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OSF HealthCare Saint Francis Medical Center



- MS Required, Stand Alone DI Program
- Located in Peoria, IL
- Halfway between Chicago and St. Louis
- 6th largest hospital in IL
- 600+ bed teaching hospital
- Children's Hospital of Illinois
- Adult and Pediatric Level 1 Trauma Centers
- "Serving with the greatest care and love"

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About the Dietetic Interns

- 10 interns each year
- 5 start in June
- 5 start in October



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48 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 + 17 Weeks of Emphasis

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Medical Nutrition Therapy Experiences

- Cardiac
- Neurology
- 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



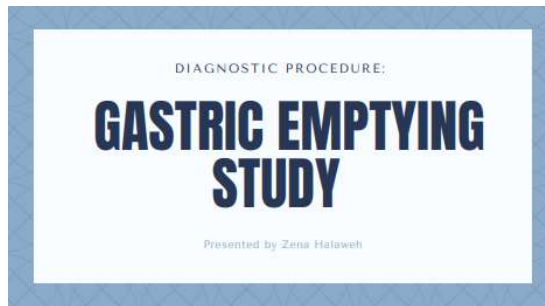
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Rotation Schedule for In-Patient Medical Nutrition Therapy June 2022-2023 Class

Rotation	Level 1			Level 2			Level 3					Level 4					Level 5			
	June 20	June 27	July 4	July 11	July 18	July 25	Aug 1	Aug 8	Aug 15	Aug 22	Aug 29	Sept 5	Sept 12	Sept 19	Sept 26	Oct 3	Oct 10	Oct 17	Oct 24	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
G200 Gen Acute (adults), 3700 Medical, , MACU (1704-1724)					5	1	3	2		4						S	S	S	S	
4 Surg, 4500 Short Stay				2	3		4				5				1	T	T	T	T	
3400 Med/Sur Acute, 3500 NA, NSICU (4118-4137), ED, PACU				3	4		5				1				2	A	A	A	A	
2200 Onc Acute, 2700 Med, MACU (1732-1755)				4		5	2					1		3		F	F	F	F	
Cardiac- 5000, ACICU (513-532), 1000 Short Stay Unit & CDU										3		5	1	2	4	F	F	F	F	
Cardiac-5100, Adult Cardiac Int. (501-512), SICU (4104-4117)				1	2	4		5			3					E	E	E	E	
Nutrition Support										5		4		2	1	X	X	X	X	
Work on Procedure and Seminar Presentations OR Make up Days						2	1	3	4	5						P	P	P	P	
Rehab (2300), MICU (4001-4025), 3200 Stepdown				5	1	3		4	2							E	E	E	E	
General Peds (600), G200 (Peds), Heme-Onc								1	3	2		4	5			R	R	R	R	
Peds ICU (417-432) Peds Intermediate (401-416)									1		2	3	4	5		I	I	I	I	
NIC/NICU										1		2	3	4	5	E	E	E	E	

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Additional MNT Projects



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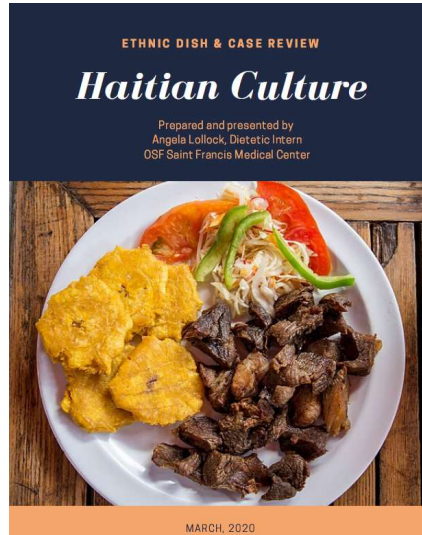
Community, Wellness & Foodservice Experiences

- 2 Weeks of Food Service
- 1 Week Outpatient Pediatrics
- 1 Week Maternal/Fetal
- 1 Week Outpatient Oncology
- 1 Week Riverplex
- 1 Week Peoria Grown
- Cooking Demonstrations
- Public Speaking



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Additional Community Projects



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Emphasis Experiences

It is all about YOU!

