

### **INTERNSHIP**

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### **STUDENT DETAILS**

**Name :..... Enrolment No. : .....**

**Address/Contact No. : .....**

**Name of Dietitian and Hospital .....**

**Address where Internship Undertaken .....**

**.....**

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## INTRODUCTION

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Welcome to the Course MFNP-011 “Internship” which is designed as a training programme with provision of placement of interns in a multi specialty Government and Private hospital or institute or organization concerned with patient care and imparting dietetic counseling. The internship is planned for a period of **three months** (480 hours i.e. 40 hours per week). As part of the course this innovative self-instructional Master’s Dietetic Internship Programme Manual has been developed, which is perhaps the first of its kind, providing guidelines for undertaking internship, training at any dietetic unit in the country.

Master’s Dietetic Internship Programme Manual - the document - will not only be of use for the MSc. (DFSM) interns, but also for other interns interested in dietetic training and also for dietetic departments in standardizing their training programme for interns.

The Internship Manual is actually a workbook. It contains not only the guidelines and information necessary for you to conduct the internship, but it also serve as the internship report file or workbook. You are expected to write your observations, activities conducted, assignment undertaken, results, inference, conclusions etc. related to the internship programme in the manual itself in the space specified. Record the practical work undertaken directly into the bound internship manual (workbook), never on loose leaf sheets. Every entry in the internship manual should be dated, and your own observations (including comments such as the difficulties you found in doing certain procedures, or ideas that occurred to you, recommendations etc.) should be written down as a permanent record. Recognize that your internship report is the true record of what you did and observed at the time. You can (if you wish) use the back pages of your internship manual for attaching extra sheets, pictures or any other notes, etc.

Since the manual will also function as the internship report, you will be expected to submit the report for external evaluation as well. The internship supervisor (dietitian in charge) will certify that you undertook the internship and the report is the bonafide work done by the candidate. Look up the certificate copy attached at Annexure 1 at the end of the manual. Do not forget to get your report certified from your dietetic internship supervisor (dietitian in charge/chief dietitian) before submission for external evaluation or else your report will not be accepted for evaluation. Please keep a copy of the filled-in manual as a record for your use. Note an internal assessment will also be done by the internship supervisor which will carry sixty per cent weightage.



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# SECTION 1 INTERNSHIP GUIDELINES

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## Structure

- 1.1 Introduction
- 1.2 Dietetic Internship Programme: An Overview
- 1.3 Internship: Getting Started
- 1.4 The Internship Training and Schedule: Guidelines

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## 1.1 INTRODUCTION

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In this section the basic concept, objectives, outcomes and the guidelines for undertaking the internship programme have been included. It is very important that you read and understand the objectives and motive of the internship programme presented herewith carefully, since this is the course that will help you achieve knowledge and skills, as well as demonstrate competencies for entry-level practice in all specialization areas of the dietetics profession. The internship programme shall aim at providing practical training in the field of 'clinical/therapeutic nutrition' and 'food service system management'. However, before you embark on the internship training/schedule it is very important that you undertaken all the course work (theory and practical) related to the MSc. (DFSM) programme and your theoretical knowledge and concepts of the different subject area which lend themselves to the study of dietetics are sound. If not you may not be able to achieve the results expected from this hands down training exercise.

### Objectives

The salient objectives and brief outline of the activities to be undertaken as part of the internship programme are highlighted herewith.

- *To understand the organizational, administrative set up and functioning of the Dietetic Department of a hospital.*

The activities will include:

- Understanding the organizational structure along with job description, wage structure and benefits for employees.
- Understanding the functions of the dietetic department including Administrative, Planning Diets, Food Production, Food Service, Diet Counselling, Record maintenance etc.
- Budget planning for the year.
- *To gain knowledge and practical experience in the management and operation of the food service unit.*
  - Learning/gaining practical experience in procedures of menu planning, standardization of recipes, planning cycle menus, types of diets in the hospitals.
  - Procurement of items: studying the methods adopted by the department for procuring food etc.
  - Receiving supplies: receiving goods in terms of procedures adopted, ensuring quality and quantity.
  - Store-room management: procedures / policy adopted, physical verification of stock.
  - Issuing: procedure adopted.

- Food production: methods of pre-preparation, preparation/cooking of food, issues in quantity cooking, centralized/decentralized cooking.
- Food service and distribution: types of service, timing of service, supervision of setting of trolleys, trays etc., distribution of food in wards.
- Practical knowledge of cost control systems, particularly food cost control (calculation of cost of diet etc.)
- Kitchen layout design and physical facilities for efficiency and optimal use.
- Specification of equipment and other articles and used in the department.
- Maintenance and verification of different records (purchase order, indent, invoice, store record, cash book etc.)
- *To gain knowledge and practical experience in the nutritional management and diet care therapy and counseling with respect to patient care in various disease conditions.*

The activities will include:

- Visiting different wards and studying case sheets for individual diseases.
- Understanding clinical problems and getting acquainted with recent concept in the nutritional management of various diseases.
- Check diet prescriptions and diet sheets for proper indents.
- Formulate therapeutic diets: diet assessment, diet planning, calculation.
- Supervising preparation and service of therapeutic diets.
- Diet counselling for indoor patients in the wards.
- Diet counselling for outdoor patients at nutrition clinics.
- *To gain an enriching and comprehensive insight into the recent concepts, current knowledge regarding the management of diverse disorders, combination of disorders and problems encountered in their effective nutritional management and nutritional support methods.*

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## **1.2 DIETETIC INTERNSHIP PROGRAMME: AN OVERVIEW**

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The internship programme in Dietetics and Food Service Management is essential towards the partial fulfillment of requirement for the Masters in Science in Dietetics and Food Service Management {MSc. (DFSM)} Programme launched by IGNOU. The internship programme is worth 16 credits (i.e. 480 study hours). The course is complemented with required duration of internship of **three months in hospital dietetics department** to offer practical support to the theoretical knowledge.

The internship sought to enable interns to integrate and apply nutrition/dietetic knowledge and intervention to promote optimum health for individuals or groups. The programme also seeks to provide competencies in the areas of dietetics/nutrition, management, communication, education and professional conduct. As part of the internship the Intern is required to get hands-on experience in areas/sections such as Food Services Systems Management, Clinical Nutrition, Community Nutrition, Professional Development and Research and Training. The mission of Dietetics Internship is to provide a programme of excellence that prepares generalist dietitians with competencies required for entry-level positions in a variety of dietetic practice settings.

Each intern is required to undergo training under the guidance of a Senior Dietitian (with 5-10 years of work experience) in any multi-specialty approved Government and Private hospital or institute or organization concerned with patient care and imparting dietetic counseling for a period of three months (40 hours per week).

The expected outcomes from the internship are highlighted herewith:

### **Expected Outcomes**

- 1) Interns completing the Dietetic Internship will achieve knowledge and skills, as well as, demonstrate confidence and competencies for entry-level practice in all specialization areas of the dietetics profession.
- 2) Interns will satisfactorily complete the didactic component of the internship, which provides exposure to the positive attributes of a well-run dietary department and up-to-date information on the latest developments in food service management, medical nutrition therapy, and dietetics research and education.
- 3) Programme graduates will gain practical dietetics knowledge and application skills through interaction with clinical preceptors in a variety of settings.
- 4) The Dietetic Internship will provide academic and clinical experiences to adequately prepare learners for entry-level work in the field after programme completion.

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## **1.3 INTERNSHIP: GETTING STARTED**

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Interns will be expected to submit an internship report, duly signed and evaluated by the Dietitians In charge at the end of the three months internship duration.

All MSc. (DFSM) learners except the following are required to undertake an internship in any recognized approved multi-specialty Government and Private hospital or institute or organization concerned with patient care and imparting dietetic counseling under a senior dietitian (preferably a registered dietitian) for three month period.

- *In-service dietitians* (with a degree in Post Graduate Diploma in Dietetics and Public Health Nutrition), and
- Candidates who have successfully completed a 3 (*three*) month internship programme as part of the Post Graduate Degree in Dietetics and Public Health Nutrition from a recognized institution/ University *in the last five years*.

The above-mentioned categories of learners can seek credit ***transfer for the Internship (MFNP-011) Course*** for a maximum of 16 credits. Students seeking credit transfer should apply in the prescribed form (refer to section 11 form 3 in the Programme Guide) directly to the Registrar (SRD), IGNOU, Maidan Garhi, New Delhi -110068 enclosing a Demand Draft for Rs.200/- drawn in favour of IGNOU and payable at New Delhi. Attested copies degree alongwith marks sheet and syllabus of the Post Graduate Diploma in Dietetics and Public Health Nutrition Course should also be enclosed along with the application. In-service dietitians must also enclose the employment certificate.

For all other MSc. (DFSM) learners the internship is absolutely compulsory. *Candidates who are absent or do not present themselves on a regular basis (during the three months) for the internship will NOT qualify for the degree of the Masters in Science in Dietetics and Food Service Management.*

***Note : No request will be considered for waiver of the internship programme. Please undertake the internship only after completing all the practical courses. This is mandatory.***

It is absolutely important that you commence the internship only after having completed the entire course work (all the theory and practical courses) planned for as part of the MSc. (DFSM) programme. This is a pre-requisite for the internship programme. The programme incharge will consider this strictly before you shall be placed for the internship.

