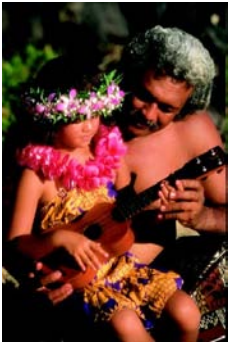




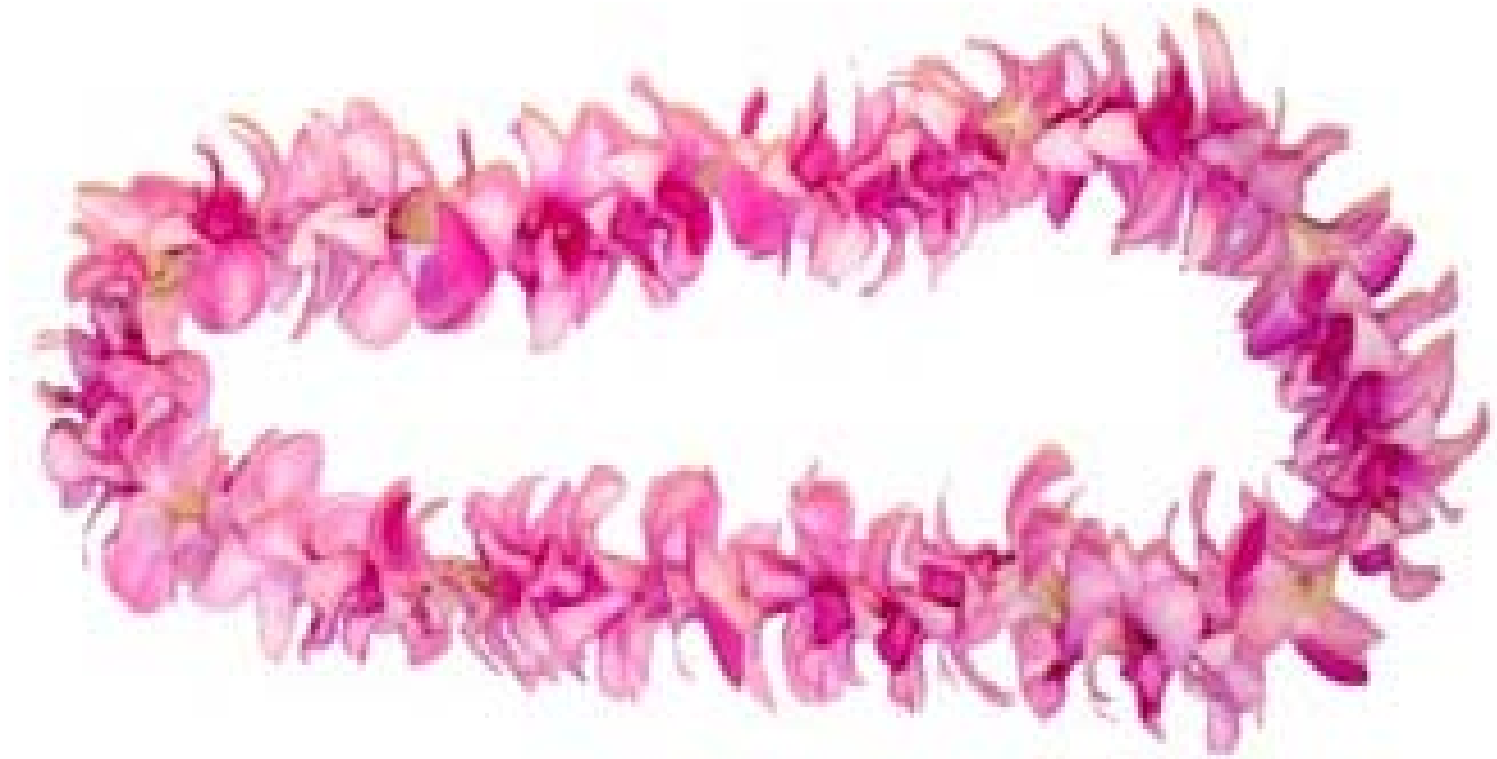
Dietetic Internship “Hawaiian Style”