- Choose your own 700 hour curriculum!
- Pick your own projects!

Required projects include:

- Inpatient staff relief for at least 4 weeks
- Heartland Clinic outpatient coverage

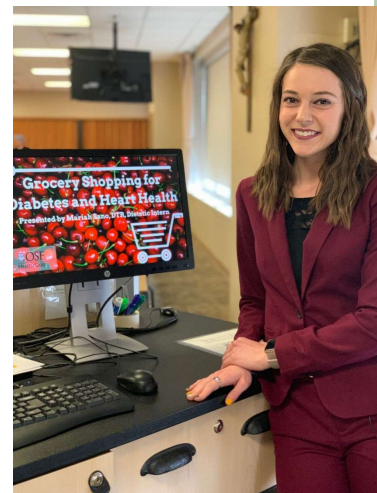
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Nutrition Education and Outpatient Counseling in the Community



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Professional Luncheon



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Work with the Media



Red Flags of False Nutrition Facts


Ashley Simper
September 6, 2018
2 Comments

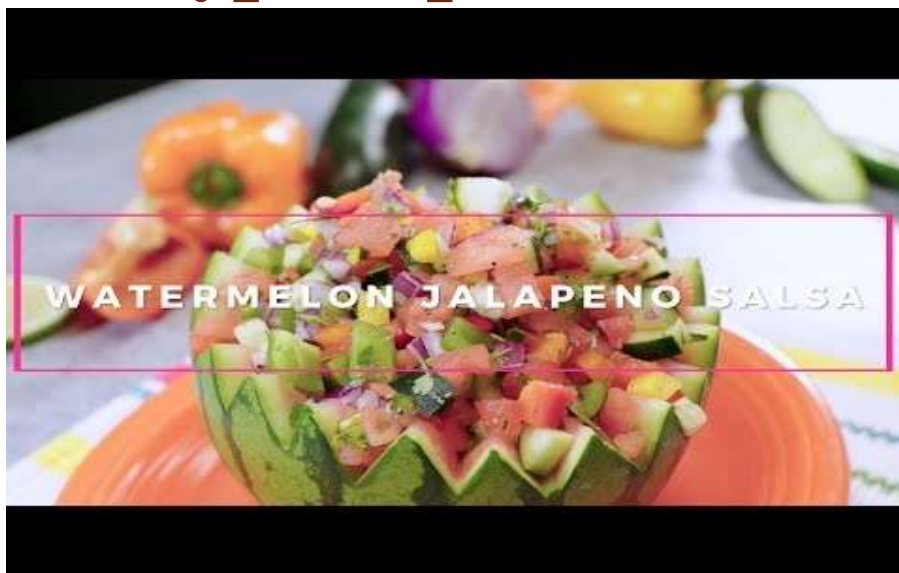
Written by Andie Scherer, Dietetic Intern, OSF HealthCare Saint Francis Medical Center

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 everytime 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 are not sustainable, and there's no miracle

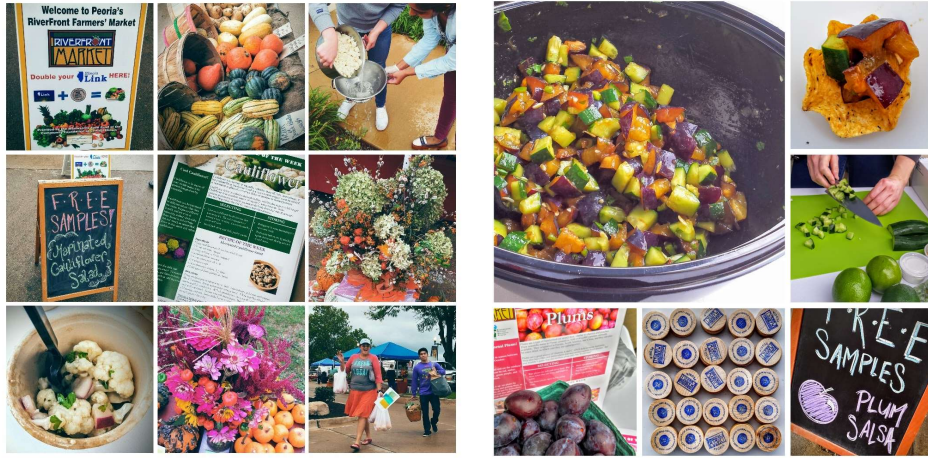
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Hyperlapse Videos



