

I received my undergraduate degree in Nutrition and Dietetics from Delta State University in December 2014. Being a part of a Coordinated Program in Dietetics provided me the opportunity to complete my 1200 supervised practice hours at a number of locations. I completed my community and foodservice rotations in the Mississippi Delta area and I was able to complete some of my clinical hours back home in the Greater St. Louis Area. Some of the institutions I worked at included: St. Louis Children's Hospital, Memorial Hospital, Barnes Jewish Hospital, and Castlewood Treatment Center for Eating Disorders. The coordinated program gave me the freedom to choose from a variety of specialty areas, which in turn helped me determine where exactly I wanted to start my career. I passed my RD exam shortly after graduating from DSU and have now obtained licensure in both Missouri and Illinois.

I am currently working as a Clinical Dietitian at Memorial Hospital in Belleville, IL. This is one of the facilities I completed a portion of my clinical supervised practice. I am one of 8 dietitians for the 300 bed hospital. My responsibilities include a cardiac floor, oncology and hospice floor, as well as the Neonatal Intensive Care Unit (NICU). I provide Medical Nutrition Therapy, complete nutritional assessments, nutrition education discharge planning, as well as collaborate with the interdisciplinary team. I also manage tube feedings and TPN's.

After the first of the year, I will be transitioning jobs. I accepted a position in Corporate Wellness. The company I will be working for is an insurance company called Lockton. I will be working with a small team, myself being the only RD, to provide evidence-based nutrition focused wellness education for employers and employees. The goal is to reduce personal and company healthcare costs by improving quality of life and productivity. The wellness programs are personalized and can include options such as weight loss, healthy eating programs, nutrition counseling, and lunch and learns.

I credit much of my success from my exceptional professors in the Nutrition and Dietetics department at DSU. They were always there to help, support and encourage. The small class sizes allowed you to have one-on-one time when needed. They always went the extra mile to make certain I had the right tools to be successful once I graduated.