So where do you begin? Here is a checklist for your consideration:

- 1) ***Consult the Programme In charge for Assignment of Centre:*** The first thing you do is complete all the practical courses before you start the internship. Now contact the programme study centre in charge. The programme in charge shall provide you a list of recognized hospital in the country where you may perhaps undertake the internship programme. A tentative list of internship centres is also attached at the end of the manual in Annexure II for your perusal. You can select other multi-speciality Government or Private Hospital for Internship (other than listed within) as discussed in point 2.
- 2) ***Identification of Internship Centre:*** Identify the centre where you wish to undertake the internship. It is strongly recommended that you select a multi-specialty recognized hospital in your city/region, which has a well established dietetic department for undertaking the internship. Check to ensure that there is a registered dietitian and/or a senior dietitian, with 5-10 years of experience, heading the unit. Place your request for placement with the incharge who would liaise with the dietetic department of the concerned hospital/institution where you plan to undertake the internship and arrange for the placement. Alternatively, you may make your own efforts in contacting the dietetic department/chief dietitian of the concerned centre and arrange for your placement. Do inform the programme in charge of such arrangements. In some centres (for instance at the Dietetic Department at AIIMS) you may have to sit for an entrance exam for consideration as intern for the internship programme. In such circumstances you may obtain the necessary information from the concerned hospital.
- 3) ***Consult with Chief Dietitian at the Recognized Centre:*** Once the centre for internship has been identified and assigned, the student should present herself/himself at the centre and in consultation with the dietitian shall decide on the appropriate schedule for the internship (for three months with 40 hours/week schedule).
- 4) ***Plan the three months schedule with the Chief Dietitian/Dietitian under whose guidance the internship is being undertaken:*** A detailed three months training schedule is included here in Section 1.4. Get a photocopy of this training schedule and submit the same with the head of the dietetic department. In accordance with this schedule and considering the aspects/points of interest to be addressed as part of the internship programme your internship supervisor will plan the three months training schedule for you. For the majority of the internship, the learning schedule will include Monday through Friday with occasional weekends. Hours may vary with rotation as the case may be.
- 5) ***Review and Study the functioning of the Dietetic Department:*** The student should review the functioning of the department with respect to administration, therapeutic services and research and training by getting hands down experience in these areas.
- 6) ***Record the Activities in the Internship Manual:*** The student should record the activities undertaken and their experience in this internship manual itself as per the format presented later in the manual.
- 7) ***Communicate regularly with your Internship Supervisor (Chief Dietitian/Dietitian):*** Carry out the tasks assigned, share your experiences, report on the activities undertaken, discuss the problem points, report the difficulties/problems encountered to the supervisor on a regular basis.
- 8) ***Submit the Internship Manual (Report) for Evaluation:*** Submission of the internship report (manual) including administrative information on the host organization and its dietary department,

different therapeutic/hospital diets prescribed and served, policies followed by the hospital, case studies observed and maintenance of a daily work sheet of the activities undertaken by you is required. At the end of the three months, the record of all the activities undertaken as part of the internship programme, duly authenticated by the chief dietitian/dietitian in charge (Refer to certificate copy included at Annexure 1 at the end of the manual) which you would have recorded in the internship manual, must be submitted at the following address for evaluation:

MSc. (DFSM) Internship Report  
Student Evaluation Division (SED)  
Indira Gandhi National Open University Maidan Garhi  
Maidan Garhi, New Delhi -110068

The internship supervisor may want you to record the activities (in the manual) on a weekly basis depending on the task allotted each week. As may be the case, a complete record should be systematically maintained and presented for evaluation. **Keep a photocopy of the report including the case study section for your reference.** Submit the original document (this manual) for evaluation at the above address.

- 9) **Evaluation by Supervisor:** Internship report and your conduct/performance during the internship period will be evaluated by the chief dietitian/dietitian in-charge (your internship supervisor). This internal assessment will carry 60% weightage. **Please ensure that the dietitian has marked you (out of 60 marks) and reported the marks on the file on the certificate page at Annexure-1.**
- 10) **External Evaluation:** The internship report submitted to the SED at IGNOU headquarters shall be evaluated in the order received. The internship report will be sent to an expert for evaluation. This evaluation will carry 40% weightage.

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## 1.4 THE INTERNSHIP TRAINING AND SCHEDULE: GUIDELINES

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The internship is 16-credit course. The internship programme shall be of three months (Total 480 credits; 40 hours per week) duration. The interns are expected to have considerable theoretical knowledge and competencies related to the following aspects before they commence their internship programme:

Theoretical Knowledge related to :

- Nutrition Screening and Assessment
- Dietary guidelines and practices
- Planning Nutrition care and intervention
- Implementing care plans
- Evaluating nutrition care
- Counseling
- Food Service Management

The internship is usually split up as follows:

- A. **Food Service :**
  - Administration  
(Kitchen functioning, Stores, Accounting Practices, Purchasing, Food Preparation, Distribution, Service, Safety and Sanitation, Facility layout and Management)

**B. Clinical Posting :**

Renal Unit  
Endocrinology  
Cardiovascular  
Surgical + Post Operative Unit  
Paediatrics  
Gastrointestinal Unit  
Private ward  
Outpatients ward (OPD) etc.

**C. Nutrition and Diet Counseling:**

Exposure to OPD diet clinic  
Prescribing therapeutic diets to OPD patients  
Prescribing therapeutic diets to discharged warded patients  
under the supervision of dietitian

**D. Research and Training :**

Case study work  
Presentation of case study(s)  
Assignment

The details related to the three month training schedule is elaborated herewith



## **THREE MONTHS TRAINING SCHEDULE**

### **WEEK 1 : FOOD SERVICE ADMINISTRATION**

The activities would include:

- Orientation regarding functioning, systems and activities of the dietetic department.
- Kitchen functioning, Facility Layout and Management (including kitchen and equipment layout).
- Issue of daily ration, Store room management, Purchasing and Food procurement methods, Receiving and Accounting Practices.
- Studying the dietetic department organizational and administrative set up (in terms of organizational chart, job description, work schedule, wage structure, allowances and benefits of the different employees etc.).
- Studying the work centers (receiving area, weight checking area, storage area, pre-preparation and production area, service area etc.), their functions and their inter-relationships.
- Review of the Sanitation, Hygiene and Waste management policy of the center.

### **WEEK 2**

The activities would include:

- Studying the budgeting and food costing of the dietetic department.
- Menu Planning: Studying the diet scale (i.e. the amount of food to be allotted per person/day for normal diet as per hospital policy), the cycle menus planned for general/private wards, therapeutic diets and feeds.
- Food Production (Review of General/Private ward cooking area, Therapeutic diet area, Special Feed Preparation Area etc.).
- Standardization of portion sizes (studying the process) of the items served to patients.
- Filling of proforma - master diet charts, expense books, instruction sheets, diet slips, feed slips for therapeutic diets, intending diet in diet sheets etc. Check diet prescriptions and diet sheets for proper indents.
- Practicing calculation of mock master charts and expense books.
- Preparation of therapeutic diets and feeds for the critically ill.
- Checking Trolley Loading.
- Checking Food Service and Distribution (with reference to timings, schedule and mode of food service and distribution) in both general and private wards.
- Exposure to OPD Diet Clinics (Observing the dietitian imparting nutrition/diet counseling).
- Exposure to nutrition/diet counseling print material (diet sheets, diet charts, other promotional and general awareness material specific to disease conditions etc.) available in the department.

### **3<sup>rd</sup> 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> WEEKS**

The activities would include:

- Master ward round with chief dietitian.
- Ward round with dietitians initially to interact with patients, study case sheets, collect information on disease condition and treatment/diet prescription, and interpreting doctors dietary prescription.

- Clinical posting in different general wards (i.e. medicine, renal, gastrointestinal, pediatric, endocrinology, surgical and post operative, cancer ward etc.).
- Diet planning for indoor patients based on doctors prescription and on the basis of nutrition principles and patients ability to eat food under the supervision of the dietitian initially and then independently.
- Prescribing therapeutic diets to discharged indoor patients under the supervision of dietitians.
- Independent posting in the wards or in the unit of need to interact with patients, study case sheets, collect information on disease treatment and diet prescription, and interpreting doctors dietary prescription.
- Posting in private ward to interact with patients.
- Prescribing therapeutic diets to OPD patients.
- Nutrition and diet counseling at OPD clinics (specific to diabetes, overweight, renal diseases, cardiovascular diseases, peptic ulcer/ulcerative colitis, gall stones, protein energy malnutrition etc.) initially with the dietitian and subsequently independently.

#### **7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> WEEK**

- Independent ward rounds (as instructed by the dietitians).
- Nutrition and diet counseling at OPD clinics (specific to diabetes, overweight, renal diseases, cardiovascular diseases, peptic ulcer/ulcerative colitis, gall stones, protein energy malnutrition etc.) independently.
- Case Study work (identification, review of cases in the renal, gastrointestinal, cardiology, endocrinology, cancer, surgery/post-operative ward, on nutritional support i.e. enteral/parenteral feeding etc.).
- Selection of five cases (one each from renal, endocrinology, cardiology, surgery/post-operative, liver disorders, tube feeding etc.) for detail review.
- Review of the cases in terms of patient profile, present problem, physical examination report, treatment prescribed (both drug and diet), blood parameters related to the disease conditions before and after the treatment, dietary management and dietary counseling provided during the patients stay in the hospital and patient prognosis.
- Preparation of Case Study Reports.
- Any other assignment given by the dietitians.

#### **WEEK 12**

The activities would include:

- Independent ward rounds.
- Nutrition and diet counseling at OPD clinics (specific to diabetes, overweight, renal diseases, cardiovascular diseases, peptic ulcer/ulcerative colitis, gall stones, protein energy malnutrition etc.) initially with the dietitian and subsequently independently.
- Prescribing therapeutic diets to OPD patients/discharged warded patients independently.
- Presentation of Case Studies at the departmental seminar organized by the chief dietitian.
- Presentation of the recent research of interest.
- Evaluation of the Internship programme by self, peer and by the dietitian in charge - Open House Session.

We hope the *three month* schedule planned for you, as part of the internship, will provide up-to-date information of the latest developments in food service management, medical nutrition therapy, and dietetics research and education. Certainly, interns will gain practical dietetics knowledge and application skills through interaction with clinical preceptors in a variety of settings.

When you present yourself for the internship at the selected center, the dietitian in charge for your internship will plan the training schedule as per the guidelines presented herewith. Diligently carry out the activities and the duties prescribed and record your work, experience in the form of a report in the format presented in Section 2 next.



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## SECTION 2 INTERNSHIP REPORT

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### Structure

- 2.1 Introduction
- 2.2 Report Guidelines

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### 2.1 INTRODUCTION

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This part of the manual is the report of the work, activities undertaken by you as part of the internship programme scheduled for six weeks in an approved government and/or private hospital or institute or organization concerned with patient care and imparting dietetic counseling.

#### Objectives

The objective of this exercise is to help you:

- record the functioning of the dietetic department
- demonstrate your knowledge, skill and competencies for entry-level practice in all specialization areas of the dietetics profession.

The report you prepare should be so designed and presented that it showcases your knowledge, skills acquired and competencies achieved for practice in dietetic profession. The internship report will highlight your experience and skills developed while studying the different aspects of dietetic practice under the following heads:

- A. Internship Details
- B. Organization and Administrative Set Up of the Institution where the Internship was undertaken
- C. Dietetic Department Profile and Organization
  - Organizational Set-Up
  - Job Description of Employees
  - Work Schedule of Employees in the Dietetic Department
  - Wage Structure, Facilities and Benefits to the Employees of the Dietetic Department
- D. Facility Layout and Management
  - Kitchen Layout
  - Physical Facilities of the Main Kitchen and the Pantries
  - Physical Facilities of the Main Kitchen: A Critical Review
- E. Functioning of the Food Service Unit
  - Menu Planning
  - Food Procurement, Issue and Storage Policy and Methods
  - Food Production
  - Food Service and Delivery
- F. Clinical Postings and Nutritional Care of Patients
- G. Dietary and Nutrition Counseling

Your experience, observations during the three months of internship are to be recorded here in this handbook, which will serve as an internship report. As and when you complete a particular posting within the internship period, record your observations immediately in the format presented herewith. After completing the internship, submit the report to IGNOU headquarters for evaluation as specified earlier in Section 1.3.

**A. INTERNSHIP DETAILS**

(Under this section, report where the internship was undertaken, the duration of the internship giving actual dates, supervisor (dietitian in charge) under whom the internship was undertaken, the objectives of internship and the posting schedule for the internship.)

*Name of the Institute where the internship was undertaken:*

*Dietitian In charge under whose Supervision Internship Undertaken (Name, Designation and Contact Number:*

*Duration and Date of Internship:*

*Posting Schedule of the Intern:*

(Give a brief sketch of the activities undertaken per week with respect to the different dietetic training components in the format given herewith). You may attach extra sheet if so required.

| Week | Posting | Activities Scheduled and Undertaken |
|------|---------|-------------------------------------|
|      |         |                                     |

**B. ORGANIZATION AND ADMINISTRATIVE SET UP OF THE INSTITUTION WHERE THE INTERNSHIP WAS UNDERTAKEN**

[Present the profile of the institution and its' dietetic/food service unit in terms of its establishment, administration, functions, capacity (i.e. how many beds) organizational set-up in the space provided herewith].

**C. DIETETIC DEPARTMENT PROFILE AND ORGANIZATION**

(Present the organizational set-up of the dietetic department highlighting the employees, their work relationships, job description, work schedule, wage structure and benefits provided as part of the job to the employees in the space provided herewith.)

***Organizational Set-up***

(Present in the form of a flow chart as you may recall studying in the MFNL-007 course. Also refer to Unit 15, sub-section 15.3.5 in MFN-007 for details related to organization chart and accordingly present the chart of the department here in the space provided.)

*Job Description of Employees*

[Present the details and the responsibilities of personnel at different positions (presented in the organizational chart above) here in the space provided].



***Work Schedule of Employees in the Dietetic Department***

(For each category of the employee in the dietetic department present the work days/hours/timing of work in the space provided herewith. You may like to refer to sub-section 14.2.4 in Unit 14, MFN-007 Course for reference.)



***Wage Structure, Facilities and Benefits to the Employees of the Dietetic Department***

[Give the pay structure, facilities (office space etc.), financial and other benefits (such as housing allowance, washing allowance, academic allowance, telephone bill reimbursement etc.) provision of leaves and list of holidays granted to the different categories of employees in the space provided herewith. You may attach extra sheets if so required.]



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## D. FACILITY LAYOUT AND MANAGEMENT

(Under this section illustrate the kitchen layout highlighting the various work centers, physical facilities of the main kitchen, their functions and inter-relationships and critically review the set-up in the context of ensuring smooth flow of work. Present the details in the format given herewith.)

### Kitchen Layout

(Present a *schematic representation/detailed layout of the kitchen* in the space provided herewith. You may refer to Unit 3, sub-section 3.4.4. to get an idea on how to prepare the schedule layout.)



*Physical Facilities of the Main Kitchen and the Pantries*

(Present a detail account of the kitchen area in terms of its premise, ventilation, water/gas connections, sanitation, hygiene, and waste disposal policy, uninterrupted power supply, if applicable. Also attach the list of equipment used in the kitchen/pantry.)



### *Physical Facilities of the Main Kitchen: A Critical Review*

(Critically review the facilities available and record your observations and recommendations related to your work experience in the kitchen in the format given herewith.)

*Placement of Work Centers: Observations and Recommendations*

*Availability of Equipment: Observations and Recommendations. You may record the equipment on an extra sheet, if so required.*

*Sanitation, Hygiene and Waste Disposal: Observations and Recommendations*

## E. FUNCTIONING OF THE FOOD SERVICE UNIT

(In the context of the different functions performed by a food service unit, namely menu planning, procurement, receiving, storage, production, issuing, service and food costing, present a detail account of the functions performed by the unit where you undertook the internship in the format given herewith.)

### a) Menu Planning

[Present the menu pattern, diet scale (i.e. food allocated per person per day for normal diet) and the cycle menu prepared for the general/private ward. Also record the modified therapeutic diets (i.e. diabetic diet (1500, 1800), semisolid diet, high/low protein diet, salt restricted diet etc.) special feeds prepared (renal feed, high protein feed etc.) in the dietetic center in the format given herewith.]

#### Diet Scale of the Department

| Name of the Food Item(s) | Amount in Grams |              |
|--------------------------|-----------------|--------------|
|                          | General ward    | Private ward |
|                          |                 |              |

#### Food Items/Menus served in General Ward

| Breakfast | Mid-Morning | Lunch | Tea | Dinner |
|-----------|-------------|-------|-----|--------|
|           |             |       |     |        |

*Food Items/Menus served in General Ward*

| <b>Breakfast</b> | <b>Mid-Morning</b> | <b>Lunch</b> | <b>Tea</b> | <b>Dinner</b> |
|------------------|--------------------|--------------|------------|---------------|
|                  |                    |              |            |               |

*Use of Cycle Menu (General and Private Ward). Present the cycle menu followed in the hospital in a separate sheet and attach here.*

*Modified Therapeutic Diets. Prepare a list and attach here.*

*Special Feeds Prepared (give the composition, attach extra sheet if required)*

***b) Food Procurement, Issue and Storage Policy and Methods***

(An important function of the dietetic department is procurement, which includes purchasing and receiving of food items. Record the purchasing process, methods and schedule of purchasing the different food items, the food receiving process and schedule, the storing process (for dry, cold storage) and the records maintained and the issuing system followed in the dietetic department.)

*Employee(s) In charge of Purchasing:*

*Purchasing Method and Schedule for the Different Food Items*

(Highlight how the purchase order is prepared giving the specifications of food items required, the schedule of purchase, the delivery timing, the method employed for purchase i.e. bid contract, wholesale buying etc.)



### *Receiving Function*

(Highlight who is responsible for this function, how it is done based on the invoice etc.)

### *Storage*

(Highlight who is in charge of the store room, the storage condition available for dry and cold storage of food items, the equipment available for storage, records maintained in the store room, the issue system followed in the store room etc. You may like to attach pictures of the store room at the end of the report to present a complete picture.)

### *Issuing*

(Highlight who is responsible for issue of food items, how the food items are issued on day to day basis etc.)  
Attach extra sheet, if required.

***Food Procurement, Storage and Issue: Observations and Recommendations***

(Present a critical review on the food procurement, storage and issue function of the dietetic department reported above presenting your observations and recommendations for further improvement.)



**c) Food Production**

(Food production is the most important function of the food service unit. Highlight the different production areas in the dietetic department in the format given herewith.)

*General Ward Cooking Area*

[Highlight the different work stations for preparing the different food items, the timing of cooking, the special methods (i.e. assembly line process) employed etc.]

*Private Ward Cooking Area*

*Therapeutic Diet Area* [highlight the facilities available, process involved (i.e. based on checking the diet prescription, diet slips/feed slips) for preparing the therapeutic diets etc.]

*Special Feed Preparation Area*

[Highlight the facilities available, process involved (i.e. based on checking diet prescription, diet slips/feed slips) for preparing the special feeds]

**RECORDS MAINTAINED IN THE DEPARTMENT**

(Related to food procurement, issue, storage, production, expense books, master diet charts etc.). Attach specimen of records maintained.

## **FOOD COST REVIEW**

(Record how food costing i.e. costing of meals is done at the unit giving the meal charges for general, private wards and who is responsible for food costing.)

### ***Food Production: Observations and Recommendations***

(Present a critical review on the food production function of the dietetic department reported above presenting your observations and recommendations for further improvement.)

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***d) Food Service and Delivery***

[Report on the methods (centralized, decentralized), type (bulk, tray, plate service etc.) and timing of service and delivery of food in the dietetic department as per the format given herewith.]

*Methods of Food Service/Delivery:*

*Type of Food Service for General and Private Wards*



***Food Service and Distribution: Observations and Recommendations***

(Present a critical review on the food service and distribution function of the dietetic department as reported above presenting your observations and recommendations for further improvement.)

## F. CLINICAL POSTINGS AND NUTRITIONAL CARE OF PATIENTS

(Medical nutrition therapy is an important and the most crucial part of patient care in any hospital. Record your experiences during the various ward posting describing the nature of work and activities undertaken, the disease conditions studied, nature of diets prescribed for the disease conditions, diet counseling etc. in the format given herewith.)

**Ward Posting Details** (Present the posting details, including the duration in tabular form here in the space provided) and **Major Disease Conditions Observed and Medical Nutrition Therapy Recommended during Ward Posting** (Record in the format given herewith).

| S.No. | Ward Posting | Major Disease Conditions Observed | Recommended Diets |
|-------|--------------|-----------------------------------|-------------------|
|       |              |                                   |                   |

**Activities in which the Intern was Involved** (i.e. record the nature of experience gained during ward rounds, diet planning and diet counseling of patients during the clinical posting.)

**Ward Rounds** (Report your activity, experience related to interaction with patients, studying case sheets, collecting information on disease condition and treatment diet prescription, and interpreting doctors dietary prescription.)

**Diet Planning** (Record your exposure to planning modified diets for different disease conditions based on therapeutic nutrition and dietary guidelines while posted in different wards.)

***Diet Counseling of Indoor Patients*** (Record the counseling provided for which disease condition and the diets prescribed to warded patients here in the space provided.)



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## **G. NUTRITION AND DIET COUNSELING**

(Present your experience and exposure related to the following activities)

***Review of Nutrition Education Print Material*** (Prepare a list of the diet charts, diet sheets and other educational material available in the department for use with patients. You may attach a copy of these charts etc. here in this report.)

*List of Educational Material Available*



***Review of the Acceptability and Usability of these Materials*** (Present a critical appraisal)

***Nutrition and Diet Counseling at OPD Clinics***

(Record the counseling sessions attended (i.e. specific to diabetes, overweight, renal diseases, cardiovascular diseases, peptic ulcer/ulcerative colitis, gall stones, protein energy malnutrition etc.) in the OPD under the supervision of the dietitian and also independently in the format given herewith. You may attach extra sheet, if required.)

| <b>Date/Time</b> | <b>OPD Posting</b> | <b>Counseling Details</b> |
|------------------|--------------------|---------------------------|
|                  |                    |                           |

**Dietary Counseling: Experience Gained and Recommendations**

(Record your experience and state how this activity helped to develop your skills and competencies in communication and practice as nutrition counselor. Suggest the shortcoming, if encountered and recommendations for further improvement.)

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## SECTION 3 CASE STUDIES

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During the course of the internship, you would have reviewed many patients with specific disease conditions and learnt about their nutritional management. To help you acquire an in-depth understanding of medical nutrition therapy and patient care related to specific disorders, as part of the internship you are also expected to undertake *five case observations*. The cases may relate to a particular disorder (say diabetes, renal, liver, gastrointestinal (i.e. peptic ulcer, ulcerative colitis, gluten-sensitive enteropathy etc.), cardiac disorder or a surgery/post operative case) or a combination of disorders (say diabetes with hypertension, chronic renal failure with hypertension etc.).

Identify any *five cases* admitted in the hospital and undertake an in-depth study/review of the patient profile, medical history, present problem, clinical and biochemical parameters, treatment and dietary management of the disease condition and finally the prognosis. Please ensure that you take only one case for a particular disease condition. Perhaps it may be useful to take one case each for diabetes, renal disorders, cardiovascular disorder, liver diseases and one from perhaps gastrointestinal problem or any other disorder. Present your report of the case study in the format presented herewith.

The five case studies may relate to disorders as specified herewith:

- Case Study I** : Diabetes Mellitus (non-insulin dependent, insulin dependent or in combination with other disorder)
- Case Study II** : Renal Disorder
- Case Study III** : Liver Disorder
- Case Study IV** : Gastrointestinal Disorder
- Case Study V** : Cardiovascular Disorder, Surgery/Post Operative Case etc.

We hope the case study observations would give you a deep insight and practice in medical nutrition management of disease conditions. As part of the internship programme you are expected to present the case studies in a departmental seminar. As per the schedule prepared by the chief dietitian present the case studies and record your performance here in this manual in the format given.

## Case Study I: Diabetes Mellitus

Case Problem (indicate the disease condition):

### PATIENT PROFILE

(Indicate the background and other features related to the patient in the format presented herewith.)

Patient Name:

Age:

Sex:

Weight (kg):

Height (cm):

BMI (kg/m<sup>2</sup>):

Food habits:

Occupation:

Educational Qualification:

Life Style:

Date of Admission:

Duration of Stay:

Duration of Disease:

Medical Diagnosis:

Past History:

## **MEDICAL HISTORY OF THE CASE**

(You may obtain this information from the case records and/or from personal interview with the patient and present the medical history in the space provided herewith.)

### **PRESENT PROBLEM**

(Review and record the reason why the case was admitted for treatment at the hospital.)

### **PHYSICAL PARAMETERS EXAMINATION**

(Record the physical parameters such as pulse rate, blood pressure, body temperature etc. whatever applicable to the case which may be relevant to patient care.)

## BIOCHEMICAL PARAMETERS

(Record the various biochemical parameters specific to the disease conditions (such as blood sugar, Hb, urea, creatinine, sodium, potassium, SGOT, SGPT, total protein, total cholesterol, alkaline phosphatase etc.), as applicable giving the values of the parameters analyzed (at the time of admission, at the time of treatment, at the time of discharge) and the normal values. Record the findings in a tabulated form as indicated herewith.)

| Parameters Analyzed | At the Time of Admission | At the Time of Discharge | Normal Values During the Treatment |
|---------------------|--------------------------|--------------------------|------------------------------------|
|                     |                          |                          |                                    |

## MANAGEMENT AND TREATMENT DETAILS

(Observe and Record the treatment strategy with respect to drug and diet therapy)

**Drug Therapy** (Give the name of the drugs/injections etc. given/prescribed):

**Blood Glucose Monitoring** (Record in tabular form-and follow-up the patients blood glucose levels, if analyzed before breakfast, before lunch and/or before dinner during the period of hospitalization.)

***Dietary Management of the Disease Condition***

(Give the goals/objectives of dietary management including the modified RDA for the patient. Explain the bases for modifying the RDA. Also give the diet prescribed along with the days menu)

***Objectives of Dietary Management***

*Modified RDA for the Patient*



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*Prescribed Diet*

### Diet Plan Calculation

(Based on the diet prescribed record the diet consumed by the patient for a minimum of three days. Using 24 hour recall method report the one day intake of the patient and calculate the nutritive content of the diet in the format given herewith. **Attach extra sheet for Day 2 and 3 days diet plan.**)

#### DAY 1 (For Day 2 and Day 3 attach extra sheet)

| Meal | Menu | Ingredients | Amt<br>(g) | Energy<br>(Kcal) | Protein<br>(g) | Other Nutrients |  |  |
|------|------|-------------|------------|------------------|----------------|-----------------|--|--|
|      |      |             |            |                  |                |                 |  |  |
|      |      |             |            |                  |                |                 |  |  |

### ***Nutrition/Diet Counseling***

(Present a detail account of the counseling given to the patient at the time of hospitalization and at discharge here in the space provided. Also highlight the do's and the don'ts, the foods preferred and the foods to restrict and other counseling tips you may have given to the patient.) Attach Extra Sheet.

### ***Case Prognosis***

[Comment on the probable course and outcome (with respect to patient's condition) after the disease treatment in the hospital. Present a comparison of the nutritive content of the diet prescribed and diet consumed by the patient in the format given herewith].

| <b>Nutrients</b> | <b>Modified RDA</b> | <b>Actual Intake</b> | <b>± Difference in Intake</b> | <b>Suggestion to Improve Intake</b> |
|------------------|---------------------|----------------------|-------------------------------|-------------------------------------|
|                  |                     |                      |                               |                                     |

### ***Case Study Outcome***

(Briefly highlight how the case study helped in your understanding of the dietary management of the disease condition under study.)

