

Autumn French

☎ (334) 555-1234 ✉ autumn.french@email.com 🔗 linkedin.com/in/autumnfrench 📍 123 Maple Street, Montgomery, AL 36104

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 March 2024 - Present
Healthy Living Institute *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 August 2023 - February 2024
Wellness Nutrition Center *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 2026
University of Alabama GPA: 3.8 *Tuscaloosa, AL*

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

CERTIFICATIONS

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

TECHNICAL SKILLS

- **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

SKILLS

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|-----------------------------|-----------------------------------|-----------------------------|----------------------|
| • Medical Nutrition Therapy | • Quality Improvement Initiatives | • Food Service Management | • Data Analysis |
| • Nutritional Assessment | • Team Collaboration | • Clinical Care Planning | • Dietary Counseling |
| • Patient Education | • Community Outreach | • Workshop Facilitation | • Health Promotion |
| • Evidence-Based Practice | • Diet Manual Adherence | • Electronic Health Records | • Public Speaking |

PROFESSIONAL AFFILIATIONS

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

LANGUAGES

- English (Native)
- Spanish (Intermediate)

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST