



UNIVERSITY OF HAFR ALBATIN

Department of Clinical Nutrition

Clinical Nutrition Internship

Internship manual

Department of Clinical Nutrition



College of Applied Medical Sciences

University of Hafr Al Batin



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Dear Interns,.....2

Welcome to the Clinical Nutrition Internship Program at the College of Applied Medical Sciences! We're excited to have you on board and hope this internship helps bridge your academic learning with real-world practice. This year will bring new challenges, but also many opportunities to grow and shine......2

This manual was created to support you through the journey—especially tailored for Clinical Nutrition Sciences interns. Be sure to give it a good read and keep it close as a reference during your training. It’s important that everyone involved—interns, faculty, and hospital staff—is on the same page about the process and expectations.2

We’re looking forward to working with you and helping make this internship an inspiring and fulfilling experience.2

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This manual was created to support you through the journey—especially tailored for Clinical Nutrition Sciences interns. Be sure to give it a good read and keep it close as a reference during your training. It's important that everyone involved—interns, faculty, and hospital staff—is on the same page about the process and expectations.

We're looking forward to working with you and helping make this internship an inspiring and fulfilling experience.

Best wiches,

Clinical Nutrition Department



PREFACE

Introduction

Clinical Nutrition Internship year is an essential ingredient for students to have a closer look into the fascinating world of Clinical Nutrition. It aims to integrate previously acquired knowledge during university learning and apply it in actual clinical settings. Dietetics internship designed to provide interns under the guidance of experienced clinical dietitian to gain valuable work experience. During internship, interns must be trained in a wide range of safe and efficacious nutrition care in many aspects and circumstances. The interns must demonstrate a professional assessment, diagnosis, intervention, monitoring and evaluation “ADIME”. As well as, they have to be able to develop nutrition principles for various diseases and cases, and get sufficient knowledge and skills needed for the best patient care.

Mission and Goals of Clinical Nutrition Program

Program Mission

To provide quality education in clinical nutrition, grounded in evidence-based knowledge and professional skills, with a focus on improving nutritional services within Saudi and international healthcare communities through education, research, and creative activities.

Program Objectives:

1. Deliver high educational standards in clinical nutrition.
2. Promote evidence-based scientific research.
3. Foster ethical clinical judgment, critical thinking, and inter-professional collaboration.



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- 4. Engage in community services for health promotion and disease prevention.
- 5. Support continuous professional development and collaboration with healthcare teams.

Intrenship Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of CLOs aligned with program
1.0	Knowledge and understanding	
1.1	<i>Integrating theoretical concepts into clinical practice through the application of nutritional care planning and execution strategies.</i>	K1
1.2	Recognize the responsibilities of a Clinical Dietitian in managing patient nutrition.	K2
1.3	Identify the foundational concepts used in creating dietary plans for individuals in a diseased condition.	K3
2.0	Skills	
2.1	Apply relevant assessment instruments to monitor and evaluate the nutritional status of patients in a clinical setting.	S1
2.2	Apply standard diet therapy principles to interpret prescriptions and plan suitable daily meals.	S3
3.0	Values, autonomy, and responsibility	



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3.1	Demonstrates ethical behavior in all aspects of personal and professional life, particularly in safeguarding patient privacy during care.	V1
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Prior earning the bachelor’s degree, the interns will be expected to successfully achieve:

1. Acquire practical skills as of Dietitians.
2. Practice skills in nutritional diagnosis, and laboratory parameters.
3. Calculate nutrients requirements for different cases individually.
4. Develop diet plans for patients with specific diseases.
5. Understand the responsibilities, roles, and functions of clinical nutritionists.



