

Vincent M. Prange, RDN, LDN

Clinical Registered Dietitian

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Professional Summary

Results-oriented Clinical Registered Dietitian with over five years of experience in medical nutrition therapy and nutrition education seeks full-time employment in a medical environment. Experienced in adapting clinically reviewed research to meet patient dietary needs, identifying and addressing obstacles to increase recovery success and motivating patients to promote overall health, wellness and quality of life through clear, concise explanations and proven results.

Professional Experience

Clinical Registered Dietitian
The Watershed Addiction Treatment Programs, Inc.
Delray Beach, Florida

2014-2019

Responsibilities included educating patients on an individual basis and in group settings how proper nutrition can heal and nourish the body compromised by substance abuse, stabilizing mood and reducing stress, managing and reducing cravings for addictive substances, addressing medical conditions that were either co-occurring or directly resulting from substance abuse and encouraging self-care and promoting healthy lifestyle modifications.

- Conducted over 4,000 individual dietary consults/assessments when warranted by patient needs. Reviewed dietary intake for factors that affect health conditions and nutritional risk. Evaluated health and disease conditions for nutrition-related consequences.
- Assessed educational needs and provided nutrition counseling based upon patient criteria including nutrient requirements, past medical history, co-occurring medical conditions, knowledge and abilities, and medical, economic, and social situations.
- Devised individualized meal plans based upon patient dietary needs and/or restrictions, past medical history, co-occurring medical conditions, food allergies, religious beliefs or food preferences, and medications with food/drug interactions.
- Provided appropriate follow-up in accordance with patient master treatment plans, referring patients for outpatient counseling and community or home health services as appropriate.
- Assisted in the design and development of facility menus to ensure compliance with nutritional standards.
- Facilitated nutritional therapy groups ranging 15-75 patients in attendance discussing various topics consisting of healthy eating in recovery, reducing cravings by controlling blood sugar, mental and physical health complications related to substance abuse, medical conditions and appropriate dietary interventions, substance abuse and nutrient related deficiencies, meal planning and grocery shopping on a budget, essential nutrient requirements, healthy lifestyle modifications and dietary supplements.
- Guided and educated patients on wellness, recreational and physical fitness activities promoting a well-rounded approach to addiction treatment and improved quality of life.

Professional Practicum Experience

Dietetics and Nutrition Practicum

2013

St. John's Rehabilitation Hospital and Nursing Center, Fort Lauderdale, Florida
Villa Maria Nursing Center, North Miami, Florida
Regents Park Nursing and Rehabilitation Center, Boca Raton, Florida
FLIPANY, Fort Lauderdale, Florida
DaVita Dialysis Center, Fort Lauderdale, Florida
Cleveland Clinic Florida, Department of Endocrinology, Weston, Florida

- Worked in acute and long-term care facilities to develop nutritional care plans as they relate to multiple medical diagnoses including cardiac complications, pulmonary/respiratory complications, renal complications, diabetes mellitus, oncology, medical surgery, nutritional support, pediatrics/obstetrics, neurological/psychiatric complications, and weight management.
- Utilized the nutrition care process to assist registered dietitians in identifying and documenting patient/resident nutritional assessments, diagnoses, and interventions while monitoring and evaluating set care plans.
- Worked with the director of operations, nutrition education manager and program coordinator/chef to develop nutrition based lesson plans aimed at teaching children and adolescents grades kindergarten through twelve how to make healthier snack choices at home.
- Participated in the planning and coordinating of nutrition workshops, seminars and health fairs while also teaching nutrition classes which focused on educating individuals of all ages how to incorporate healthier, nutrient-rich food choices into their daily lives.
- Worked with the food service director and kitchen staff employees of a nursing center to review the facility's budget and compare year-to-date data focusing on food cost, labor cost, cost of materials, and equipment/maintenance cost with the end goal of determining the facility's future annual budget. Daily practicum responsibilities included forecasting the quantity of food to be prepared and the number of meals to be served, tracking on hand inventory, preparing purchase orders, accounting for all food items received, and ensuring that all food items ordered meet facility standards.

Sports Medicine and Fitness Technology Practicum**2009****Broward General Wellness Center, Fort Lauderdale, Florida
Athletes Edge Training Center, Fort Lauderdale, Florida**

- Assisted exercise physiologists and registered nurses in cardiac and pulmonary rehabilitation sessions.
- Observed physical therapy sessions with certified physical therapists.
- Assisted certified fitness trainers and collegiate athletic fitness instructors with the development, education and administering of fitness regimens for a diverse group of athletes.
- Determined patient/client health assessments and wrote exercise prescriptions for cardiorespiratory fitness, muscular strength and endurance, flexibility and body composition.
- Prepared and presented informative, topic specific presentations to audiences of ten to thirty listeners.

Education**Bachelor of Science (BS) – 2013**

Dietetics and Nutrition

Final GPA: 3.88/4.00

Graduated Magna Cum Laude

Keiser University, Pembroke Pines, Florida

Associate of Science (AS) – 2010

Sports Medicine and Fitness Technology

Final GPA: 4.00/4.00

Graduated with High Honors

Keiser University, Fort Lauderdale, Florida

Bachelor of Business Administration (BBA) – 2005

Major: Sales and Business Marketing

Minors: Finance and General Business

Final GPA: 3.00/4.00

Western Michigan University, Kalamazoo, Michigan

Certification, Licensure and Memberships

- Registered Dietitian/Nutritionist (RDN) – Member #: 86037063 – Commission on Dietetic Registration
- Licensed Dietitian/Nutritionist (LDN) – License #: ND 6904 – Florida Department of Health
- Academy of Nutrition and Dietetics
- Florida Academy of Nutrition and Dietetics
- Western Michigan Alumni Association