

Jamie M. Houdek

(734) 233-5223 ▪ Jamie_Houdek@rush.edu ▪ www.linkedin.com/in/jamiehoudek

Education

Master of Science, Clinical Nutrition, Rush University, Chicago, IL

June 2015

Thesis: "The Validity of a Dietary Inflammatory Index in Predicting Serum Inflammatory Markers C-Reactive Protein, Interleukin-6, and Tumor Necrosis Factor Alpha in Two Separate Patient Populations."

Bachelor of Science, Dietetics, Cum Laude, Michigan State University, East Lansing, MI

May 2013

Study Abroad Program: Social Science in Rome, Rome, Italy

Summer 2011

Dietetic Work Experience

Rush University Medical Center, Chicago, IL

Dietetic Intern

September 2013- Present

- Managed an average of 16 patients daily on the adult oncology and neuro-surgical intensive care units as the primary dietitian during a 4-week staff relief rotation, collaborating with a multi-disciplinary team during daily rounds to provide excellent patient care utilizing the nutrition care process, electronic medical records, and supervising the diet technician.
- Completed 750 clinical hours in an academic medical center comprised of 664 patient beds specializing in the oncology, pediatrics, geriatrics, gastroenterology, diabetes, renal, neuro-surgery, general medicine, cardiovascular, neonatal intensive care, and critical care units.
- Utilized individualized nutrition counseling for diverse patient populations including bone marrow transplant patients, pediatric and adult celiac and food-sensitivity patients, and obese children during weekly outpatient clinics.
- Educated persons in the Chigaoland area on the role of nutrition in health and disease utilizing health promotion presentations and handouts at community health events including health fairs, senior centers, Head Start, Facing Forward, and Simpson Academy.
- Developed and presented a 5-course cooking demonstration to over 30 Rush Employees and presented an additional cooking demo which highlighted cancer-fighting recipes for 50 cancer survivors at Rush's Cancer Survivor's Day 2014.
- Completed a 10-week foodservice management rotation highlighting patient meal service and menu development in a 600+ patient-bed hospital.

Ingham County Medical Care Facility, Okemos, MI

Dietary Aide

August 2011-July 2013

- Provided recommendations to improve meal service based on results of residents' food acceptance.
- Prepared 40-50 meals daily in adherence to specific dietary needs of the resident in a 236 patient bed facility.

Michigan State University, East Lansing, MI

Case Manager, (S)Partners for Health Research Project

September 2012-May 2013

- Educated 5th grade students on nutrition and physical activity to promote ways to decrease risk of cardiovascular disease.
- Recorded data entry of cholesterol levels, blood pressure and anthropometric values of study participants.

Department Aide

January 2012-May 2013

- Assisted professors in teaching the courses of Nutrition and Human Development and Basic Skills in Dietetic Practice.
- Instructed recitations, advised students, and evaluated course competency to improve materials for future reference.

Food Preparation Worker

September 2009-January 2010

- Supervised food preparation while practicing food safety skills and ensuring available healthy meals to college students.

Volunteer Experience

American Cancer Society, Chicago, IL

DetermiNation Committee Member

October 2014-Present

- Recruited and mentored runners on marathon training and fundraising for the American Cancer Society.
- Planned and volunteered at race day events including set up, cheer stations, recruitment, and expos.

Relay for Life Volunteer

June 2002-Present

- Participated in 12 Relay for Life events as a fundraiser, team leader, and guest speaker for a 3,000+ participant event.
- Organized a 3,000+ participant Relay For Life event at Michigan State University in 2012 with a planning committee.

Camp Quality Michigan, Lake Ann, MI

Camper Companion, Volunteer

August 2012-August 2014

- Camp Quality is a non-profit organization whose mission is "to serve children with cancer and their families by providing year-round programs, experiences, and companionship, at no cost."
- Collaborated with nurses and camp staff to provide a positive experience for children battling cancer or in remission.

