

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

<b>6.0</b>	<b>CRDN 3.6</b> ____ Uses counseling theoretical approaches to design and implement interventions (Cognitive-Behavior Theory; Health Belief Model; Transtheoretical Model; Behavior Modification)	_____	
	<b>CRDN 3.6</b> ____ 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)		
<b>2.0</b>	____ 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.)	_____	
<b>3.0</b>	<b>CRDN 2.11</b> ____ Demonstrates cultural sensitivity towards client Demonstrates cultural competence	_____	
<b>1.0</b>	____ Gives appropriate and accurate diet education Speed of education session is appropriate	_____	
<b>1.0</b>	____ Counselor uses open ended questions throughout the counseling session, as needed	_____	
<b>2.0</b>	<b>KRDN 3.3</b> ____ 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	_____	
<b>TOTAL SCORE</b>		_____	