

University of Primorska

FAKULTETA ZA VEDE O ZDRAVJU

FACULTY OF HEALTH SCIENCES

ISOLA

Polje 42

SI-6310 IZOLA

**PRACTICAL PLACEMENT III**

**Postgraduate study programme – Dietetics**

**Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Year of enrolment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NUTRITIONAL SUPPORT OF PATIENTS / ELDERLY PEOPLE**

**Attendance at placement – to be completed by mentor**

Student:……………………………………............... Date of birth:…………………..

Academic year: 20 ..……/ 20…..….

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**Completed subject matter in the field of work – to be completed by mentor**

**Nutritional support of patients / elderly people**

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| N. | Getting acquainted with the fields of work. | Theoretically | Practically | Mentor signature |
| 1. | Nutrition planning in the kitchen in collaboration with the kitchen staff. |  |  |  |
| 2. | Supplying appropriate instructions for meal preparation in collaboration with the kitchen staff. |  |  |  |
| 3. | Monitoring of meal preparation and distribution. |  |  |  |
| 4. | Meal quality control (sensory evaluation). |  |  |  |
| 5. | Diet planning. |  |  |  |
| 6. | Nutritional treatment of patients / elderly people. |  |  |  |
| 7. | Anthropometric measurements. |  |  |  |
| 8. | Screening and help with the evaluation of the nutritional condition of patients / elderly people. |  |  |  |
| 9. | Help with food distribution and feeding patients / elderly people. |  |  |  |
| 10. | Monitoring and recording food intake of patients / elderly people. |  |  |  |
| 11. | Preparation of diets for individual patient /elderly person during treatment in hospital or a retirement home. |  |  |  |
| 12. | Analysis of consumed food using a computer programme. |  |  |  |
| 13. | Preparation of individual nutritional treatments and monitoring of effectiveness. |  |  |  |

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| N. | Getting acquainted with the fields of work. | Theoretically | Practically | Mentor signature |
| 14. | Providing individual nutritional treatment. |  |  |  |
| 15. | Evaluation of nutritional intake according to energy intake and composition per individual nutrient group. |  |  |  |

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| 16. | Preparation of a teaching workshop for educating patients / elderly people (patient / elderly person diet). |  |  |  |
| 17. | Enteral nutrition with foodstuffs and industrially prepared food. |  |  |  |
| 18. | Different food consistency. |  |  |  |
| 19. | Instructions for preparing food at home: menu, recipes, preparation procedures and procedures of handling food, feeding regime. |  |  |  |
| 20. | Food supplements. |  |  |  |
| 21. | Determining the nutritional diagnosis based on the analysis and interpretation of collected clinical data. |  |  |  |
| 22. | Counselling on elimination diets and food supplements. |  |  |  |
| 23. | Motivational techniques for patients learning how to follow dietary advice. |  |  |  |
| 24. | Monitoring and analysis of the food diary and questionnaire on the frequency of food/beverage consumption. |  |  |  |
| 25. | Collaboration on the care of patients / elderly people who need adapted cutlery. |  |  |  |
| 26. | Recording data in the medical documentation and collaboration in the medical team. |  |  |  |

**SPECIALIST OUTPATIENT CLINICS**

**Attendance at placement – to be completed by mentor**

Student:……………………………………............... Date of birth:…………………..

Academic year: 20 ..……/ 20…..….

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**Completed subject matter in the field of work – to be completed by mentor**

**2. A. Specialist diabetology outpatient clinic**

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| N. | Getting acquainted with the fields of work. | Theoretically | Practically | Mentor signature |
| 1. | Medical and educational counselling to patients with type 1 diabetes. |  |  |  |
| 2. | Medical and educational counselling to patients with type 2 diabetes. |  |  |  |
| 3. | Medical and educational counselling to patients with metabolic syndrome. |  |  |  |
| 4. | Medical and educational work in a group workshop. |  |  |  |
| 5. | Education for applying insulin. |  |  |  |
| 6. | Screening test for establishing diabetic foot. |  |  |  |
| 7. | Care of the diabetic foot. |  |  |  |
| 8. | DOPPLER test. |  |  |  |
| 9. | Medical treatment of diabetic patients – medical part. |  |  |  |
| 10. | Medical treatment of diabetic patients – nursing part. |  |  |  |
| 11. | Education of family members. |  |  |  |
| 12. | Treatment of pregnant women with gestational diabetes. |  |  |  |
| 13. | Treatment of pregnant women with type 1 diabetes. |  |  |  |
| 14. | Treatment of pregnant women with impaired glucose tolerance. |  |  |  |
| 15. | Evaluation of nutritional intake according to energy intake and composition per individual foodstuff group. |  |  |  |
| 16. | Preparation of individual nutritional treatments and monitoring of effectiveness. |  |  |  |
| 17. | Analysis of consumed food using a computer programme. |  |  |  |