American Diabetes Association , Des Plaines, IL	June 2014
Camp Confidence Dietetic Intern Volunteer	
<ul style="list-style-type: none"> Educated children ages 4-9 on carbohydrate counting and the role of nutrition in managing blood glucose levels. Planned a weeklong snack menu appropriate for children ages 4-9 with diabetes. 	
Ingham County Medical Care Facility , Okemos, MI	
Long-Term Care Dietitian Volunteer	January 2013-May 2013
<ul style="list-style-type: none"> Interviewed newly admitted patients to assess current nutritional status in a 236 patient bed medical care facility. Documented nutritional assessments on newly admitted residents and at quarter reviews to monitor nutritional status. 	
Sparrow Hospital , Lansing, MI	
Farmer's Market Intern	May 2012-September 2012
<ul style="list-style-type: none"> Coordinated and supervised a farmer's market to promote healthy food choices and purchase of locally grown foods. Developed monthly nutrition newsletters on fruits and vegetables highlighting proper preparation and storage tips. 	
Oncology Dietitian Volunteer	September 2011-May 2012
<ul style="list-style-type: none"> Designed nutrition education handouts on managing symptoms during chemotherapy and radiation treatment. Created a PowerPoint presentation highlighting the role of nutrition in breast cancer for breast cancer awareness month 	
Pediatric Dietitian Volunteer	September 2011-May 2012
<ul style="list-style-type: none"> Analyzed and prepared growth charts, medical records and nutrition guides for patient education. Monitored nutritional status of pediatric patients in a hematology-oncology outpatient clinic with a registered dietitian. 	
Room Service Volunteer	January 2011-May 2011
<ul style="list-style-type: none"> Documented food acceptance records of patients' meal intake on the oncology unit in a 733 patient bed hospital. 	
<hr/>	
<u>Grants, Honors, and Awards</u>	
Diana Barry Scholarship & Award , Rush University Medical Center, Department of Clinical Nutrition	February 2015
RU Engaged Service Grant: Healthcare Education, \$1,500 , Rush University	November 2014 - Present
<i>Does a School-Based Nutrition Education Program Affect Health Knowledge, Behavior Change, and Outcomes in Adolescent Pregnant and Parenting Teens?</i>	
RU Engaged Service Grant: Healthcare Pipeline Program, \$1,500 , Rush University	November 2014- May 2014
<i>The Interprofessional Healthcare Team: Diverse Roles, Similar Goals-Improved Patient Outcomes Through Communication and Teamwork</i>	
Outstanding Dietetic Student Award Scholarship , Chicago Academy of Nutrition and Dietetics	November 2014
Corinne H. Robinson Graduate Scholarship , The Academy of Nutrition and Dietetics	June 2014
College of Health Sciences Scholarsh3ip Award , Rush University	May 2013
<hr/>	
<u>Publications and Presentations</u>	
Rush University Forum for Research and Clinical Investigation Poster Presentation , Chicago, IL	April, 2015
<i>Dietary Inflammatory Index Scores and C-Reactive Protein Concentrations among Adults</i>	
Experimental Biology Conference Poster Presentation , Boston, MA	March 2015
<i>Dietary Inflammatory Index Scores and C-Reactive Protein Concentrations among Older Adults</i>	
Rush Community Health Improvement Poster Session , Rush University Chicago, IL	May 2014
<i>Pipeline Interprofessional Program for Richard T. Crane Medical Preparatory School</i>	
<hr/>	
<u>Professional and Scholastic Memberships</u>	
American Society for Nutrition, <i>Diet and Cancer Research Interest Group</i>	October 2014- Present
Interprofessional Education Pediatrics through the Ages, Rush University, <i>Student Steering Member</i>	May 2014-Present
Students for Interprofessional Health Care, <i>Co-Founder, Steering Member, Membership Coordinator</i>	January 2014-Present
Chicago Academy of Nutrition and Dietetics, <i>National Nutrition Month Committee</i>	September 2013-Present
Illinois Academy of Nutrition and Dietetics	September 2013-Present
Academy of Nutrition and Dietetics, <i>Oncology Dietetic Practice Group, TUND member</i>	June 2010-Present
College of Health Sciences Student Government, <i>Clinical Nutrition Representative</i>	September 2013- August 2014
Michigan Academy of Nutrition and Dietetics	June 2010-August 2013
Food and Nutrition Association, <i>Director of Fundraising (May 2012-May2013)</i>	September 2009-May 2013
<hr/>	
<u>References:</u> Available upon request.	