

Stella Beck

Clinical Dietitian

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STRENGTHS

-  **Patient Advocate**
Strengthened patient support systems by implementing effective education programs tailored toward individual nutritional needs.
-  **Team Coordinator**
Improved interdepartmental collaboration, transforming routines into streamlined processes for enhanced service delivery and patient satisfaction.
-  **Quality Champion**
Drove quality improvement initiatives, receiving acknowledgment from leadership for implementation success resulting in elevated care standards.
-  **Mentor**
Guided aspiring dietitians, cultivating knowledge and skills through personalized coaching sessions that foster growth and confidence.
-  **Community Builder**
Organized wellness activities directing focus towards preventive health, creatively engaging both staff and patients in nutritional strategies.

SKILLS

- Clinical Nutrition
- Patient Education
- Evidence-Based Practice
- Quality Improvement
- Team Collaboration
- Patient Assessment
- Healthcare Compliance
- Medical Nutrition Therapy
- Nutritional Counseling
- Food Safety
- Communication Skills
- Clinical Documentation

SUMMARY

Dedicated Registered Dietitian Nutritionist with robust experience in providing Medical Nutrition Therapy and educational programs within acute care environments. Successfully conducted comprehensive nutritional assessments, developing personalized care plans that directly contribute to patient health improvements. Expertise encompasses application of evidence-based practices to elevate clinical effectiveness while actively mentoring junior staff and dietetic interns. Known for implementing quality improvement initiatives focused on advancing patient outcomes. Eager to bring this collaborative spirit and commitment to continuous advancement to a dynamic healthcare team.

EXPERIENCE

Clinical Dietitian

Health First Nutrition Services  June 2024 - Present  West Chester, PA

Lead standardized treatment approaches as Clinical Dietitian, focusing on improving nutrition outcomes for patients in a 200+ bed acute care facility. Collaborate with multidisciplinary teams to ensure adherence to evidence-based protocols, enhancing quality of care delivery.

- Conduct comprehensive nutritional assessments for over 100 patients monthly, establishing individualized care strategies to drive optimal recovery outcomes.
- Collaborate effectively with teams to implement evidence-driven nutrition interventions, leading to substantial increases in patient satisfaction scores.
- Educate patients and families through interactive workshops on nutrition and healthy lifestyle changes, contributing to improved long-term dietary adherence.
- Participate in QAPI initiatives, significantly enhancing clinical metrics and service delivery performance throughout the nutrition department.
- Mentor dietetic interns by providing essential training on clinical methodologies, fostering a supportive and constructive educational environment.
- Leverage health technology platforms for meticulous documentation of patient progress, ensuring compliance with institutional protocols.

Dietetic Intern

Nutritional Health Associates  January 2024 - May 2024  Pottstown, PA

Gained hands-on experience in clinical nutrition through an immersive internship involving patient assessments within diverse healthcare settings under supervision of RDNs. Contributed valuable insights into evidence-based dietary planning.

- Completed 120 hours of supervised practice focusing on acute care interventions, assisting registered dietitians with multifaceted nutritional assessment strategies.
- Participated actively in team discussions aimed at developing comprehensive treatment plans based on patient's needs and evidence-based guidelines.
- Led educational sessions promoting nutritional awareness among patients and staff, ultimately improving community health initiatives within the facility.
- Contributed to ongoing quality improvement projects directed at enhancing operational functions while supporting patient-centered care practices.
- Developed engaging patient education materials regarding dietary recommendations, thereby increasing available resources for staff utilization.

LEADERSHIP & AWARDS

- Dean's List, University of Pennsylvania, 2023-2026
- Recipient of the Nutrition Academic Achievement Award, 2025

EDUCATION

Bachelor's Degree in Nutrition

University of Pennsylvania  GPA: 3.8  2026  Philadelphia, PA

Coursework: Clinical Nutrition, Health Promotion, Food Science, Community Health

Patient Advocacy

Cultural Competence

Nutritional Research

Public Speaking

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Clinical Dietitian at Health First Nutrition Services (2.1 Years)

● Dietetic Intern at Nutritional Health Associates (4 Months)

CERTIFICATIONS

- Registered Dietitian Nutritionist (RDN) 📅 2026
- Basic Life Support (BLS) Certified 📅 2025

TECHNICAL SKILLS

- **Nutrition Software:** NutriBase, Food Processor, eNutrition
- **Data Analysis Tools:** Excel, SPSS, Tableau
- **Clinical Guidelines:** ADA Guidelines, ASPEN Guidelines, AHA Nutrition Recommendations
- **Presentation Software:** PowerPoint, Canva, Prezi
- **Project Management Tools:** Asana, Trello, Microsoft Teams
- **Patient Management Systems:** Epic, Cerner, Meditech
- **Research Databases:** PubMed, Google Scholar, Scopus
- **Cooking Techniques:** Meal Prep, Recipe Development, Food Presentation
- **Reporting Standards:** CDR Reporting, JCAHO Standards, HIPAA Compliance
- **Registration Boards:** Commission on Dietetic Registration, State Licensing Board

PROFESSIONAL AFFILIATIONS

- Member, Student Dietetic Association, University of Pennsylvania, 2023-2026
- Volunteer, Community Health Fair, Pottstown, PA, 2025

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST