



UNIVERSITY *of* MARYLAND  
EASTERN SHORE

**Dietetic Internship Program**  
**Diabetes Education and**  
**Counseling Concentration**  
**Princess Anne, Maryland**





**Ava Froble**  
**Nellie Jamieson**  
**Cassandra Rogers**

**Taylor Domann**  
**Brittany Brothers**  
**Katarina Ibach**

# **Current Interns**



# Welcome to UMES



**Student Services Center at University of Maryland Eastern Shore**





**Where is Princess Anne?**





# Within driving distance to:



**Ocean City, MD**



**Virginia Beach, VA**



**Washington, DC**



**Philadelphia, PA**



**Baltimore, MD**



# Program Breakdown

- Summer work modules and trainings approximately 50 hours of time
- 10 month program from September until June
- 1288 hours of supervised practice
- Minimum of 2 graduate credits (1 per semester)
- 2 weeks of orientation on campus
- Concentration in Diabetes Prevention and Management
- Approximately 11 different rotations
- Research on Diabetes
- Free registration exam resource at successful completion of internship (Inman review or Visual Veggies)



# Program Breakdown

## Rotation

- Diabetes Outpatient
- Clinical / Staff Relief
- Long Term Care / Rehab
- Dialysis
- Food Service
- School Nutrition
- WIC
- Core Life Weight Loss
- Health Department
- Community Nutrition
- Orientation
- Research / Class Days
- Total (with time off)

## Number of Weeks

- 4 – 5 weeks
- 10 weeks
- 3 – 4 weeks
- 2 – 3 weeks
- 4 weeks
- 4 weeks
- 1 week
- 1 week
- 1 week
- 1 – 3 weeks
- 2 weeks
- 2 weeks
- 41 weeks



- Participate in DICAS / D & D Digital
- Bachelors Degree / DPD Verification Statement
- Intent to complete from an ACEND accredited program
- \$50 application fee (check/money order)
- Minimum 3.0 grade point average
- 3 recommendation forms, two of which from major professors
- Official Transcripts from all institutions attended
- Personal statement
- Experience (Work/Volunteer/Academic)
- Telephone / Zoom interview



# Admission Requirements





# Estimated Program Fees and Expenses

<b>Part-time Graduate Tuition, Fees and Other Cost</b>	<b>Maryland Residents</b>	<b>Non- Maryland Resident</b>
Application Fee	\$ 50.00	\$ 50.00
Tuition: 2 Graduate Credits (one credit per semester)	\$678.00 (\$339 per credit hour)	\$1256.00 (\$628 per credit hour)
Auxiliary Operations and Facility Fee (per credit hour)	\$78.00	\$78.00
Technology Fee (per credit hour)	\$9.00	\$9.00
Program Fee	\$5000.00	\$5000.00
Housing – off campus estimate *	\$7500.00	\$7500.00
Meals - estimate*	\$2500.00	\$2500.00
Books and Supplies –estimate*	\$600.00	\$600.00
Transportation/Parking estimate*	\$3000.00	\$3000.00
Miscellaneous (background check, PPD, Immunizations, CPR, academy student membership, insurance (medical, auto) etc.) Estimate*	\$500.00	\$500.00
<b>Total</b>	<b>\$ 19,915.00</b>	<b>\$20,493.00</b>



# Selection Criteria

- 3.0 GPA
- Performance in Dietetics courses
- Work and Volunteer experience in food service, clinical and community
- Personal statement
- Telephone interview
- Interest / Passion for Dietetics
- Skills – organizational, interpersonal, communication, initiative, critical thinking
- Why are you a good fit for our program



## A Day in the Life of an Intern

- Receive schedule during orientation, top 3 choices reviewed with me
- Contact preceptors 1 – 2 weeks ahead of time
- Complete learning modules before specific rotations
- Most hours are Monday – Friday, 8 am – 5 pm, some weekend and evenings
- Specific rotation competencies and learning activities provided
- Complete competencies and evaluations





