Texas Health Dietetic Internship Program
Program Details and Application 2016-2017

We are excited about your interest in the Texas Health Presbyterian Hospital Dallas’s Dietetic Internship Program. Texas Health Presbyterian Hospital is one of 25 acute care hospitals that are 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 with specific questions via email. I look forward to assisting you in the application process.

Sincerely,

Bielca Soza, MS, RD, LD
Clinical Nutrition and Dietetic Internship Manager
Texas Health Dallas
Bielcasoza@texashealth.org

Open House
We invite you to our open house. It is a great opportunity for you to meet the director, coordinator, and current interns of the program.

Date: Saturday, November 21, 2015, 10:00 am - 12:00 pm
Location: 8200 Walnut Hill Lane, Dallas, TX, 75231.
Room: Beasley Conference Room in the Main Building.
Registration Deadline: Monday, November 16, 2015.

Please RSVP by emailing the Internship Director Bielca Soza MS, RDN, LD at bielcasoza@texashealth.org or the Internship Coordinator Amy Barton RDN, LD at amybarton@texashealth.org.

Individual tours are available until January 15, 2016. Please contact Bielca Soza via email, with at least 2 weeks’ notice.
The Texas Health Dallas Dietetic Internship Program is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995. Telephone: 312-899-0040, ext. 5400. www.eatright.org/acend

**Dietetic Internship Program Overview**
- Challenging 9-month program
- Clinical/Medical Nutrition Therapy concentration with strong Food Service curriculum
- Begins in mid-August and ends first week in May
- 6 interns accepted
- Interns match in April
- Tuition: $8,000
- Meal Allowance: $8 per workday
- Work Schedule: 40-hour work week and 1.5 hours of classroom time 2-3 times a month. Additional time includes homework assignments and occasional rotation hours on weekends.
- Holidays: Labor Day, Thanksgiving, Christmas, New Years
- Graduate Credit offered: 6 hours for completing the requirements of the internship through Texas Woman’s University

**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. The intern must complete all program requirements within 150 percent (13.5 months) of the time planned for completion. 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 dietitian. We are proud of our graduates and the 95% first time pass on the RDN exam for the past five years.

The internship director determines the intern’s successful completion of the program. At this time, the internship director provides the internship verification statement and submits data to the Commission on Dietetic Registration, which provides the intern’s eligibility to take the RDN exam. In Texas, obtaining RDN status allows graduates to apply for state licensure.

**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 dietitian to improve the health of the people in the communities we serve.
**Program Goals**
The Texas Health Dallas Dietetic Internship program has two primary goals and associated outcomes.

Goal #1: To prepare program graduates to be competent entry-level dietitians. This is measured by the following standards:
- Graduates achieve, over a five-year period, a first-time pass rate of at least 80 percent on the registered dietitian (RD) exam.
- Within 12 months of completing the program, at least 70 percent of graduates pass the RD exam, and/or obtain employment related to their major, and/or enroll in an accredited continuing education program.
- At least 90 percent of interns beginning the internship will complete the program within 13.5 months.
- On a scale of 1 to 5 (1=poor and 5=excellent), the employer will rate the competence level of the graduate as > 3.

Goal #2: The program will benefit Texas Health Resources, other healthcare systems and the public by producing qualified dietitians and leaders. This is measured by the following:
- Over a five-year period, 80 percent of program graduates seeking employment will be employed within three months of program completion.
- At least 75 percent of interns will participate in community service activities during the internship program on a voluntary basis.
- At least 90 percent of interns will participate in professional meetings.
- At least 50 percent of program graduates who respond to the graduate survey sent will be involved in community service and/or professional organizations one year after program completion.

**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, doctors, respiratory therapists, and other guest speakers to gain advanced knowledge.

The first day of the internship will be spent in hospital orientation. The following two to three weeks will include: review of policies and procedures, classes and course work, and hospital tours. An additional week will be provided for clinical orientation where the nutrition care process will be reviewed. Students will also be given individualized training with the electronic medical record. 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 using Lean Six Sigma methodologies to earn Yellow Belt certification. This is a unique opportunity that allows the interns to gain a competitive edge in the job market. Having a Lean Six Sigma Yellow belt demonstrates to future employers that the intern possess a more profound understanding of process improvement.
Program Rotations
The 9-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/Medical Nutrition Therapy Rotations
- Bariatrics
- Cardiology
- Outpatient Diabetes
- Eating Disorders
- Gastrointestinal Disease
- Long Term Acute Care
- Medical Surgical
- Neonatology
- Neurology
- Nutrition Support
- Oncology – Inpatient and Outpatient
- Pediatrics
- Rehabilitation
- Renal
- Trauma
- Wound Care

Clinical/Medical Nutrition Therapy Rotation Sites
Texas Health Presbyterian Hospital Dallas
www.texashealth.org/dallas
Texas Health Dallas is an 888-bed hospital in the heart of Dallas. Presbyterian Hospital of Dallas opened its doors in May 1966.

Texas Health Presbyterian Hospital Plano
www.texashealth.org/plano

Texas Scottish Rite Hospital for Children
www.tsrhc.org
Scottish Rite is one of the nation’s leaders in orthopedic corrections and prevention of bone deformities. Children can also be seen for neurologic conditions, prosthetics, orthotics, developmental disabilities and dyslexia.

Texas Health Presbyterian Hospital Cancer Center
https://www.texashealth.org/dallas/Pages/Services/Cancer.aspx

Kindred Hospital of Dallas
www.khdallas.com
This long-term acute-care hospital allows interns to follow patients from hospital to home.
Veterans Affairs (VA) Health System of North Texas
www.northtexas.va.gov
This hospital is an 800-bed general medical and surgical hospital with a nursing-home unit and a comprehensive outpatient system.

Administrative/Food Service
Administrative and Food Service experiences at Texas Health Dallas provide dietetic interns with many opportunities to have a comprehensive experience of food-service-systems management and to practice new techniques and skills.

- Patient meal services
- Retail
- Catering
- Technology
- Clinical Nutrition Management
- Operational Excellence

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

School Districts
Interns will spend two weeks immersed in school food services in the Hurst-Euless-Bedford Independent School District or the Plano 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.

North Texas Food Bank
www.ntfb.org
Paragon Healthcare, Inc.
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
Neva Cochran is the nutrition communications consultant to the media and food industry in Dallas. With more than 30 years of experience as a registered dietitian, 20 years as a magazine nutrition writer and researcher, and a veteran of more than 800 media interviews, she is skilled at translating scientific nutrition information into easy-to-understand messages that consumers can use in order to enjoy eating and improve their health.

Graduate Credit
Interns may obtain six hours of graduate credit through Texas Woman's University (TWU) upon completing the requirements of the internship program. Financial assistance is available through TWU. Six hours of graduate education is required by TWU to qualify for financial aid.

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. Scholarship applicants must meet American Dietetic Association Foundation (ADAF) and state foundation deadlines. 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 will provide an idea of the yearly cycle of the program. Interns will have a rotation-driven schedule. On-duty hours will vary based on preceptors and assignments.

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Beginning of the program</td>
<td>Second week in August</td>
</tr>
<tr>
<td>Site rotations begin</td>
<td>2-3 weeks after program start date</td>
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<tr>
<td>Labor Day</td>
<td>September 1</td>
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<tr>
<td>Thanksgiving holiday</td>
<td>Thursday and Friday of Thanksgiving week</td>
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<tr>
<td>Winter Break</td>
<td>2 weeks over Christmas and New Year</td>
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<tr>
<td>Reception/Graduation</td>
<td>First week in May</td>
</tr>
</tbody>
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**Estimated Internship Expenses**
Texas Health Dallas provides interns an $8 meal allowance to assist in defraying costs. The following is an estimate of their expenses.

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intern application fee (non-refundable)</td>
<td>$75</td>
<td>Mail to Director when application is submitted to DICAS</td>
</tr>
<tr>
<td>Internship Tuition</td>
<td>$8,000</td>
<td></td>
</tr>
<tr>
<td>Apartment</td>
<td>One-bedroom – $800 to $1,000 per month</td>
<td>Costs vary; see housing section.</td>
</tr>
<tr>
<td>Utilities</td>
<td>Approximately $100</td>
<td>This is in addition to rent when it is not included in the lease.</td>
</tr>
<tr>
<td>Scrubs and non-skid shoes</td>
<td>$100</td>
<td>Black scrub pant, white scrub top, black non-skid shoes. Professional dress cost is not included. Cost will vary.</td>
</tr>
<tr>
<td>Books</td>
<td>$100-200</td>
<td>For required texts not already purchased</td>
</tr>
<tr>
<td>Health insurance</td>
<td>$1,500</td>
<td>Cost may vary. Required for program entry.</td>
</tr>
<tr>
<td>Influenza vaccination</td>
<td>$30-50</td>
<td>Cost may vary. Required in month of October.</td>
</tr>
<tr>
<td>Professional fees</td>
<td>$200-$300</td>
<td>Academy of Nutrition and Dietetics membership, registration for education events; registration exam for dietitians when program is complete.</td>
</tr>
<tr>
<td>Liability Insurance</td>
<td>$24</td>
<td></td>
</tr>
<tr>
<td>Graduate Credits – 6hrs (optional)</td>
<td>In-State: $1,460 Out-of-State: $3,800</td>
<td>Other personal expenses to be mindful of include car maintenance, car insurance, gas and food.</td>
</tr>
</tbody>
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*Expenses are estimates only.