## Case Study II: Renal Disorder

Case Problem (indicate the disease condition under study):

### PATIENT PROFILE

(Indicate the background and other features related to the patient in the format presented herewith.)

Patient Name:

Age:

Sex:

Weight (kg):

Height (cm):

BMI (kg/m<sup>2</sup>):

Food habits:

Occupation:

Educational Qualification:

Life Style:

Date of Admission:

Duration of Stay:

Duration of Disease:

Medical Diagnosis:

Past History:

## **MEDICAL HISTORY OF THE CASE**

(You may obtain this information from the case records and/or from personal interview with the patient and present the medical history in the space provided herewith.)

### **PRESENT PROBLEM**

(Review and record the reason why the case was admitted for treatment at the hospital.)

### **PHYSICAL PARAMETERS EXAMINATION**

(Record the physical parameters such as pulse rate, blood pressure, body temperature etc. whatever applicable to the case which may be relevant to patient care.)

## BIOCHEMICAL PARAMETERS

(Record the various biochemical parameters specific to the disease conditions (such as Hb, urea, uric acid, creatinine, sodium, potassium, SGOT, SGPT, total protein, total cholesterol, alkaline phosphatase etc.), as applicable giving the values of the parameters analyzed (at the time of admission, at the time of treatment, at the time of discharge) and the normal values. Record the findings in a tabulated form as indicated herewith.)

| <b>Parameters Analyzed</b> | <b>At the Time of Admission</b> | <b>At the Time of Discharge</b> | <b>Normal Values During the Treatment</b> |
|----------------------------|---------------------------------|---------------------------------|---|
|                            |                                 |                                 |   |

## MANAGEMENT AND TREATMENT DETAILS

(Observe and Record the treatment strategy with respect to drug and diet therapy)

### *Drug Therapy*

[Give the name of the drugs/injections and any other therapy (haemodialysis etc.) given/prescribed]:

***Dietary Management of the Disease Condition***

(Give the goals/objectives of dietary management including the modified RDA for the patient. Give the bases for modification. Give the diet prescribed along with the day's menu).

***Objectives of Dietary Management***

*Modified RDA for the Patient*



*Prescribed Diet*

### Diet Plan Calculation

(Based on the diet prescribed, study the diet consumed by the patient for minimum 3 days. Using 24 hour recall method report the one day intake of the patient and calculate the nutritive content of the diet in the format given herewith. **Attach extra sheet for Day 2 and Day 3 diet plan.**)

#### DAY 1 (Attach extra sheet for Day 2 and 3)

| Meal | Menu | Ingredients | Amt<br>(g) | Energy<br>(Kcal) | Protein<br>(g) | Other Nutrients |  |  |
|------|------|-------------|------------|------------------|----------------|-----------------|--|--|
|      |      |             |            |                  |                |                 |  |  |
|      |      |             |            |                  |                |                 |  |  |

***Nutrition/Diet Counseling***

(Present a detail account of the counseling given to the patient at the time of hospitalization and at discharge here in the space provided. Also highlight the do's and the don'ts, the foods preferred and the foods to restrict and other counseling tips you may have given to the patient.)

***Case Prognosis***

[Comment on the probable course and outcome (with respect to patient's condition) after the disease treatment in the hospital. Present a comparison of the nutritive content of the diet prescribed and consumed].

| <b>Nutrients</b> | <b>Modified RDA</b> | <b>Actual Intake</b> | <b>± % Difference in Intake</b> | <b>Suggestion to Improve Intake</b> |
|------------------|---------------------|----------------------|---------------------------------|-------------------------------------|
|                  |                     |                      |                                 |                                     |

***Case Study Outcome***

(Briefly highlight how the case study helped in your understanding of the dietary management of the disease condition.)

## Case Study III: Liver Disorder

Case Problem (indicate the disease condition under study):

### PATIENT PROFILE

(Indicate the background and other features related to the patient in the format presented herewith.)

Patient Name:

Age:

Sex:

Weight (kg):

Height (cm):

BMI (kg/m<sup>2</sup>):

Food habits:

Occupation:

Educational Qualification:

Life Style:

Date of Admission:

Duration of Stay:

Duration of Disease:

Medical Diagnosis:

Past History:

## **MEDICAL HISTORY OF THE CASE**

(You may obtain this information from the case records and/or from personal interview with the patient and present the medical history in the space provided herewith.)

### **PRESENT PROBLEM**

(Review and record the reason why the case was admitted for treatment at the hospital.)

### **PHYSICAL PARAMETERS EXAMINATION**

(Record the physical parameters such as pulse rate, blood pressure, body temperature etc. whatever applicable to the case which may be relevant to patient care.)

### BIOCHEMICAL PARAMETERS

(Record the various biochemical parameters specific to the disease conditions (such as Hb, urea, uric acid, creatinine, sodium, potassium, SGOT, SGPT, total protein, total cholesterol, alkaline phosphatase etc.), as applicable giving the values of the parameters analyzed (at the time of admission, at the time of treatment, at the time of discharge) and the normal values. Record the findings in a tabulated form as indicated herewith.)

| <b>Parameters Analyzed</b> | <b>At the Time of Admission</b> | <b>At the Time of Discharge</b> | <b>Normal Values During the Treatment</b> |
|----------------------------|---------------------------------|---------------------------------|---|
|                            |                                 |                                 |   |

### MANAGEMENT AND TREATMENT DETAILS

(Observe and Record the treatment strategy with respect to drug and diet therapy)

**Drug Therapy** (Give the name of the drugs/injections and any other therapy (haemodialysis etc.) given/prescribed):

### ***Dietary Management of the Disease Condition***

(Give the goals/objectives of dietary management including the modified RDA for the patient. Give the bases for modification of the requirements. Give the diet prescribed along with the day's menu).

#### ***Objectives of Dietary Management***

*Modified RDA for the Patient*

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*Prescribed Diet*

**Diet Plan Calculation**

(Based on the diet prescribed, study the diet consumed by the patient for a minimum period 3 day. Using 24 hour recall method report the one day intake of the patient and calculate the nutritive content of the diet in the format given herewith. **Attach extra sheet for Day 2 and Day 3 diet plan.**)

**DAY 1**

| Meal | Menu | Ingredients | Amt (g) | Energy (Kcal) | Protein (g) | Other Nutrients |  |  |
|------|------|-------------|---------|---------------|-------------|-----------------|--|--|
|      |      |             |         |               |             |                 |  |  |
|      |      |             |         |               |             |                 |  |  |

### ***Nutrition Diet Counseling***

(Present a detail account of the counseling given to the patient at the time of hospitalization and at discharge here in the space provided. Also highlight the do's and the don'ts, the foods preferred and the foods to restrict and other counseling tips you may have given to the patient.)

### ***Case Prognosis***

(Comment on the probable course and outcome (with respect to patient's condition) after the disease treatment in the hospital. Present a comparison of the nutritive content of the diet prescribed and consumed.)

| <b>Nutrients</b> | <b>Modified RDA</b> | <b>Actual Intake</b> | <b>± % Difference in Intake</b> | <b>Suggestion to Improve Intake</b> |
|------------------|---------------------|----------------------|---------------------------------|-------------------------------------|
|                  |                     |                      |                                 |                                     |

### ***Case Study Outcome***

(Briefly highlight how the case study helped in your understanding of the dietary management of the disease condition.)

## Case Study IV: Gastrointestinal Problem

**Case Problem** (indicate the disease condition under study):

### PATIENT PROFILE

(Indicate the background and other features related to the patient in the format presented herewith.)

Patient Name:

Age:

Sex:

Weight (kg):

Height (cm):

BMI (kg/m<sup>2</sup>):

Food habits:

Occupation:

Educational Qualification:

Life Style:

Date of Admission:

Duration of Stay:

Duration of Disease:

Medical Diagnosis:

Past History:

## **MEDICAL HISTORY OF THE CASE**

(You may obtain this information from the case records and/or from personal interview with the patient and present the medical history in the space provided herewith.)



The logo of Indira Gandhi National Open University (IGNOU) is located on the left side of the page. It features a stylized 'G' inside a circle, with a vertical line to its right. The text 'ignou' is written in a large, lowercase, sans-serif font to the right of the logo. Below 'ignou', the words 'THE PEOPLE'S UNIVERSITY' are written in a smaller, uppercase, sans-serif font.

### **PRESENT PROBLEM**

(Review and record the reason why the case was admitted for treatment at the hospital.)

### **PHYSICAL PARAMETERS EXAMINATION**

(Record the physical parameters such as pulse rate, blood pressure, body temperature etc. whatever applicable to the case which may be relevant to patient care.)

### BIOCHEMICAL PARAMETERS

(Record the various biochemical parameters specific to the disease conditions (such as Hb, urea, uric acid, creatinine, sodium, potassium, SGOT, SGPT, total protein, total cholesterol, alkaline phosphatase etc.), as applicable giving the values of the parameters analyzed (at the time of admission, at the time of treatment, at the time of discharge) and the normal values. Record the findings in a tabulated form as indicated herewith.)

| <b>Parameters Analyzed</b> | <b>At the Time of Admission</b> | <b>At the Time of Discharge</b> | <b>Normal Values During the Treatment</b> |
|----------------------------|---------------------------------|---------------------------------|---|
|                            |                                 |                                 |   |

### MANAGEMENT AND TREATMENT DETAILS

(Observe and Record the treatment strategy with respect to drug and diet therapy.)

