

Autumn French

Clinical Dietitian

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STRENGTHS

- ♥️ **Compassionate Engagement**
Cultivated empathetic relationships with patients, becoming a trusted guide during their recovery journeys.
- 💡 **Innovative Education**
Created engaging workshops, sparking conversations around nutrition and significantly increasing participation rates.
- 👥 **Team Collaboration**
Built strong partnerships with multidisciplinary teams, driving integrated approaches toward patient wellness.
- ✅ **Quality Assurance Focus**
Initiated QA projects that elevated care standards and compliance, witnessing tangible enhancements in patient experiences.
- 🎓 **Mentorship Excellence**
Guided multiple dietetic interns, fostering confidence and competence through nurturing and hands-on training.

SKILLS

Medical Nutrition Therapy

Nutritional Assessment

Patient Education

Evidence-Based Practice

Quality Improvement Initiatives

Team Collaboration

Community Outreach

Diet Manual Adherence

Food Service Management

Clinical Care Planning

Workshop Facilitation

Electronic Health Records

SUMMARY

Dedicated Clinical Dietitian skilled in providing Medical Nutrition Therapy and nutrition education. Extensive experience developing individualized care plans while collaborating with diverse healthcare teams to enhance patient outcomes. Proven ability to implement evidence-based practices aligned with quality standards. Focused on mentorship for dietetic interns, fostering a learning environment that cultivates professionalism. Knowledgeable about the latest research and committed to continuous improvement in clinical skills. Looking forward to making impactful contributions through my knowledge and passion for nutrition.

EXPERIENCE

Dietitian

Healthy Living Institute 📅 March 2024 - Present 📍 Huntsville, AL

As a Dietitian at Healthy Living Institute, responsible for comprehensive nutritional assessments and care plan development for various patient demographics. Collaborating closely with other healthcare professionals to ensure optimal health outcomes and satisfaction.

- Conducted nutritional assessments tailored for diverse patients, essential for effective diabetes management.
- Collaborated with medical teams, leveraging evidence-based practices for improved patient satisfaction scores.
- Facilitated educational workshops for patients, promoting sustainable lifestyle changes aligned with well-being.
- Contributed notably to Quality Assurance initiatives, enhancing compliance by refreshing over care protocols.
- Mentored several dietetic interns, enriching their experiential learning through practical engagement.
- Utilized EHR systems to meticulously document progress and facilitate ongoing quality patient care.

Dietetic Intern

Wellness Nutrition Center 📅 August 2023 - February 2024 📍 Birmingham, AL

Engaged as a Dietetic Intern at Wellness Nutrition Center, assisting licensed dietitians in delivering nutritional services and participating in community outreach programs to elevate public awareness regarding nutrition.

- Assisted with nutritional assessments under supervision, gathering firsthand experience vital for professional growth.
- Participated in engaging community outreach programs, delivering nutrition education to elevate healthy eating consciousness.
- Supported facilitation of nutrition workshops, ensuring increased participant interaction and overwhelming positive feedback.
- Worked with food service management for meal planning efficiency, maintaining adherence to dietary guidelines.
- Performed progress evaluations through follow-up consultations, continuously modifying plans based on evolving patient needs.
- Played an active role in team discussions, contributing fresh perspectives to enhance patient care strategies.

LEADERSHIP & AWARDS

- Dean's List, University of Alabama (2022-2026)
- Nutrition Scholarship Recipient, University of Alabama (2023)

EDUCATION

Bachelor of Science in Dietetics

Health Promotion Public Speaking

English Native

Spanish Intermediate

A donut chart with a black center and a grey ring. The text '2.8 YEARS' is displayed in the center. The grey ring represents approximately 2.8 years out of a total of 3 years.

- Dietitian at Healthy Living Institute (2.3 Years)
- Dietetic Intern at Wellness Nutrition Center (6 Months)

Coursework: Nutrition Science, Clinical Nutrition, Community Nutrition, Food Service Management

- Registered Dietitian Nutritionist (RDN) 📅 2026
- CPR Certification 📅 2026

- **Nutritional Assessment Tools:** MNA, SGA, NRS-2002
- **Education Resources:** MyPlate, Nutrition.gov, ChooseMyPlate
- **Communication Tools:** Zoom, Microsoft Teams, Google Meet
- **Food Service Systems:** MenuScribe, CBORD, NutriKids
- **Quality Improvement Software:** Qualtrics, SurveyMonkey, Tableau
- **Healthcare Standards:** ADA Guidelines, AHA Standards, WHO Recommendations
- **Clinical Documentation Tools:** Epic, Cerner, Meditech
- **Research Methodologies:** Quantitative, Qualitative, Mixed-Methods
- **Public Health Policies:** CDC Guidelines, State Health Regulations, Job Aid Frameworks
- **Regulatory Compliance:** HIPAA, JCAHO, CMS Regulations

- Member, Student Dietetic Association, University of Alabama (2022-Present)
- Volunteer, Community Health Fair, Montgomery, AL (2023)

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

AVAILABLE ON REQUEST