Mele Fernandez

University of Northern Colorado Dietetic Internship
2009 -2010



Tribute to my Preceptors

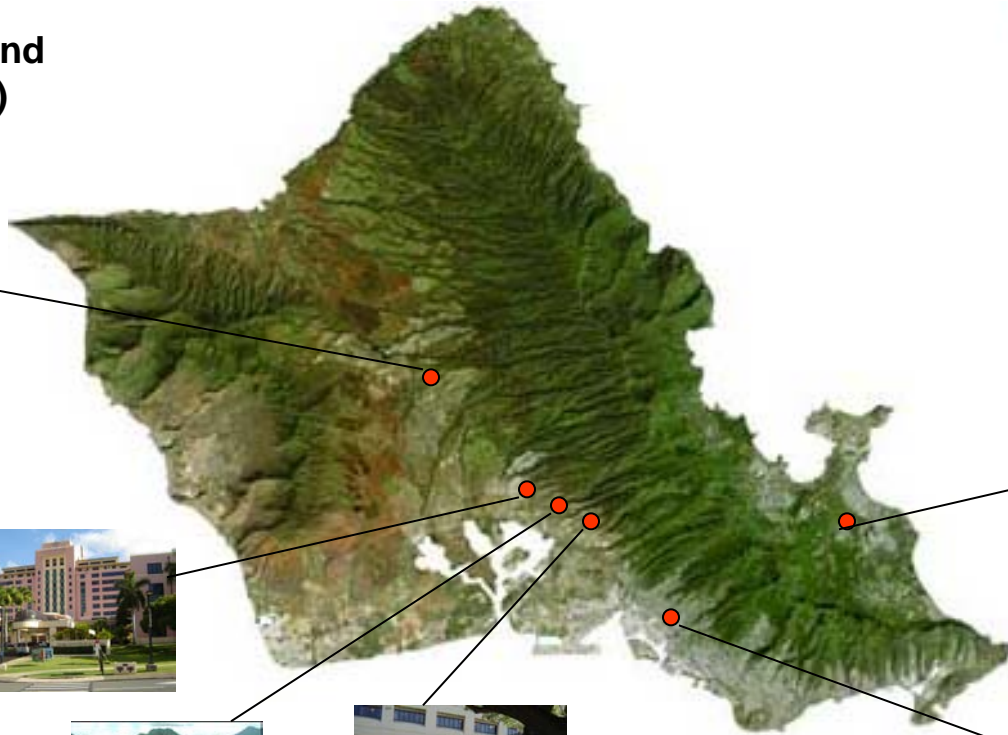


University of Northern Colorado Dietetic Internship - Interns



Island Internship Locations

Women, Infant and Children (WIC)



Castle Medical Center



Tripler Army Medical Center



Kamehameha Schools



Liberty Dialysis - Hawaii

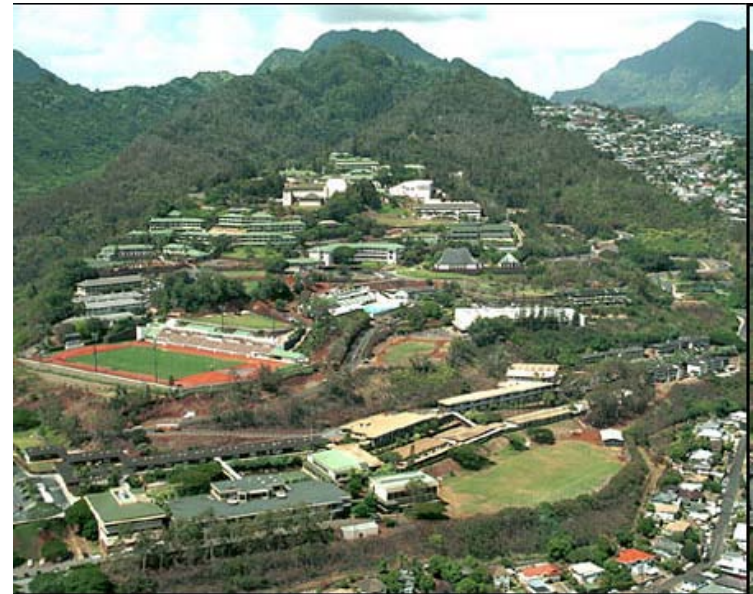


Nutrition Education for Wellness N.E.W. Cooperative Extension



Kamehameha Schools

- **School Mission:**
Dedicated to creating educational opportunities in perpetuity to improve the capacity and well being of people of Hawaiian ancestry.
- **Food Service Mission:**
To promote good nutrition by serving healthy meals in an environment that encourages a life long awareness of health and wellness.



