



The Hospital for Sick Children (SickKids) is a health-care community dedicated to improving the health of children. It is our mission as leaders in child health to partner locally and globally to improve the health of children through the integration of research and education.

Each day SickKids staff, students and, volunteers strive to provide better care than the day before, a pursuit of excellence that depends on learning, the critical link between new knowledge and its application in the care of a sick child. Our commitment to improving

the health of children is demonstrated by our legacy of historical milestones and important research discoveries. The SickKids Research Institute upholds an exceptional standard of scientific research and discovery which is guided by our vision Healthier Children. A Better World. It goes to the heart of what we do to prevent disease, find cures and transform children's health.

Visit <http://www.sickkids.ca> for more information about the hospital.

The Department of Clinical Dietetics

The Departments of Clinical Dietetics and Nutrition and Food Services are proud to have contributed to the education and training of dietetic interns for more than 60 years. The departments are comprised of a dynamic group of registered dietitians and lactation consultants who are committed to teaching and championing comprehensive nutrition care. Our mission is to provide the highest quality, safe and fiscally responsible nutrition support and guidance.

Clinical Dietitians at SickKids are integral members of interprofessional teams. Our collaboration with all members of the health care team provides for an opportunity to learn, educate and work together to enhance patient and family-centred care. Team relationships expand externally to working with our local, national and international partners.

The Department of Nutrition and Food Services

Nutrition and Food Services has led the way in the development of protocols for collection, storage and distribution of human milk, donor milk, specialty formulas, and are visionaries for patient care food service. In addition, the department is responsible for catering and café services. The Terrace café includes branded retail concepts, as well as a Chef's Corner station featuring weekly specials prepared by our team of chefs.

SickKids has implemented its own Meal Train program for patient meals. This is an innovative room service concept, designed and implemented to offer patient input into the timing and selection of their meals.

Dietetic Internship Program

The Dietetic Internship at SickKids is an intensive full time program of supervised practice that begins in September, ending the following July. The program provides learning experiences through which dietetic interns complete core professional competencies required for practice as a registered dietitian. There are two program tracks offered:

Track I: Dietetic Internship

Track II: Dietetic Internship through SickKids and completion of a thesis based MSc in Nutritional Sciences at the University of Toronto. *Please refer to the end of this brochure.*

Our mission is reflected in SickKids core values: To prepare graduates in delivering *excellence* and *innovation* in nutrition care, through education, research and effective *collaboration* in a variety of practice settings. The *integrity* of our program is founded on providing advanced training in preparing entry-level registered dietitians with knowledge and skills required to respond to a dynamic child health environment while displaying *compassion* and influence.

Vision

Educating future leaders in nutrition to make a difference

The objectives of the internship program are:

- To provide experiential learning opportunities through application of nutrition care knowledge, administration food services, and population and public health, that offer skill development in a supportive learning environment
- To increase the number of entry level dietitians with more advanced skills in managing and improving the nutritional health of children, and in identifying preventative measures to support goals
- To instill skills and confidence in performing practice-based research or quality improvement initiatives that are designed to advance health outcomes
- To encourage professional development that will support ethical practice, innovative thinking, life-long learning and a commitment to the profession of dietetics

Completion of the SickKids Dietetic Internship program leads to entry into a regulated health profession. Interns have the opportunity to develop the required knowledge, skills and judgment for the achievement of Integrated Competencies for Dietetic Education and Practice (ICDEP). The dietetic education program at SickKids is accredited and recognized by the Partnership for Dietetic Education and Practice (PDEP), it prepares students for eligibility for registration with a provincial dietetics regulatory body, <http://www.pdep.ca>.

Dietetic Internship Program Highlights

Our program is designed to educate interns in providing excellence in paediatric nutrition, through nutrition care planning, research and education of patients and their families, caregivers, staff and students. Interns will learn to perform thorough nutritional assessments of infants, children and adolescents with a diversity of acute and chronic diseases. Through independent assessments and evaluations interns will demonstrate their ability to accurately identify malnutrition, growth status, overweight, obesity and nutrient deficiencies.

