**JENNIFER TROST, RDN**

**5817 White Pebble Path • Clarksville, Maryland 21029**

**http://eatsensibly.weebly.com/**

**443-472-7823 jennitrost@gmail.com**

**EDUCATION**

ARAMARK DIETETIC INTERNSHIP, Randallstown, MD

***Passed Registered Dietitian Exam, 7/19/2016***  2016

KANSAS STATE UNIVERSITY, Manhattan, Kansas

***Bachelor of Science in Dietetics***  2015

UNIVERSITY OF TEXAS AT ARLINGTON, Arlington, Texas

***Master of Business Administration in Marketing*** 2004

AMBERTON UNIVERSITY, Garland, Texas

***Bachelor of Science in Business and Human Relations*** 1999

**DIETETICS EXPERIENCE**

NORTHWEST HOSPITAL, Randallstown, MD

***Dietetic Intern, Management Dietetics Rotation***, 8/15-11/15

Completed management rotation encompassing all aspects of production, retail and patient services

* Coordinated the procurement, production, distribution, and service of goods and services for foodservice operation
* Prepared and analyzed financial data
* Marketed products and programs for retail café
* Developed action plans to improve sales and productivity related to merchandising
* Conducted clinical and customer service quality activities to improve patient satisfaction
* Developed Fall themed school nutrition weekly menu utilizing National School Lunch Program requirements

NORTHWEST HOSPITAL, Randallstown, MD

***Dietetic Intern, Clinical Dietetics Rotation*,** 12/15-3/16, ***Staff Relief Rotation***, 4/16-5/16

Performed all steps in the Nutrition Care Process, including assessment, diagnosis, interventions, monitoring and evaluation for the adult and geriatric population, encompassing general medicine, critical and complex cases involving gastrointestinal, cardiopulmonary, diabetes, renal, and oncology/HIV rotations

* Performed basic calculations, as part of assessment process, to determine macronutrient needs, e.g. kcals, protein, fat, and carbohydrate
* Performed medical record documentation, as per facility protocol
* Considered diversity components (e.g. age, culture, religion, etc.) when developing the nutrition care plan
* Coordinated care plan with other members of the health care team
* Calculated nutritional intake using Exchange System or an on-line nutritional analysis tool such as <http://www.choosemyplate.gov/tools-supertracker>
* Compared nutritional intake to estimated nutritional requirements
* Adjusted nutritional care plan based on results, as applicable
* Participated in counseling and education sessions for various medical conditions by utilizing appropriate teaching aids/models, materials appropriate per patient needs (age, education level, language barriers, etc.)
* Presented Emerging Trend project titled “The Attitudes of Registered Dietitians on Incorporating the American Society for Parenteral and Enteral Nutrition (ASPEN) Standardized Competencies for Parenteral Nutrition Prescribing.”
* Led journal club in discussion of “Addressing Disease-Related Malnutrition in Hospitalized Patients: A Call for a National Goal”

SINAI HOSPITAL, Baltimore, MD

***Dietetic Intern, The Diabetes Resource Center at Sinai,*** 3/14/16-3/25/16

Developed and delivered products, programs, and/or services promoting consumer health and wellness while considering life experiences and cultural diversity

* Provided diabetes education, including nutrition assessment and counseling, for outpatient adults and women with gestational diabetes
* Followed up with patients to ensure proper diabetes management
* Assisted with diabetes education classes for newly diagnosed patients

NORTHWEST HOSPITAL, Randallstown, MD

***Dietetic Intern, The LifeBridge Health Bariatric and Minimally Invasive Surgery Center*,** 3/28/16-4/8/16

Developed and delivered products, programs, and/or services promoting consumer health and wellness while considering life experiences and cultural diversity

* Observed education of prospective bariatric patients on lifestyle changes and nutrition class requirements pre-surgery
* Observed follow-up with post-bariatric patients to ensure healthy weight loss, proper utilization of macro/micronutrients and post-surgery progress
* Observed “Nutrition for Life” class, a requirement for bariatric surgery candidates to discuss lifestyle changes post-surgery and overall good nutrition for life
* Completed community project on “Eating Out After Bariatric Surgery”

**SKILLS AND CERTIFICATIONS**

NATIONAL RESTAURANT ASSOCIATION, Washington, D.C. 2013

***ServSafe Certification***, valid through March/2018

**CURRENT ORGANIZATION MEMBERSHIPS**

ACADEMY OF NUTRITION AND DIETETICS, Chicago, Illinois 2012-present

MARYLAND ACADEMY OF NUTRITION AND DIETETICS, Severna Park, MD 2012-present

##### **VOLUNTEER SERVICE & COMMUNITY INVOLVEMENT**

KIDS EAT RIGHT 2013

***Campaign Volunteer***

* Advocate for healthy children and healthy eating by offering advice via social media on a weekly basis.

MARYLAND FOOD BANK, Baltimore, Maryland 2012

***Food Bank Volunteer***

* Assist with the repacking of donated food and products and checking expiration dates.

TROT FOR TALBOTT, Healthy Families Event, Columbia, Maryland 2012

***Healthy Families Event Volunteer***

* Presented table showcasing MyPlate initiative and a healthy snack for kids; interacted with children to test their knowledge of healthy eating and distributed literature about MyPlate.gov program.