

CHRISTINA M. DINGER, DTR

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OBJECTIVE

To secure a position as a registered dietitian where I will be able to provide quality care to residents in a long-term care facility in order to address their specific nutritional needs.

CERTIFICATION

Dietetic Technician, Registered – November 2011-Present
CPR/AED Certified – April 2015 - Present

EDUCATION

Messiah College **Mechanicsburg, PA**
Bachelor of Science in Nutrition and Dietetics **2011**
GPA: 3.15

DIETETIC INTERNSHIP

Sodexo Health Care Services **Allentown, PA**
September 2015 – August 2016

Clinical Rotations – Holy Spirit Hospital, Camp Hill PA – 560 hours

- Completed rotations through various disease states including cardiology, gastrointestinal, diabetes, liver and pancreas, HIV, oncology, enteral and parenteral nutrition, pulmonary and renal
- Reviewed medical records for pertinent information
- Participated in ADIME charting process and conducted nutritional assessments for numerous patients across a variety of disease states
- Educated patients and family members regarding nutritional concerns for a range of disease states, and provided diet recommendations
- Communicated with other pertinent healthcare professionals such as speech therapists, nurses and doctors
- Participated in care plans, daily huddles with other medical staff, completed assessments and interviewed residents at a long term care facility.

Community Rotations – Throughout Central PA Area – 176 hours

- Participated in numerous health fairs in a variety of settings to adults and seniors
- Observed and participated in diabetes outpatient counseling
- Served breakfast and distributed food to underprivileged families and individuals
- Assisted with packaging and distribution of food at local foodbanks
- Developed and presented nutrition lessons to children, adults and seniors
- Listened to various professional presentations and seminars regarding new research in the field of nutrition
- Observed and assisted with diabetes outpatient counseling sessions.

Food Service Management Rotation – Bethany Village, Mechanicsburg, PA – 200 hours

- Developed, marketed and implemented a wellness dinner for residents

- Participated in production, purchasing, inventory, costing, retail operations, catering, staff meetings, safety and sanitation procedures and emergency preparedness

PROFESSIONAL EXPERIENCE

Homeland Center **Harrisburg, PA**
Dietetic Technician, Registered ***January 2012 – Present***

- Report directly to Registered Dietitian, Director of Nutritional Services
- Conduct initial, annual, and quarterly assessments on residents' nutritional information and enter findings into the Minimum Data Set
- Interview new residents to discern their nutritional status
- Construct menus for residents receiving special diets
- Consult residents regarding weight loss, declining intakes, special diets, and wound healing
- Communicate residents' nutrition needs with colleagues to ensure residents receive exceptional care
- Implement and update residents' care plans
- Attend weekly care plan meetings with colleagues and family members to discuss and evaluate a resident's care
- Update clinical minutes on a weekly basis to inform the quality assurance team of residents with declining weight and intakes
- Complete and distribute a monthly weight calendar to ensure weights are obtained on all residents
- Train and educate new employees regarding job responsibilities necessary to fulfill the nutrition at-risk position.
- Mentor a nutrition and dietetics intern, who is in the process of completing a bachelor's degree
- Update nutrition at-risk books to ensure at-risk residents are receiving increased hydration and calories
- Assist with implementing a new menu system for the facility
- Distribute nutritional supplements to residents and assist with feeding during meal times

Homeland Center **Harrisburg, PA**
Dietitian Assistant/Dietary Aide ***May-August 2008-2011***

- Studied residents' medical charts and became familiar with their use in a long-term care facility
- Evaluated meal percentages, assessed weights, and consulted residents about their declining nutritional status
- Interviewed at-risk and new residents to discern their nutritional status
- Entered nutrition assessment information into medical charts under supervision of a dietitian
- Prepared residents' meal trays and assisted residents with completing their menus

PROFESSIONAL MEMBERSHIPS

Academy of Nutrition and Dietetics ***June 2008-Present***
Dietitians in Nutrition Support DPG ***September 2015-Present***

VOLUNTEER EXPERIENCE

Messiah College
Volunteer

Mechanicsburg, PA
November 2012, 2014 & 2015

- Presented to current Messiah College Nutrition and Dietetics students regarding career opportunities