**Tidal Health  
Peninsula Regional  
Medical Center  
Nutrition and Diabetes  
Education Program**



**Atlantic General  
Hospital Diabetes  
Education  
Program**



**Tidal Health  
Nanticoke  
Memorial Hospital  
Diabetes Education  
Program**

# **Diabetes Concentration**





**Atlantic General Hospital  
Berlin, Maryland**



**Tidal Health  
Peninsula Regional Medical Center  
Salisbury, Maryland**



**Tidal Health  
Nanticoke Memorial Hospital  
Seaford, Delaware**



**Encompass Health  
Rehabilitation Hospital  
Salisbury, Maryland**

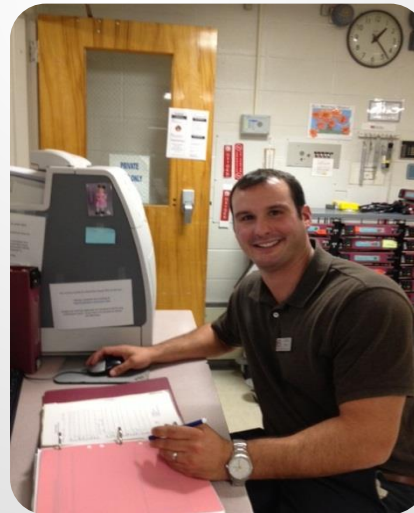
# **Clinical Rotations**



**Wicomico  
Nursing Home  
Salisbury, Maryland**



**Holly Center**



# **Long Term Care Rotation**



**Deer's Head Hospital  
Salisbury, Maryland**



**Fresenius  
Dialysis  
Maryland and  
Delaware**

# **Dialysis Rotation**





**Tidal Health  
Peninsula Regional  
Medical Center,  
Salisbury, Maryland**



**Dorchester and  
Caroline County  
School Districts  
Maryland**



**Deer's Head  
Hospital Center  
Salisbury, Maryland**

# **Food Service Rotations**

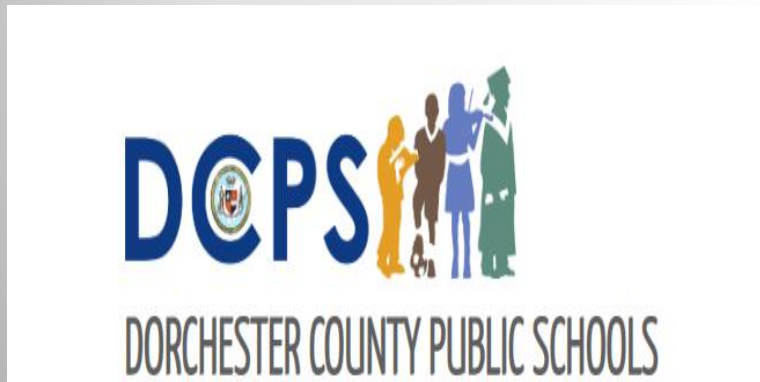




**Caroline County School District**



**Laurel School District**



**Dorchester County  
School District**



**Wicomico County Schools**

# **School Nutrition Rotation**



- **Fixer Upper Fitness**
- **WIC**
- **Salisbury University**



- **Core Life**
- **Worcester County Health Department**

# **Community Rotations**

# Intern Activities

- Joint Class Days
- Research Days
- Monthly Blog / Instagram
- Journal Club Article Presentations
- Clinical Case Study Presentation
- Monthly Dietetic Class /  
Registration Exam Preparation







**NIH, Johns Hopkins, National Ag Library, Shock Trauma**

# **Joint Classes**



# Assessing the Impact of COVID-19 on Food Insecurity and Risk of Developing Type 2 Diabetes on Two University Campuses

Abbey Kane, Bethany Balentine, Sarah Harbinson, Michael Kirtsos, MS, RDN, CSSD, LDN<sup>1</sup>  
<sup>1</sup>Dietetic Internship Program, University of Maryland Eastern Shore, Princess Anne, MD 21853

