

Andrews University Internship Program of Nutrition & Dietetics Nutrition Counseling Rubric (outpatient)

Name Karen Casey

Date 10/29/2024

Category	Excellent (5)	Acceptable (4)	Needs Improvement (3)	Raw Score	Weight	Final Score
Introduction	States objectives of diet counseling and introduce herself/himself and check if it is the correct client.	Fails to state the objectives or introduces herself/himself or fails to check if it is the correct client.	Fails to state the objectives and introduces herself/himself and checks if it is the correct client.	5	1	0 6
Oral/non- verbal communication	Maintains eye contact most of the time and reads notes seldom. No vocalized pauses (uh, well, um, etc.) are noticed.	Maintains eye contact and reads some of the report. One to five vocalized pauses are noticed.	Reads all information with no eye contact. Speaks too quiet, mumbles incorrectly. Ten or more vocalized pauses are noticed.	5	2	0 7
Individualized counseling	Begin counseling for the priority modifications for the nutrition issue of most concern to the client's health and well-being. Consider the client's cultural and education background.	Begin counseling for the priority modifications for the nutrition issue of most concern to client's health and well-being but sometimes wanders to another topic. Consider the client's cultural and education background most of the time.	Counseling was not focused on nutrition issues of most concern to the client's health and well-being. Rarely considers a client's cultural and education background.	5	3	0 8
Nutrition counseling	Assess client readiness for counseling and gear sessions based on his/her readiness. Provides correct information at all times, and doesn't omit important information. Explained all terms in lay language.	Assess client readiness but didn't gear the session based on his/her readiness. Provides correct information most of the time but omitted important information or didn't explain one of the technical terms.	Failed to assess client readiness or didn't gear the counseling based on his/her readiness. Provides correct information but had several errors or omitted important information or didn't explain some of the technical terms.	5	6	0 11
Handouts and materials	All handouts are appropriate for the client's degree of understanding.	Some of the handouts have technical information that is not explained.	Not appropriate for the client's degree of understanding.	5	3	0 8
Conducted feedback activity to assess client/patient learning	Conducted an appropriate activity to assess client learning and help clients set goals.	Either failed to conduct an appropriate activity to assess client learning or didn't help clients set goals.	Failed both to conduct an appropriate activity to assess client learning and didn't help clients set goals.	5	2	0 7
Preparation before counseling	All anthropometrics, nutrient calculations, dietary assessment done ahead of time.	Didn't complete all calculations or anthropometrics or assessment.	Failed to do calculations and/or anthropometrics or assessment.	5	3	0 8

Comments:
Passing grade is 80%

Karen was so patient and kind with our healthy me patients. She did an amazing job meeting the families where they are at. She was interactive with the patients, and made the families feel comfortable during the nutrition visit. 55/55 = 100%

This rubric needs to be done at least once and is typically completed in the outpatient setting.

Preceptor Signature: Megan Brammfield, MS, RD, JD

Date: 10/29/2024

Intern Signature: _____

Date: _____