**Ayesha Khan**

**ND617 - Clinical Nutrition Supervised Experiential Learning**

**Competency Activities**

2.5 Prescribes, recommends and administers nutrition- related pharmacotherapy. (S)

7.2 Uses effective communication, collaboration, and advocacy skills. (D)

**Activities**

Prescribed Juven, a therapeutic nutrition powder, for a patient with several wounds and discussed with them the importance of Juven in wound healing

**Reflection**

One of the patients I saw was admitted for open wounds at the lower left leg and ankle. She also had Sjogren’s and told me during the interview that she had trouble swallowing her food because of it. Due to that, her meal intakes were low and she wasn’t meeting nutrition needs. Keeping her wounds, dry throat, and low intakes in mind, I asked her if she had heard of Juven. As she hadn’t, I provided education on why it’s beneficial to take for wound healing. Then I asked her if she would be open to having it while at the hospital, to which she agreed. I also offered her a couple of coupons to buy the nutrition supplement after she got discharged. She was grateful for the information and this bolstered my confidence in providing recommendations in nutrition-related pharmacotherapy.

This rotation has probably helped me the most in terms of dealing with different kinds of people, improving my communication skills, and just providing nutrition-related education on all kinds of topics, from low-fiber to diabetes education. When I first started this rotation, I was at a loss whenever I would look at a patient’s medication list, as I didn’t know what most of the medications were used for and why the patient was on them. Now I’m more comfortable discussing nutrition supplements, medication, and diet orders with patients.