**Drug Therapy** (Give the name of the drugs/injections and any other therapy given/prescribed):

***Dietary Management of the Disease Condition***

(Give the goals/objectives of dietary management including the modified RDA for the patient. Give the bases for modifying the RDA. Give the diet prescribed along with the day's menu).

***Objectives of Dietary Management***

*Modified RDA for the Patient*



*Prescribed Diet*

### Diet Plan Calculation

(Based on the diet prescribed, record study the diet consumed by the patient for a minimum 3 days period. Using 24 hour recall method report the one day intake of the patient and calculate the nutritive content of the diet in the format given herewith. **Attach extra sheet for Day 2 and Day 3 diet plan.**)

#### DAY 1

| Meal | Menu | Ingredients | Amt<br>(g) | Energy<br>(Kcal) | Protein<br>(g) | Other Nutrients |  |  |
|------|------|-------------|------------|------------------|----------------|-----------------|--|--|
|      |      |             |            |                  |                |                 |  |  |
|      |      |             |            |                  |                |                 |  |  |

***Nutrition/Diet Counseling***

(Present a detail account of the counseling given to the patient at the time of hospitalization and at discharge here in the space provided. Also highlight the do's and the don'ts, the foods preferred and the foods to restrict and other counseling tips you may have given to the patient.)

***Case Prognosis***

(Comment on the probable course and outcome (with respect to patient's condition) after the disease treatment in the hospital. Present a comparison of the nutritive content of the diet prescribed and consumed.)

| <b>Nutrients</b> | <b>Modified RDA</b> | <b>Actual Intake</b> | <b>± % Difference in Intake</b> | <b>Suggestion to Improve Intake</b> |
|------------------|---------------------|----------------------|---------------------------------|-------------------------------------|
|                  |                     |                      |                                 |                                     |

***Case Study Outcome***

(Briefly highlight how the case study helped in your understanding of the dietary management of the disease condition.)

## Case Study V: Cardiovascular Disorder, Surgery/Post Operative Case

Case Problem (indicate the disease condition under study):

### PATIENT PROFILE

(Indicate the background and other features related to the patient in the format presented herewith.)

Patient Name:

Age:

Sex:

Weight (kg):

Height (cm):

BMI (kg/m<sup>2</sup>):

Food habits:

Occupation:

Educational Qualification:

Life Style:

Date of Admission:

Duration of Stay:

Duration of Disease:

Medical Diagnosis:

Past History:

## **MEDICAL HISTORY OF THE CASE**

(You may obtain this information from the case records and/or from personal interview with the patient and present the medical history in the space provided herewith.)

## **PRESENT PROBLEM**

(Review and record the reason why the case was admitted for treatment at the hospital.)

## **PHYSICAL PARAMETERS EXAMINATION**

(Record the physical parameters such as pulse rate, blood pressure, body temperature etc. whatever applicable to the case which may be relevant to patient care.)

### BIOCHEMICAL PARAMETERS

(Record the various biochemical parameters specific to the disease conditions (such as Hb, urea, uric acid, creatinine, sodium, potassium, SGOT, SGPT, total protein, total cholesterol, alkaline phosphatase etc.), as applicable giving the values of the parameters analyzed (at the time of admission, at the time of treatment, at the time of discharge) and the normal values. Record the findings in a tabulated form as indicated herewith.)

| <b>Parameters Analyzed</b> | <b>At the Time of Admission</b> | <b>At the Time of Discharge</b> | <b>Normal Values During the Treatment</b> |
|----------------------------|---------------------------------|---------------------------------|---|
|                            |                                 |                                 |   |

### MANAGEMENT AND TREATMENT DETAILS

(Observe and Record the treatment strategy with respect to drug and diet therapy.)

**Drug Therapy** (Give the name of the drugs/injections and any other therapy given/prescribed):

***Dietary Management of the Disease Condition***

(Give the goals/objectives of dietary management including the modified RDA for the patient. Give the bases for dietary modification. Give the diet prescribed along with the day's menu).

***Objectives of Dietary Management***

*Modified RDA for the Patient*



*Prescribed Diet*

### Diet Plan Calculation

(Based on the diet prescribed, record study the diet consumed by the patient for a minimum of 3 days. Using 24 hour recall method report the one day intake of the patient and calculate the nutritive content of the diet in the format given herewith. **Attach extra sheet for Day 2 and 3 diet plan.**)

#### DAY 1

| Meal | Menu | Ingredients | Amt<br>(g) | Energy<br>(Kcal) | Protein<br>(g) | Other Nutrients |  |  |
|------|------|-------------|------------|------------------|----------------|-----------------|--|--|
|      |      |             |            |                  |                |                 |  |  |
|      |      |             |            |                  |                |                 |  |  |

***Nutrition/Diet Counseling***

(Present a detail account of the counseling given to the patient at the time of hospitalization and at discharge here in the space provided. Also highlight the do's and the don'ts, the foods preferred and the foods to restrict and other counseling tips you may have given to the patient.)

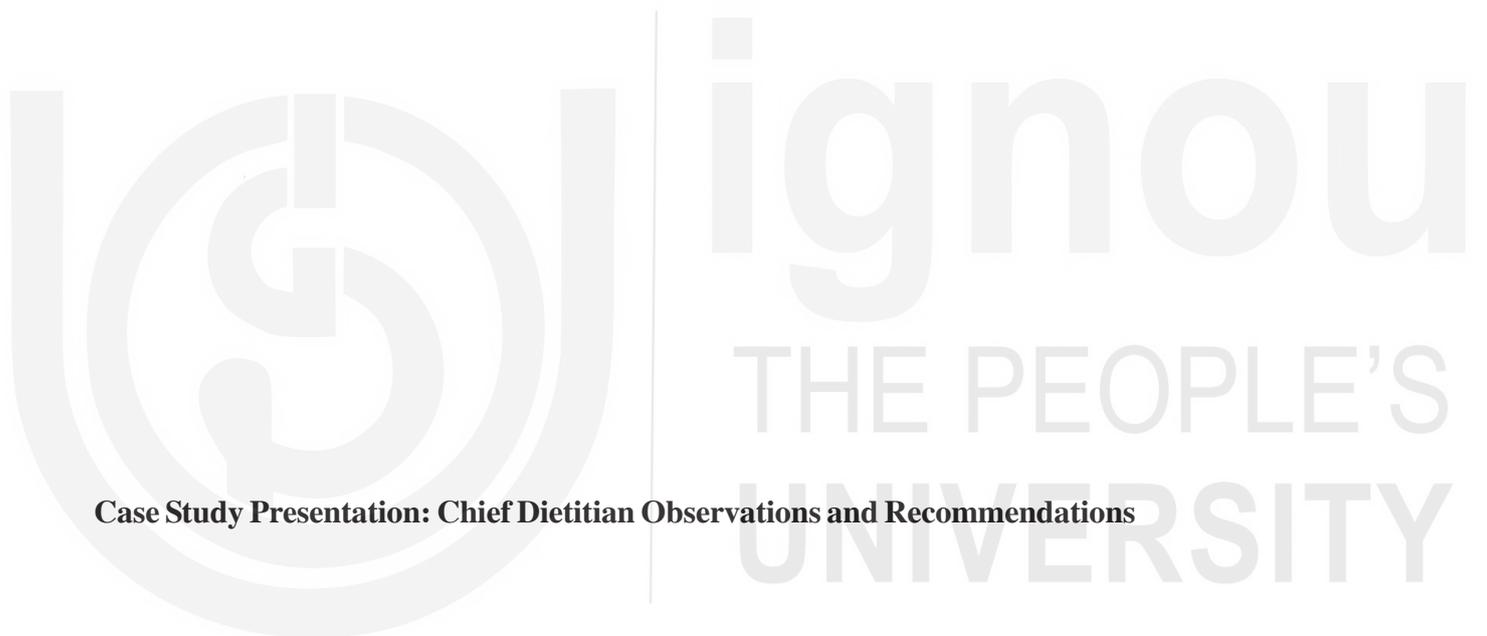
***Case Prognosis***

(Comment on the probable course and outcome (with respect to patient's condition) after the disease treatment in the hospital. Present a comparison of the nutritive content of the diet prescribed and consumed. )

| <b>Nutrients</b> | <b>Modified RDA</b> | <b>Actual Intake</b> | <b>± % Difference in Intake</b> | <b>Suggestion to Improve Intake</b> |
|------------------|---------------------|----------------------|---------------------------------|-------------------------------------|
|                  |                     |                      |                                 |                                     |

***Case Study Outcome***

(Briefly highlight how the case study helped in your understanding of the dietary management of the disease condition.)



**Case Study Presentation: Chief Dietitian Observations and Recommendations**

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**Chief Dietitian Signature**

**CERTIFICATE OF INTERNSHIP SUPERVISOR**

*We certify that the candidate Mr./Mrs./Miss.....  
Enrollment No. ...., has undertaken the internship  
at .....  
(Name of Hospital/Dietetic Department)  
under our guidance and supervision from .....to ..... and the  
(Time period)  
report submitted herewith as the result of bona fide work done by the candidate.*

Date:

Signature of Internship Supervisor

Place:

Dietitian Incharge  
(Name /Designation)

The internal assessment is to be carried out by the Dietitian Incharge under whose guidance the intern is doing the internship. The internal evaluation (Total 60 marks) will be based on the following criteria.

