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SIH –
Employee
Wellness

HR Health
Management
Navigator

SIH Career as a Dietitian

Steps to becoming an RD - Education

A graduate degree is required from an accredited dietetics program

- Classes range from food and nutrition sciences, foodservice management, business, economics, computer science, culinary arts, sociology, communication, biochemistry, physiology, microbiology, anatomy and physiology.

My undergraduate degree was at SEMO. I did an unconventional route after my degree. I was offered a graduate assistantship at University of Missouri in their Athletic Department. I completed my Master's degree and then went on to my internship.

Steps to becoming an RD - Internship

Completion of a supervised practice requirement

- At least 1000 hours of supervised practice to gain real-world experience and apply knowledge learned in the classroom to the content of a variety of work settings
- Typical internships consist of a clinical, food service and community rotation

Internship process can make or break a person, here's why:

- Matching process
- Financial responsibility
- Relocation

Steps to becoming an RD - Internship

- My internship was with University of Oklahoma Health Sciences
 - Clinical & Food Service rotation – McAlester Regional Health Center, OK
 - Community rotation – WIC, University of Oklahoma Athletic Department, Camp NoHiLo
 - Elective rotation – University of Oregon Athletic Department

- Pass a national exam for RDNS
 - A supervised national exam is required to become a dietitian once you have completed your practice hours and are now eligible for the exam portion.

Steps to becoming an RD – National Exam

State Licensure

- Each state has different requirements on how to practice as a dietitian. It is important to make sure you are following those requirements.
- In Illinois, you will need to have a state license to practice medical nutrition therapy. You can practice for up to 6 months after your application is submitted.



SIH Careers as a Dietitian

There are probably a lot more options for what a Dietitian is qualified to do in terms of roles at SIH. The two that come to mind are:

Clinical Dietitian

My role: HR Health Management Navigator

Clinical Dietitian



Job duties can
include:

Patient education,
calculations and orders for
feedings through tube or
vein, nutrition
assessments, patient diet
orders, evaluate and
monitor patient status



Primary role: ensure patient's
nutritional status does not worsen
and is appropriate for their conditions

What is an HR Health Management Navigator?



A fancy title for “Dietitian Health Coach.”



Work 1:1 with the employees who either have a chronic condition of Diabetes, Hypertension or Hyperlipidemia, or those who are seeking health coaching services.



Health coaching is patient/employee driven and they lead the conversation



As a health management navigator, I can utilize my credentials as a Dietitian when needed



My background had
been in sports
nutrition

Services were wanted
Preventative/performance
improvement



I knew I was built more for the wellness
and preventative side of health



Clinical was not my jam – here's why

Why I chose
this role?

The Best Part

You get to follow alongside your participants and celebrate their wins.



Examples of wins:

Smoking cessation

Weight loss or gain

Improvements in lab values

Increases in movement

Decreasing chronic pain

Coming off medications
Or lowering doses

As of January 1, 2024, a Master's degree will be required to sit for the National Exam. At this time, the degree can be in any field of study.



There are some internship programs that are a combined master's degree and internship, such as SIU.

Recent
Changes to the
Field

Contact Me

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Thank you!