INTERNSHIP INSTRUCTIONS

1. In clinical nutrition program, each intern has three rotations of 4 months each, in three hospitals, trained in different wards and clinics.
2. The total intrenship are weeks 52 = 2080 Hours.
3. Each intern should have two booklets:
 - a) Internship policy and general regulations booklet for all departments of cpllege applied medical sciense, and
 - b) Program specific internship booklet (**Intrenship Maneual**) that contains the tasks for each discipline. Each intern must go through both booklets thoroughly.
4. Personal information should be filled completely. Page (7)



PERSONAL INFORMATION

Intern Personal Information

Intern Name	
University ID	
Name of Hospital	
Email Address	
Mobile Phone	
Date of Training	
Week Order	
Case Number	

INTERNSHIP ROTATIONS



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52 weeks in 3 hospitaes, Around 10 weeks in Maternal and child hospital, around 21 weeks in King Khalid hospital and around weeks 21 in Central hospital.

Internship Discipline	Number of Weeks
Hospital Orientation	1*
Food services area	3**
Surgical department	4
Medical ward (gastrointestinal, pulmonary, pancreatic and diabetes mellitus)	8
AKU (Acute kidney injury)	4
Pediatrics department	6
(Obstetrics and gynecology) Maternity Hospital	2
Intensive care unit	6
Coronary Care Unit	4
Clinic, diabetic or weight management center	4
Oncology Center	2
Elective departments	4***
Total training period	52

* One-week orientation.

** One-week in each rotation for food services.

*** Maximum 4 weeks are chosen according to:

- Any department with needed more experience.
- Any department in which the student needs further cases or diseases.
- Other departments not listed above such as: neurological, psychiatric, rehabilitation, transplanting unit, burns unit, metabolic, orthopedics, ...etc.

RAMADAN AND HAJJ HOLIDAYS

NOTE: Interns should follow Hospital rules and regulations for Ramadan and Hajj holidays.



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NUTRITION CARE PROCESS

STEP1: Nutrition Assessment

Patient Information

ADMISSION DATA	
NAME:	
PATIENT IS:	<input type="checkbox"/> Adult <input type="checkbox"/> Pediatric <input type="checkbox"/> Neonate
AGE:	
GENDER:	<input type="checkbox"/> Male <input type="checkbox"/> Female
DATE OF ADMISION:	
CHIEF COMPLAIN:
MAIN REASON FOR ADMISION AT HOSPITAL:
MEDICAL HISTORY:
SURGICAL HISTORY:
LEVEL OF PHISCAL ACTIVITY:	<input type="checkbox"/> Bed Ridden <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Active



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GI PROBLEMS:	<input type="checkbox"/> None <input type="checkbox"/> Diarrhea <input type="checkbox"/> Bloating <input type="checkbox"/> Nausea <input type="checkbox"/> Vomiting <input type="checkbox"/> Constipation <input type="checkbox"/> Other.....
---------------------	--

MEDICATIONS SUMMARY: Only indicate Food-Drug Interaction.
LAB TESTS: Only indicate test that relate to nutrition intervention.

Anthropometric Measurements	
Current weight	
Hight	
Lost weight recently?	<input type="checkbox"/> Yes <input type="checkbox"/> No
BMI	<input type="checkbox"/> Underweight <input type="checkbox"/> Ideal <input type="checkbox"/> Overweight <input type="checkbox"/> Obesity I <input type="checkbox"/> Obesity II <input type="checkbox"/> Obesity III
IBW	
ABW	

Energy and Nutrients Requirements Calculation
--



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TER	
Protein	
CHO	
Fluid	

Enteral or Parenteral Nutrition

Nutritional Care Plan

Type of formula(s)	
--------------------	--

Route of feeding	
------------------	--

Total energy from feeding:

TER	
Pro	
Fluid	

The Case Needs modular(s)? If yes. Write and calculate them

.....

.....

.....

Rate of feeding:

.....

.....

.....

□ STEP2: Nutritional Diagnosis

- Please state possible nutritional diagnosis for the patient problem, provide signs/symptoms if any.

.....

.....



.....

□ STEP 3: Nutritional Intervention or Dietary Management

What is the **diet plan** or dietary modification(s) (based on your nutritional diagnosis and the medical problem)?

.....
.....
.....

What are your main recommendations for this patient depending on his case?

.....
.....
.....

How did you educate the patient? What is the discharge plan you provided?

.....
.....
.....

□ STEP4: Monitoring and Evaluation Plan

Please fill the most important parameters that should be monitored according to your case, and how often to be measured?

No	Parameter	Critical indicator	Frequencies
1	Anthropometric measures:		
	a. Height		
	b. Weight		
	c. Others		
2	Signs of edema		
3	Signs of dehydration		



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4	Laboratory results:		
	a. Glucose		
	b. Total Cholesterol		
	c. Others		
5	Drug-nutrient interaction consequences		
6	Stool frequency and consistency		
7	Enteral or parenteral nutrition Including:		
	a. Fluid intake/output		
	b. Adequacy of enteral intake		
	c. Gastric residual		
	d. Serum electrolytes		
	e. Respiratory		
8	Others:		

From the previous table,

1. Does the case need follow-up for some parameters? Write them.
2. Indicate the period recommended for follow up for each parameter. (Daily, weekly, monthly).

.....

.....

.....

.....

Comments:

.....



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VII EVALUATION

1. At the end of each rotation intern will be evaluated by immediate supervisor using an evaluation form (**Form #1,2**) provided by the program internship coordinator. The supervisor will submit the evaluation form for each intern to the program training coordinator.
2. The intern performance is assessed based on the internship learning outcomes (**Form #3**).
3. The total of internship evaluations will be reported and submitted to Hospital Training and Education Office which will submit this report to Vice Dean for Hospital Affairs of the Faculty.
4. Evaluation of interns' performance is done by both the direct clinical supervisor at the training site (70%) and Clinical Nutrition program depend on form 6 the Interns will evaluate 3 times each 10% at the end all grades will be collected as (30%).
5. Interns are requested to fill internship achievement form.



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VIII INTERNSHIP AWARD CERTIFICATE

The intern obtains a certificate of completion of internship year from the Department of Clinical Training in the college, indicating the beginning and end of the training year, the places in which the training took place, the duration in each training location, as well as the assessment in each training unit and the general assessment for the year of internship.

IX Contacts of Training Affairs and Clinical Nutrition Department at College of Applied Medical Sciences

Internship and training coordinator Dr. Sara Albishi	saalbishi@uhb.edu.sa
Internship and training affairs	CTI-CAMS@uhb.edu.sa



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X FORMS

Form 1: Clinical Nutrition Internship Checklist

Intern's Name:			
Period:	<input type="radio"/> T1	<input type="radio"/> T2	<input type="radio"/> T3
Hospital:			

	Skill Tasks	Observed by Intern	Demonstrated by Intern		Not Applicable
			YES	NO	
Food Service	Ability to prepare a diet plan according to different diet types.				
	Identify evaluation techniques of special diets in terms of dietary modifications				
	Recognize the difference between specialty formulas according to their purposes.				
	Develop the menu process and enteral feeding preparations.				
	Identify evaluation techniques of special diets in terms of food allowed and not allowed.				
Nephrology Dept.	Clarify the pathophysiology and nutrition treatment for renal disease.				
	Calculate calorie, protein and fluid requirements.				
	Outline the importance of nutrition in the prevention and treatment of renal diseases.				
	Describe the different forms of renal replacement therapy and identify nutritional implications of each.				



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	Educate the patients in the appropriate amount of protein, phosphorus, potassium and fluid intake.				
--	--	--	--	--	--

Oncology	Accurately determine nutritional needs including energy, protein, and fluids requirements for the management of cancers.				
	Discuss the effect of different cancer treatments and provide solutions for often accompanying symptoms such as nausea and vomiting.				
	Prevent/ manage malnutrition, anorexia, and cancer cachexia.				
	Prepare a diet plan suitable to patient's condition.				

Surgical wards	Demonstrate appropriate skills basic nutritional concerns for patients undergoing surgery or other physiological stress.				
	Clarify appropriate patient counseling regarding to patient's condition.				
	Identify the importance of early feeding and avoid long nil per as (NPO).				
	Plan a diet pre- and post-surgery.				
	Identify the timing of introduction of solid foods after surgery.				
	Discuss information to patients and their families before discharge.				
	Calculate calorie, protein, and fluid requirements.				

