

Sarah Ruiz RD, LD, CDE

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Objective

To continue to grow as a professional and expand my knowledge in the public health field. My ultimate goal is to improve the wellness of others by providing reliable recommendations using current scientific research.

Education

University of Massachusetts Amherst

Masters of Public Health Nutrition

June 2014-present

Iowa State University, Ames, Iowa

Dietetic Internship/Graduate Certificate

June 2013-November 2013

New Mexico State University, Las Cruces, New Mexico

Bachelors of Science in Human Nutrition and Dietetics

August 2008-May 2013

Texas Culinary Academy, Austin Texas

Associate of Applied Science in Le Cordon Bleu at Austin Texas

August 2006-January 19, 2008

Experience

El Paso Children's Hospital

September 2016-present

Registered Dietitian/Certified Diabetes Educator

- Counsels pediatric populations on the areas of diabetes and nutrition.
- Develops policies and procedures in the areas of hypoglycemia, diabetic ketoacidosis, and insulin pump usage in the hospital.
- Conducts in-services to hospital staff related to diabetes inpatient services.
- Trains patients and staff on insulin pump therapy and continuous glucose monitors.

The University of Texas at El Paso, El Paso Texas

June 2016 -present

Part time instructor: Sports Nutrition

Caduceus Health Care, Fort Bliss Texas

May 2016-August 2016

Clinical Outpatient Registered Dietitian

- Counsels deploying soldiers on optimal nutrition for exercise and military training phases and goals.
- Counsels deploying soldiers on achieving and maintaining a level of body mass, body fat and muscle mass that is consistent with good health and performance.
- Evaluates nutritional supplement use in active duty soldiers for legality, safety, quality, and efficacy.
- Develops and counsels in hydration protocols for active duty soldiers
- Counsels soldiers on adequate nutrient intake for recovery from illness or injury.

University Medical Center, El Paso Texas

May 2014- April 2014

Clinical Outpatient Registered Dietitian

- Provides medical nutrition therapy to pediatric, adult, and geriatric populations.
- Teaches diabetes and nutrition classes to various populations and age groups.
- Conducts nutrition and diabetes management classes for both University Medical Center and Texas Tech facilities.
- Revises and reviews nutrition education policies for both outpatient and inpatient populations.
- Trains provisional dietitians and cosigns their documentation.
- Supervises and precepts student volunteers and dietetic interns.

Iowa State Distance Learning Dietetic Internship, El Paso Texas

June 2013- November 2013

Inpatient Clinical Experience, University Medical Center/El Paso Children's Hospital

- 9-week rotation between both facilities; experience included: critical care, oncology, cardiovascular, diabetes, renal, gastrointestinal, nutrition support, and geriatrics.
- Conducted various inpatient clinical educations.

Outpatient Clinical Experience, Veteran Affairs/UMC Diabetes Clinic

- 3-week rotation between both facilities; experiences included conducting several educations on diabetes management, weight management, and MNT topics.
- Prepared a nutrition curriculum for a weight management support group.
- Made a nutrition pamphlet for the veteran's outpatient clinic.

Renal Clinical Experience, DaVita

- 2-week rotation which involved completing Davita's intern curriculum and modules.
- Evaluated patient's lab values and composed a menu plan with nutrient analysis.
- Conducted patient educations on phosphorous binders and potassium intake.

Food Service/Management Experience, University Medical Center/Ysleta School District

- 6-week rotation between both facilities; experiences included conducting an in-service to UMC staff with a quality report on proper service line temperatures.
- Planned and conducted a themed meal included on UMC's menu.
- Conducted a site improvement check-list on school food service facility.

Community Experience, WIC/ Early Childhood Intervention

- 5-week rotation between facilities which involved providing an in-service to both WIC and ECI staffing on nutritional support implications.

City of El Paso Public Health Department/ Eat Well! El Paso Program

Nutrition consultant (February 2013-present)

- Edits and conducts a nutrition analysis of locally owned restaurant's children and adult menus.
- Creates children and adult menus to meet EatWell! El Paso nutrition requirements.
- Trains registered dietitians and nutrition consultants who join EatWell! program.

El Paso Diabetes Association, El Paso TX

Educator/Chef (September 2011- June 2013)

- Taught diabetes management and diabetes nutrition management classes.
- Responsible for Texas State of Health Services grant productivity and sustainability reporting.
- Conducted healthy cooking classes for groups of individuals in various community centers.
- Taught light aerobic exercise classes with a combination of nutrition topics in facilities such as churches, schools, adult day cares, and doctor's clinics.

- Counselor for children diabetes camps.

Café Italia, El Paso TX

Chef (October 2009- May 2010)

- Responsible for forming daily inventory lists of all produce and restaurant supplies.
- Responsible for preparation and service of appetizers, salads, pasta, and dessert.

Ripe Eatery, El Paso TX

Chef (April 2009- September 2009)

- Responsible for forming daily inventory lists of all produce and restaurant supplies.
- Prepared all entrée items on menu which included all grains, proteins, and vegetables.
- Responsible for supervising line cooks, dish washers, and kitchen expeditors.

Morrison Health and Food Service, El Paso TX

Cook and Baker (June 23, 2008- September 23, 2008)

- Responsible for patient plating in special diets such as diabetes, renal, mechanical, and liquid.
- Responsible for preparation of all baked goods distributed throughout the hospital.

Volunteer Experience

Institute of Healthy Living

Data collection Volunteer (August 2016-present)

- Assists in community data collection events; through the utilization of questionnaires.

Department of Veterans Affairs, El Paso TX

Health Promotion and Disease Prevention Volunteer (September 17, 2012- May 2013)

- Contacts patients prior to scheduling them for individual, diabetes management, weight management, and MOVE weight management support group appointments with dietitian.
- Sits in on classes and reviews outcome of client's clinical reports with dietitian.
- Measures BMI and body fat percentage of clients in weight management support group.

Professional Affiliations/Certifications

- Diabetes Empowerment and Education Program Certified (February 2013)
- FACES of Diabetes Symposium Presenter (October 2014)
- El Paso Association of Pharmacy Symposium Presenter (November 2014)
- National Certification Board for Diabetes Educators (August 2016)

Skills

- Bilingual in English and Spanish