1. Interns participation and performance in the different activities of the dietetic department
2. Performance during ward rounds
3. Nutrition counseling in the ward and in the OPD
4. Case study presentations
5. Attendance and regularity

Based on the above criteria, kindly evaluate the performance of the student and present the marks (out of 60) in the box given herewith.

**Total Marks awarded out of 60 =**

Signature of Chief Dietitian  
(Name /Seal)

## TENTATIVE LIST OF HOSPITALS FOR DIETETIC INTERNSHIP

| Sr. No. | Hospitail Institution's Name and Address  |
|---------|---|
| 1       | AK.N. Nursing Homes, Chennai  |
| 2       | ABC Hospital, Trichy  |
| 3       | Abdur Razzaque Ansari Memorial Weaver's Hospital, (Apollo Hospital Group), IRBA, Ranchi-835238, Jharkhand           |
| 4       | Acharya Shri Chander College of Medical Sciences & Hospital, NH Bye Pass, PO Majeen (ARC OMS), SIDHRA, JAMMU-180017 |
| 5       | Aditya Birla Memorial Hospital, Pune  |
| 6       | Aditya CARE Hospital, Bhubaneswar   |
| 7       | Advance Medicare Research Institute (AMRI), JC 16 & 17, Sector III, Salt Lake, Kolkata-700098                       |
| 8       | Advance Medicare Research Institute (AMRI), P-4 C.I.I Sch. Gariahat Road, Kolkata-700019                            |
| 9       | AIMS Hospital, Kochi  |
| 10      | Alchemist Institute of Medical Science, Gurgaon   |
| 11      | All India Institute of Medical Sciences, New Delhi  |
| 12      | AMRI Hospital, Salt Lake City, Kolkata-700098   |
| 13      | Amrita Institute of Medical Sciences, Cochin  |
| 14      | Anandaloke Hospital and Neurosciences Centre  |
| 15      | Anantpuri Hospital and Research Institute, Trivandrum   |
| 16      | Apollo Gleneagles Hospital, 58, Canal Circular Road, Kolkata-700017   |
| 17      | Apollo Hospital, Bilaspur   |
| 18      | Apollo Hospital, Chennai  |
| 19      | Apollo Hospital, Jubilee Hills, Hyderabad 500033  |
| 20      | Apollo Hospital, Salt Laka, Kolkata   |
| 21      | Apollo Hospitals International Ltd., Ahmedabad  |
| 22      | Apollo Hospitals, 154/11, Bangalore 560076  |
| 23      | Apollo KH Hospital, Melvisharam, Vellore  |
| 24      | Army Hospital (Research and Referral), New Delhi  |
| 25      | Artemis Health Institute, Gurgaon   |

| Sr. No. | Hospitail Institution's Name and Address   |
|---------|--|
| 26      | Asian Institute of Gastroenterology, Hyderabad   |
| 27      | Asian Heart Institute and Research Center, Mumbai  |
| 28      | Ayushman Hospital, Bhopal  |
| 29      | B.D. Petit Parsee, General Hospital, Mumbai  |
| 30      | B.R. S. Hospital, Chennai  |
| 31      | Balabhai Nanavati Hospital, Mumbai   |
| 32      | Bangur Medicare Research Institute (P) Ltd., 8A, DH Road, Thakurpukur, Kolkata - 700-063 |
| 33      | Baptist Hospital, Bellary Road, Heffel, Bangalore-560024                                 |
| 34      | Bara Hindu Rao Hospital, Delhi   |
| 35      | Batra Hospital and Medical Research Center, New Delhi                                    |
| 36      | Bee Enn Charitable Hospital, Jammu   |
| 37      | Bhagwan Mahaveer Jain Hospital, Bangalore  |
| 38      | Bhaktivedanta Hospital, Miraroad, Mumbai   |
| 39      | Bhandari Hospital and Research Institute, Indore   |
| 40      | Bhatia Hospital, Mumbai  |
| 41      | Bhopal Memorial Hospital & Research Centre, Bhopal                                       |
| 42      | Bombay Hospital, Indore  |
| 43      | Bombay Hospital, Mumbai  |
| 44      | Breach Candy Hospital, Mumbai  |
| 45      | BSES Municipal General Hosptial, Andheri Station, Mumbai                                 |
| 46      | B Y L Nair Hospital, Mumbai  |
| 47      | Capital Hospital, Unit 6, Bhubaneshwar   |
| 48      | CARE Hospital, Nagpur  |
| 49      | CARE Hospital, Nampally, Hyderabad   |
| 50      | CARE Hospital, Visakhapatnam   |
| 51      | Central India Institute of Medical Sciences (CIIMS), 88/2 Bajaj Nagar, Nagpur-440010     |
| 52      | Charak Palika Hospital, N.D.M.C., Moti Bagh, New Delhi                                   |
| 53      | Chetna Critical Care Unit, Mulund (W), Mumbai  |

| <b>Sr. No.</b> | <b>Hospitail Institution's Name and Address</b>                                       |
|----------------|---|
| 54             | Choithram Hospital and Research Center, Indore  |
| 55             | Christian Medical College & Hospital, IDA Scudder Road, post Box No.3, Vellore-632004 |
| 56             | Christian Medical College and Hospital, Ludhiana                                      |
| 57             | Civil Hospital, Ahmedabad   |
| 58             | Columbia Asia - 21 st Century Healthcare, Yeshwanthpur, Bangalore                     |
| 59             | Combined Medical Institute, Dehradun  |
| 60             | Command Hospital, Air force, Indiranagar, Bangalore                                   |
| 61             | Dayanand Medical College & Hospital, Ludhiana   |
| 62             | Deenanath Mangeshkar Hospital, Pune   |
| 63             | Deoraj Mehta General Hospital, Ahemdabad  |
| 64             | Dr. B.L. Kapur Memorial Hospital, Delhi   |
| 65             | Dr. Jivaraj Mehta Hospital, Ahmedabad   |
| 66             | Dr. Jivraj Mehta Smarak Health Foundaton Bakeri Medical Research Centre, Ahmedabad    |
| 67             | Dr. Kamakshi Memorial Hospital [Multi Speciality], Plikaranai, Chennai                |
| 68             | Dr. Mohans Diabetes Specialties Centre, Chennai                                       |
| 69             | Dr. R.M.L. Hospital, New Delhi  |
| 70             | Dr. Sushila Tiwari Memorial Forest Hospital, Haldwani                                 |
| 71             | ESI Hospital, Rohini, New Delhi   |
| 72             | FORTIS Escorts Hospital, Amritsar   |
| 73             | FORTIS Escorts Hospital, Jaipur, Rajasthan  |
| 74             | Fernandez Hospitals Pvt Ltd, Hyderabad  |
| 75             | Fortis Hospital Ltd, Mumbai   |
| 76             | Frontier Lifeline Hospital, Chennai   |
| 77             | G.G.S. Medical College & Hospital, Faridkot   |
| 78             | Gandhi Hospital, Secundrabad, Hyderabad   |
| 79             | Geeta Bhawan Hospital and Research Center, Indore                                     |
| 80             | General Hospital and Madras Medical College, Chennai                                  |

| <b>Sr. No.</b> | <b>Hospitail Institution's Name and Address</b>  |
|----------------|--|
| 81             | Goa Medical College (GMC), Goa   |
| 82             | Goldfinch Hospital, No. 150/24, Kodigehalli main road, Maruthi Nagar, Bangalore-560092 |
| 83             | Gokuldas Tejpal Govt Hospital, Mumbai  |
| 84             | Government Medical College Hospital, Jammu   |
| 85             | Government Multispeciality Hospital, Sector 16, Chandigarh                             |
| 86             | Govt. District Hospital, Fort Road, Dharwad  |
| 87             | Govt. Medical College and Hospital, Nagpur   |
| 88             | Govt. Medical College Hospital, Sector 32, Chandigarh                                  |
| 89             | Global Hospitals, Hyderabad  |
| 90             | Guru Teg Bahadur Hospital, Shahadra, Delhi   |
| 91             | Gurunanak Hospital and Research Centre, Ranchi, Jharkhand                              |
| 92             | Harkisandas Hospital, Mumbai   |
| 93             | Harneshwar Hospital, Talegaon, Pune  |
| 94             | HEALERS Hospital Pvt. Ltd., Gurgaon, Haryana   |
| 95             | Hindiya National Hospital and Medical Research Centre, Mumbai                          |
| 96             | Holy Family Hospital, Okhla Road, New Delhi - 110025                                   |
| 97             | Holy Family Hospital, Mumbai   |
| 98             | Holy Spirit Hospital, Mumbai   |
| 99             | Indian Institute of Medical Science and Sum Hospital, Kalinga Nagar, Bhubaneswar       |
| 100            | Indian Spinal Injuries Centre, Vasant Kung, New Delhi                                  |
| 101            | Indraprastha Apollo Hospital, New Delhi  |
| 102            | Institute of Child Health, Chennai   |
| 103            | Institute of Obstretics and Gynecology, Chennai  |
| 104            | Jaipur Golden Hospital, Sector 3, Rohini, New Delhi                                    |
| 105            | Jaslok Hospital, Mumbai  |
| 106            | Jawaharlal Institute of PG Medical Education & Research                                |
| 107            | Jeevan Jyoti Clinic & Hospital, Delhi  |

