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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
- 650 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

- 5 interns start in October



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48 Weeks of Learning

Medical Nutrition Therapy

- 3 Wks of Orientation + 16 Wks of Rotations

Community, Wellness & Foodservice

- 1 Wk of Orientation + 10 Wks of Rotations

Emphasis

- 1 Wk of Orientation + 17 Wks of Emphasis

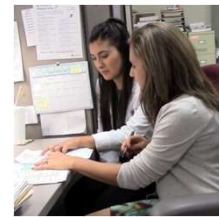
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Medical Nutrition Therapy Experiences

- Cardiac
- Neurology
- Renal & Urology
- Orthopedics
- Oncology
- Medical, Surgical, Cardiovascular, & Neurological ICU units
- Nutrition Support
- General Pediatrics
- Pediatric Hematology/Oncology
- Pediatric ICU
- Neonatal ICU
- Perinatal
- Bariatric Program
- Eating Disorder Program



1:1 preceptor to intern ratio for all rotations

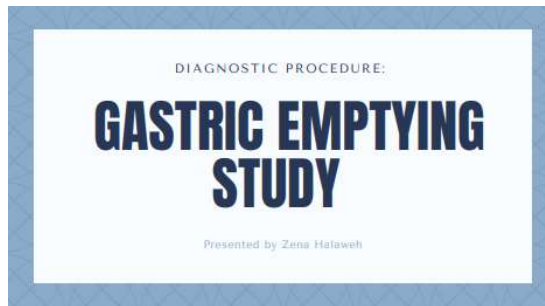


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Rotation Schedule for In-Patient Medical Nutrition Therapy October 2025-2026 Class																		
Rotation	Level 1			Level 2			Level 3			Level 4			Level 5			Level 6		
	Sept 29	Oct 6	Oct 13	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Nov 24	Dec 1	Dec 8	Dec 15	Dec 22	Dec 29	Jan 5	Jan 12	Jan 19	Jan 26
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
2200 NSICU (4118-4137)					3											1	2	
6400																		
5100 1000 short stay MSAC (2401- 2408)				3					2								1	
5000 6300 Ortho/Surg				1	2			3										
MICU (4001-4025)						1					3				2			
3200 Stepdown (3202-3229)																		
2400 Renal																		
1700 G200 Gen Acute (adults only) SICU (4104-4117)								2	1	3								
3500 NA PACU ED						2								1			3	
3700 MSAC (2341-2355)				2		3	1											
4SURG					1							3				2		
4500 Short Stay																		
Adult Cardiac Int (501-512)							2		3						1			
Adult Cardiac ICU (513-532)																		
2700 Med							3	1		2								
Nutrition Support																		
G200(peds)										1	2			3				
Peds (600)																		
PIC (401-416)											1	2			3			
PICU (417-432)													1			3		
NICU														2				
Orientation classes and basic in-patient MNT practice skills development.																		
STAFF EXPERIENCE																		
STAFF EXPERIENCE																		

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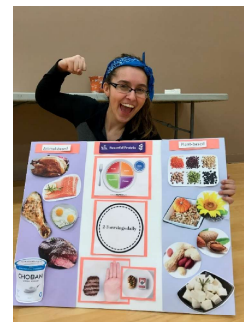
Additional MNT Projects



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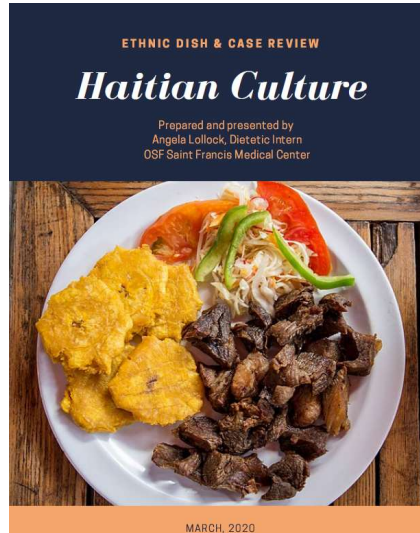
Community, Wellness & Foodservice Experiences