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Peoria Riverfront Farmer's Market



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Recipe Development



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Cooking Demonstrations



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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**

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Diabetes Camp



Camp GranADA – a one week camp for children with type 1 diabetes mellitus

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Kids Nutrition Programs



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Eating Disorders Program

Sauces, spreads & dips 

Add this... *....To this*

Avocado
 + 

Cheese sauce
 + 

Peanut butter
 + 

Sour cream
 + 

Butter
 + 

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

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

Vitamin K
 Sources:
 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
 Sources:
 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.

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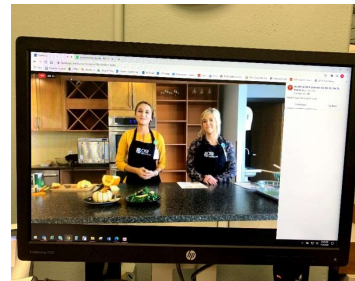
RD Exam Prep

- All Access Dietetics
- RD Pocket Prep
- 2 Day Review Course



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COVID's Impact



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COVID's Impact

GOOD DAY CENTRAL ILLINOIS
In The Kitchen | Edamame Summer Salad



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PEDIATRIC EXPERIENCES HEARTLAND CLINIC MEDIA EMPHASIS

**WHAT SETS US APART FROM
THE REST?**

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OSF Written Application Tips

- Read the website thoroughly!
 - Follow directions
 - 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!
- Apply to 6 to 8 programs
- Visit open houses and write thank you notes

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OSF Written Application Tips

- 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://ejwozer.wixsite.com/portfolio>

Apply to programs that best fit your goals, wants and needs!

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Section	Details
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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Section	Details
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 2 points deducted for each letter that illustrates qualities we don't want in an intern	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

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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!

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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

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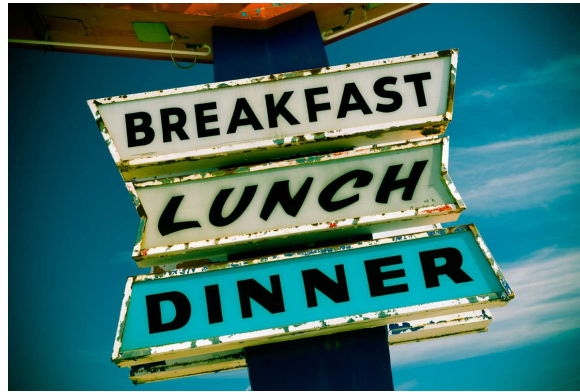
Why the Interns Love This Program

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



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Free Meals!



& snacks of course.

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Peoria outings... and friends for life



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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



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Last, but certainly not least...

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\$0.00
Free Tuition!

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WHAT ABOUT.....

- Working during the internship?
 - Recommend keeping it to under 20 hours/week
- Housing/Cost of Living?
 - Consider rooming with other interns
 - Average apartment cost for 1 bed/bath - \$850 \$1300/month

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INTERN CONTACT INFO

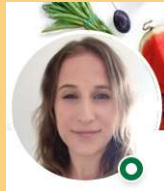
- Sent with Zoom link
- Get past and current intern insight!

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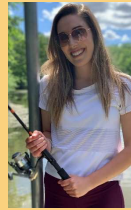
OSF INTERN'S 1ST JOBS



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

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Join us for our virtual open house on Friday, January 7, 2022!

1:00 - 4:00 pm

Please register for the open house on our website:

<https://www.osfhealthcare.org/saint-francis/about/education/dietetic-internship/>

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Email Ashley.L.Simper@osfhealthcare.org