

**Independent Rotation**

**Yingyi Deng**

**Independent Practice**

**February 20, 2026**

**Name:** Yingyi Deng

**Location/ Site:** ABC Social Adult Daycare, LLC in Brooklyn, NY

**Preceptor's name:** Shirley Chen

**Total Hours Covered:** 150

### **Overview of the Planned Activities**

For my independence rotation, I worked in a senior/nursing home in Brooklyn, NY. The experience was an integral part of my dietetic internship. I also opted for that facility since it aligns with my clinical goals of becoming a registered dietitian nutritionist (RDN) in long-term care nutrition. I worked under the supervision of the LNHA and was tasked with completing comprehensive nutritional services and follow-ups. I applied the ADIME documentation approach. I was also tasked with conducting checks and assessing whether patients are at risk of malnutrition. I also assisted in the food service sector. Part of the roles included arranging the trays and ensuring menu compliance.

### **Goals and Objectives**

The first goal was to enhance my expertise in a long-term care nutrition setting and my competency in geriatrics. On this, my objective was to complete at least 25 hours of nutritional assessments and more than 30 follow-ups before the rotation ended.

The second goal was to demonstrate ethical behavior and professionalism in long-term care. The associated objective was to ensure that I fulfill my role effectively, seek feedback, and demonstrate progressive growth in my actions and responses to needs.

### **Core Competencies Addressed**

CRDN 2.1: Practice in compliance with current federal regulations and state statutes and rules, as applicable, and in accordance with accreditation standards and the Scope of Nutrition and Dietetics Practice and Code of Ethics for the Profession of Nutrition and Dietetics

CRDN 2.3: Demonstrate active participation, teamwork, and contributions in group settings

CRDN 2.10: Demonstrate professional attributes in all areas of practice

CRDN 3.7: Demonstrate effective communication and documentation skills for clinical and client services in a variety of formats and settings, which include telehealth and other information technologies and digital media.

### **Assessment/ Evaluation Approach**

Direct observation and receiving feedback from the preceptors. The approach is relevant in gaining firsthand feedback. The preceptor gave me direct feedback that helped to understand which areas I should improve and the key areas to focus on in my subsequent interactions. The other approach is through weekly feedback and participating in meetings. During meetings, the team leaders summarize the facts, and document relevant findings and health-related insights. I would also complete my supervised hours and record a personal reflection on how I performed.

Preceptor Signature: \_\_Shirley Chen \_\_\_\_\_ Date: \_\_02/20/26 \_\_\_\_\_

Intern Signature: \_\_Yingyi Deng \_\_\_\_\_ Date: \_\_02/20/26 \_\_\_\_\_

## **Part 2: Summary**

Completing the 150 hours of independent rotation exposed me to actual work done by RDNs/LNHA. It offered me a great opportunity to learn and acquire relevant skills for working as an RDN. I helped about 12 individuals daily. It involved working with patients with dementia and chronic ailments. I also documented client details in accordance with compliance requirements. It helped me operate in accordance with the CRDN 2.1 core competency needs. During the rotation, I was also actively involved in weekly meetings and worked alongside other medical stakeholders, including social workers. I learned the importance of being articulate and clearly communicating medical terms.

Professionally, I was keen on managing my time well and being accountable, as required by core competency 2.10. As part of effective time management, I got to prioritize tasks and made sure that I accomplished tasks within the allocated timeline. I also learned the importance of scheduling one's tasks and prioritizing high-risk clients. Such steps proved instrumental in my work and engagement with peers within the same team. I also got to appreciate the importance of professionalism even when disseminating information to patients' family members. The rotation experience improved my ability to document effectively, reason clinically, and collaborate with other team members.

## Overview of Logged Hours

| <b>Core Activity</b>  | <b>Hours</b> |
|---|--------------|
| Doing nutrition services and follow-ups                         | 70           |
| Documenting findings effectively and developing relevant charts | 25           |
| Participate in work related meetings                            | 15           |
| Focus on telehealth and dissemination of information            | 12           |
| Handling regulatory documents                                   | 8            |
| Preparing and participating in presentations                    | 8            |
| Working on food service, tray, and reviewing menu items         | 6            |
| Quality improvement project                                     | 4            |
| Preceptor meetings, feedback, and self-reflection               | 2            |
| <b>Total</b>  | <b>150</b>   |