	Apply the proper formula to get the energy, and protein requirements needed for healing for burn patients.				
--	--	--	--	--	--



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Burns Unit	Establish an appropriate nutrition treatment plan for critical ill patients.				
	Apply full nutritional assessment which will help provide individualized patient care.				

Medical wards	Apply full nutritional assessment which will help provide individualized patient care.				
	Demonstrate the pathophysiology and nutrition treatment for a variety of gastrointestinal diseases.				
	Identify factors that cause malabsorption.				
	Correct the deficiencies caused by maldigestion, malabsorption or both.				
	Treat the symptoms associated with GI tract (vomiting, constipation, steatorrhea).				
	Design appropriate medical nutrition therapy for upper and lower GI tract Diseases, acute and chronic liver diseases, gallbladder diseases, pancreatic diseases.				
	Recognize the concept of carbohydrate counting and calculate the carbohydrates requirement for diabetic patients. Plan an intervention for managing hyperglycemia and hypoglycemia.				
	Assess the need for fluid restriction for pulmonary diseases.				
	Differentiate between anemias and assess energy, protein and vitamin and mineral needs according to the type of anemia.				
	Ensure that individuals follow a healthy balanced diet by ensuring the adequate intake of certain nutrients including iron, folic acid, vitamin B12.				



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	Outline appropriate indications of enteral nutrition and parenteral nutrition support in many of GI tract conditions.				
	Evaluate the patient's condition and outcome.				
ICU	Able to choose the proper formula in case needed for enteral or parenteral.				
	Recognize the pathophysiology and nutrition treatment for a variety of critical illnesses.				
	Identify the appropriate screening tools used in the ICU. Determine the appropriate timing and route of nutrition support for critically ill patients.				
	Apply full nutritional assessment which will help provide individualized patient care.				
	Calculate energy, protein and fluid needs of critical ill patients.				
	Discuss strategies for minimizing and treating gastrointestinal complications in patients receiving enteral nutrition.				
	Identify the interactions between feeding formulation and drugs.				
	Use critical care protocols in performing nutrition care.				
	Analyze the overfeeding hinders ventilator weaning for patients with pulmonary failure.				
	Recognize complications associated with enteral nutrition and strategies to manage them.				
Select the appropriate formula type and rate used for enteral feeding.					



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	Calculates energy from formula feeding and provided the appropriate rate of feeding per day.				
--	--	--	--	--	--

Cardiology Dept.	Apply full nutritional assessment which will help provide individualized patient care.				
	Assess the need for fluid restriction.				
	Determine the modifiable risk factors and address them including poor dietary habits, overweight or obesity, physical inactivity.				
	Monitor related laboratory values (e.g., Lipid profile) and develop an intervention that will help in their control.				
	Demonstrate the pathophysiology and nutrition treatment for CVD.				

Outpatient Clinics	Ability to use anthropometric measurements for patients.				
	Providing nutritional counseling/education for both patients/families in out-patients nutrition clinics.				
	Prevent/ treat obesity, underweight and malnutrition.				
	List factors that are affecting the ability to change.				
	Utilize and practice cultural competencies.				
	Use efficient communication skills.				
	Differentiate between different conditions including weight management, hyperlipidemia, hyperglycemia, hypertension, allergies and intolerances and others.				



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Pediatrics / Neonatal Unit	Ability to calculate pediatric calorie, protein, and fluid needs using the appropriate growth charts.				
	Select the appropriate formula type and calculate the rate used for enteral feeding hourly.				
	Demonstrate the pathophysiology and treatment for different pediatric/neonatal diseases.				
	Evaluate patient's condition and outcome.				

General Dietitian skills	Assess a thorough assessment with a detailed food history to determine any possible reaction- causing foods.				
	Provide food allergen or intolerable food substitutions to maintain adequate nutrition and reduce the risk of malnutrition.				
	Recognize foods that are allowed and those that should be avoided for patients with different conditions.				
	Define the appropriate food textures based on chewing or/and swallowing difficulties if any are present in geriatric patients.				

Instructions to Evaluator:

Mark the task at which the intern performed in each category while on rotation in your hospital. If you feel a category is not applicable to your clinical situation, please mark at N/A column.

Evaluated By	
Date	
Signature	

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FACULTY INTERNSHIP COORDINATOR Date: / /	INTERNSHIP AFFAIRS Date: / /
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Form 2: Evaluation of Intern by Clinical Nutritionist

Intern's Name:	
Period:	<input type="radio"/> T1 <input type="radio"/> T2 <input type="radio"/> T3
Hospital:	

Evaluation Parameters	Excellent	Very Good	Good	Average	Below average
	900-100	81-90	71-80	60-70	<60

General Competences					
---------------------	--	--	--	--	--

1. Follow hospital regulations and codes.					
2. Punctuality and initiative for work.					
3. Adhere to safety rules.					
4. Exhibit verbal communication skills.					
5. Work as a team member.					

Clinical Nutrition Competencies					
---------------------------------	--	--	--	--	--

1. Assessment of patient nutritional needs (review of medical and diet history, physical measurements, laboratory tests, etc.)					
2. Ability to prepare a diet plan according to patient health conditions.					
3. Capable of making nutritional diagnosis.					
4. Proficiency in food services management.					
5. Providing nutritional counseling/education both to in-patients/families and out-patients in nutrition clinics.					



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6. Perform evaluation of special diets and diet order according to nutritional diagnosis.					
7. Participate with medical team in patient's treatment from a nutritional point of view.					
8. Dietitians only use acceptable and approved abbreviations, acronyms					
9. Capable of preparing nutritional interventional plan.					
10. Comply with quality control measures.					

Total Percentage (%) =

Final Grade

Instructions to Evaluator: The columns indicate numerical grades (<60 to 100). Please indicate, by assigning a **numerical grade within one column**, the level of competence at which the intern performed in each category while on rotation in your hospital. If you feel a category is not applicable to your clinical situation, please mark "N/A".

Evaluated By:	
Date:	
Signature:	
Do You Recommend the Intern as a Clinical Dietitian?	<input type="radio"/> Highly recommended <input type="radio"/> Recommended <input type="radio"/> <input type="radio"/> Not recommended

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FACULTY INTERNSHIP COORDINATOR Date: / /	INTERNSHIP AFFAIRS Date: / /
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Form 3: Clinical Nutrition Internship Evaluation Sheet

Intern's Name:			
Period:	<input type="radio"/> T1	<input type="radio"/> T2	<input type="radio"/> T3
Hospital:			

Evaluation Criteria		P	S	G	VG	E
		2	4	6	8	10
Attitude and Personality	<input type="checkbox"/> Appearance, manner, dress, and grooming.					
	<input type="checkbox"/> Attendance and punctuality.					
	<input type="checkbox"/> Utilize proper channel of communication.					
	<input type="checkbox"/> Establish professional relationship with all health team members.					
	<input type="checkbox"/> Complying with hospital rules and regulations, adhering to ethical practices.					
	<input type="checkbox"/> Cooperation, ability to get along with others, tact, sincerity.					
Quality Values	<input type="checkbox"/> Flexible and willing to learn.					
	<input type="checkbox"/> Taking responsibility for personal action.					
	<input type="checkbox"/> Demonstrate appropriate knowledge related to nutritional assessment.					
	<input type="checkbox"/> Demonstrate appropriate knowledge related to patient counseling.					
	<input type="checkbox"/> Demonstrate effective time management.					
	<input type="checkbox"/> Independencies: reliable in any situation.					
	<input type="checkbox"/> Demonstrate appropriate knowledge related to the clinical nutrition.					
	<input type="checkbox"/> Demonstrate appropriate knowledge related to the evaluation and analysis of enteral nutrition formulas and parenteral nutrition solutions in different clinical conditions.					