“Uncle Gordie”



“Aunty Pat” RD

Kamehameha Schools

- **Did you know Kamehameha Food Service...**
 - Has a state-of-the-art facility allowing for cost efficient, high quality food preparation.
 - Serves lunch to 3200 students daily (preschool – 12) and breakfast and dinner to 550 boarders grade 7-12.
 - Is a “scratch kitchen” – to allow reduction of salt, fats and sugar
- **Lessons Learned:** Institutional food service mgmt

Kamehameha Schools



Kamehameha Schools Food Service 'Ohana

Tripler Army Medical Center

Mission:

- *Promote, sustain and enhance service members' health*
- *Train, develop and equip a medical force that supports full-spectrum operations*
- *Deliver leading edge health services to our warriors, military families, and veterans to optimize outcomes*



Maj Chad Koenig MS RD



Tripler Army Medical Center

- **Did you know ...**
 - Tripler is the only federal tertiary care hospital in the Pacific Basin
 - Tripler's interdisciplinary patient care team uses state-of-the-art digital charting – optimizing communication crucial to improved pt outcome
- **Lessons Learned:** Skills in collecting and documenting patient data, interdisciplinary communication

Tripler Army Medical Center



Tripler Army Medical Center 'Ohana

Joy, (Mele), Teresa
Doris, Ana, Mike, Darlene, Chad, Justin

Liberty Dialysis Hawaii

Committed to giving our patients the liberty to lead extraordinary lives.

Liberty Dialysis is dedicated to providing superior care for patients with kidney disease. We strive to achieve both outstanding quality outcomes for our patients, and a rewarding career experience for our care-givers, all in an atmosphere of compassion, professionalism, empathy and respect.



Aileen Ueunten
MS RD

Liberty Dialysis Hawaii

- **Did you know that...**
 - Compared with the national average, Hawai'i has a higher incidence and prevalence rate of patients with end-stage renal disease (ESRD) on kidney dialysis.
 - Liberty Dialysis Hawai'i has 16 units located in the Hawaiian Islands (including Moloka'i)
 - Out of 16 total units, 5 units are in Liliha area
- **Lessons Learned - Complex patient assessment**

Liberty Dialysis Hawaii



Liberty Dialysis Hawaii 'Ohana
Lisa, Aileen, (Mele), Nancy, and Cathleen

Castle Medical Center

Mission:

*Caring for our community,
Sharing God's Love.*



**Ruby
Hayasaka MA MS RD**

Castle Medical Center

- **Did you know that ...**
 - The hospital café serves an exclusive lacto-ovo vegetarian menu and supports local farmers by incorporating island-grown produce in the salad bar.
 - Castle nutrition services prepares the “Meals on Wheels” meals for home-bound seniors in the community.
 - Castle clinical dietitians implement patient-centered care
- **Lessons Learned:** Marketing, in-patient assessment skills, patient-centered nutrition education

Castle Medical Center



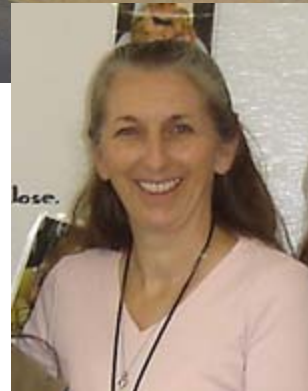
Ruby Hayasaka

and the Castle Medical Center Nutrition Services 'Ohana

Women, Infants and Children (WIC) Wahiaawa

Mission:

To safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.



**Laura
Morihara
RD**

Women, Infants and Children (WIC) Wahiaawa

- **Did you know that WIC...**
 - provides many incentives to encourage mothers to breast feed their infants up to one year.
 - loans electrical breast pumps to breastfeeding mothers who will return to work or school.

Laura describes promoting breastfeeding and counseling mothers to overcome breastfeeding obstacles as her sacred work.



- **Lessons Learned:** Patient-centered counseling skills, practical strategies to increase breastfeeding among postpartum mothers.

Women, Infants and Children (WIC) Wahiaawa



WIC Wahiaawa 'Ohana

**(Mele), Terri, Rochelle,
Ron, Sally, Vanessa, Laura, Teresa, Wendy, Debbie**

N.E.W. Nutrition Education for Wellness

Goals:

- To provide educational programs that increase the likelihood of healthy food choices...
- To provide practical foods and nutrition education training ...
- To provide statewide leadership and work with a diversity of organizations to achieve common goals.
- To safeguard the health and well-being of limited income households by promoting skills building and access to a healthy diet.



Naomi
Kanehiro MS RD

N.E.W. Nutrition Education for Wellness



Expanded Food and
Nutrition Education
Program EFNEP



Hawaii Child Care
Nutrition Program



Agriculture and
Environmental
Awareness Day



Executive Office of the
Aging: Funds "Good
Grinding for Wise Dining"

N.E.W.

