

# Aimee McDonough, MS, RDN, LDN

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## EDUCATION

**Master of Science in Human Environmental Sciences**, Graduation: December 2020

Major: Human Nutrition, Clinical Nutrition Emphasis • GPA: 4.0

*The University of Alabama*

**Bachelor of Science in Human Environmental Sciences**, Graduation: December 2016

Major: Food and Nutrition • GPA: 4.0 • *Summa Cum Laude*

*The University of Alabama*

**Bachelor of Science in Computer Science & Business Administration**

*Minnesota State University-Mankato*

## RELATED CERTIFICATIONS/LICENSING/PRACTICE GROUPS

- American Heart Association, Basic Life Support (CPR/AED) Certification
- Registered Dietitian Nutritionist
- Alabama Licensed Registered Dietitian Nutritionist
- Member of Dietetic Practice Groups: Weight Management, Medical Nutrition Therapy

## WORK EXPERIENCE

**Bariatric Registered Dietitian** – February 2021 - current

**Flowers Hospital Center for Metabolic and Weight Loss Surgery**

- Assess the metabolic and bariatric surgery patient by screening the medical record; completing a comprehensive assessment based on medical record data and interview with the patient; and by assessing the patient based on religious, cultural, and ethnic preferences.
- Recommend appropriate nutrition intervention to the metabolic or bariatric surgery patient preoperatively and postoperatively based on subjective and objective data, including but not limited to, protein parameters, iron level, vitamin levels, and calcium level.
- Individualize patient education materials based on the patient's age and comprehension levels. Provide appropriate resources and education according to identified needs.
- Document education provided, including measurable understanding of principles discussed, and assessment of anticipated compliance. Participate in patient group teaching twice a month. Provide education and participate in bimonthly support groups.
- Evaluate and develop nutrition education materials.
- Identify issues, collect, evaluate, and report data as assigned. Participate in problem-solving and resolution of issues. Collaborate with others in committees, work groups or projects designed to improve services.
- Collaborate with physicians, nurses, and other allied health staff to provide patient care.
- Document nutrition referrals, as needed, to ensure quality nutrition care throughout the continuum of care.
- Document nutritional care in the medical record, according to established policy, procedure, and standards. Assists with the development of department standards, guidelines, policies, and procedures. Adhere to all regulatory standards.
- Serve as a preceptor for dietetic interns and/or students.
- CDR Certificate of Training in Obesity for Pediatrics and Adults from The Academy of Nutrition and Dietetics. Issued Dec 2022 · Expires Dec 2027.

**PRN Clinical Dietitian** – January 2019 - current

**Encompass Health Rehabilitation Hospital**

- Provide inpatient medical nutrition therapy, using the ADIME process, for a variety of medical diagnoses and resulting complications at an acute rehabilitation hospital.
- Conduct nutrition screening and care planning for patients.
- Record treatment, patient progress, and responses in an electronic medical record.
- Evaluate nutrition intake of clients for adequacy and assess the nutritional status of patients, making appropriate recommendations for inpatient clinical setting.
- Communicate patient-care issues effectively with all members of the medical team including speech therapists, kitchen staff, physicians, nursing staff, case managers, pharmacists, and other ancillary staff.
- Provide individualized nutrition education to patients and families for disease prevention and chronic disease management (diabetes, heart disease, renal disease, stroke, etc.) according to standards of care.
- Assess patient need for nutrition support and complete calculations based on needs.
- Follow up and reassess patients within established timeframes.
- Serve as a preceptor for dietetic interns and/or students.
- Bring a high level of enthusiasm, energy, motivation, and professionalism to the workplace.

**Dietetic Intern** – September 2017 - June 2018

**Minneapolis Veterans Administration Health Care System**

**Clinical Nutrition** – Minneapolis VA, Melrose Eating Disorders Center, Shalom Community Long Term Care

- Provided inpatient, outpatient and home-based medical nutrition therapy, while using the ADIME process, including staff relief for a variety of specialty areas: renal, diabetes, cardiac, psychiatric, oncology, wound care, geriatric, spinal cord injury/diseases, TBI, poly-trauma, surgery, ICU/SICU, weight loss, bariatric surgery, primary care, telehealth, hospice, and long-term care.
- Collaborated with other healthcare professionals within interdisciplinary team to provide patient's care.
- Performed Nutrition-Focused Physical Exams and Oral Exams on patients.
- Used motivational interviewing strategies to guide clients toward health-related behavior change.
- Conducted one-on-one nutrition education on renal nutrition, carbohydrate counting, building a balanced plate, intuitive eating strategies, nutrition support, wound healing, dysphagia, portion sizes, integrative nutrition.
- Led group classes in nutrition for diabetes, cardiac, weight loss, healthy teaching kitchen demonstration.
- Created nutrition education materials for patients and staff.
- Lead journal club and presented patient case study on Diabetic Gastroparesis for staff education.

**Community Nutrition** – VA, WIC, HealthStart, Indian Health Board, Hy-Vee Grocery Store, Blake School System

- Observed daily programming and operations at area clinics and nutrition programs.
- Created a meal kit dinner for Hy-Vee, where it was sold to customers.
- Taught cooking classes to adults and children.
- Planned and wrote curriculum for fitness nutrition class.
- Directed/coordinated community resources for patients.
- Planned and coordinated National Nutrition Month program for VA – won "Spot" award.

**Nutrition and Foodservice Administration and Management** – Minneapolis VA

- Assisted in food procurement and production, menu planning, recipe cost analysis, food service operations, equipment and food specifications, sanitation, creation of media and clinical staff scheduling.
- Planned and carried out hedonic scaling sensory evaluation.
- Developed training for foodservice staff.
- Planned and conducted food waste study.
- Was a member of the intern selection board for incoming class – won "Spot" award.

## **RELATED WORK EXPERIENCE**

### **Fitness Instructor**

#### **Crunch Fitness**

- Execute duties as a Group Fitness Instructor
- Create and implement physical exercise programs customized for groups

### **Fitness Specialist**

#### **U.S. Army – Department of Family and Morale, Welfare and Recreation (DFMWR)**

- Executed duties as a Personal Trainer and Group Fitness Instructor.
- Created and implemented physical exercise programs customized for each client & groups daily.
- Assessed individual client's fitness and nutrition needs.
- Counseled clients and groups on basics of fitness and nutrition.
- Fostered an environment of positive support and motivation for clients and customers.
- Gave group (10-25 people) presentations on nutrition. Created presentation curriculum & handouts for 6-week Boot Camp, 2-3 times per year. Gave presentations to Army units, veterans & military families. Subjects included: meal planning, nutrition basics, pre/post workout nutrition, label reading, fad diets, fiber, goal setting.
- Provided support for/implemented/coordinated events to include: 5K/10K/Triathlon races, Boot Camps and various fitness events – 10+ events per year.
- Attended week-long "Inclusive Recreation for Wounded Warriors" training at Penn State.
- Acted as Interim Supervisor (personnel issues, hiring, supervision of fitness staff).
- Produced fitness scheduling for personnel and fitness classes & coordinated continuing education for personnel.
- Marketed the services of the facility and personnel using electronic media, flyers, bulletin boards, newspapers.
- Earned several customer service awards.
- Brought a high level of enthusiasm, energy, motivation, and professionalism to the workplace.

## **OTHER WORK EXPERIENCE**

- Owner/operator – own and self-manage area home rentals.
- Previous job experience in: software programming, credit management, office management, marketing

## **FITNESS CERTIFICATIONS**

- Spinning Instructor-Star Level 3, YogaFit Instructor
- Previous certificates in Personal Training, Military Fitness, Group Fitness