

Nutrition Advisory Committee Meeting Minutes

March 13, 2020

Attendees:

Joyce Atkins: Registered Dietitian – Kaiser Permanente
Halle Elbling: Diabetes Educator and Consultant, Advanced Diabetes Supply
Ellen Gowen: Manager – WIC San Marcos
Brenda O'Day: Registered Dietitian – Sharp HealthCare
Yumi Petrisko: Director, Didactic Program in Dietetics – SDSU
Donna Wolf: Certified LEAP Therapist – Healthy Directions for You
Lindsay Yau: Registered Dietitian – Sharp HealthCare
Solange Wasef: Associate Professor, Nutrition – Palomar College

Meeting called at 12:07 pm

Introductions: Everyone in the meeting introduced themselves along with their titles.

Program Updates: There has been a decline in enrollment, and we had to offer less classes. However, this has been a trend across the campus. We are holding stable enrollment now, and the school and the NUTR program are doing a lot of marketing to boost enrollment.

Student Achievements: Due to COVID-19, achievements that our Nutrition Students were scheduled to complete have been held up due to the cancellation of events and restrictions now in place. The nutrition club had to cancel their elevator speeches, collaborations with San Marcos communities, and attending conferences in which they would network with professionals within their industry. The students were working hard on this and looking forward to going into the communities, but with the ongoing changes, this will have to be revisited at a later time.

Actions Taken Since Last Meeting: Despite the advisory committee's recommendations of having and keeping the Nutrition Cohort, we have lost the ability to continue with the Nutrition Cohort due to a lack of funding. Solange noted the recommendations of the Advisory Committee are still heard and very important. Solange asked anyone on the committee who would like to be recognized on our web page to send her the information by email. NUTR would like to make this information available to the public on our web page with their approval.

Questionnaire for Advisory Members to Discuss:

Question #1: Students graduating from Palomar College with the NUTR degree will need to take a maximum of 3 NUTR classes. What is your opinion on whether or not an online option should be available for the introductory nutrition course?

The advisory committee members agreed that NUTR 100 and NUTR 185 would be best taught as face-to-face classes. They feel it would best benefit the students, and there are some activities that are incorporated in the curriculum that are best implemented through in class presence and face-to-face instruction. There were concerns brought up about how to administer exams to make sure that they are not compromised. Discussions of tools available for online teaching were discussed. Halle Elbling noted that she is teaching the NUTR 185 class this semester, and due to the COVID-19 modifications, she would have to teach it online this semester. She would report back how she felt the class was impacted by teaching online versus face-to-face at a future date. She also said she could survey the students to get their opinions as well.

Question #4: Possible Topics (if deemed to be relevant): Scaling and Key Components to be covered for Specific Topics

One of Solange's class has motivational interviewing, where students do counseling from start to finish with a client. Motivational interviewing it is a big factor. If we had to pick two things a person should learn for motivational interviewing what would those things be? Normally the counseling unit is a month long, but Solange has to scale it down due to the changes in teaching this semester.

Ellen said role playing was important for students because it can help them overcome their fears and teach them how to talk to patients and be able to read them. She also said building rapport with open ended questions and practicing encouraging the client's autonomy are important. Lindsay said it was important for students to learn how to use open ended questions to get the client to open up, and to learn how to gauge when a person is ready to make a change (i.e. if they are not motivated at all probably means they will most likely not make any changes). Halle thought establishing rapport and trust with a patient is key.

Solange asked Halle and Brenda if they felt any areas that need to be scaled down. Both Halle and Brenda were contemplative about moving NUTR 185 online. There are components on metabolism chapters, micronutrients, and food insecurity which are hot topics with students and essential based on the COR and appropriate transfer preparation. These are best covered in a face-to-face class. Letting go of some of those areas will be hard to do. Solange said there might be things we can scale down, but not let go of, and suggested finding good online resources if they all work on this together. Yumi, who teaches at SDSU, shared a link to the online teaching resource page at SDSU: <https://its.sdsu.edu/covid-19/>

Question #2: We are currently updating the criteria for hiring. The state’s minimum requirement to teach NUTR community college classes is found below. How important is it to add an RD requirement?

Discipline and Areas	Paraphrased CCR Citation	Minimum Qualifications	CEC / CCR Code
Nutritional Science/Dietetics	X	Master's in nutrition, dietetics or dietetics and food administration OR Bachelor's in any of the above AND Master's in chemistry, public health or family and consumer studies/home economics OR the equivalent. <i>(NOTE: A bachelor's in nutrition, dietetics, or dietetics and food administration, and certification as a registered dietitian, is an alternative qualification for this discipline.)</i>	CCR 53410.1

Solange said sometimes the candidates don’t meet the minimum qualifications set by the HR criteria for hiring. Brenda- noted that in 2024 all RDs will be required to have master degrees. The committee discussed all the options, and after the discussions, Solange said it seemed like everyone is fine with the 1st option, but there was some questions regarding the middle 2 sections which could use more refining, but for now everyone agreed to leave it as is, and that it would be okay.

Question #3: Are there any professional events in your industry that students can attend to gain experience meeting other RDs and practice networking?

Donna said there were some good functional medicine events coming up in April and May in San Diego for the students to get involved with, but it does not seem realistic at this point due to cancellation of events due to the coronavirus. Solange had been encouraging students to call coordinators, and seeing if they can volunteer. Solange said if anyone had any leads for students to please share with us any upcoming events; our student are ready to connect, if possible. Donna said student readiness is a big deal. Donna suggested online counseling as a topic would be a good if it could be incorporated into the curriculum.

The meeting was adjourned at 1:22pm.