

Eva Sanders

Clinical Dietitian

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STRENGTHS

-  **Compassionate Patient Care**
Empathetic listener who builds rapport with patients, resulting in improved adherence to nutrition plans.
-  **Effective Communication**
Skilled in breaking down complex nutritional concepts for easy understanding, enhancing patient education efforts.
-  **Collaboration Skills**
Fosters strong partnerships within interdisciplinary teams, driving cohesive patient care and satisfaction improvements.
-  **Research Driven**
Committed to applying evidence-based research for patient treatment strategies. This approach is key to achieving optimal outcomes.
-  **Mentorship Experience**
Actively engages in mentoring fellow interns, fostering their learning and professional growth while building supportive workplace culture.

SKILLS

- Clinical Nutrition
- Patient Education
- Evidence-Based Practice
- Data Analysis
- Team Collaboration
- Public Speaking
- Nutritional Counseling
- Quality Improvement
- Food Safety
- Dietary Assessments
- Community Outreach
- Therapeutic Diet Planning
- Healthcare Regulations
- Medical Terminology
- Nursing Collaboration

SUMMARY

Passionate Registered Dietitian Nutritionist prepared to enhance patient care within the healthcare setting. Proficient in delivering Medical Nutrition Therapy through evidence-based approaches that improve outcomes. Demonstrated success in developing customized dietary plans based on comprehensive nutritional assessments. Encourage wellness education for patients and families, fostering sustainable lifestyle changes. Collaborative team player with experience mentoring interns and promoting professional growth. Eager to leverage expertise at Morrison Healthcare and contribute positively to patient satisfaction and overall clinical excellence.

EDUCATION

Bachelor of Science in Nutrition and Dietetics

University of Texas at San Antonio  GPA: 3.8  2026  San Antonio, TX

Coursework: Nutrition Assessment, Clinical Nutrition, Food Service Management, Public Health Nutrition

TECHNICAL SKILLS

- Nutrition Software:** NutritionCalc, Quest Diagnostics, Epic
- Data Analysis Tools:** Excel, SPSS, R
- Presentation Tools:** PowerPoint, Prezi, Canva
- Dietary Guidelines:** USDA Dietary Guidelines, ADA Standards, DGA
- Clinical Assessment Techniques:** Screening Tools, Anthropometry, Biochemical Assessment
- Communication Tools:** Zoom, Slack, Microsoft Teams
- Community Nutrition Strategies:** Workshops, Cooking Classes, Nutritional Fairs
- Healthcare Compliance:** HIPAA, Joint Commission Standards, FDA Regulations
- Nutrition Education Resources:** Healthy People 2030, Medline Plus, Nutriweb
- Mentorship Programs:** Intern Training, Peer Support, Evaluation Feedback

EXPERIENCE

Clinical Nutrition Intern

University Project  January 2026 - Present  San Antonio, TX

Supported patient nutrition through rigorous assessments and collaborative planning in a clinical internship focused on improvement of health outcomes.

- Conducted comprehensive nutritional assessments for a diverse patient population in a simulated clinical environment.
- Developed individualized care plans that promote recovery and improve health outcomes using evidence-based guidelines.
- Collaborated with a multidisciplinary team to enhance patient satisfaction and service quality in a mock outpatient clinic.
- Delivered educational presentations on nutrition and wellness strategies to peers and faculty, receiving positive feedback for clarity and engagement.
- Participated in QAPI initiatives aimed at improving clinical performance and patient care delivery standards.
- Supported the training of junior interns through mentorship and knowledge sharing during practical sessions.

Nutrition Research Assistant

Academic Research Lab  September 2025 - December 2025  San Antonio, TX

Engaged in vital nutrition research focused on dietary interventions for pediatric patients, contributing significantly towards scientific understanding and community outreach.

- Assisted in conducting research on dietary interventions for pediatric patients with gastrointestinal disorders, utilizing advanced data analysis techniques.

LANGUAGES

English	Native
Spanish	Proficient

MY CAREER



- Clinical Nutrition Intern at University Project (6 Months)
- Nutrition Research Assistant at Academic Research Lab (3 Months)

- Contributed to the development of research protocols and patient recruitment strategies, enhancing the study's outreach and effectiveness.
- Prepared and presented findings at university conferences, showcasing the impact of nutrition on pediatric health outcomes.
- Collaborated with faculty and graduate students to analyze research data and draft reports for publication.
- Engaged in community outreach programs to promote nutritional education among families and children.
- Implemented feedback from research findings to improve educational materials for public distribution.

LEADERSHIP & AWARDS

- Dean's List, University of Texas at San Antonio, 2024-2026
- First Place, University Nutrition Challenge, 2025

CERTIFICATIONS

- Registered Dietitian Nutritionist (RDN) 📅 2026
- ServSafe Food Handler 📅 2025

PROFESSIONAL AFFILIATIONS

- Member, Student Dietetic Association, 2024-Present
- Volunteer, Community Health Fair, 2025

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST