

# Texas Health Dietetic Internship Program

## Program Details and Application

We are excited about your interest in the Texas Health Presbyterian Hospital Dallas's Dietetic Internship Program. Texas Health Presbyterian Hospital is one of 29 acute care hospitals owned, operated or affiliated with Texas Health Resources. Texas Health Resources is one of the largest faith-based, nonprofit health systems in the United States. Since its inception in 1972, our dietetic internship has provided an optimal learning environment and diverse training experiences to prepare our interns to become leaders in the dietetics community.

In-depth program details are included in this packet. After reviewing the material, please feel free to contact me. I look forward to your email.



*Class of 2018-2019*

Sincerely,

Bielca Soza, MS, RD, LD  
Clinical Nutrition Manager and Dietetic Internship Director  
Texas Health Dallas  
[bielcasoza@texashealth.org](mailto:bielcasoza@texashealth.org)

### **Tours**

To schedule a tour, email Bielca Soza at [bielcasoza@texashealth.org](mailto:bielcasoza@texashealth.org) and please specify tour date in subject line.

### **Tour dates:**

November 22, 2019 10 A.M.  
December 19, 2019 1 P.M.  
January 9, 2020 1 P.M.

**Location:** 8200 Walnut Hill Lane. Park in parking 1 or 11. Enter the Margot Perot Building 1<sup>st</sup> Floor and you may have a seat in the lobby just outside the Children's Medical Clinic.

## Accreditation

The Texas Health Dallas Dietetic Internship Program is currently granted accreditation by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza, Suite 2190, Chicago, IL 60606-6995. Telephone: 800/877-1600, ext. 5400. [www.eatright.org/acend](http://www.eatright.org/acend) Email: [ACEND@eatright.org](mailto:ACEND@eatright.org)

## Dietetic Internship Program Overview

- Challenging 9-month program
- Clinical/Medical Nutrition Therapy concentration with strong foodservice curriculum
- Begins in early-August and ends second week in May
- 6 interns accepted
- Interns match in April
- Tuition: \$8,000
- Meal Allowance: \$10 per workday
- Work Schedule: minimum 40-hour work week
- Holidays: Labor Day, Thanksgiving, Christmas, New Years, Spring Break
- Graduate Credit offered: 9 hours for completing the requirements of the internship through Texas Woman's University (optional)

## About the Dietetic Internship Program

Texas Health Presbyterian Hospital Dallas's Dietetic Internship Program prepares individuals for entry-level practice and success in future roles in the dietetics profession. This responsibility is accomplished through educational competencies, didactic classroom experiences and supervised practice reflective of the Standards of Education from the ACEND.

## Program Completion

Interns are eligible to complete the program when all rotations and educational competencies have been satisfactorily met per competency requirements from ACEND. If an intern is weak or deemed incompetent in a particular area, additional learning experiences are planned. These experiences may include repeating a rotation. Program completion is expected by the end of the nine-month program with completion of a minimum of 1288 supervised practice hours and scheduled classes. Maximum timeframe allowed to complete the Dietetic Internship Program is 13.5 months (150% of the program completion timeframe).

After completing the dietetic internship at Texas Health Presbyterian Hospital Dallas, the intern should be well-prepared to take the Registered Dietitian Nutritionist (RDN) exam and function as an entry-level registered dietitian.

A verification statement will be granted upon successful completion of the program and the program director will submit data to the Commission on Dietetic Registration, for registration eligibility for students to take the Registration Examination for Dietitian.

### Program Mission

The mission of Texas Health Presbyterian Hospital Dallas's Dietetic Internship Program is to provide the intern the opportunity to learn in a continuous process and develop the skills necessary to become a competent entry-level registered dietitian to improve the health of the people in the communities we serve.



*Class of 2017-2018*

### Program Goals

The Texas Health Dallas Dietetic Internship program has two primary goals and associated outcomes. Program outcomes data are available on request.

Goal #1: To prepare program graduates to be competent entry-level registered dietitian nutritionist. This is measured by the following standards:

- At least 80% of program interns complete program requirements within 13.5 months (150% of the program length).
- One hundred percent of program graduates take the CDR credentialing exam for dietitian nutritionists within 12 months of program completion.
- When surveyed 9-12 months after employment, at least eighty percent of employers will rate being "satisfied" to "very satisfied" with graduates' preparation for entry-level practice.
- 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%.
- When surveyed 9-12 months after employment, at least eighty percent of program graduates will rate themselves as "prepared" to "well prepared" for entry level practice.

Goal #2: To produce leaders who improve the health of the community. This is measured by the following standards:

- Of graduates who seek employment, 80 percent are employed in nutrition and dietetics or related fields within 12 months of graduation.
- At least 40 percent of graduates participate in community service activities after internship program completion voluntarily.
- At least 60 percent of graduates participate in professional organizations or their events.

## Program Information

Texas Health Presbyterian Hospital Dallas's Dietetic Internship Program accepts six dietetic interns. Our small class size provides students with one-on-one training in all rotations. Our internship program provides training in clinical, food service and community dietetics. Interns will also attend classes taught by dietitians, physicians, respiratory therapists, and other guest speakers to gain advanced knowledge.

The first week is general orientation including hospital orientation, hospital tours, review of policies and procedures, classes and course work. Two additional weeks include clinical orientation. Students will also be given individualized training with the electronic medical record during orientation. This provides students with increased confidence upon entering clinical rotations.

Rotations will begin after orientation. Three students will start clinical rotations and the other three students will start food service and/or community rotations. At the completion of clinical rotations, each intern will prepare a research-based case study to present to staff and fellow interns. At the end of food service rotations, each intern will prepare an administrative or food service project.

## Program Rotations

The nine-month experience is spent in clinical, food-service-management and community rotations. Rotations increase in difficulty as the year progresses. Interns spend majority of their rotations at the main Dallas hospital campus under the direction of experienced dietitians. In addition to rotations at Texas Health Dallas, the intern will experience rotations at other locations in the Dallas Metroplex.

### Clinical rotations may include, but are not limited to:

- Cardiology
- Outpatient Diabetes
- Gastrointestinal Disease
- Long Term Acute Care
- Medical Surgical
- Neonatology Intensive Care (NICU)
- Neurology
- Nutrition Support – Critical Care
- OB/GYN
- Oncology – Inpatient and Outpatient
- Pediatrics
- Psychiatry
- Rehabilitation
- Trauma
- Wound Care

## Clinical Rotation Sites

Texas Health Presbyterian Hospital Dallas

[www.texashealth.org/dallas](http://www.texashealth.org/dallas)

Texas Health Presbyterian Hospital Plano

[www.texashealth.org/plano](http://www.texashealth.org/plano)

Texas Health Presbyterian Hospital Allen

<https://www.texashealth.org/allen>

Texas Scottish Rite Hospital for Children

[www.tsrhc.org](http://www.tsrhc.org)

Scottish Rite was established in 1921 and is one of the nation's leaders in pediatric orthopedic conditions. Texas Health Scottish Rite treats children with conditions such as scoliosis, hip disorders, limb length differences, as well as certain related neurological and learning disorders.

Kindred Hospital of Dallas

[www.khdallas.com](http://www.khdallas.com)

This long-term acute-care hospital allows interns to follow patients who require continued medical care in another care setting outside a traditional hospital.

## Administrative/Food Service

Administrative and Food Service experiences at Texas Health Dallas provide dietetic interns with many opportunities to have a comprehensive experience of management and administration from supervisors to senior director. Management rotations occur in a variety of environments including:

- Patient meal services
- Production
- Purchasing
- Retail
- Technology
- Clinical Nutrition Management
- Director and Senior Director Shadow



*Class of 2018-2019*

## Community

Dietetic interns spend time at various organizations in the Dallas area, learning how an RDN can help improve the health of their communities. These experiences help them develop the cultural competency and skills necessary to provide nutritional education to the public.

### Community Dietetics Rotation Sites

City of Dallas - Women, Infants and Children Program (WIC)

[Women, Infants and Children Program](#)

Garland Independent School District

<https://www.garlandisd.net/>

Interns will spend one week immersed in school nutrition/food services at Garland Independent School District.

Visiting Nurse Association - Meals on Wheels

[Visiting Nurse Association](#)

VNA's Meals on Wheels program provides a hot, nutritious, home-delivered midday meal to Dallas County residents who are unable to provide or prepare their own meals due to illness, advanced age or disability.