## Introduction to the Problem

COVID-19 has increased the prevalence of food insecure college students across the United States. An estimated 15 - 19% of college students were found to be food insecure before the pandemic.<sup>1,2</sup> This increased to 34.5% according to studies completed in March of 2020.<sup>3</sup> Adults with severe food insecurity were more likely to have type 2 diabetes than those without food insecurity. A large-scale longitudinal study found that food insecure adults were at a 50% increased risk for developing Type 2 Diabetes.<sup>4</sup> Niles et al report a 32.3% increase in food insecure households since the onset of the pandemic ( $p < 0.001$ ).<sup>5</sup>

## Purpose of Study

The aim of this study is to determine the impact COVID-19 has on food insecurity and risk of incident Type 2 Diabetes in University of Maryland Eastern Shore (UMES) and Salisbury University (SU) students.

## Methods

### Design

A 19-question survey was distributed electronically assessing COVID-19 impacts on food insecurity and its associated risk for type 2 diabetes. The survey used a modified USDA Food Security Survey, the American Diabetes Association Diabetes Risk Assessment, and a self developed questionnaire relating to COVID-19.

### Participants

Participants consisted of 167 UMES students and 491 SU students. 93% of UMES and 98% of SU students were 40 years of age or younger. 76% of total participants were female. 57% of UMES participants were African American and 78% of SU participants were Caucasian.

## Statistical Analysis

The data was analyzed using descriptive statistics. Chi - square tests were used to evaluate the impact of COVID-19 on SU and UMES students. T-tests were used to compare food insecurity categories between UMES and SU.

## Conclusions and Recommendations

### Key Findings

- 42.5% of UMES and 39.7% of SU students are at risk for food insecurity ( $p = 0.05$ ).
- UMES students had a higher proportion of mild and severe food insecure students and SU students were more likely to be moderately food insecure.
- Only 10.7% of UMES and 5.3% of SU students reported accessing food assistance programs during the pandemic.
- The impact of COVID-19 indicates that UMES students had a significantly higher increase in alcohol intake ( $p = 0.03$ ) and SU students gained a statistically higher amount of weight ( $p = 0.02$ ).
- There was a significance between food insecurity risk and a decrease in work shift hours for UMES students ( $p = 0.01$ ).
- Students at UMES are at a 2.5 times higher risk for Type 2 Diabetes.

### Limitations

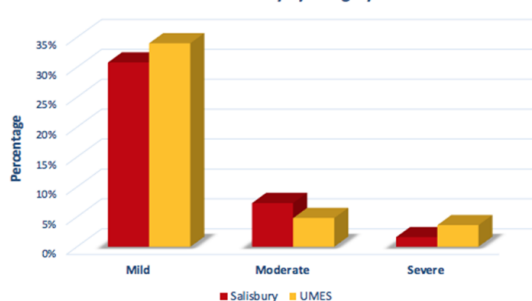
Small sample size for UMES, self-reported survey responses, non-validated survey, unable to obtain specific data for weight changes.

### Future work

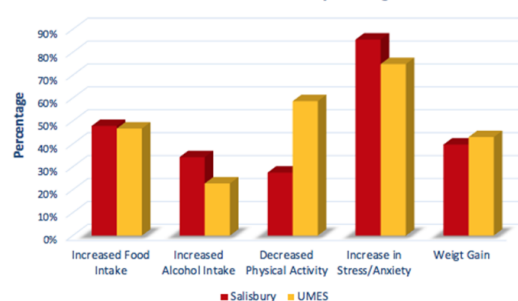
Future research should be done on the long-term effects of COVID-19 on the risk of incident of Type 2 Diabetes. Potential impacts of the pandemic on diet and lifestyle risk factors should be investigated in college aged students. Additionally, additional research should explore the racial and ethnic health disparities who are disproportionately affected by COVID-19.

