

L. Katie Kennaley, MS, RD, LD
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Related Experience

Registered Dietitian, Endocrinology/Psychology

Cook Children's Medical Center, Fort Worth, TX

March 2015-current

- Provide medical nutrition therapy to pediatric patients with various diagnoses including: Type 1 diabetes, Type 2 diabetes, MODY, obesity, hypo/hyperthyroidism, failure to thrive, hyperinsulinism, and diabetic ketoacidosis.
- Provide one-on-one nutrition education and counseling to patients/caregivers of different ages and with varying disease-specific considerations.
- Teach the following nutrition classes to patients/families to provide nutrition/exercise education and facilitate lifestyle changes: Type 1 diabetes, Type 2 diabetes, Insulin Pump class, Diabetes caregiver class, General Nutrition class, and Nutrition University.
- Perform physical assessments to assess malnutrition risk.
- Screen, assess and provide nutrition interventions/educations for pediatric patients and their families in several different inpatient settings including: new diagnosis of Type 1 diabetes, Type 2 diabetes, ketogenic diet, hematology/oncology, GI, renal, pulmonary, PICU, CICU, and general admissions.

Registered Dietitian, WIC, Truman Medical Center, Kansas City, MO

Oct 2014-March 2015

- Conducted initial screening of patients for admission to WIC programs.
- Evaluated nutritional needs, dietary intake and health status of WIC participants.
- Collected blood samples and performed anthropometric measurements.
- Developed customized nutrition care plan, diet plan and nutrition objectives for each patient.
- Offered WIC food coupons, WIC-approved food packages, and other WIC benefits to clients.

Running Coach/Group Trainer, Buffalo, NY

Aug 2013-June 2014

- Developed and implemented circuit training workouts for groups of 2-6.
- Developed half-marathon training schedules for beginning and moderate level runners.

Internships

International Dietetic Intern, Anatomie Physiotherapy, London, England

May-July 2013

- Developed and implemented a nutrition and wellness program for patients with weight related problems, muscular injuries, degenerative changes, arthritis, and osteoarthritis.

Summer Intern, EatWise Rx, Buffalo, NY

May-Aug 2012

- Created weekly meal plans/recipes and provided weekly diabetes friendly shopping lists that corresponded with meal plans for a pre-diabetic and diabetic population.

Sports Nutrition Intern, University of Missouri, Columbia, MO

Oct 2010-Aug 2011

- Ensured that college athletes maintained a proper diet and body weight, created monthly recipes/smoothies, researched sports nutrition, wrote for Mizzou Nutrition Blog, administered DEXA scans, developed a stop light system for cafeteria, and attended monthly meetings with head coaches and strength training staff.

Certifications and Skills

- Registered Dietitian
- Licensed Dietitian
- Nutritional Counseling
- Certification of Training in Weight Management Counseling for Adolescents
- CPR/First Aid Certified
- MS/Excel Efficient
- Meditech Efficient
- Athena Efficient
- PC/Mac Efficient

Volunteer

Registered Dietitian, Camp Aurora, Fort Worth, TX June 2015

- Planned and executed educational, interactive activities to teach children ages 5-18 about carbohydrate counting at a Youth Diabetes Camp.
- Provided snacks for all campers with different nutritional needs.
- Assisted campers/nurses/staff with carbohydrate counting at all meal times.

Food Fest Executive Committee, Student Dietetic Association, Buffalo, NY March 2014

- Created and executed the first annual, award winning food festival promoting nutrition, health, wellness, and physical activity through many events.
- Won Best Educational Event Award for 2013-2014.

Education

MS/BS in Dietetics May 2014

D'Youville College, Buffalo, NY

Thesis for MS: Prevalence of Eating Disorders in Female Collegiate Athletes

- Student Dietetic Association Membership Chair
- Dean's List

BS in Exercise Physiology and Nutrition

December 2010

Minors in Human Development and Psychology

University of Missouri, Columbia, MO