetic interns are also eligible to apply for department and graduate school scholarships (if fully admitted to graduate school). Those who received a $1000 scholarship are then eligible for out-of-state tuition waiver. Dietetic Interns are also eligible to apply for student loans.

Transportation
Interns are responsible for their own transportation to Lamar University and to all rotation sites.

Duty Hours/Sick Leave/Vacation
Interns are generally scheduled for a 32-hour work week. The program honors all holidays, breaks, and bad weather days observed by Lamar University. Interns are allowed a total of four absences per year if needed.

Personal Appearance
Interns are required to wear white lab coats (with LU patch) over professional street clothing during some rotations. Other rotations require a designated uniform. Students also wear a name badge during rotations. Further dress code policies (body piercing, etc.) are discussed with new interns in May.

Background Check and Drug Testing
Students matched to the Lamar University IP are required to submit to a criminal records review. Additionally, individual facilities may require further background reviews and/or drug testing.

Immunizations & Immunity Titers
Once matched to the program, students are given a health statement form which requires documentation of immunization status, etc. Forms must be completed prior to the program start-up date in the summer.

Insurance
Interns are required to have professional liability insurance as well as health insurance.

Time Commitment
The IP at Lamar University is a rigorous educational experience. The course work combined with 11-months of rotations result in an intensive program that requires study and class time beyond the actual 32-hour work week.

Prior Learning Experiences
A dietetic intern who enters the program as a dietitian licensed by the State of Texas (LD) may petition to receive credit for those IP rotations in which he/she has extensive experiences and competence. Experiences to be applied toward IP credit are determined on an individual basis at the discretion of the program director/ instructor.
The IP requires the completion of a total of 24 graduate hours. Eighteen of the 24 hours may be applied toward an advanced degree in the department. Students are strongly encouraged to continue graduate study beyond the IP. The majority of dietetic interns (90%) do opt to complete the M.S. degree simultaneously while completing the IP requirements.

**Departmental Requirements:**

**GRE Requirement for Admission:**

\[(\text{GPA} \times 50) + (\text{GRE Verbal} + \text{Quantitative}) \geq 428.\]

The GPA used in the formula may be either the overall undergraduate GPA or the last 60 hours of undergraduate work. In addition, an applicant must score a minimum of 146 on the Verbal section of the GRE.

**Required Department Coursework:**

- FCSC 5300 Research in Family and Consumer Sciences
- KINT 5365 Statistical Application in Kinesiology

**Nutrition Selections (Other than IP classes) that may be available to take:**

- FCSC 5313 Current Topics in Family & Consumer Sciences
  - Topics offered in the past:
    - Nutritional Epidemiology
    - World Hunger
- FCSC 5308 Maternal and Infant Nutrition
- FCSC 5310 Nutrition in Aging
- FCSC 5311 Vitamins
- FCSC 5312 Minerals
- FCSC 5328 Eating Disorders
- FCSC 5350 Cultural Foods
- FCSC 5351 Weight Management
- FCSC 5359 Sports Nutrition

**Total Credit Requirements:**

- **Thesis Route:** 24 hours of course work plus 6 hours of thesis
- **Non-thesis Route:** 36 hours of course work

Application to the M.S. Program is completed through Apply Texas. Additional information regarding the application process can be obtained at: [http://www.lamar.edu/admissions/graduate-students.html](http://www.lamar.edu/admissions/graduate-students.html)

**For more information on the M.S. program, contact:**

Dr. Kim Wallet, Graduate Program Coordinator
Family and Consumer Sciences
P O Box 10035
Lamar University
Beaumont, TX 77710
(409) 880-8970
kawallettch@my.lamar.edu
Lamar University Internship Program Tentative Summary of Rotation Hours:

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<thead>
<tr>
<th>NUTRITION EDUCATION &amp; COUNSELING</th>
<th>Minimum of 1200 Hrs.</th>
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<tbody>
<tr>
<td>BAPTIST HOSPITAL- BEAUMONT</td>
<td>408 HOURS /13 WKS</td>
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<tr>
<td>Oncology Education</td>
<td>64 hours</td>
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<tr>
<td>CHRISTUS HOSPITAL ST. ELIZABETH</td>
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<tr>
<td>Diabetes Education</td>
<td>32 hours</td>
</tr>
<tr>
<td>CHRISTUS HOSPITAL BARIATRIC CENTER</td>
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<tr>
<td>Bariatric Education</td>
<td>32 hours</td>
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<tr>
<td>JOSLIN DIABETES CENTER</td>
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<tr>
<td>Diabetes Education/Nutritional Counseling</td>
<td>128 hours</td>
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<tr>
<td>RENAL VENTURES OF MANAGEMENT</td>
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<tr>
<td>Renal Education- Nederland &amp; Orange Clinic</td>
<td>64 hours</td>
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<tr>
<td>PEDIATRICS</td>
<td>32 hours</td>
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<tr>
<td>Pediatrician Offices</td>
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<tr>
<td>NUTRITION SOLUTIONS</td>
<td>24 hours</td>
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<tr>
<td>Weight Management Education/Nutritional Counseling</td>
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<tr>
<td>STAFF EXPERIENCE</td>
<td>32 hours</td>
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<table>
<thead>
<tr>
<th>CLINICAL ROTATIONS</th>
<th>352 HOURS/11 WKS</th>
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<tr>
<td>BAPTIST HOSPITAL – BEAUMONT</td>
<td>64 hours</td>
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<tr>
<td>Acute Care</td>
<td></td>
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<tr>
<td>DUBUIS HOSPITAL/CHRISTUS ST. ELIZABETH HOSPITAL</td>
<td>64 hours</td>
</tr>
<tr>
<td>Long Term Acute Care (LTAC)/ICU</td>
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<tr>
<td>THE MEDICAL CENTER OF SOUTHEAST TEXAS</td>
<td>96 hours</td>
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<tr>
<td>General Medicine</td>
<td></td>
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<tr>
<td>CONSULTING DIETITIANS- Abshire Consultants &amp; Senior Home Care Centers</td>
<td>32 hours</td>
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<tr>
<td>Long Term Care Consulting</td>
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<tr>
<td>MID JEFFERSON HOSPITAL</td>
<td>64 hours</td>
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<tr>
<td>Long Term Acute Care (LTAC)</td>
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<td>STAFF EXPERIENCE</td>
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<table>
<thead>
<tr>
<th>COMMUNITY ROTATION</th>
<th>192 HOURS/6 WKS</th>
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<tr>
<td>WIC: Woman, Infant and Children</td>
<td>32 hours</td>
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<tr>
<td>NUTRITION SERVICES FOR SENIORS</td>
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<tr>
<td>Lifecycle Nutrition: Elderly</td>
<td>32 hours</td>
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<tr>
<td>LAMAR UNIVERSITY</td>
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<tr>
<td>University Teaching</td>
<td>32 hours</td>
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<tr>
<td>SOUTHEAST TEXAS FOOD BANK</td>
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<tr>
<td>Limited Resource Children/Parents Education</td>
<td>32 hours</td>
</tr>
<tr>
<td>TEXAS AGRICULTURAL EXTENSION AGENCY</td>
<td>Extension Agency 32 hours</td>
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<tr>
<td>STAFF EXPERIENCE</td>
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<tr>
<th>FOOD SERVICE MANAGEMENT</th>
<th>224 HOURS/7 WKS</th>
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<td>LOCAL INDEPENDENT SCHOOL DISTRICT</td>
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<tr>
<td>School Food Service Management</td>
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<tr>
<td>BAPTIST HOSPITAL ORANGE</td>
<td>64 hours</td>
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<tr>
<td>Clinical Food Service Management</td>
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<tr>
<td>THE MEDICAL CENTER OF SOUTHEAST TEXAS</td>
<td>32 hours</td>
</tr>
<tr>
<td>Clinical Food Service Management</td>
<td></td>
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<td>STAFF EXPERIENCE</td>
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<tr>
<th>PROFESSIONAL ROTATIONS</th>
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<tr>
<td>Orientation</td>
<td>16 hours</td>
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<tr>
<td>Texas Academy of Nutrition &amp; Dietetics Conference- Houston, Texas</td>
<td>16 hours</td>
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<tr>
<td>Research- Group Rotation</td>
<td>32 hours</td>
</tr>
<tr>
<td>Professional Development</td>
<td>32 hours</td>
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| TOTAL HOURS OF SUPERVISED PRACTICE | 1272 HOURS |