- 2 Weeks of Food Service
- 1 Week Outpatient Pediatrics
- 1 Week Maternal/Fetal
- 1 Week Outpatient Oncology
- 1 Week Weight Management
- 1 Week Peoria Grown Organization
- Cooking Demonstrations



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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 adult outpatient counseling

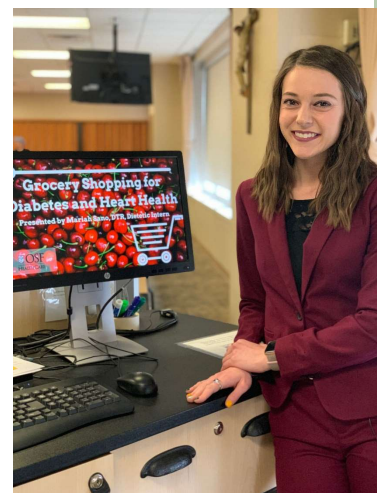
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Nutrition Education and Outpatient Counseling in the Community



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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

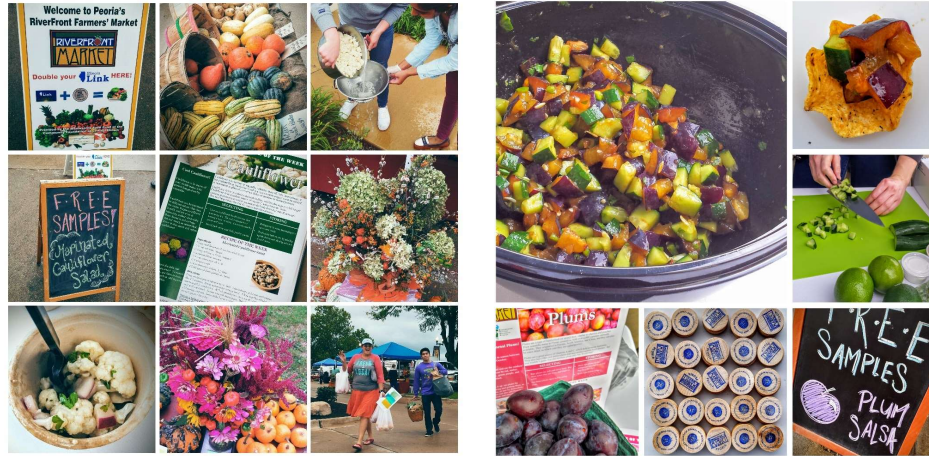
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Hyperlapse Videos



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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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Kids Nutrition Programs



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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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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 D.

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



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COVID's Impact



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COVID's Impact



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PEDIATRIC EXPERIENCES HEARTLAND CLINIC MEDIA EMPHASIS

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

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OSF 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**
 - 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
 - Talk with graduates from the program.

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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
- Intern to preceptor ratio
- Variety of experiences
- Emphasis area
- 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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OSF INTERN'S 1ST JOBS



Emily Wozer
June 2023

Boston Children's
Hospital
Boston, MA



Brittany Van Tine
June 2023

OSF Saint Francis
Medical Center
Outpatient Weight
Management Clinic
Peoria, IL



Laura Gann
October 2022

McCallum Place
Eating Disorder
Center
St. Louis, MO



Taylor Ducke
June 2022

UW Health
American Family
Children's
Hospital and
Clinics
Madison, WI



Elana Lycos
October 2022

WIC
Charlotte, NC

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WHAT'S A TYPICAL DAY?

CURRENT OSF DIETETIC INTERNS

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FAVORITE EXPERIENCES

CURRENT OSF DIETETIC INTERNS

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WHAT ABOUT.....

- Working during the internship?
- Taking MS classes?
- Housing/Cost of Living?

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INTERN CONTACT INFO

- See flyer
- Get past and current intern insight!

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Join us for our open house on Thursday, January 4, 2024!

1:30-3:30p.m.

Please register for by emailing:

Ashley.L.Simper@osfhealthcare.org

In-person, livestream and recording available

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Follow us on Instagram
[@dieteticinternship](https://www.instagram.com/dieteticinternship)



#RD2Be

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