Preceptor Training

University of Houston Dietetic Internship Program
The mission of the UH Dietetic Internship is to provide an intensive, high quality supervised practice experience for a diverse population of interns with emphasis on providing a quality educational experience and mentored training necessary to become competent, independent and well-rounded entry-level dietitians. UHDI will train practitioners in teaching, management, counseling, administration and applied practice throughout the field of dietetics.
Objectives

• Participants will be able to:
  – State what is expected of them in their role as preceptor
Setting the Stage

- Orientation to rotation
- Awareness and acceptance of intern as an adult and an individual
- Identify barriers/potential barriers
- Use effective feedback
Potential Barriers

• Inadequate knowledge
• Poor time management
• Fatigue
• Inefficient work habits
• Stress
• Self-esteem
• Negative attitude
• Lack of experience putting theory into practice
Expectations

• Establish intern expectations from the beginning

• Set time aside to review curriculum requirements with intern

• Schedule when activities are due to preceptor and when preceptor will provide feedback to intern
• Giving Feedback
  – Balance positive feedback with constructive criticism that includes direction or change and direct feedback to specific behavior which the intern can change
  – Time your feedback to be as immediate as possible and in a somewhat private setting
  – Check understanding with the intern to ensure clear communication
Feedback

• Why is timely feedback important?
  – Allows intern to track progress and know where they stand
  – Allows preceptor to see interns’ strengths and areas where more guidance may be needed
  – Helps both the preceptor and intern to stay organized throughout the program
Feedback

• Establish from the beginning how much feedback you will provide
  – Review assignment/activity expectations and timeline for completion with intern
  • Will intern have the opportunity to make revisions?
    – If so, establish how much time intern will be given to make revisions
Building Relationships

• Help interns make connections with other programs
• Initiate the contact, then let intern take over
• Intern should keep up with the communication, with preceptor available when necessary
Time Commitment

• Attend planned events, trainings, and intern presentations as needed
• Weekly progress meetings with intern
• Regular feedback
Preceptor Resource

- Commission on Dietetic Registration Preceptor Training
- 8 FREE CEUs
- http://www.cdrcampus.com