

# Graduate Dietetic Internship Program

## THE GRADUATE DIETETIC INTERNSHIP PROGRAM

**The program offers a high quality learning environment which:**

- draws on the abilities and experience of over 30 dietitians, diet technicians and other members of the health care team;
- provides opportunity for practical application of theoretical knowledge;
- recognizes the unique background and learning needs of each intern;
- fosters continuous self-directed learning;
- provides opportunities to enhance verbal and written communication skills;
- provides opportunity to conduct practice based research; and
- supports the development of the comprehensive competencies needed to enter the profession of dietetics.

**Duration:** normally 46 weeks

Start / Finish: September to July. Number of positions available: 8

**Fees:** Dietetic interns will be required to pay an annual tuition fee and will receive a receipt for income tax purposes. In addition, all interns must purchase Personal Liability and Accident Insurance through Dietitians of Canada.

## PROGRAM DETAILS

**St. Michael's Hospital** is a major Catholic teaching hospital, affiliated with the University of Toronto, situated in the core of downtown Toronto. In 1936, St. Michael's Hospital became the first hospital approved by the Canadian Dietetic Association for the training of dietitians. Our hospital is committed to innovative patient care, education and research. Over 10 hospital researchers are cross-appointed with the Department of Nutritional Sciences, University of Toronto.

St Michael's Hospital has organized its clinical activities into six Core Clinical Programs:

- Inner City Health (HIV, Women's Health, General Medicine, Pediatrics)
- Heart & Vascular (Cardiology, Cardiovascular & Vascular Surgery)
- Trauma & Neurosurgery (both at ward and ICU levels of care)
- Mobility (Neurology, Orthopaedic Surgery & Arthritis)
- Diabetes Comprehensive Care (Diabetes and Renal Programs)
- Specialized Complex Care (Intensive Care, Gastroenterology, Oncology)

### Clinical Nutrition

Our dietitians provide a wide range of clinical educational opportunities through daily patient care and specific learning objectives. Rotations provide rich experiences in:

- assessing, planning, implementing and evaluating nutritional care as a member of the health care team in various medical specialties
- counselling patients individually
- teaching patient groups
- preparing/presenting case studies

Interns will spend three to four weeks in individual rotations selected to provide a balance of exposure to inpatient and outpatient settings. Rotations are planned to provide experience in the management of nutrition support and patients with dysphagia. Consideration is given to career aspirations and choice of electives. Interns assume the staff dietitian's responsibilities for a specific area during staff relief.

**Duration: 20 weeks**

### For Further Information Please Contact:

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[stmichaelshospital.com](http://stmichaelshospital.com)

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## APPLICATION PROCEDURE

Application forms are available through Dietitians of Canada (DC). Applicants must submit a completed application form, confirmation of completion of a Bachelor's degree in Food and Nutrition acceptable to Dietitians of Canada, an official university transcript (as soon as grades available) and other forms as stipulated.

### Applicants must also provide:

- a full resume. Include paid work experiences and volunteer positions. Please separate experience by type (paid vs volunteer) and indicate the type of involvement and position(s) held;
- three confidential letters of reference; at least one of which should be prepared by a DC member; and
- a personal letter stating professional goals, reasons for choosing the institution's internship program, expectations of the program, as well as strengths and weaknesses of the applicant. Letters should be 1 to 1½ pages in length, using size 12 font.

### Selection is based on evidence of:

- self-direction, leadership and ability to work as a team member;
- self-motivation, self-confidence, maturity and ability to manage time well;
- strong academic performance in nutrition & food service/management courses, especially in the final years;
- ability to convey information clearly and effectively;
- strong interpersonal skills; and
- breadth and relevance of experience.

A personal or telephone interview of 30 to 60 minutes will be scheduled and used as part of the selection process.

## Management – Patient Food Services and Alternative Revenue

The areas covered in this rotation are:

- Patient Food Services
- Ingredient Control Centre
- Production
- Retail Food Services

Experience is provided in the operations of a cold-plating/retherm facility, customer service, safety, sanitation and labour relations. In addition, to inpatient meals, we provide food for community programs such as Meals-on-Wheels, Detox and for the homeless.

Management opportunities provide experiences in the application of skills in financial, personnel, material and facility management to develop, administer and evaluate food service and clinical systems.

**Duration: 8 weeks**

## Research

With support, interns plan and carry out independent research using relevant scientific techniques, under the leadership of a dietitian with PhD training. In partnership with other internship programs, St. Michael's Hospital hosts an annual Research Day for interns. Interns are invited to give oral and poster presentations of their research.

**Duration: 4 weeks**

## Elective Placements (Clinical / Community Health / Industry)

Interns are assisted in determining elective placements outside SMH to meet their career goals. Electives can be arranged in community health, clinical or industry settings. Elective placements must include at least one week of a community based experience.

**Duration: 3-4 weeks**

## Professional Development Activities

Weekly, a half-day is devoted to education activities, including Core Lectures and Professional Development Days.

## Teaching Week

This provides the dietetic intern with the opportunity to:

- recognize and gain an appreciation for the principles of adult learning;
- explore literacy issues and develop practical skills related to literacy;
- apply learning to the development of counselling skills.

### APPLICATION PACKAGE

Please send your complete package to:

**Mary Keith PhD, RD**  
Coordinator of Nutrition and Dietetic Education

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Li Ka Shing International  
Healthcare Education Centre**  
209 Victoria Street  
Student Centre, Room 575,  
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