**Completed subject matter in the field of work – to be completed by mentor**

**2. B. Specialist outpatient clinics**

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| N. | Getting acquainted with the fields of work. | Theoretically | Practically | Mentor signature |
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**HEALTH PROMOTION AND NUTRITION POLICY**

**Attendance at placement – to be completed by mentor**

Student:……………………………………............... Date of birth:…………………..

Academic year: 20 ..……/ 20…..….

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**Completed subject matter in the field of work – to be completed by mentor**

**3. Health promotion and nutrition policy**

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| N. | Getting acquainted with the fields of work. | Theoretically | Practically | Mentor signature |
| 1. | National programme for the prevention of cardiovascular disease. |  |  |  |
| 2. | Other programmes. |  |  |  |
| 3. | Prevention programme of adolescents’ health style. |  |  |  |
| 4. | Organization and preparation of group counselling for adults. |  |  |  |
| 5. | Organization and preparation of group counselling for adolescents. |  |  |  |
| 6. | Individual nutritional counselling to adolescents. |  |  |  |
| 7. | Individual nutritional counselling to adults. |  |  |  |
| 8. | Professional help with giving up smoking. |  |  |  |
| 9. | Promotion of physical activity. |  |  |  |
| 10. | Individual medical counselling to adolescents. |  |  |  |
| 11. | Preparation of a medical and educational lesson. |  |  |  |
| 12. | Preparation of a project assignment in field of health promotion and nutrition policy. |  |  |  |
| 13. | Review of projects in the field of health promotion and nutrition policy. |  |  |  |

# NUTRITIONAL COUNSELLING

## Attendance at placement – to be completed by mentor

Student:……………………………………............... Date of birth:…………………..

Academic year: 20 ..……/ 20…..….

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## Completed subject matter in the field of work – to be completed by mentor

**Nutritional counselling**

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| N. | Getting acquainted with the fields of work. | Theoretically | Practically | Mentor signature |
| 1. | Medical and educational work: |  |  |  |
| - with adolescents |  |  |  |
| - with adults |  |  |  |
| - with elderly people |  |  |  |
| - with athletes |  |  |  |
| 2. | Patient counselling on nutrition with: |  |  |  |
| - diabetes |  |  |  |
| - obesity and increased weight |  |  |  |
| - increased triglycerides and cholesterol |  |  |  |
| - hypertension |  |  |  |
| 3. | Evaluation of nutritional condition. |  |  |  |
| 4. | Promotion of physical activity. |  |  |  |
| 5. | Wellness programme. |  |  |  |
| 6. | Keeping documentation. |  |  |  |
| 7. | Marketing programme. |  |  |  |
| 8. | Educational programme. |  |  |  |

**PRACTICAL PLACEMENT EVALUATION GRADING SHEET**

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PRACTICAL PLACEMENT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Grades: 1 very bad, 2 bad, 3 good, 4 very good, 5 excellent.**

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| 1. I would evaluate the organization of the practical placement in the teaching base: (1-5) |  |
|  |  |
| 1. I would evaluate the quality of the practical placement from the point of view of useful knowledge: (1-5) |  |
|  |  |
| 1. I would evaluate the mentor in the teaching base, from the point of view of being informed and professionally competent: (1-5) |  |
|  |  |
| 1. I would evaluate the integration (involvement) of students into the work process/nursing team with grades: (1-5) |  |
|  |  |
| 1. I would evaluate the mentor’s accessibility in the teaching base: (1-5) |  |
|  |  |
| **Practical placement average grade:** |  |