



# CONCURRENT, LONG STAY DIETETIC PLACEMENTS

An evaluation into alternative models of student training and who benefits

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Health  
Northern NSW  
Local Health District



University Centre for  
**RURAL HEALTH**  
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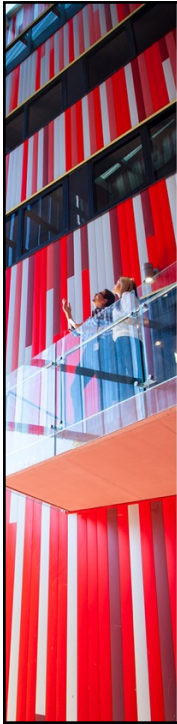
heart of the northern rivers

Photo: [www.visitismore.com.au](http://www.visitismore.com.au)



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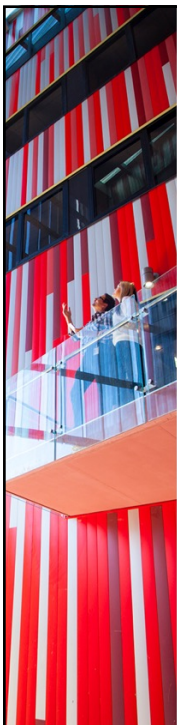


## Fit for purpose?

- Meet current graduate workforce demands?
- A good fit for students in terms of wellbeing?
- Best match the resources of the sites?



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## Dietetics

- 4 year bachelor program
- 21 weeks of placement
- Block

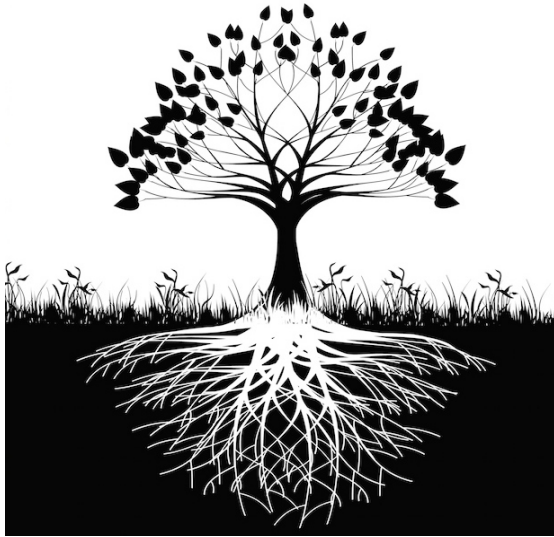
*"I finished at Logan (Hospital) at 6pm and I had to be at Cairns to start on Monday." #166*

	WEEK1	WEEK2	WEEK3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21
Mon	Food Service Management				Clinical 1					Clinical 2					Community & Public Health Nutrition						
Tues																					
Wed																					
Thurs																					
Fri	20 days				25 days					30 days					30 days						



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## The right ingredients



- Reflect real life jobs
- Longer stay
- Maximise learning opportunities
- Reduce student stress & anxiety
- Reduce supervisor burden
- Working within DAA accreditation

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## What could a concurrent timetable look like?

	WEEK1	WEEK2	WEEK3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21
Mon	Food Service Management				Clinical 1					Clinical 2						Community & Public Health Nutrition					
Tues																					
Wed																					
Thurs																					
Fri	20 days				25 days					30 days						30 days					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
WEEK 2					
WEEK 3					
WEEK 4					
WEEK 5					
WEEK 6					
WEEK 7					
WEEK 8					
WEEK 9					

*"It differed each week depending on our outreach schedule or if there was anything in particular we wanted the students involved with in wither food service or ICM. It was not set structure."*

Food Service = 20 days

Clinical = 25 days

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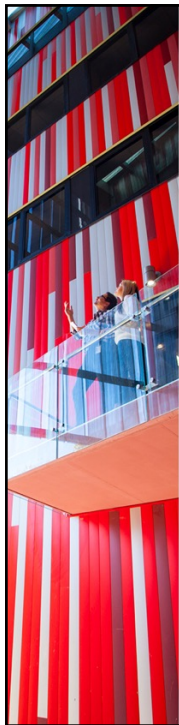
## AIMS

