

**Lydia Sartain**  
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(870) 213-6432

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### **Employment Objectives**

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To gain experience in multiple areas of nutrition and dietetics, child and adult nutrition management, and chronic disease management specializing in diabetes. To continually expand my knowledge by teaching nutrition through the lifestyle and medical nutrition therapy to others.

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### **Certifications & Licenses**

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Commission on Dietetic Registration

-Registered Dietitian

-Licensed in the state of Arkansas

National Certification Board for Diabetes Educators

-Certified Diabetes Educator

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### **Education**

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**University of Central Arkansas, Conway, AR**

Bachelor of Science in Dietetics, May 2009

GPA 3.976      Presidential Scholar

**University of Central Arkansas, Conway, AR**

Master of Science in FACS with emphasis in Dietetics, August 2010

GPA 3.92      Presidential Scholar list

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### **DIETETIC INTERNSHIP**

**University of Central Arkansas, Conway, AR (May 2009 - August 2010)**

Food Service & Clinical rotations

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### **Employment**

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#### **Owner/Consultant nutrition**

**Sartain Nutrition, LLC (July 2016-present)**

- Medical Nutrition Therapy consulting based on individual need
- Group classes & grocery tours
- Consulting in school system (diabetes education)

#### **Instructor Family & Consumer Science department-undergraduate**

**University of Central Arkansas (August 2016- present)**

- Food Economics, Nutrition Service Administration : curriculum, assignments, and examinations

#### **Clinical Dietitian/ Diabetes Program Coordinator /Patient Educator**

**Baptist Health Medical Center-Heber Springs (June 2012- present)**

- Nutrition assessments, re-screens, and continued monitoring of nutritional status
- Calculations for administrations of nutritional support
- Inpatient and outpatient nutritional education with proper documentation

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- Medical Nutrition Therapy – outpatient education on varying topics
- Inventory
- Tray audits, meals rounds, and participation in patient satisfaction actions
- Continuous quality improvement monitors
- Maintenance and coordination of the Diabetes Self-Management Education program with ADA Recognition of program
- Regulation of the program’s adherence to the National Standards for Diabetes Self-Management Education, current and relevant information including American Diabetes Association on-site audits
- Marketing of DSME program to physicians
- Education Assessments: Foot assessment, blood pressure checks and blood glucose monitoring of program participants
- Provides education to patient/family/caregiver in class setting
- Patient data entry into Chronicle system along with discharge planning and follow-up contact
- Facilitates Diabetes Support group

**Instructor of Basic Nutrition-undergraduate**

**Arkansas State University- Heber Springs** (January 2013-May 2014)

- Development of basic nutrition curriculum, assignments, and examinations

**Clinical Dietitian- Part-time**

**Arkansas Heart Hospital** (November 2010-November 2011)

- Nutritional assessment of critically ill patients
- Calculation for administration of nutritional support
- Nutritional teaching- cardiac, diabetes, renal, post-operative care, gluten, ostomy
- Monitor & modify diets according to patients’ needs
- Nutritional supplementation evaluation
- Inventory

**Community Dietitian-**

**Baptist Health / ARCare program** (December 2010-October 2011)

- Assess & monitor nutritional deficiencies associated with HIV
- Nutritional teaching – cardiac, renal, diabetes, preventative measures
- Body measurement & assessment
- Distribution of nutritional supplements based on needs

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**Volunteer**

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- HIPPY program (Home Instruction for Parents of Preschool Youngsters)- 04/10
- Arkansas Children’s Research Institute (Delta Physical Activity Study)- 09/09- 04/10
- New Life Church volunteer- 09/09- present
- Christian Health Center Diabetic education- (08/12-2013)