

Clayton Cates, RD, LDN

Electronic Portfolio: <http://www.claytoncates.com>

Dietetic Experience:

Charlotte Hall Veteran's Home (Long Term Care, November 2009 - Present) – Provides Medical Nutrition Therapy and assesses nutritional status for approximately 150 residents. Plans therapeutic diets, while acting as a liaison between nursing staff, residents and dietary personnel. Consults with physicians and other health care professionals to determine proper plan of care. Explains diet specific education with residents and their families regarding nutritional principles, dietary plans and healthy food selection.

Prince George's County Sports and Learning Complex (October 2009 – February 2010) – Health promotion and nutrition education that includes: one-on-one nutrition counseling, food seminars, demonstrations and educational classes. Aided in the prevention and treatment of illnesses by promoting healthy eating habits and suggestions for diet modifications. Served as the nutrition expert and consultant for both Fitness Center staff and members. Performed nutrition screenings for clients and offered guidance based on age specific (adolescents, adults and seniors), diet-related concerns such as weight loss or disease specific information. Worked in partnership with personal trainers to develop monthly newsletter highlighting nutrition advice, recipes and exercise tips.

Professional Preparation:

University of Maryland Dietetic Internship (August 2008 – June 2009)
Major Accomplishments:

Wellness/Outpatient – Instructed outpatient clients on how to eat a healthier, well balanced diet at Baltimore VA Medical Center. Outpatient education focused on management of diabetes, obesity, alcoholism, and pancreatitis. Mastered second type of electronic charting.

Presentation Skills – Presented at the Maryland Dietetic Association and District of Columbia Metropolitan Area Dietetic Association spring meetings. Demonstrated competency in web-conferencing and online presentation software. Developed and provided presentations in a variety of community settings.

Malcolm Grow Medical Center Nutrition Clinic Externship (Summer 2007) – Served as an American Red Cross Volunteer, created training plan for diet therapists. Collaborated with diet therapists in outpatient counseling classes in diabetes, obesity, and weight management. Conducted outpatient appointments to include: diet therapy, education, and advice.

Non-Dietetic Experience:

Medical Services Journeyman, United States Air Force (September 1999 - August 2003) – Malcolm Grow Medical Center, Andrews AFB, MD. Maintained General Surgery Clinic (*January 2003 to August 2003*). Duties included: suturing, supporting Electrocardiogram, Flex-Sig, C-scopes, and prepping patients for minor surgery. Staffed twenty-bed, post-surgical ward (*April 2000 to September 2002*). EMT and CPR certified. Duties included: venipunctures, monitoring IVAC infusion pumps, monitoring vital signs, physical therapy, recording patient fluid status and supervising other technicians.

Additional Experience:

As the Vice President of the SIUC weight lifting club – planned and organized the 2008 Mr & Ms SIUC Bodybuilding Championship that included 19 competitors and an estimated 300 spectators. Responsible for event income and expenditures, logistics and oversight of staff and volunteers.