Lora Leigh Frost

Dr. Angelia Paschal

Interview Assignment

September 23, 2012

1. **General Info**
   1. Katie Kines
   2. Employer- Monroe Carell Jr. Children’s Hospital at Vanderbilt
   3. Registered Dietitian, concentrated in pediatric Cystic Fibrosis
   4. Current employment duration: 3 months, employment in Cystic Fibrosis: 15 months
   5. Education and work experience:
      1. Bachelor of Science in Human Environmental Sciences from the University of Alabama, class of 2011
      2. Master of Science in Clinical Nutrition, concentration in pediatrics, from The University of Alabama at Birmingham, class of 2012
      3. Work experience: Graduate level traineeship in pediatric cystic fibrosis at UAB 2011-2012, clinical in the Coordinated Program in Dietetics at UA in 2010-2011
2. **Work requirements**
   1. Education required to be a registered dietitian: either completion of Coordinated Program in Dietetics (clinical program in undergraduate) or completion of Dietetic Internship (clinical program completed in master’s degree); also have to sit and pass the Registered Dietitian board exam, and then obtain a Licensed Dietitian certification as well
   2. She feels as if she was adequately trained for her position through the intense coursework and clinical work she was put through at UA in the Coordinated Program in Dietetics. Her graduate level traineeship was concentrated in cystic fibrosis which was the subspecialty she knew she wanted to go into, so she was very well prepared in her traineeship to do the job she is doing now
   3. Additional training that might be helpful is obtaining board certification as a Certified Pediatric Specialist in Dietetics. She plans to get this in the next year or two.
3. **Connection to Community Health**
   1. She provides medical nutrition therapy to children and adolescents with cystic fibrosis, an inborn error of metabolism/a genetic defect, which results in a disorder of metabolism. These children have calories needs well over 200% of what the typical child needs and require intensive nutrition and medical therapy. She assesses nutritional needs; provide vitamin and mineral supplementation, and nutrition-related medication management; and provide oversight for tube feeding and oral supplements needed to achieve daily calorie goals.
   2. The work that she does relates to public health through the Maternal and Child Health Bureau, as our grant as a cystic fibrosis center is funded through the Bureau itself. They are a center that takes care of families as a unit, and provides support medically, socially, and nutritionally to families and children that are dealing with this disease and the impact it has on the lives of the people involved.
   3. The community or population groups that are directly affected by her work are families and children who are dealing with cystic fibrosis.
4. **Challenges**
   1. The issue of having specialty health and nutrition supplements covered by insurance and Medicare. States will not cover the nutritional supplements that are required to provide the calories and protein that patients with cystic fibrosis need daily to survive. There is a definite gap in coverage as to any financial relief for the parents of these patients. Most patients are on somewhere between 20-30 medications per day, as well as other therapies, and the cost of everything is a huge financial burden.
   2. A solution to this problem would exist in our public healthcare system. Something would have to change to cover these children’s needs to survive. The supplies and supplements they need aren’t because they want to have them; they have to have them to live day to day. Their calorie needs cannot be met through simply eating meals like typically-developing children could. The government needs to realize this and implement a program that helps cover the costs of supplements and supplies for children that are born with genetic disorders.