Texas Health Finley Ewing Cardiovascular and Fitness Center

<http://www.texashealth.org/dallas-fitness>

Interns will be actively involved in nutrition and wellness as they work with exercise physiologists and the dietitian at the fitness center.

Garland ISD Employee Wellness

<https://www.garlandisd.net/content/employee-wellness>

The GISD employee wellness program offers resources to promote GISD employee health and well-being by providing various activities such as health fairs, educational campaigns, etc. Interns will assist developing educational material and coordinating events.

Paragon Healthcare, Inc.

[www.paragonhealthcare.com](http://www.paragonhealthcare.com)

Paragon Healthcare is a diversified-services organization whose focus is on infusible and injectable pharmacy services in an alternate-site setting that offers comprehensive and streamlined solutions to patients as well as insurers and health-care providers.

Neva Cochran, MS, RDN, LD, FAND

[www.nevacochranrd.com](http://www.nevacochranrd.com)

Neva Cochran is a nutrition communications consultant to food, nutrition and agriculture organizations and companies. With more than 30 years of experience as a registered dietitian nutritionist, 20 years as a



magazine nutrition writer and researcher, and a veteran of over 1000 media interviews, she is skilled at translating scientific nutrition information into easy-to-understand messages that consumers can use to enjoy eating and improve health. A longtime professional leader, she has served as president of the Dallas and Texas Academies of Nutrition and Dietetics, Academy's House of Delegates member, national media spokesperson, Academy Foundation Chair and on the Academy Board of Directors. She was the 2012 recipient of the Academy's Medallion Award and a 2016 recipient of the Texas Academy's Outstanding Preceptor Award.

Jennifer Neily, MS, RDN, LD, FAND

[NeilyonNutrition.com](http://NeilyonNutrition.com)

Award-winning registered dietitian nutritionist and Wellcoach® Certified Health Coach, Jennifer Neily—Neily on Nutrition—helps people improve health, age gracefully, and have abundant energy to live the lifestyle of their dreams. After seven years as a dietitian at Parkland Hospital, Neily worked over five years at the world-renown Cooper Clinic. Since 2009 she has been in private practice: coaching, public speaking, writing, teaching, working with the media and in social media providing unbiased relevant health and nutrition information.

### **Graduate Credit**

Graduate school is not a requirement of the dietetic internship. Interns are provided the option to earn graduate credit through Texas Woman's University (TWU) for their dietetic internship experience and grades are based on their performance as an intern. Nine hours of graduate credit is earned for completing the requirements of the internship program. No additional classwork is required. Financial assistance is available through TWU. Interested students must be accepted into the graduate program and register for the graduate credit prior to start of the semester. Students are responsible for paying TWU tuition and fees associated with graduate courses.

### **Scholarships and Financial Aid**

The Academy of Nutrition and Dietetics (AND) and state dietetic association such as the Texas Academy of Nutrition and Dietetics (TAND) provide scholarship funds for dietetic interns. Please refer to their websites for eligibility requirements and application deadlines.

Interns at Texas Health Dallas are not eligible for federally funded student loans. The internship director is available to write letters requesting student-loan deferment during internships.

## Program Calendar

This general calendar provides an idea of the yearly cycle of the DI program. Interns will have a rotation-driven schedule. On-duty hours will vary based on preceptors and assignments.

Event	Dates (*subject to change)
Beginning of the program	August 10, 2020
Site rotations begin	2-3 weeks after program start date
Labor Day	September 7, 2020
Thanksgiving holiday	Thursday and Friday of Thanksgiving week
Winter Break	2 weeks over Christmas and New Year
Spring Break	1 week in March
Reception/Graduation	Second week in May

## Estimated Internship Expenses

The following expenses are approximate.

Item	Cost	Notes
Intern application fee (non-refundable)	\$75	Mail to Director when application is submitted to DICAS
Internship Tuition (non-refundable)	\$8,000	
Apartment	One-bedroom – \$900 -1,200 per month	Costs vary; see Housing/Transportation section
Utilities	~ \$100-200	This is in addition to rent when it is not included in the lease.
Scrubs and non-skid shoes	\$100	*Professional dress cost is not included. Cost will vary.
Books	\$100-200	For required texts not already purchased
Health insurance	\$1,500	Cost may vary. Required for program entry.
Influenza vaccination	\$30-50	Cost may vary. Required in month of October.
Professional fees	\$200-\$300	Academy of Nutrition and Dietetics membership, registration for education events
Study guide for RD exam	~\$60-\$400	Various study guides available
RD Exam	\$200	Registration exam for <i>when program is complete</i> .
Liability Insurance	\$26	Professional liability insurance



