Reflection Statement - Medical Nutrition Therapy Lab II - Nutr 409

This class taught by Professor Yumi was extremely interesting and challenging. The class consisted of an unusual format. Most of the classes were in different sites meeting with different dietitians within different work areas. Fewer classes were held in the SDSU campus. During these classes, case studies were discussed, and NCP’s were worked on. This course challenged the idea of what a career in dietetics looks like. Now I know that the work options are more than I had originally anticipated. Although, this being a MNT lab class, it definitely focused on clinical nutrition, however, we did have non-clinical site visits, such as Olivewood Gardens.

The part I most enjoyed from this course was the site visits. Particularly, my favorite one was visiting Theresa at the Center for Discovery. I highly enjoyed this visit due to the way Dietitians relate/treat their patients. Before this visit, I had no idea how an eating disorder clinic worked. After meeting Theresa, I was very excited to learn a new aspect of the Nutrition field. What I most enjoyed about this visit was learning that patients are encouraged to have a trusting relationship to food, not a correct relationship to food. I also learned that people who have an eating disorder usually have another type of pathology alongside. This makes them more complex, and the process to recovery much more involved.

Another aspect that I enjoyed during this course was practicing writing NCP’s. However, I did struggle to decide which information was pertinent enough to include, and what other information wasn’t. In the last NCP I felt more comfortable discerning what should be included, along with the help of the grading rubric. This was a great learning experience because it showed me that in the workplace, each dietitian has a different way of writing their NCP’s, and that it is important to have a strong basis of what information to include and what not to include. Another aspect that was challenging about the course was that I had not taken 408 therefore some of the information presented during the case studies was harder to understand and grasp. This would be the only thing about this course that I would modify, not take Nutrition 409 before taking 408.