Nutrition Education for Wellness

- Did you know that N.E.W...
 - Has developed and continues to manage over 15 community education and outreach projects in the islands.
 - Has a website that provides links to resources for professionals working in the community.
<http://www.ctahr.hawaii.edu/NEW/projects.htm>

- Lessons learned:
 - traditional cultural food
 - “Good Grinding and Wise Dining”
 - pre-pilot testing with seniors
 - adzuki bean dessert, *Zenzai*



Mrs Tsukada and Mrs Mizukami

N.E.W. Nutrition Education for Wellness



N.E.W. Cooperative Extension 'Ohana

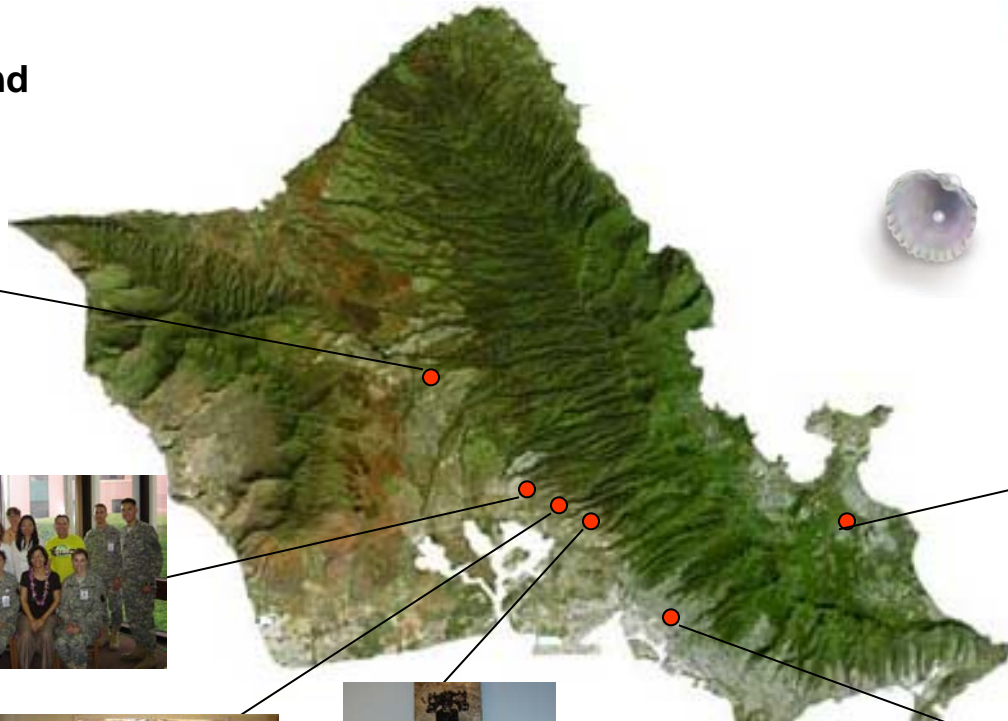
Conclusion

A New Perspective

- Each facility is a 'pearl' – a valuable asset in maintaining the wellbeing of our unique island community
- Local Network: sharing our resources / experiences can improve quality of services offered to the community
- As a dietitian planning to live and work in the islands: Interning at these local facilities has prepared me to be a greater asset to the people of my island home.

'Pearls' of our Island 'Ohana

Women, Infant and Children (WIC)



Castle Medical Center



Tripler Army Medical Center



Kamehameha Schools



Liberty Dialysis of Hawaii



Nutrition Education for Wellness N.E.W. Cooperative Extension

Mahalo!

- **Nutrition Education for Wellness CTAHR ext**

- Naomi Kanehiro RD Primary Local Preceptor
- Nicky Davison
- Carissa Holley
- Kim Kanechika RD
- Kami Nishimura RD



- **Kamehameha Schools**

- Pat Iida RD
- Gordon Morris



- **Tripler Army Medical Center**

- Ruth Clark RD
- Maj. Chad Koenig RD
- Doris Donch RD
- Mary Eiger RD
- Lt. Teresa Gaines RD
- Lt. Todd Heer RD
- Cpt. Justin Kocher RD
- Lt Joy Metevier RD
- Anna Tai RD



- **Liberty Dialysis Hawaii**

- Aileen Ueunten RD
- Lisa Morita RD
- Nancy Poon RD
- Cathleen Sanpei RD



- **WIC Wahiawa**

- Laura Morihara RD



- **Castle Medical Center**

- Ruby Hayasaka RD
- Jaime Adams RD
- Iya Domen RD
- Jodi Leandro RD
- Megan Ohman RD
- Keri Sim RD



Title Slide: Photo credits (clockwise):

<http://hawaiiheaven.fortunecity.com/hulasmile.jpg>

<http://www.bigisland.org/images/5.jpg>

<http://delvecarahe.files.wordpress.com/2007/12/breastfeeding.jpg>

http://farm2.static.flickr.com/1235/1441288408_40941c5fa3.jpg?v=0

http://armchairgeneralist.typepad.com/my_weblog/images/2008/07/30/brunson_family.jpg

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<http://www.bigisland.org/images/8.jpg>

http://www.ironhorse-resort.com/userfiles/image/Military_Family_Small.jpg

http://www.unitedwaywinecountry.org/files/senior_photo_couple.jpg