## Results

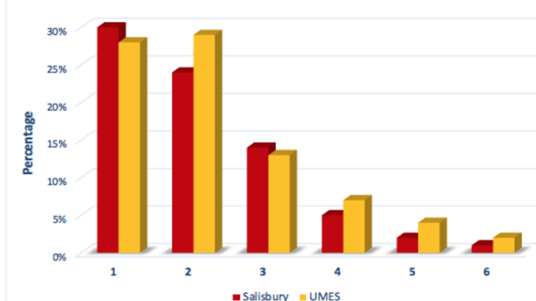
Food Insecurity by Category



COVID-19 Affects on Lifestyle Changes



Diabetes Risk Score



1. Payne-Sturges DC, Tjaden A, Caldeira KM, Vincent KB, Arria AM. Student Hunger on Campus: Food Insecurity Among College Students and Implications for Academic Institutions. *American Journal of Health Promotion*. 2018;32(2):349-354. doi:10.1177/089011711711719620

2. El Zein A, Shelnutt KP, Colby S, et al. Prevalence and correlates of food insecurity among U.S. college students: a multi-institutional study. *BMC Public Health*. 2019;19. doi:10.1186/s12889-019-6943-6.

3. Owens MR, Brito-Silva F, Kirkland T, et al. Prevalence and Social Determinants of Food Insecurity among College Students during the COVID-19 Pandemic. *MDPI*. <https://www.mdpi.com/2072-6643/12/9/2515/html>. Published August 20, 2020. Accessed November 20, 2020.

4. Sigelman HK, Bindman AB, Vittinghoff E, Kanaya AM, Kushel MB. Food Insecurity is Associated with Diabetes Mellitus: Results from the National Health Examination and Nutrition Examination Survey (NHANES) 1999–2002. *Journal of General Internal Medicine*. <https://link.springer.com/article/10.1007/s11606-007-0192-6>. Published 2007. Accessed November 20, 2020.

5. Niles MT, Bertmann F, Belarmino EH, Wentworth T, Biehl E, Neff R. The Early Food Insecurity Impacts of COVID-19. *MDPI*. <https://www.mdpi.com/2072-6643/12/7/2096>. Published July 15, 2020. Accessed November 20, 2020.





# Intern Activities





**FNCE 2018  
Washington D.C.**



**Maryland School Nutrition  
Assoc. Convention 2019  
Hunt Valley, MD.**



# Graduation Requirements

- Complete 1288 hours of supervised practice
- Average a score of 3 or higher on all competencies  
(Performs independently with minimal guidance)
- Score 80% or higher on Journal Article Presentations
- Score 80% or higher on Clinical Case Study Presentation
- Score 80% or higher on monthly quizzes
- Score 75% or higher on the final mock RD exam





# **SPECIAL CHARACTERISTICS OF UMES INTERNSHIP**

- **Rural community setting close to major metropolitan areas**
- **Diverse, variety of experiences**
- **Diabetes Concentration**
- **Presenting Research at State Dietetic Association**
- **Small class size (6 interns)**
- **100% employment rate**
- **92.5% first time pass rate on the RD exam over past 8 years**
- **97.5% pass rate on RD exam in within a year over past 8 years**
- **Dedicated preceptors who volunteer their time**
- **Affordable**



# Intern Feedback

## “Overall I found the dietetic internship to be”:

- “The most challenging experience of my life, but also the most valuable. I learned to manage my time like never before and was pushed out of my comfort zone more times than I can count. I have come to be more comfortable with presentations with the experiences during the internship. I was able to accomplish all of my goals that I had set for myself throughout each rotation. I also really came to enjoy diabetes education and teaching the Diabetes Self Management Education and Support classes. I learned a lot about myself and how I want to practice dietetics in the future. I took away a lot of different teaching/counseling styles that I am able to use. I still have some improvements to do, but I know now what they are and how I can improve”



## Intern Feedback

**“Overall I found the dietetic internship to be”:**

- “Challenging but worth it. I liked having all of the different experiences that I may not be able to experience once I start working. It felt very organized, and I felt the effort being put forth by the internship director. I feel prepared now to become a successful registered dietitian!”



