

Carolyn M. Arbuckle

*****, MD ***** • carolyn.m.arbuckle@gmail.com • Cell (**) ***_***** • http://www.carolynarbuckle.weebly.com

EDUCATION

Morrison Healthcare, Dietetic Internship, Clinical Concentration
Pennsylvania State University
Bachelor of Science in Nutrition, Dietetics Option
Behrend Honors Program
Intermediate Spanish skills

May 2018
May 2017
DPD GPA 3.77
Overall GPA 3.60

FOOD SERVICE AND MANAGEMENT

Eurest at National Institutes of Health, