

Preceptor Training

**University of Houston Dietetic
Internship Program**

UH Dietetic Internship Program Mission

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

Feedback

- 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 it 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>