## Intern Feedback

### “Overall I found the dietetic internship to be”:

- “The toughest thing I have gone through thus far, but in a good way. This program was incredibly challenging and helped me grow both professionally and personally. I am so happy I matched with this program!”
- “The DI was very challenging yet rewarding.”



## Intern Feedback

**“Overall I found the dietetic internship to be”:**

- “Worth every amount of energy, late nights and stress. It is so rewarding to be at the end of the program. I feel like my knowledge, skill set and critically thinking ability has grown exponentially since September thanks to Mike and all of the preceptors who were invested in my experience.”





## Intern Feedback

### **“Overall I found the dietetic internship to be”:**

- “Stressful, overwhelming and exhausting but also exactly what I wanted/needed in a dietetic internship. I gained a ton of knowledge during the course of this past year. Every preceptor was amazing and helped me achieve my goals and develop my skills in dietetics. The director was hands-on and supported my educational needs throughout the internship. I really could not have asked for a better experience.”



## **“I found the internship director’s performance to be”:**

- “Couldn’t ask for more. Throughout the internship when I had questions or doubts about my confidence, it was always received with extra resources and helpful ways to prepare. Always available when needed, especially for emergencies. I learned a lot from him and his vast knowledge of nutrition.”
- Abbey Kane, Dietetic Intern, 2020-2021



## **“I found the internship director’s performance to be”:**

- “Great. He communicated quickly via email or phone with any questions that I had. He was very organized and I felt that I could rely on him for any assignments that may be been missing so that I could get them turned in an appropriate amount of time. I believe he has a great knowledge of the material and he was able to answer any questions that I had in class. He gave great support in my learning throughout this internship, he was available to help me with lab values outside of class so that I could better understand them for my clinical rotation. Thank you for your help!””
- Bethany Balentine, Dietetic Intern, 2020-2021



## **“I found the internship director’s performance to be”:**

- “Excellent. I knew I could ask questions/for help whenever needed and that the internship director was truly there to help me succeed.”
- Kathryn Oakes, Dietetic Intern, 2020 – 2021
  
- “10/10. I found the DI directors guidance, communication, organization, support, knowledge, professional, and friendship to be exceptional! He is the best and has been a great mentor and friend.”
- Keith Bratley, Dietetic Intern, 2020 – 2021





## **“I found the internship director’s performance to be”:**

- “Abundance of knowledge! There was no question or topic Mike wasn’t familiar with. Beyond having in-depth knowledge on anything there is to know, he was easy to communicate with and always quick to respond. The communication piece is important with any internship or program, but this year was so much more critical as a portion of the internship was online. Without clear communication, I feel like I would have felt a bit more overwhelmed. During orientation, Mike was clear about his expectations of us, and continued to emphasize that throughout the internship. While he expected us to perform to our best, he was also there every step of the way as a person of support and guidance. It is apparent he goes above and beyond for the interns. He worked consistently to secure rotations for all of the interns during the peak of COVID to ensure we had the best possible experience.”
- Sarah Harbinson, Dietetic Intern, 2020-2021



## **“I found the internship director’s performance to be”:**

- “Excellent, the director was great at communicating throughout the internship. He was always organized and worked hard to help me become better organized. He always answered my questions promptly and was available anytime I had questions. The director has a knowledge of dietetics that I hope to have someday. He made reviewing difficult topics easier and spent extra time on concepts that were more challenging.”
- Staci Owens, Dietetic Intern, 2020-2021



# Contact Information

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**Phone:443-783-6878**

**DI Website:**

[https://www.umes.edu/HE/Pages/  
Dietetic-Internship-Program/](https://www.umes.edu/HE/Pages/Dietetic-Internship-Program/)

**UMES BLOG:**

<https://umesnutrition.wordpress.com/>

[https://www.instagram.com/umes  
dietetics/](https://www.instagram.com/umesdietetics/)









**QUESTIONS?**

