

Nutrition Counseling Assignment: Grading Rubric

Students: "Counselor" _____ "Client" _____

Instructor: Drew Hemler Diet/MNT: _____

Theoretical approach: _____ Strategy: _____

Maximum Possible Rubric Score: **20 points / 20% of total course grade**

Max	Counseling Session Criteria	Score:	Instructor Comments:
1.0	<input type="checkbox"/> Dresses appropriately ("counselor") <input type="checkbox"/> Name tag is visible ("counselor") <input type="checkbox"/> Is well groomed ("counselor") <input type="checkbox"/> Provides name, department ("counselor")	_____	
0.5	<input type="checkbox"/> Introduction was appropriate: Counselor uses inviting/positive communication towards patient/client (<i>must include rapport building</i>)	_____	
0.5	<input type="checkbox"/> Includes reason for visit/purpose, including what a dietitian is and what value the dietitian provides/brings to the patient/client session	_____	
0.5	<input type="checkbox"/> Explains medical issue and rationale for diet & how it relates to medical diagnosis; uses appropriate grade level of communication	_____	
0.5	KRDN 3.3 <input type="checkbox"/> Politely assesses patient's prior diet education/knowledge, when and what type	_____	
1.0	<input type="checkbox"/> Makes patient/client feel comfortable throughout session (<i>must include empathy</i>)	_____	
1.0	<input type="checkbox"/> Physically provides diet education materials, and explains educational materials to patient using clear language	_____	

	<p>CRDN 3.6</p> <p>— Uses counseling theoretical approaches to design and implement interventions (Cognitive-Behavior Theory; Health Belief Model; Transtheoretical Model; Behavior Modification)</p> <p>CRDN 3.6</p> <p>— Selectively applies evidence-based counseling strategies or plans of action designed to achieve a particular goal (motivational interviewing, self-monitoring, problem solving, social support, stress management, stimulus control, cognitive restructuring, relapse prevention, rewards/contingency management, other)</p>		
<p>2.0</p>	<p>— Consistently uses objective measures to evaluate patient understanding/knowledge regarding provided diet education and recommendations (including verbal & non-verbal communication), including recall, Q&A, observation, etc.)</p>		
<p>3.0</p>	<p>CRDN 2.11</p> <p>— Demonstrates cultural sensitivity towards client</p> <p>— Demonstrates cultural competence</p>		
<p>1.0</p>	<p>— Gives appropriate and accurate diet education</p> <p>Speed of education session is appropriate</p>		
<p>1.0</p>	<p>— Counselor uses open ended questions throughout the counseling session, as needed</p>		
<p>2.0</p>	<p>KRDN 3.3</p> <p>— Appropriately concludes session with (a) collaborative SMART goal-setting (1 to 2 goals), (b) method(s) of how goals will be measured upon next visit/follow-up, (c) recap of education & strategies to be used to achieve goals and (d) contact info for questions between appointments</p>		
TOTAL SCORE			—