

ANDE, BLESSING ANUOLUWA

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Ibadan, Oyo State, Nigeria.

PROFESSIONAL SUMMARY

I am a versatile and passionate Dietitian-Nutritionist, leveraging 4+ years of experience in clinical, community and public health nutrition. With a great level of expertise in medical nutrition therapy, I accurately apply the principles of the Nutrition Care Process to assess, diagnose, manage, and monitor nutrition care plans tailored to different disease conditions. With a strong foundation in nutrition care planning, I have developed individualized dietary plans tailored to meet the specific nutritional needs of over 50 clients.

EXPERIENCE

Intern Dietitian

03/2023 – 02/2024

University College Hospital, Ibadan

Trained at University College Hospital, Ibadan for clinical dietetic internship.

- Collaborated with seasoned dietitians to manage patients with specific non-communicable diseases, utilizing nutrition assessment tools for tailored dietary recommendations.
- Responsible for patient care at the Children Outpatient Clinic, working alongside healthcare professionals, while developing transferable skills in dietary counseling and medical nutrition therapy.
- Demonstrated adaptability across diverse patient populations during clinical rotations, showcasing strong interpersonal, organizational, and time management abilities.
- Dedicated 40-hour workweek with additional time allocated for internship projects, presentations, and literature reviews, gaining valuable insights into the role of dietitians in clinical research settings.

Research Assistant to a Nutrition Lecturer***Department of Human Nutrition and Dietetics, University of Ibadan*****2019-2023**

- Conducted research under the guidance of my advisor, focusing on topics like dietary habits, nutrition interventions, and health outcomes.
- Reviewed existing literature in the field of nutrition to understand current knowledge and identify gaps for further investigation.
- Carried out dietary data collection through surveys or interviews.
- Wrote research papers based on my findings, focusing on topics such as the impact of diet on health or the efficacy of nutrition interventions.
- Present my research findings at nutrition seminars, or departmental meetings, preparing presentations or posters to share our discoveries with the scientific community.
- I analyze collected data using statistical methods to draw conclusions and identify patterns related to nutrition and health.

Research Assistant to Principal Consultants***Synergos Nigeria.*****2018**

- Collected quantitative data from mothers of reproductive age
- Conducted 24hr dietary recall for the respondents
- Qualitative data collection through in-depth interview and focus group discussion (FGD) from the research participants.

Volunteer Nutritionist***Barau Dikko Teaching Hospital, Kaduna*****2017**

- Counseled inpatients and self-referred patients based on their different health conditions.
- Enrolled children with admission criteria for Community Management for Acute Malnutrition (CMAM) program.
- Participated in the growth monitoring exercise for both children and mothers during post-natal clinics
- Conducted Nutrition Education to mothers and caregivers of children during ante-natal and post-natal clinics.

Dietetic Trainee***University College Hospital, Ibadan.*****2015**

- Planning, preparation and apportioning of meals to patients
- Counselling of patients based on their health condition and nutritional needs

- Checking and monitoring the progress of recovery of patients under dietetic therapy
- Performed any other roles as assigned by the Dietitians
- Carried out nutritional assessment of the out-patients
- Conducted ward round in the hospital alongside with the Dietitians

SKILLS

1. Medical Nutrition Therapy
2. Nutrition Care Planning
3. Dietary Counselling
4. Nutrition Education
5. Team Work
6. Interdisciplinary Collaboration

EDUCATION

University of Ibadan

BSc. Human Nutrition and Dietetics (Second Class Honour, Upper Division) 2015

University of Ibadan

MSc. Community Nutrition (PhD Grade) 2022