

Sumario Descriptivo de la Pasantía

Miah Bernard

I completed an internship working in the public hospital, Hospital San Luis de Otavalo. I worked in the nutrition department under the head nutritionist. This hospital combines modern and traditional medicine to best care for the city's large indigenous population. During my time in the hospital, I observed patients in a variety of departments of the hospital, most commonly in internal medicine, surgery, pediatrics, and obstetrics. My days consisted of rotations in the morning with a team of doctors and nurses to check on patients, observing external consults for patients with nutrition concerns, helping with nutritional health promotion events for the community, preparing supplemental feedings for patients, and helping with food distribution during meal times. I often observed what the other nutrition interns from the Universidad Técnica del Norte were doing: they typically consult with patients by taking their height, weight, and body measurements, asking in detail about their current diet habits, and creating a new diet plan based on their needs. Because the mornings were the busiest at the hospital, I did my observations then and would use my afternoons to work on my paper or read resources from the hospital. After a couple of weeks of observing and working, I narrowed my topic for my research down to ancestral nutrition in lactating mothers. With this topic, in the hospital, I gathered information from modern and traditional doctors on their practices, understood the resources provided to new mothers by the government and hospital, and understood the typical eating habits of mothers in Ecuador.