

Additional information may be obtained by contacting:

Internship Director
Whitehorse General Hospital
#5 Hospital Road
Whitehorse, YT Y1A 3H7
Ph: (867)393-8786

Weblinks

Yukon Hospital Corporation:
www.yukonhospitals.ca

Yukon Travel:
www.tc.gov.yk.ca

Yukon First Nations:
www.yfnta.org

Local Airline:
www.flyairnorth.com



YUKON FIRST NATIONS DIETETIC INTERNSHIP PROGRAM 2012/2013

Building Nutrition Capacity in First Nations and
Northern Communities



'Na Ku' - Place of Healing

Our Internship Program

The uniqueness of the Yukon First Nations Dietetic Internship Program (YFNDIP) lies in the ability and willingness of the Yukon Hospital Corporation and its stakeholders to combine First Nation's history, culture and health perspectives with professional dietetic training. This is the only dietetics program of its kind in Canada.

Culturally sensitive, holistic approaches to health and nutrition are necessary because of the northern geography, demographics and health determinants of Yukon First Nations. Dietetic Interns have the unique opportunity to train in a small northern hospital (WGH), in community settings and at a larger affiliated teaching hospital.

The YFNDIP was created to address the need for culturally competent registered dietitians in northern aboriginal communities. Our program began in 1997 as a pilot project and received full accreditation status from Dietitians of Canada in 1999 and again in 2008.

We are proud to say that the majority of Aboriginal Dietitians in Canada are alumni from this program. Some of our graduates have chosen to call Yukon home while many others work in Aboriginal or northern settings.

Program Goals

1. To conduct a high quality accredited dietetic internship program.
2. To provide a rich learning environment where interns acquire the skill and knowledge necessary to become registered dietitians.
3. To build nutrition capacity in Aboriginal and northern communities.

Application Process

The required forms and instructions are available from the Dietitians of Canada website at www.dietitians.ca.

The applicant is responsible for ensuring all sections of the completed application package reach the Internship Coordinator at Whitehorse General Hospital by **February 1** of the year they wish to start the internship program.

Selection Process

Applicants will be evaluated on the basis of:

1. Academic performance demonstrated by overall academic standing of 70% during the last three years of university education.
2. Involvement in community and/or extra curricular activities and special projects.
3. Relevant work or volunteer experience.
4. References from any nutrition and food-related work experiences, preferably written by a DC member and one from the university attended.
5. Personal characteristics: evidence of leadership, communication skills and self-direction.
6. Demonstration of interest in Aboriginal health and nutrition.
7. Preference for students from the Yukon Territory.
8. Preference for students of First Nations ancestry.

A short-list of applicants will be interviewed either in-person or by conference call. The final selection is based on the consensus of the interview committee.

Notification of acceptance is initiated by Dietitians of Canada.

Note: Program size allows 1 intern placement per year.

This program aims to provide interns with the knowledge and skills to address nutrition and health concerns in First Nations communities, particularly in northern First Nations communities.

Program Details

Hours of Work:

Interns work an average of 37.5 hours per week on-site and receive two days off each week. There may be some weekend work and hours of duty will vary according to the area in which the intern is working. Interns should realize that a significant commitment of personal time is essential in order to complete this program.

Extensions:

Occasionally, an extension of the program has been permitted to allow individual interns to complete the required competencies.

Vacations:

The interns are entitled to three weeks of vacation and 10 statutory holidays.

Sick Leave:

Ten days are allowed for sick time throughout the program. It may be necessary to make up sick time, depending on the rotation(s) involved.

Accommodation:

Interns are responsible for securing their own housing. There is a residence attached to the hospital with very reasonable rental rates. Contact the internship coordinator for more information on securing an apartment.

Costs:

- Internship Tuition: \$175.00
- Travel to/from Whitehorse and Affiliate site
- Dietitians of Canada Qualifying Membership
- Dietitians of Canada Liability Insurance (mandatory)

Insurance:

Interns must provide proof of their respective Provincial Health Insurance coverage and Dietitians of Canada Liability Insurance.

The Partners

Whitehorse General Hospital (WGH) is an accredited, 55-bed acute care facility located in Whitehorse and serves the Yukon Territory, parts of northern BC and Alaska.

Constructed in the late 1990's, this new, modern building offers interns a well-ventilated, fragrance and smoke-free working environment. Interns are guaranteed access to an office with phone, computer/internet and printer.

First Nations Health Programs is a department of WGH with friendly staff, administration offices, and meeting rooms. Staff advocate for First Nation's people to ensure quality and culturally sensitive holistic health care during their stay. The programs provided are First Nations Health & Social Liaison Workers; Child Life Worker; Traditional Diet; Traditional Medicine; Interpretation Services; In-service Training & Education; and Community Liaison/Discharge Planning. Interns participate in Cross-Cultural training and optional cultural celebrations and events. A First Nations Dietitian oversees the community nutrition rotation, traditional diet and Aboriginal Health activities.



This internship program aims to promote an environment that fosters learning and growth by addressing the physical, mental, emotional and spiritual health of interns and internship staff.

Experiences

The internship program is organized into three main practice areas:

1. Food Services Administration: Committed and friendly staff serve patients and cafeteria patrons on a rotating menu basis. Whitehorse General Hospital is proud to be able to offer Traditional Food to its First Nations Patients. Foods from the land are known to foster healing and are a culturally acceptable, healthy alternative. Interns are involved with the administration of this unique program. Management and leadership skills are fostered through a project-based, supervisor relief rotation.

2. Clinical: Dietitians at WGH provide inpatient services to medical, surgical, pediatrics, intensive care and maternity patients. They also provide one-on-one counseling and education sessions to outpatients. The Yukon Diabetes Education Centre operates from a pleasant office adjoining WGH. Our Certified Diabetes Educators provide education in-person, to groups and through videoconference connections with Yukon's rural communities. The continuing care dietitian provides services/care to over 100 residents of 2 local facilities. Interns participate in Journal club sessions and are invited to all professional development opportunities. Clinical experiences at the affiliate site involve specialty clinical rotations (i.e. renal, pediatrics, cardiology).

3. Community Nutrition: A strong community focus providing nutrition support and resources throughout the Yukon includes working with: Community Health Centers, First Nations' and other government and non-government organizations providing health promotion or related services. Teaching is provided in resource development, especially principles involved in assessing or creating appropriate materials for First Nations people. Specific learning opportunities are also provided in the area of practice-based research and/or proposal development.

Program Outline

The Internship begins in late September and finishes in August of the following year. The total duration of the program is 47 weeks: 37 weeks at Whitehorse General Hospital (WGH) plus 10 weeks at an affiliated hospital site. The affiliate site may be located anywhere in Canada.

Rotation	# Weeks
Orientation WGH	1
Food Service WGH	10
Patient Food Service, Traditional Diet Program	
Food Production/Catering/Cafeteria	
Administration Supervisor Relief	
Community Nutrition	13
Yukon & First Nations communities/organizations	
Resource Development	
Research/Proposal Development	
Clinical WGH	10
General Medicine	
Diabetes Education	
Continuing Care	
Professional Staff Relief	
Affiliate Site	10
Vacation (Christmas break + affiliation travel)	3
TOTAL	47

This program provides opportunities for interns to develop research skills and aims to provide opportunities for professional development whenever possible.