Dietetic interns attend and participate in team rounds, lectures and seminars to gain further exposure to a wide variety of areas. As active members of the interprofessional team intern’s advocate for optimal nutrition for the patients they are involved with throughout their rotations. Interns will gain extensive exposure to breastfeeding initiatives and education through learning from our lactation consultants who provide support to breastfeeding mothers, or to those unable to breast feed due to the complex medical conditions of their infant.

Program Components	Weeks
Orientation and Education	2
Management and Food Services	6
Nutrition Care	19
Supervised Professional Practice	4
Population and Public Health	5-7
Research / Quality Improvement	5
Vacation	2-3

Number of intern positions: 5

Note: The program is reviewed annually and is subject to change

“The dietetics team at SickKids was amazing to work with and instantly made me feel at ease. The preceptors really supported my learning and constantly challenged me to grow as a dietetic professional. SickKids was a wonderful learning environment that really prepared me for work as an entry-level RD”

Graduate

Internship Program Component Details

Management and Food Services (6 weeks)

During this rotation, interns work with managers, supervisors, and diet technicians, in all aspects of departmental operations including menu planning, food production and purchasing, marketing, service and distribution. Interns will be exposed to *Meal Train*, an award winning meal delivery system. The completion of projects in the patient services and hospitality areas will enable interns to gain competence in administration and food services.

Nutrition Care (20 weeks)

Interns complete six clinical nutrition rotations (three to four weeks in length) and are exposed to various specialties of nutrition support and counseling practices. We offer learners rotations in both in-patient and out-patient settings.

As members of the health-care team, interns will learn to assess the nutritional status, and needs of the paediatric patient; develop, implement, monitor and adjust nutritional care plans. A clinical case study presentation will provide the intern an opportunity to demonstrate strategies used for monitoring and evaluating their nutrition care plans, and the impact interventions have on the nutrition diagnosis.

Interns complete one clinical rotation in an adult setting. This rotation provides for the opportunity to observe and participate in the nutritional care of clients/patients not encountered in a paediatric centre.

Population and Public Health (PPH) (5-6 weeks)

Interns are provided with the opportunity to gain experience in health promotion, community development, program planning and evaluation. This involves coordinating and delivering presentations and events aimed at population health activities in food and nutrition.

Research / Quality Improvement (5 weeks)

Interns are responsible for the completion of a research project. This activity is spread out through the year. There are several exciting opportunities for interns to be involved in practice based research or quality improvement projects. A written report and presentation of the project are required for successful completion of the internship program.

Previous Projects

- Growth assessment of children with Trisomy 21: A comparison between three growth charts
- Nutrition content of donor breast milk: Systematic literature review
- Prevalence of high calcium and PTH in gastrointestinal failure patients
- The use of mobile applications in youth with diabetes at SickKids

Internship Application

The program match system application process is facilitated through Dietitians of Canada (DC), <http://www.dietitians.ca/Become-a-Dietitian/Internships-Practicum-Programs/Program-Match-Process/Internship-Program-Descriptions.aspx>. The website contains clear and specific instructions about the application procedures to be followed. Please read these instructions carefully. Only applications packages submitted **on-line** through the match system will be accepted. Written documents will not be accepted.

There is an application fee of \$25.00 payable by cheque to 'The Department of Clinical Dietetics'. Your internship application will be processed upon receipt of your cheque.

Why choose SickKids first

- Internationally recognized teaching hospital offering a wide range of learning opportunities
- Diverse and clinically complex paediatric patient population
- Progressive Departments of Clinical Dietetics and Nutrition and Food Services
- Committed staff of registered dietitians that are valued team members, who are actively engaged in education, research and quality improvement
- Offers several varied clinical programs that facilitate the opportunity to develop competent entry level dietetic skills
- Progressive nutrition support team
- Vast opportunities for personal and professional growth

"I felt very supported while completing my internship at SickKids, and was prepared to begin work as a Registered Dietitian immediately afterwards.

At Sickkids there is a diverse and unique patient population, which provided me with excellent learning and hands-on experiences."

Graduate



How applicants are selected

Academic standing: Minimum B average (GPA 3.0 - 4.33) in the last two years of academic study. Strong grades B+ in nutrition, physiology, research methods courses are advised.