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Quality Nutrition Care	○ Demonstrates appropriate skills in medicine – surgery clinics.					
	○ Demonstrate appropriate skills for the neonatal intensive care.					
	○ Perform patient assessment in metabolic disorders.					
	○ Demonstrate appropriate skills and knowledge in reading and interpretation of laboratory test results.					
	○ Demonstrate appropriate skills basic nutritional concerns for patients undergoing surgery or other physiological stress.					
	○ Demonstrate appropriate skills and knowledge in oncology.					
	○ Demonstrate appropriate knowledge related to evaluation and analysis of the nutritional requirements for patients with metabolic stress and metabolic disorders.					
	○ Demonstrate compassion and concerns towards patient’s welfare and caring not only for patient but also for patient’s family.					
Documentation	○ Preparation and report endorsement, and documentation.					
	○ Demonstrate appropriate skills for the use of the computer skills.					
	○ Maintain privacy and confidential patient information.					
	○ Adheres to legal and institutional protocols regarding informed consents and other legal documents.					
Clinical Skills	Evaluation Criteria	4	6	12	16	20
	○ Clinical Area					

Instructions to Evaluator:

Evaluate at which the intern performed in each category while on rotation in your hospital.

P=poor. **S**=satisfactory. **G**=good. **VG**= very good. **E**=excellent.

Evaluated By



Supervised by: _____

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Form 5: Feedback of Internship by Intern

Intern's Name:			
Academic ID:			
Period:	<input type="radio"/> T1	<input type="radio"/> T2	<input type="radio"/> T3
Training institutions:			
Academic Year:			

Intern Experience	Strongly Agree 5	Agree 4	Neutral 3	Disagree 2	Strongly Disagree 1
The orientation on internship program offered by the university (or department) was useful.					
The hospital provided a useful internship orientation.					
The roles & responsibilities of interns were clearly stated by the hospital.					
The internship duration assigned is enough to learn.					
The length of the rotation is sufficient.					
The hospital internship coordinator was reachable.					
The CN internship coordinator was reachable.					
My clinical skills significantly improved because of my internship training.					



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The trainer spent an appropriate amount of time teaching and stimulated your thinking about the clinical, community or management problems in that setting (depending on the rotation).					
Trainer provided helpful and constructive information and feedback during the rotation.					
The trainer served as an effective role model (i.e., exemplified professional behavior, such as appropriate communication, teamwork, respect for interns, punctuality, availability, etc.)					
The internship program covers all aspects of clinical nutrition specialty.					
Overall, I was satisfied with internship program.					
Do you have any suggestions for improving the quality of internship training program?					



Form 6: Evaluation for intrens presentaions



Presentation Evaluation Criteria

Presenter's Name: _____

Topic Name: _____

Date: _____ Group: _____

Evaluation Items		Mark	Student's Marks
Category	Items		
Content	<ul style="list-style-type: none"> * The content is comprehensive and clear. * The content was organized in logical manner. * The presentation contained examples and useful techniques that applied to current work. * The content focused on major facts or ideas. * Speaker summed up main points in conclusion. 	2.5	
Presenter	<ul style="list-style-type: none"> * The presenter was knowledgeable about the topic and any related issues. * The presenter answered questions effectively. * The presenter was enthusiastic about the topic. * The presenter had a fluidity of language. * The presenter maintained the attention and interest of audiences. * The presenter appears prepared and understand the material. * The presenter summarizes when needed. 	3.5	
Organization	<ul style="list-style-type: none"> * The presenter delivered the material in a clear and structured manner. * Listener can follow line of reasoning. 	1	
Presentation Style	<ul style="list-style-type: none"> * Level of presentation is appropriate for the audience. * Presentation is a planned conversation, paced for audience understanding. * The presentation was concise and informative. 	1.5	
Delivery	<ul style="list-style-type: none"> * The presenter talks about the slides rather than simply reading them to the audience. 	1.5	
Total		10	

Supervisor's Name: _____

Comments: _____



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