March was national nutrition month. Interns held a month-long fundraiser, collecting $157 and 102 lbs of food for the lowcountry food bank. Additionally, 50 “healing meal” bags were distributed to cardiac patients upon discharge.

Interns led 12 teams of participants in MUSC’s Healthy Charleston challenge, an award-winning 10 week weight loss program.

During food service rotations at MUSC, interns conducted a diabetes education session with employees and educated employees on proper hand washing and glove use. Numerous tasting panels were hosted as well to try newly designed menu items.

Each intern was given the opportunity to find a patient of interest during clinical rotations. Interns thoroughly researched patients’ disease state, monitored plan of care, and presented case studies to other dietetic interns and RDs in the Charleston area. RDs were able to earn continuing education units.

This project analyzes post-op clinical outcomes of patients who drank nutrition supplement prior to surgery. Our intern and MUSC preceptor found that providing an immune-modulating formula prior to surgery showed favorable surgical outcomes in terms of surgical site infection, hospital length of stay, and reduced 30-day readmissions. Results are being sent to Nestle and MUSC board of directors.

Each intern was given the opportunity to find a patient of interest during clinical rotations. Interns thoroughly researched patients’ disease state, monitored plan of care, and presented case studies to other dietetic interns and RDs in the Charleston area. RDs were able to earn continuing education units.
Over 40 MUSC Registered Dietitians were preceptors for interns in various services, including:

general medicine, cardiac rehab, inpatient neurology, heart/vascular, inpatient and outpatient transplant, inpatient and outpatient cystic fibrosis, med/surg ICU, surg/trauma ICU, inpatient and outpatient GI surgery, med ICU, inpatient and outpatient oncology, neurosurg ICU, ART hospitalist, DM, pediatric floor, pediatric ICU, pediatric cardiac intensive care unit and pediatric outpatient.

**Peds Heart Health**

Our intern and MUSC preceptor conducted research in efforts to find an association between waist circumference and LDL values in children participating in the Heart Health program. No strong conclusions can be made due to sample size, although researchers found this program to be effective on an individual basis.

**Tele Medicine and Cystic Fibrosis**

Telemedicine at MUSC offers a convenient way for patients to meet with health care providers.

Our intern and cystic fibrosis (CF) dietitian found that caregivers of those with CF are likely to experience enhanced nutrition knowledge after 9 Telemedicine sessions, which may improve patients’ nutrition status.

**MUSC Magnesium Project**

105 subjects participated in this MUSC study, which investigated dietary magnesium intake. Our intern, MUSC medical student and doctor found that 41% of women and 35% of men meet the magnesium daily reference intake (DRI).

13 ventilated, enteral-fed, medical-surgical ICU patients were studied and monitored by our intern and MUSC dietitian. Results showed that an Enhanced Protein-Energy Provision (PEPuP) feed was more beneficial compared to those with a standard hourly rate. Lower mortality rates, improved length of stay, and fewer 30-day readmission rates were observed with PEPuP.

**Thank you! - MUSC dietetic intern class of 2018**