

Aleksandra Lanzara

Clinical Dietitian

Profile

Employment History

Education

Details

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123 Maple Street, Rochester, NY 14620

Dedicated Clinical Dietitian with 2 years of experience in providing evidence-based nutritional care and personalized dietary planning. Proficient in assessing patients' nutritional needs, developing achievable goals, and collaborating with interdisciplinary healthcare teams to optimize patient outcomes. Adept at patient counseling, medical nutrition therapy, and staying current with industry research and trends. Committed to promoting health and wellness through the power of nutrition.

Clinical Dietitian at New York Nutrition Group, NY

Apr 2023 - Present

- Developed and implemented a successful weight management program for over 500 clients, resulting in an average weight loss of 10% within the first six months.
- Conducted a comprehensive nutritional assessment for over 1,000 patients with various medical conditions, leading to a 30% improvement in their overall health and well-being within one year.
- Collaborated with a multidisciplinary team to create individualized meal plans for 200+ patients with diabetes, reducing their HbA1c levels by an average of 1.5% within three months.
- Provided nutrition education and counseling to over 300 clients with eating disorders, contributing to a 50% decrease in hospital readmission rates within the first year of treatment.

Associate Clinical Dietitian at Nutrition Energy, NY

Aug 2021 - Mar 2023

- Successfully managed the nutritional care of over 200 patients, resulting in a 95% satisfaction rate and improved clinical outcomes.
 - Developed and implemented an effective weight management program that helped 80% of participating clients achieve their weight loss goals within six months.
 - Conducted 10 nutrition workshops and seminars for healthcare professionals and community members, increasing awareness of proper nutrition and its impact on health.
 - Collaborated with a multidisciplinary team to create individualized meal plans for 50 athletes, leading to a 90% improvement in their overall sports performance.
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Bachelor of Science in Dietetics at New York University, NY

Aug 2017 - May 2021