

# Alejandra Francis

## **Registered Dietitian**

Orlando, FL 32824

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(229) 269-9111

Willing to relocate: Anywhere

Authorized to work in the US for any employer

## Work Experience

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### **Clinical Registered Dietitian**

Seabreeze Nursing and Rehabilitation Center - Vero Beach, FL

September 2020 to Present

Sea Breeze Nursing and Rehabilitation Center

Clinical Registered Dietitian, Vero Beach, FL September 2020 - Present

Provided assessments of the nutritional needs, dietary restrictions, and current health plans for the assigned facility's resident to develop and implement dietary care plans and provide nutritional counseling as needed. Practiced Medical Nutrition Therapy with a census of 80-95 residents in the Skilled Nursing Facility (Long Term Care Residents) and (Short Term Care, Respite Care, Occupational Therapy, Physical Therapy r/t Orthopedic aftercare, Speech Therapy) , COVID-19 Isolation Unit, coincide with multi-interdisciplinary team members. Responsibilities and duties include complete initial/ admission assessment, quarterly assessments, and annual assessments nutritional reviews on residents in compliance with federal and state guidelines. Completed monthly nutritional reviews on high risk residents (significant weight loss/gains, pressure ulcers, hemodialysis, tube fed, hospice, etc.). Assessed and completed significant nutritional change reviews as necessary. Reviewed monthly and weekly weights of residents to assess whether significant changes warrant modifications to nutritional care plans. Attended and participated in Care Plan conferences, Quality Assurance meetings, Morning Meetings, and Stand Up / Stand Down Meetings, and other Clinical Meetings, as scheduled, to obtain information and to provide relevant information regarding residents under Dietitian's care. Consulted with physicians and other health care personnel (Nurse Practitioners, Dialysis Dietitians, etc.) to conduct independent assessments as to dietary restrictions and nutritional needs of residents. Communicated with residents to assess overall nutrition and provide individualized assessments accordingly. Assisted in coordination of nutrition care services with the Dietary Supervisor.

Monitor food service operations to ensure conformance to nutritional, safety, sanitation, and quality standards, as well as all applicable state and federal regulations. Related positively, effectively, and appropriately with patients/ residents, families, staff, and professional colleagues. I acquired the knowledge, understanding, and experience of regulatory process including all applicable federal, state, and local regulations applicable to completing job responsibilities. Perform such other and necessary duties as reasonably requested by management and in accordance with the Facility's and NutraSource RD's established policies and procedures.

### **Registered Dietitian**

The Evangelical Lutheran Good Samaritan Society Village - Kissimmee, FL

February 2020 to April 2020

During my contract employment through Dietitian Pros. Services provided through SNF include Long Term Care, Rehab/ Skilled Care, Rehab- Outpatient, Memory Care Unit, and Respite Care.

I practiced Medical Nutrition Therapy with a census of 140-152 residents. Interview/ reviewed Food Nutrition Data Collection (NDC) upon New Admission, 5-day MDS, Quarterly Assessments, Annual Assessments, Significant Changes, and Re- Admits and other concerns that involve nutritional status. Communicate and solved issues with other multi-interdisciplinary team members in SNF during Morning Meeting- Patient Driven Payment Model (PPM) and Clinical Meeting. Nutrition Care Plan Assessments include: Comprehensive Assessments, Quarterly Assessments, Significant Changes/ High Risk resident ( Hospice Care, Palliative Care, NPO/ Enteral Nutrition), Wound Charting, and Dialysis Charting. I reviewed resident EMR through the systems including: Point Click Care (PCC) ,Physician Stat Labs, Simplified Nutrition Online (SNO) - meal tickets, and MDS form - Section K / V. MDS Section K (review), CAA (Care Area Assessments) section 12 , Care Plan (review) as scheduled with ARD date. Nutrition Care Plan Reports include: Clinical Report: Dietitian Assessment/ Progress Note ,Weekly Weight reports, Monthly Weight reports submitted to DON and Multi- Interdisciplinary team members during meetings. Care Plan Meetings conducted Tuesday (Station 1 and 3) and Wednesday (Station 2 and 4) as scheduled with resident, family members, and MDS Coordinator . Care Plan meeting attendance includes: MDS Coordinator, Social Worker, Station Manager Nurse, Registered Dietitian, Occupation Therapy/ Physical Therapy/Speech Language Pathologist, Actives Director, and CNA. Residents and family members have been contacted during this time period of COVID-19 emergency protocol for patient care and accommodated with communication through smart phone or electronic devices via, Face time/ WhatsApp. RD summarized Nutrition Status interventions in placed, Diet Orders, Appetite/ PO intake and Fluids, Nutrition supplements, Significant Weight Changes, as available. Follow up and alter dietary approaches as needed.

