



# Josephine Simpson

## Pediatric Dietitian

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### SUMMARY

As a Pediatric Dietitian, utilized extensive clinical experience to provide specialized nutrition guidance tailored for pediatric patients. Involved in conducting thorough nutrition assessments, developing individualized care plans, and fostering patient empowerment through education. Collaboration with multidisciplinary teams emphasized the integration of clinical nutrition strategies into overall care. Mentored dietetic interns, enhancing professional growth and standardizing care practices. Engagement in quality improvement initiatives reinforced commitment to clinical excellence and meeting diverse health needs. Strong dedication to keeping abreast of current research ensures adherence to evidence-based guidelines, ultimately enhancing patient recovery and positivity.

### EXPERIENCE

#### Pediatric Dietitian

Wellness Healthcare 📅 June 2023 - Present 📍 Santa Monica, CA

Overseeing clinical nutrition services for pediatric inpatient and outpatient populations in a dynamic teaching hospital. Focused on personalized care coordination and management of nutrition-related issues across various specialties including cardiology and oncology.

- Conduct comprehensive nutritional assessments, aligning interventions with medical treatments for improved outcomes.
- Educate families on managing dietary needs and choices that positively influence long-term wellness.
- Collaborate closely with healthcare teams to support integrated care delivery surrounding complex patient needs.
- Initiate and oversee QAPI projects aimed at refining service processes, thereby boosting overall patient satisfaction.
- Mentor and train dietetic interns in practical and clinical settings, reinforcing educational standards and best practices.
- Regularly update knowledge of pediatric nutrition trends, ensuring adherence to the latest evidence-based protocols.

#### Clinical Dietitian

Healthy Kids Clinic 📅 March 2021 - May 2023 📍 Long Beach, CA

Provided essential dietary consultations and interventions for children within a fast-paced clinic environment. This role demanded creative solutions to health challenges experienced by a diverse patient population.

- Developed and led nutrition education initiatives focused on sustainable, healthy eating habits for families.
- Performed regular evaluations to adapt meal plans according to emerging health conditions and feedback.
- Cultivated relationships with families and stakeholders, adapting services to align with their expectations and requirements.
- Spearheaded community outreach programs designed to amplify awareness regarding childhood nutrition and health initiatives.
- Participated actively in research activities addressing chronic dietary interventions for pediatric patients.
- Led training sessions for emerging professionals regarding contemporary dietary strategies and patient engagement techniques.

#### Dietetic Intern

Nutrition Associates 📅 June 2020 - February 2021 📍 Los Angeles, CA

Showcased skills through an extensive internship across multiple clinical environments, including pediatrics. Assisted senior registered dietitians in ensuring effective delivery of nutrition services.

### STRENGTHS

- 👤 **Clinical Expertise**  
Administer thoughtful dietary assessments and customized nutrition plans for optimal patient care.
- 💬 **Family Education**  
Facilitated informed decisions among families concerning nutrition; empowering sustainable lifestyles.
- ♥️ **Advocacy**  
Passionately engaged communities in conversations about child health and nutrition; promoting well-being.
- 👥 **Interdisciplinary Collaboration**  
Built trust and teamwork among health professionals, ensuring unified approaches towards patient goals.
- 📖 **Continual Learning**  
Dedicated to ongoing education that nurtures both personal capacity and patient success stories.

### SKILLS

Clinical Nutrition   Patient Education

Nutritional Assessment

Pediatric Nutrition

Medical Nutrition Therapy

Interdisciplinary Collaboration

Nutritional Diagnosis

Evidence-Based Practice

Healthcare Quality

Community Outreach Programs

Dietary Program Development

Mentorship

Food Service Management

Quality Improvement Initiatives

Diet Manual Compliance

## LANGUAGES

English Native

Spanish Proficient

## MY CAREER



Pediatric Dietitian at Wellness Healthcare (3.1 Years)

Clinical Dietitian at Healthy Kids Clinic (2.2 Years)

Dietetic Intern at Nutrition Associates (8 Months)

- Assisted in the development of personalized diet plans founded upon thorough assessment methodologies.
- Engaged participants in nutrition support workshops, imparting essential lifestyle modifications effectively.
- Played a vital role in team discussions on patient progress, contributing insights from assessment data.
- Worked on quality enhancement initiatives aimed at augmenting service continuum and client contentment.
- Spent time involved in food service management operations, reinforcing efficiency and quality measures.
- Actively participated in practical scenarios involving nutrition research projects, yielding substantial learning.

## LEADERSHIP & AWARDS

- Dean's List, UCLA (2018, 2019)
- Recipient of the Nutrition Excellence Award (2020)

## EDUCATION

### Bachelor's Degree in Nutrition and Dietetics

University of California, Los Angeles 🎓 GPA: 3.7 📅 2020 📍 Los Angeles, CA

**Coursework:** Biochemistry, Human Nutrition, Community Nutrition, Health Promotion

## CERTIFICATIONS

- Registered Dietitian Nutritionist (RDN) 📅 2021
- Licensed Dietitian in California 📅 2021

## TECHNICAL SKILLS

- **Nutrition Assessment Tools:** MNA, SGA, BMI-for-age indices
- **Clinical Guidelines:** ASPEN, ADA, USDA Food Patterns
- **Nutrition Care Process:** Assess, Diagnose, Intervene
- **Patient Management Software:** Epic, Cerner, WellSky
- **Education Resources:** MyPlate, CDC Nutrition Standards, e-mentoring platforms
- **Statistical Analysis Tools:** SPSS, SAS, Excel
- **Community-Based Programs:** SNAP-Ed, WIC, Nutrition Education Events
- **Health Promotion Frameworks:** Social-Ecological Model, Transtheoretical Model
- **Resilience Training:** Coping Skills for Nutrition Challenges, Support Groups
- **Digital Presentation Tools:** PowerPoint, Canva, Prezi

## PROFESSIONAL AFFILIATIONS

- Member of the California Academy of Nutrition and Dietetics
- Volunteer for the Healthy Eating Initiative at Local Schools

## ADDITIONAL INFORMATION

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

## REFERENCES

AVAILABLE ON REQUEST