Graduate Credits – 9hrs (optional)	In-State: \$276/credit hour Out-of-State: \$698/credit hour	Costs are approximate and based on 9 hours at Texas Woman’s University
<i>Other personal expenses to be mindful of include car maintenance, car insurance, gas and food. *Expenses are estimates only.</i>		

## PERSONAL REQUIREMENTS

### Health

High energy level is essential for keeping up with the rigor of classwork and facility training. Interns provide an example of health to others and serve as role models for the dietetic profession. The hospital’s Employee Health Service provides limited services, but all medical care is the responsibility of interns. Medical insurance is necessary. Extended illnesses may require the extension of rotations beyond the announced program completion date. Missed objectives require additional make-up hours.

### Professional Dress

Interns are expected to maintain a professional standard of dress and conform to the established dress code at all times during the rotations. Dress codes are clarified for each rotation. Interns must wear business-style clothing at our facilities due to a strictly enforced dress code. Scrubs and slip-resistant shoes are required for foodservice and administrative rotations. Sturdy closed-toe shoes are required at all times for health and safety reasons. Flat shoes are required for all rotations.

### Working during the Internship

Due to the intensity of the dietetic internship program, outside employment is not encouraged. If a student decides to hold a job during the internship, it must not conflict or affect the effort needed to complete the internship. Work schedule needs to be flexible. Outside employment should not infringe on the intern's ability to excel in classwork. The intern should be rested, prompt and be prepared for intern experience.

### Housing/Transportation

Interns are responsible for their own living arrangements and expenses. Many options are available for housing near the hospital. Information about apartments in Dallas can be found through a search for "Dallas apartments" and "75231" (the hospital ZIP code) and will yield many websites to match search criteria. Upon entering the program, interns wishing to room with another intern can be put in contact with each other.

Interns should have access to dependable transportation to complete rotations. A car is required. Transportation to external facilities is the responsibility of the interns. Many facilities are not accessible by public transportation (Dallas Area Rapid Transit (DART)). Interns may use public transportation for some rotations to avoid traffic

congestion and parking limitations, but several rotations sites cannot be reached without a personal vehicle. Free parking is available at several hospitals but any other parking fees are the responsibility of the intern.

### Health Insurance Options

Health insurance through Texas Health Dallas is not available to interns. It is the responsibility of interns to obtain their own health insurance. Options include the following:

- The Patient Protection and Affordable Care Act extends health-care coverage to young adults under their parents' health care plan through age 26. Young adults are eligible for this coverage regardless of any, or a combination of any, of the following factors: financial dependency, residency with parent, student status, employment status and marital status.
- Private or group health insurance
- Extended coverage through a college or university
- Coverage through TWU (if enrolled for graduate credit)

## APPLICATION PROCESS

### Selection Criteria

- Bachelor's degree and completion of an ACEND approved didactic program by program start date
- Verification Statement of Completion of ACEND accredited Didactic Program requirements
- Minimum cumulative grade point average: 3.0; Science GPA minimum: 2.75; DPD GPA minimum: 3.3 (All based on 4.0 system.)
- Work experience in foodservice, hospital, nutrition-related field and/or customer service
- Reference letters from 2 professors and 1 employer
- Personal-statement essay
- Submission of supplemental application and letter (see last page of document)
- Telephone Interview for selected applicants– *student will receive email with time frame for interview*
- The following are considered when ranking applicants:
  - Work experience
  - GPA
  - Written communication skills
  - Interpersonal skills
  - Interview
  - Leadership ability

### Application

Texas Health Presbyterian Dietetic Internship participates in the Dietetic Internship Centralized Application Service (DICAS). The DICAS portal may be accessed at <http://portal.dicas.org>. Complete the web application according to DICAS instructions by designated deadline.

Applicants should submit a personal statement of 1,000 words or less through DICAS and address the following:

- Why do you want to enter the dietetics profession?
- Discuss 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)?

If you have additional questions regarding the online application process, email [DICASinfo@DICAS.org](mailto:DICASinfo@DICAS.org) or call customer support at 617-612-2855. More information may be found on ACEND's website at <https://www.eatrightpro.org/>.