To explore the experience of

1. a concurrent placement verse a block placement
2. a long stay, rural placement verse a mixed placement (urban and rural)

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## Pilot

### Northern NSW

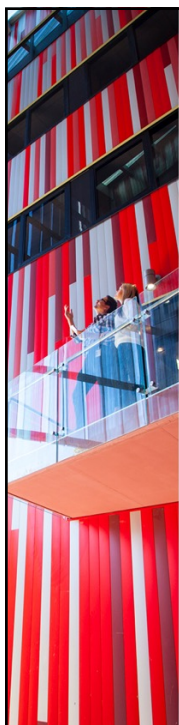
15 week concurrent model (2018-2019)

- students must apply
- 4 students per semester
- concurrent Community Nutrition & Food Service & Clinical 2

### QLD Health

9 week concurrent model in 3 hospital sites (2018-2019)

- Food Service & Clinical 1
- Food service & Clinical 2
- 1 metropolitan, 2 rural sites



## Qualitative analysis

### 4 x student **focus groups**

- 2 concurrent n=8 (NSW only)
- 2 block n=15

### Concurrent supervisor **interviews** n=6

- Food Service Management only
- Medical Nutrition Therapy only
- Both
- Varying levels of experience



## Achievements

- 16 students x 15 week long stay placements
- 7 community nutrition projects have been completed over 96 weeks
- ~550 hospital patients seen
- 8 NSW Health food service projects completed

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## Results: Work Readiness

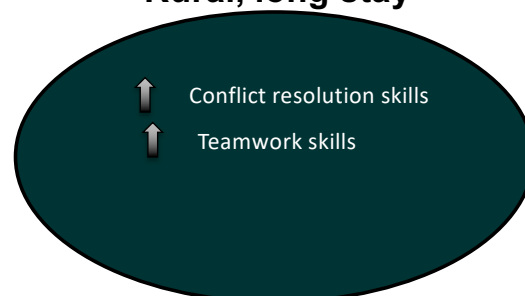
### Concurrent



*"That's how a lot of jobs go,  
you do a mix of roles, so I  
think in terms of skills learning  
it was good" #257 Student*

*"So basically we learned a lot about  
communicating" #284*

### Rural, long stay

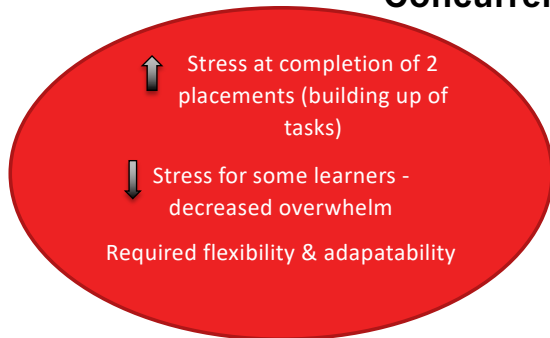


\* Supervisor only

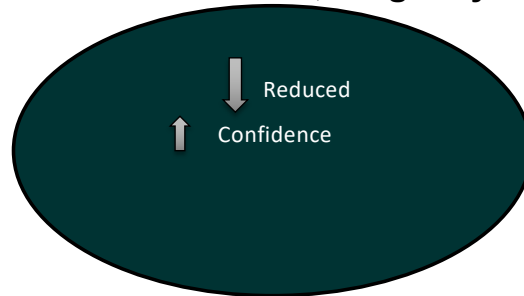
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## Results: Stress and Wellbeing

### Concurrent



### Rural, long stay

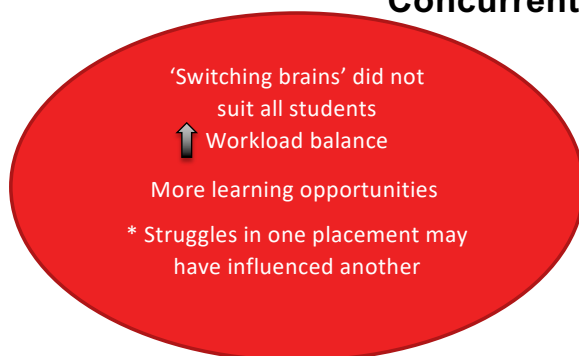


*"It was challenging at times switching between the two within a week but overall I thought it was good because you got that break. Doing a three-day clinical week for me it's quite stressful"....#556 Student*