### **Clinical Registered Dietitian I**

AdventHealth - Orlando, FL

August 2019 to November 2019

I provided medical nutrition therapy including nutrition education, nutrition counseling, enteral/ parenteral nutrition intervention, and condition-specific nutrition care on patients using the Academy of Nutrition and Dietetics AND Standards of Practice in Nutrition Care and Standards of Professional Performance for Registered Dietitians. Utilizing relevant data to assess patients for nutrition-related problems, identify and label specific treatable nutrition problems/diagnoses, implement appropriate nutrition interventions to correct nutrition-related behaviors/risk factors, and monitor and evaluate outcomes related to nutrition diagnoses, goals, and interventions for patients. Provide quality in practice competence and accountability for ensuring patient safety, and provides safe and quality-based services. Applied research to enhance practice and communicate to team members. Utilized resources effectively and efficiently, participates in quality improvement programs, supports institutional accreditation, and provides regulatory compliance initiatives. Actively participated in outstanding customer service and accepts responsibility in maintaining relationships that are equally respectful to all.

### **Registered Dietitian**

Westminsters Towers Of Orlando - Orlando, FL

February 2019 to June 2019

During my employment I was responsible for the Health Center and Assisted Living Facility with a daily census of 140-150 residents. I attended to Morning Rounds with multi-interdisciplinary team members, Morning Meeting/ Clinical, Care Plan meetings with family members and residents as scheduled with RN MDS coordinators, and Wound Rounds with the Wound Doctor and Wound RN. I wrote, reviewed, and implemented nutritional care plan for the Health Center and Assisted Living Facility residents.

Collaborated with other multi-interdisciplinary team members to identify and connect with resident that are in need of nutritional counseling. I practiced Medical Nutrition Therapy and Nutrition Care Plan with residents and reviewed their food preferences upon admission and other concerns that involve nutritional status. I reviewed residents EMR through the systems including : American Health Tech (AHT), 4Medica Laboratory, MDS form, and Section K / V. The Nutrition Care Plan Reports included Clinical Report, New Admissions, Discharges, and Readmissions, MDS - Section K (review), CAA (Care Area Assessments), and Care Plan (review). By utilizing the system American Health Tech (AHT) I input Nutrition Assessments including: New Admission, Re-Admission, High Risk Patients, Quarterly Assessments , Annual Assessments, Wound Rounds with the Wound Doctor and Wound RN, Significant Changes (NPO/ PEG Tube Feeding, Hospice/ Palliative Care, and Weight Changes) to be completed as scheduled in AHT and MDS. I established treatment plans and communicated recommendations with residents regarding program compliance. I was responsible for menu planning for the Health Center residents. I participated in quality improvement for the program in conjunction with other services offered. I met directly with patients/ residents to identify educational needs, provide individual instruction, utilize informational handouts/ booklets, and refer to community resources as needed. I provided and input Weekly and Monthly Weight Reports Health Center resident's significant changes to Clinical Meeting. I performed research and recommendations for different ways to expand and improve the nutrition program that will overall be beneficial to the residents' health care.

### **Supervised Practice Coordinated Program - Internship**

South Florida Baptist Hospital - Bay Care, Plant City FL - Plant City, FL  
July 2017 to August 2017

Hospital / Clinical Nutrition Supervised Practice Coordinated Program

Applied Medical Nutrition Therapy and Nutrition Care Plan process to provide nutrition education and diabetes nutrition education to inpatients / outpatients and conduct follow-up appointments. Navigated through the system called Cerner to review EMR assessments to report Patient Assessment, Quarterly Assessments , Comprehensive Assessments, Progress Notes, and Risk Assessments. Entered patient information into MDS. Performed a Quality Assessment per assignment. Wrote the assessment for each patient who is admitted and calculate patient nutrition needs to determine total calories, protein, carbohydrates, and fluids the patient should intake. Reviewed vital programs that are used at the facility Meal Tracker Care, Nutrition Care Manuel, Evidence Analysis Library, and the ASPEN Guidelines for Enteral and Parenteral Nutrition Therapy. Communicated with other multi-interdisciplinary team members at the hospital during rounds at morning or afternoon.