| <b>Sr. No.</b> | <b>Hospitail Institution's Name and Address</b>                        |
|----------------|--|
| 108            | J J Hospital, Mumbai   |
| 109            | Jupiter Lifeline Hospital, Thane                                       |
| 110            | K. G. Hospital, Coimbatore 641018                                      |
| 111            | K.P.c. Medical College & Hospital, Jadavpur                            |
| 112            | Kailash Health Care Limited, Sec 27, Noida                             |
| 113            | Kailash Hospital & Research Centre Ltd., Sec 27, Noida                 |
| 114            | Kalinga Hospital Ltd., Bhubaneswr                                      |
| 115            | Kalyani Hospital, Gurgaon  |
| 116            | Kamineni Hospitals, King Koti, Hyderabad                               |
| 117            | Kasturba Hospital, Manipal   |
| 118            | KEM Hospital, Mumbai   |
| 119            | KEM Hospital and Research Center, Pune                                 |
| 120            | KIMS Hospital, Trivandrum  |
| 121            | Kothar Medical Centre, 8/3 Alipore Road, Kolkata - 700027              |
| 122            | KOV AI Medical Centre and Hospital, Avinashi Road, Coimbatore - 641014 |
| 123            | Lakeshore Hospital and Research Center, Kochi                          |
| 124            | Leelavathi Hospital, Mumbai  |
| 125            | Lifeline Multispeciality Hospital                                      |
| 126            | Lok Nayak Jai Prakash Hospital, New Delhi                              |
| 127            | M.S. Ramaiah Memorial Hospital, Bangalore                              |
| 128            | Maharaja Agrasen Hospital, Punjabi Bagh, New Delhi                     |
| 129            | Malabar Institute of Medical Sciences, Kozhikode                       |
| 130            | Mallya Hospital, No.2, Vittal Road, Bangalore-56000]                   |
| 131            | Manipal Hospital, 98, Rustam Bagh, Airport Road, Bangalore - 17        |
| 132            | Mata Chanan Devi Hospital, C-1, Janak Puri, N. Delhi                   |
| 133            | MAX Balaji Hospital, Patparganj  |
| 134            | MAX Devki Devi Heart and Vascular Institute, Saket, New Delhi          |
| 135            | MAX Hospital, Pitampura, Delhi   |
| 136            | Medical Care Centre Trust, Baroda                                      |
| 137            | Medilink Hospital, Ahmedabad   |

| <b>Sr. No.</b> | <b>Hospitail Institution's Name and Address</b>                                   |
|----------------|---|
| 138            | Metro Hospital, NOIDA   |
| 139            | MIMS Hospital, Calicut  |
| 140            | Mission of Mercy Hospital and Research Centre, 25/1, Park Street, Kolkata, 700017 |
| 141            | Modern Hospital, Kodungallur  |
| 142            | Muljibhai Patel Urological Hospital, Nadiad-387001                                |
| 143            | N. M. Virani wockhaudt Hospital, Kalavad Road, Rajkot                             |
| 144            | Narender Mohan Hospital & Heart Centre, Ghaziabad                                 |
| 145            | National Heart Institute, East of Kailash, New Delhi                              |
| 146            | Nazareth Hospital, Shillong   |
| 147            | Neelachal Hospitals, Kharavel Nagar, Bhubaneswar                                  |
| 148            | Nizam's Institute of Medical Sciences, Hyderabad                                  |
| 149            | Osmania General Hospital, Afzalgunj, Hyderabad                                    |
| 150            | P.Y.S. Memorial Hospital, Kaloore, Kochi  |
| 151            | PARAS Hospitals, C-1, Block, Sushant Lok - 1, Gurgaon - 122002                    |
| 152            | Parsi General Hospital, Mumbai  |
| 153            | Patel Hospital, Cancer and Super Speciality Hospital, Jalandhar, Punjab           |
| 154            | P D Hinduja Hospital & Research Center, Mumbai                                    |
| 155            | People General Hospital, Malviya Nagar, Bhopal                                    |
| 156            | People's Medical College and Hospital   |
| 157            | Pioneer Hospitals (P) Ltd., Ramanathapuram  |
| 158            | Post Graduate Institute of Medical Education and Research, Chandigarh             |
| 159            | Prakash Hospital, NOIDA   |
| 160            | Prince Aly Khan Hospital, Mumbai  |
| 161            | PRS Hospital, Kilhipalor, Thiruvananthapuram                                      |
| 162            | PSG IMSR Hospitals, Coimbatore  |
| 163            | Pt. B.D. Sharma PGIMS, Rohtak   |
| 164            | Pushpanjali Medical Ceter Heart & Trauma Hospital, Delhi                          |

| <b>Sr. No.</b> | <b>Hospitail Institution's Name and Address</b>  |
|----------------|--|
| 165            | Regency Hospital Ltd., Sarvodaya Nagar, Kanpur-208005                                  |
| 166            | Regional Institute of Medical Sciences, Imphal, Manipur                                |
| 167            | Rockland Hospital, New Delhi   |
| 168            | Ruby General Hospital, Kasba Golpark, E.M. Bypass, Kolkata - 700107                    |
| 169            | S.M.S. Hospital Department of Dietetics, Jaipur  |
| 170            | S.R.M. Medical College Hospital & Research Centre, Kattangalathur, Chennai             |
| 171            | Sadbhavana Medical and Heart Institute Patiala   |
| 172            | Safarjung Hospital, New Delhi  |
| 173            | Sagar Apollo Hospital, 44/55, 30 <sup>th</sup> Cross, Tilaknagar, Jayanagar, Bangalore |
| 174            | Saifee Hospital, Mumbai  |
| 175            | Salem Gopi Hospital Pvt. Ltd., 23-B, Rama Krishna Road, Salem - 636007                 |
| 176            | Sanjay Gandhi PGI, Lucknow, UP   |
| 177            | Saroj Hospital & Heart Institute, Rohini, Delhi  |
| 178            | Sawai Mansingh Hospital, Jaipur  |
| 179            | SH Medical Centre, Nagampadam, Kottayam  |
| 180            | Sheir-I-Kashmir Institute of Medical Sciences, Srinagar-190011                         |
| 181            | Shree Jain Hospital and Research Centre  |
| 182            | Shree Krishna Hospital & Medical Research Centre, Karamsad, Anand                      |
| 183            | Shri Ram Murti Smarak Institute of Medical Science, Bareilly                           |
| 184            | Siaji General Hospital, Varodara   |
| 185            | SION Hospital, Mumbai  |
| 186            | Sir Ganga Ram Hospital, Rajinder Nagar, New Delhi                                      |
| 187            | Sitaram Bhartia Institute of Science & Research, New Delhi                             |
| 188            | Sri Aurobindo Institute of Medical Sciences, Indore                                    |
| 189            | S L Raheja Hospital, Mumbai  |
| 190            | Sri Aurbindo Sewa Kendra, IH Gariahat Road (South) Jodhpur Park, Kolkata - 700068      |

| <b>Sr. No.</b> | <b>Hospitail Institution's Name and Address</b>   |
|----------------|---|
| 191            | Sri Balaji Action Medical Institute   |
| 192            | Sri Krishna Hospital at Karamsad, Anand   |
| 193            | Sri Ramachandra Medical College and Research Institute, Porur, Chennai                                    |
| 194            | St. Stephens Hospital, Tis hazari, New Delhi  |
| 195            | Sterling Hospital, Ahemdabad  |
| 196            | Sum Hospital, Ghatikia, Bhubaneshwar  |
| 197            | Sundaram Medical Foundation, Dr. Rangarajan Memorial Hospital, Shanthi Colony, Anna Nagar, Chennai-600040 |
| 198            | Sunder Lal Jain Charitable Hospital, Ashok Vihar, New Delhi   |
| 199            | Swai Mansingh Hospital, Jaipur  |
| 200            | T. Choitram Hospital, Indore  |
| 201            | Tata Memorial Hospital, Mumbai  |
| 202            | The Calcutta Hospital and Medical Research Institute (CMRI), 7/2 Diamond Harbour Road, Kolkata -700027    |
| 203            | TNMC and BYL Nani Hospital, Mumbai  |
| 204            | Vadamalayan Multispecialty Hospitals, Madurai   |
| 205            | Venkataeswara Hospitals, Nandhanam, Chennai-35  |
| 206            | Vijaya Hospital, Vijaya Educational Trust, Chennai - 26   |
| 207            | Voluntary Health Service, Taramani, Chennai - 113   |
| 208            | Vrunavan, Hospital & Research Centre Pvt. Ltd., Karaswada, Mapsa-GOA- 403527                              |
| 209            | Vydehi Institute of Medical Sciences & Research Center, Bangalore   |
| 210            | Wadia Hospital, Mumbai  |
| 211            | Wockhardt - Fortis Hospital, Bangalore  |
| 212            | Wockhardt Heart And Heart Institute, Bangalore  |
| 213            | Wockhardt Hospital, Nashik  |
| 214            | Wockhardt Hospitals, Bhavnagar, Gujarat   |
| 215            | Wockhardt Hospitals, Nagpur   |
| 216            | Woodlands Hospital and Medical Research centre LTD., 8/5 Alipore Road, Kolkata - 700 027.                 |