INTRODUCTION

- Studied over the course of eight weeks during the summer between M1 and M2 years with ECU Family Medicine in the Nutrition department.
- Learned how to educate patients on their nutrition and its importance in managing their chronic illnesses.
- Learned the pathophysiology for many chronic illnesses and medication management.
- Shadowed in Internal Medicine, Medicine-Pediatrics, High Risk Obstetrics, Lifestyle Medicine, Diabetes Clinic, Tube Feeding Clinic, and Pediatric Healthy Weight Clinic.
- Participated in trainings including Food as KM. Impact of Nutrition on health.
- Acquired 320 clinical hours.
- Gained public speaking and plain language writing skills.

RESULTS AND CONCLUSIONS

As a future physician, to be able to see firsthand the implications and benefits of nutrition and lifestyle education and modifications can have on the overall health of my patients, is impactful. I was able to sit in Nutrition therapy sessions with Registered Dieticians and Physicians to observe how they work with patients to help manage chronic diseases such as Diabetes Mellitus, Chronic Kidney Disease, Hypertension, Hyperlipidemia, Obesity, Malnutrition, etc. I was able to learn the important role that diet and activity play in the overall health and wellness of their patients. Nutrition education is an important preventative measure for patients at risk of chronic illness. From this, I learned that nutrition and medicine can work together for the benefit of the patient. Sometimes, a patient can make adequate diet and exercise changes to control their diseases. I was able to see the direct effects of a patient’s diet and exercise changes on the prognosis. Some examples of these health changes include decreased A1C, decreased Blood Glucose Levels, decreased lipid levels, decreased blood pressure, and weight loss. However, sometimes, no matter how many changes a patient makes their DNA will catch up to them and treatment of various disease states, as well as preventing these disease states from occurring in the first place.

This summer, I not only learned how to implement nutrition education into my academic career, but my own personal life. I can see the direct impacts that diet and exercise can have on one’s health. Understanding this from a first-person point of view has made an immeasurable impact on how I view these impacts from a preventative care perspective.

Nutrition education can be an excellent method for preventative care. After spending the summer learning about the implications of healthy diet and exercise, I have developed a passion for making this education one of the forefront methods of interdisciplinary care can benefit the patient both medically and nutritionally.

PRESENTATIONS


PUBLICATIONS


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I would like to acknowledge the ECU Nutrition Department for their hard work and willingness to teach about Nutrition and its applications to my academic career.

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