### **Supervised Practice Coordinated Program- Internship**

Health and Rehabilitation of Sanford, Sanford FL - Sanford, FL  
May 2017 to June 2017

Clinical Nutrition - Supervised Practice Coordinated Program

Practiced Medical Nutrition Therapy / Nutrition Care Plan with clients and reviewed their food preferences upon admission and other concerns that involve nutritional status. Reviewed clients EMR through the Programs used at the facility Point Click Care (PCC), EcoLabs , Meal Tracker Care, MDS form, Section K / V. Nutrition Care Plan Report included Clinical Report / Daily Census, New Admissions, Discharges, and Readmissions, 24 Hour Summary, MDS - Section K (review), CAA (Care Area Assessments), Care Plan (review). Practiced Nutrition Care Process in Comprehensive Assessments, Quarterly Assessments, and High Risk Patients ( NPO and Palliative care, and Hospice). Communicated and solved issues with other multi-interdisciplinary team members in the facility during Stand Up meeting and Stand Down Meetings.

### **Supervised Practice Coordinated Program -Internship**

Polk County Health Department Elderly Affairs Congregate Meal Sites , Bartow FL - Bartow, FL  
March 2017 to April 2017

Community Nutrition - Supervised Practice Coordinated Program

Assigned to 14 congregated meal sites for the men and women at the Polk County Elderly Services Department. I presented nutrition education newsletters topics of presentation in a form of group counseling through motivational interviewing within a specific demographic population in order to help the older persons make healthy and positive choices in their lives. My ultimate goal is to make it personal, memorable, and realistic. I created an open dialogue by using active listening skills and responded with an understanding of what the client is interested in nutrition education. Developed skills in applying and evaluating government program guidelines and policies and procedures of the Older Americans Act.

### **Supervised Practice Coordinated Program -Internship**

Talbot House Ministries of Lakeland - Lakeland, FL  
February 2017 to February 2017

Food Service Management Rotation - Supervised Practice Coordinated Program

Provided low cost effective and efficient techniques to increase goods and services at Talbot House for the homeless men and women. Utilized donations and goods , FIFO method, and 50 recipe book made from donated can goods and pre-packaged items. Presented a fresh/ healthy, quick and easy recipe for on-the-go that provides adequate amounts of nutritional value in vitamins and minerals. Volunteered with the Agape Group that help provide fresh produce that can be perishable if not consumed. I presented Food Demonstrations on how to make healthy, quick and convenient food that'll keep you feeling full and save money. I also had the pleasure to prepare healthy meals and served on the soup kitchen tray line.

### **Supervised Practice Coordinated Program- Internship**

Valencia Hills Rehabilitation, Lakeland FL - Lakeland, FL  
January 2017 to February 2017

Food Service Management Rotation- Supervised Practice Coordinated Program

Assisted with conducting food safety inspection and audit reports in the kitchen. Visited with patient reviewing food preferences, % oral intake, appetite, and overall nutritional status. Constructed a questionnaire data sheet regarding to food preference of Holiday Theme meals at the Valencia Hills Rehabilitation facility, observed patients trays and patient satisfaction scores

## Education

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### **Bachelor of Science in Dietetics and Nutrition**

Keiser University - Lakeland, FL

### **Associates of Arts in General Studies**

Valdosta State University - Valdosta, GA

## Skills

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- ServSafe: Food Production Manager Certification, July 2016
- CPR First Aid and Safety, December 2016
- eNCPT tutorial certificate, November 2016

- HIPAA/ Medical Errors, November 2016
- HIV/BBP Online Training, November 2016
- Fluent in Spanish (oral, reading, and writing)
- Culturally competent to diverse populations and interpersonal communication skills
- Collaboration with other peers and customer service skills
- Organizational skills
- Computer Proficiency in Microsoft Word, Excel, and Power Point
- Leadership skills to increase productivity, enhance employee engagement, and boost morale
- Motivational Interviewing
- Tube Feeding
- MDS
- Individual / Group Counseling
- Menu Planning
- Customer service

## Certifications and Licenses

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### **Registered Dietitian Nutritionist**

Commission on Dietetic Registration