**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, so medical insurance is necessary. The hospital’s Employee Health Service provides limited services, but all medical care is the responsibility of interns. Extended illnesses may require the extension of rotations beyond the announced program completion date. Missed objectives may 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 food service 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
Interns may hold an additional job during the internship, provided that there is no time conflict or that it does not affect the effort needed to complete the internship. The external work situation should not infringe on the intern's ability to excel in classwork, to be prompt, rested and prepared for work experiences, and to handle the rigor of the internship. If weekend work is assigned, other work schedules need to be flexible. It is also important to remember that the internship includes homework assignments, concentration and effort in addition to rotation hours.

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 or Master’s degree in Food and Nutrition or Dietetics from an ACEND approved didactic program (DPD program)
- Minimum cumulative grade point average: 3.0 (based on a 4.0 system); Science GPA minimum: 2.75; DPD GPA minimum: 3.3
Graduate hours are not required; however, nine graduate hours with a GPA above 3.0 may be evaluated, if overall undergraduate GPA of less than 3.0.
- Work experience in hospital, nutrition-related field and/or customer service
- Reference letters from two professors and one employer
- Personal-statement essay
- Submission of supplemental application (see last page of document)
- The following are considered when ranking applicants:
  - Written communication skills
  - Interpersonal skills
  - Interview
  - Leadership ability

DICAS 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.

If you have additional questions regarding the online application process, email DICASinfo@DICAS.org or call customer support at 617-612-2855. The fee to use DICAS is $40 for the first DI program application and $20 for each additional DI program application.

- Submit a personal statement of 1,000 words or less addressing the questions provided by DICAS:
  - 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)?

- Send official transcripts from all colleges and universities attended to DICAS and signed Declaration of Intent to complete academic requirements or signed and completed Verification Statement.
  - DICAS Transcript Department
    P.O. Box 9118
    Watertown, MA 02472

- Students accepted into the Texas Health DI Program will need to provide all official transcripts and Verification Statement at least 2 weeks prior to start of the intern program.

- 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, 2016. There is a $50 computer-matching fee. For additional information, please visit the D&D website at http://www.dnddigital.com.

Texas Health Dallas Supplemental Application
Texas Health Presbyterian application fee of $75.00 should be mailed with the Supplemental Internship Application and the handwritten letter. The Supplemental Application is located on the last page of this information packet. The application must be mailed directly to the Texas Health Dallas Internship Program and postmarked no later than February 15, 2016. The ($75) application fee is separate fee apart for 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, 2016.
- Mail the Supplemental Application and check to Texas Health Dallas, postmarked by February 15, 2016.
- Along with your applications, provide the telephone number(s) with where you can be reached on appointment day.
- Register for computer matching with D&D Digital Systems at www.dnddigital.com by 11:59 p.m. Central Time on February 15, and pay the $50 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.

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. of the program's time zone (Texas Health Dallas is in the Central Time Zone). 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, RDN, LD
Office phone: 214-345-7558
Fax: 214-345-7560
Email: BielcaSoza@Texashealth.org

Please leave a detailed message and a return contact number so that your message can be confirmed. 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.
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<th>Name</th>
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<tr>
<td>Address:</td>
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<tr>
<td>Street</td>
<td></td>
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<tr>
<td>City, State, Zip Code</td>
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<tr>
<td>Telephone Number (Including Area Code)</td>
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<tr>
<td>Didactic Program</td>
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1. Please include $75 application fee when sending the Supplemental Application. Make check or money order payable to Texas Health Presbyterian Hospital Dallas.

2. Please include a *handwritten* answer to the following questions on a separate piece of paper. Please limit your response to *no more than* 150 words.

   - Explain why you feel like you are a good fit for our program. Reflect on your experiences as a student, volunteer, employee, etc... and tell us why you would be an asset to this internship.

**Supplemental Application must be postmarked by February 15th of the application year to be considered.**

Mail Supplemental Application, letter and payment to:

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