The fee to use DICAS is \$45 for the first DI program application and \$20 for each additional DI program application.

### **Sending Transcripts**

Review DICAS website for detailed instructions to ensure transcripts are properly matched to application. Send transcripts by mail to the following address

DICAS Transcript Department  
P.O. Box 9118  
Watertown, MA 02471

### **Sending Transcripts Electronically**

DICAS only accepts transcripts from Credentials Solutions and Parchment. If service is not available, transcripts must be sent by mail.

When completing the application form, enter the names and contact information of each of your three references. The Texas Health Presbyterian Dallas Dietetic Internship requires two professor references and one employer reference.

### **D&D Digital Matching**

Applicants must also register online for computer matching and rank the dietetic internship programs by **11:59 p.m. Central Time on February 15, 2020**. There is a \$55 computer-matching fee. For additional information, please visit the D&D website at <http://www.dnddigital.com>.

### **Texas Health Dallas Supplemental Application & Fee**

Texas Health Presbyterian application fee of \$75.00 should be mailed with the Supplemental Internship Application and the letter of interest/cover letter. The Supplemental Application is located on the last page of this information packet. The letter of interest/cover letter should be clear and professional.

The application must be mailed directly to the Texas Health Dallas Internship Program and postmarked no later than February 15, 2020. The (\$75) application fee is separate fee from DICAS and D&D Digital.

## TIMELINE

### Before You Apply:

- Obtain current application materials from the selected dietetic internships.
- Discuss the application materials with your didactic program director if possible.
- Request the Declaration of Intent to Complete Academic Requirements form or the Verification Statement of Academic Requirements form from your didactic program director. Your didactic program director will complete this form online. A hard copy of your verification statement will be mailed to the internship after your acceptance.
- Request references from advisor/faculty/employers and submit official transcripts to DICAS.

### Application Phase:

- Complete an online DICAS application by February 15, 2020
- Register for computer matching with D&D Digital Systems at [www.dnndigital.com](http://www.dnndigital.com) by **11:59 p.m. Central Time on February 15**, and pay the \$55 registration fee online by credit card.  
*Important Note: Applicants should select DI priorities carefully; no changes will be accepted by D&D Digital Systems after the deadline*
- Mail the Supplemental Internship Application Form, cover letter and check to Texas Health Dallas, postmarked by February 15, 2020.

### Appointment Phase:

Applicants who receive a computer match are responsible for accepting or rejecting the match by telephone on the appointment date by 5 p.m. Applicants who submitted Declaration of Intent to complete forms with their applications must obtain signed DPD Verification Statements from their DPD program directors and official transcripts documenting completion of their bachelor's degrees prior to beginning dietetic internships.

### Accepted Applicants:

Matched applicants will contact program directors within 24 hours of notification.

Contact information:

Bielca Soza MS, RD, LD

Office phone: 214-345-7558

Email: [BielcaSoza@Texashealth.org](mailto:BielcaSoza@Texashealth.org)

Please e-mail your confirmation and include a contact number to the director.

All accepted applicants must successfully pass a background check and a drug screening prior to program entry.

*Texas Health Dallas is an equal-opportunity institution with regard to employment and admission.*



## Supplemental Internship Application Form

Name	
Current Address	
Permanent Address	
Telephone Number for interview	
Didactic Program	
Month/Year didactic coursework complete	

1. Please include \$75 application fee when sending the Supplemental Application Form and letter. Make money order or cashier's check payable to Texas Health Presbyterian Hospital.
2. Include a 1-page professional letter (typed) and include the following:
  - Describe why you would be a good fit for our internship.
  - Choose one: Describe your philosophy on nutrition OR Describe what interests you most about nutrition (not the dietetic profession).
  - Describe your greatest accomplishment.
  - Describe a time you had to cope with a stressful situation.
  - Describe a situation where you had to apply critical thinking and describe the outcome.
3. Supplemental Internship Application Form and cover letter must be postmarked by February 15, 2020.

Mail Supplemental Internship Application Form, typed letter and payment to:

Texas Health Presbyterian Hospital Dallas  
 Dietetic Internship Program/Food and Nutrition Services  
 Bielca Soza MS, RD, LD  
 8200 Walnut Hill Lane  
 Dallas, TX 75231