

Sarah Steinmetz

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Highly motivated dietetic intern and Master student specializing in clinical nutrition and research, with a passion for educating consumers on evidence-based, safe, and patient/client-centered nutrition practices.

EDUCATION

University of Illinois at Urbana Champaign

Urbana, IL

Bachelor of Science in Dietetics, August 2010-May 2014

- Dean's List (3 semesters)

Rush University Medical Center

Chicago, IL

Master of Science in Clinical Nutrition, August 2014-May 2016

- Educational courses: Advanced Medical Nutrition Therapy with Supervised Practice, Management, Leadership, Macro- and Micronutrient metabolism, Energy Metabolism and Bioactive Ingredients, Behavioral Change and Educational Theories in Nutrition, Nutrition in Disease Prevention and Treatment, Nutrition Epidemiology, Biostatistics, Research Methods, Public Policy and Advocacy, Seminar, and Thesis

CLINICAL EXPERIENCE

RUSH UNIVERSITY MEDICAL CENTER

Chicago, IL

Dietetic Intern; 1,200 Supervised Practice Hours

August 2014 – Present

In-patient

- Utilized the Nutrition Care Process to individualize nutrition care for patients in 10 units of the hospital
- Completed four weeks of clinical staff relief in the general pediatrics unit and general medical floor
 - Independently provided medical nutrition therapy and nutrition support to 15 pediatric and 20 adult patients on a daily basis based on clinical status and subjective global assessment
 - Advocated for nutritional optimization of all patients in multidisciplinary rounds using evidence based practice and interdisciplinary collaboration
 - Communicated with the central kitchen daily to ensure delivery of all meals and snacks as requested by the patients
- Currently attend multidisciplinary rounds to implement guidelines from the American Society of Enteral and Parenteral Nutrition to prescribe and monitor total parenteral nutrition in the Pediatric and Neonatal Intensive Care Unit under supervised practice

Out-patient

- Conduct weekly assessments and educational sessions in the Celiac, Food Allergy and Sensitivity clinic, Neonatal Intensive Care Unit Follow-up clinic, and Pediatrics clinic
- Utilize motivational interviewing and theories of behavior change to enhance nutrition education
- Assess for the indication, and if appropriate implement the low-FODMAP diet (elimination and reintroduction phases) for patients in Gastrointestinal out-patient clinic

COMMUNITY EXPERIENCE

NATIONAL NUTRITION MONTH

Chicago, IL

Co-Manager

April 2015-present

- Facilitate group-based education sessions in the Rush University Medical Center cafeteria and student lounge using monthly themes
- Create educational material using evidence-based research, consisting of: posters, handouts, interactive activity, and food sample
- Collaborate with and supervise 14 first year dietetic interns for the delivery of information for educational materials and provision of nutrition education material to target audience

AMERICAN DIABETES ASSOCIATION (ADA), CAMP TRIANGLE D

Chicago, IL

Dietetic Student

July 2015

- Check blood sugar of 20 campers with type-1 diabetes ages 9-13 during the day and midnight; assist nurses in correcting blood sugar per ADA protocol
- Prepare and deliver gluten-free food during all meals and snacks to campers with celiac disease; also ensure all 130 campers receive a snack accordant to individualized insulin: carbohydrate ratio
- Create and facilitate three age-appropriate education sessions on the pathophysiology of type-1 diabetes and its nutritional implications

NUTRITION COMMUNICATION EXPERIENCE

CHICAGO ACADEMY OF NUTRITION AND DIETETICS

Chicago, IL

Blog Writer

December 2015 – Present

- Research and compose a blog post about a current, relevant nutrition topic on WordPress
- Promote blog posts through social media

RESEARCH AND PRESENTATIONS

“Effects of a Registered Dietitian Administered Low-FODMAP Diet Intervention on Changes in Gastrointestinal Symptoms, Quality of Life, and Nutrient Intake in Patients with Symptoms of Irritable Bowel Syndrome”

- Master’s degree thesis
- Designed methodology; administer all low-FODMAP diet educations if deemed appropriate

“Is there a difference in accordance to the alternate Mediterranean Diet (aMED), intakes of a total alternate aMED score and specific aMED dietary constituents in those diagnosed with asthma compared to those without asthma among a sample of children ages 2-18 from NHANES cycles 2005-2012?”

- Designed and conducted epidemiological study using statistical analysis of NHANES database and IBM SPSS

“Metabolically Healthy Obesity”

- Graduate seminar presentation presenting the most recent evidence of topic and analysis of articles for quality of evidence

ADDITIONAL SKILLS

- Proficient in Microsoft Office, IBM SPSS, Epic Systems
- Social Media: Facebook, Instagram, Twitter, Pinterest, WordPress
- Productivity: Web Outlook, Survey Monkey, Dropbox
- Knowledgeable of the following guidelines: American Academy of Pediatrics and American Society of Enteral and Parenteral Nutrition