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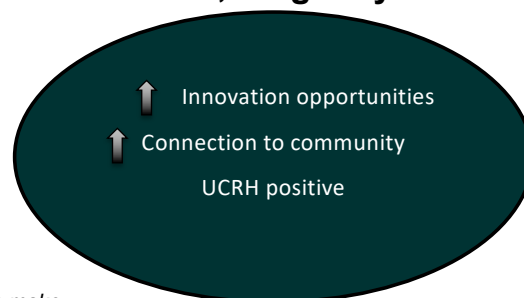
## Results: Student Experience

### Concurrent



*"They were very welcoming to us. We were part of the team. We felt like a part of that (Aboriginal) community and really connected, and it was really just rewarding". #212*

### Rural, long stay

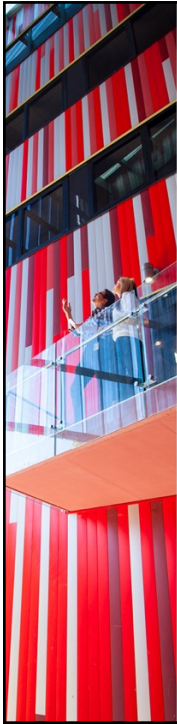


*"I guess it seems like you can make more of a meaningful impact with a community that is a small community" #432*

\* Supervisor only

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*“Through UCRH I got to do a career day, give out information on Nutrition and Dietetics for people considering going into it. So for me, I empowered myself by empowering them to learn about life as a student and a professional”.*



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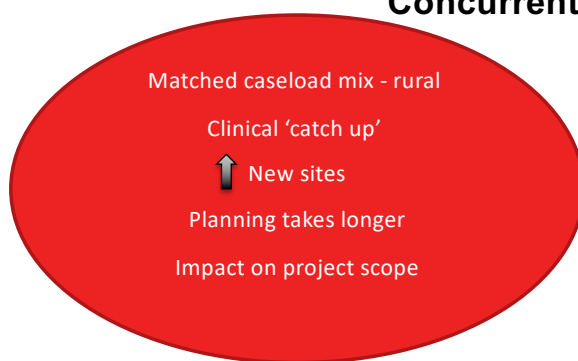


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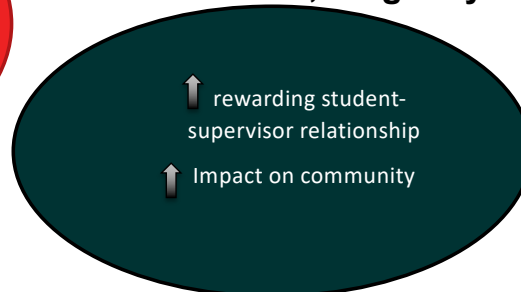
## Results: Supervisor Experience

### Concurrent



*“We were able to be much more flexible in terms of the timetable to ensure that students had a much better experience and had a much wider variety in terms of ICM exposure.” Rural Supervisor #3*

### Rural, long stay



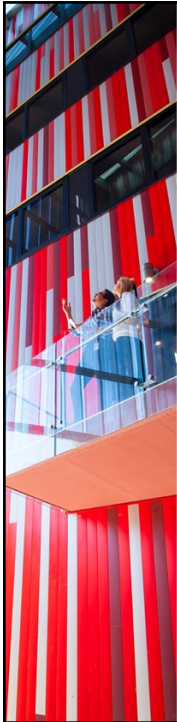
\* Supervisor only



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## So who benefits & where to now?

1. Students
2. Rural communities
3. Universities



*"For rural I think this is a fantastic model. I would be very hesitant to go back to the more traditional model" Supervisor, QLD*

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