Confidential reports: Applicants are advised to choose references carefully. Reports should highlight the applicant's personal characteristics and the skills she/he will bring to the program.

Cover letter: Highlights applicant's suitability to our internship program, with consideration to the program and hospitals vision and mission.

Resume: Includes relevant experience, such as, supervising staff, working with dietitians or health professionals. Applicants should clearly identify work and volunteer experiences separately. Please include experiences that will enable you to thrive in our program.

Personal qualities

- A self-directed learner, who is able to work independently and has developed time-management skills
- Retains self-confidence, maturity and ability to work as an effective member of a team
- Evidence of proficient communication and interpersonal skills
- Able to adapt to changing rotation environments
- Innovative and critical thinker
- Appreciates the nutritional needs of a diverse cultural population

These qualities are necessary to succeed in our program. The selection committee rates each applicant according to these criteria evidenced through the applicant's comprehensive package. Successful applicants will be contacted for a personal interview.

Additional Information

- Fees**
- Successful applicants will pay a tuition fee of \$3000.00 to the Department of Clinical Dietetics (income tax receipts are provided). Fees are reviewed annually.
 - Application processing fee
 - Accident and Liability Insurance: Interns are required to hold a student membership with Dietitians of Canada in order to obtain these insurance certificates

- Hours**
- Regular work hours 37.5 per week. Additional hours will be required to complete readings, assignments, case studies and projects
 - Depending on the rotation, hours will vary, and may include evenings and weekends

- Rotation**
- Travel within the GTA will be required in order to complete some rotations
 - Interns are responsible for their travel expenses to external placements

Track II: Dietetic Internship Certificate with completion of a MSc in Nutritional Sciences

Entry into this program requires that the student/applicant is accepted to both SickKids Dietetic Internship program and the University of Toronto's Graduate Studies Nutritional Sciences program. The student independently completes applications to each of these programs. We enroll up to two students to Track II.

The first two years of study is dedicated to graduate courses and a Master's thesis research project. Following completion of graduate studies the length of the dietetic internship program is dependent on the student's thesis project. The student, dietetic internship coordinator and thesis supervisor will determine the internship competences in Population and Public Health, and Administration and Food Services that may be met through the student's graduate studies program. Upon completion of the internship program, students are granted a certificate from SickKids, which verifies their achievement of the Integrated Competencies for Dietetic Education and Practice (ICDEP), allowing them to be eligible to write the Canadian Dietetic Registration Examination (CDRE).

Application Process

The student is required to submit **two** applications:

First application to: SickKids Dietetic Internship through the program match system facilitated through Dietitians of Canada.

<http://www.dietitians.ca/Become-a-Dietitian/Internships-Practicum-Programs/Program-Match-Process/Internship-Program-Descriptions.aspx>

This website contains clear and specific instructions about the application procedures to be followed. Please read these instructions carefully. Only applications packages submitted **on-line** through the match system will be accepted. Written documents will not be accepted

The applicant is to **clearly indicate** in their cover letter their interest in the Dietetic Internship with a Master's in Nutritional Sciences at the University of Toronto (Track II).

Note: Only one application is to be submitted to either the Dietetic Internship Program (Track I) or the Dietetic Internship with a Master's program (Track II). The applicant is to choose only one of the two programs available, not both.

Second application to: University of Toronto Graduate Studies in Nutritional Sciences program
<http://nutrisci.med.utoronto.ca/graduate-programs>

It is important that the student begins exploring the graduate studies program approximately 12 months in advance of the application process, in order to determine their eligibility, and a



prospective supervisor with whom they will conduct their research project. We do not secure supervisors for successful internship applicants; this is completed independently by the student applying to graduate school.

Selection

Please visit page 6 of this brochure which outlines how applicants are selected to our internship program. In reference to academic standing, the applicant must have a minimum A- overall average with a B or greater average in the following categories: biochemistry, nutrition and physiology.

Successful applicants will be invited for an interview at SickKids during the scheduled internship interview time period, which typically takes place middle to end of February.

Refer to the University of Toronto's, Department of Nutritional Sciences Graduate program for information pertaining to acceptance.

For further information, please contact:

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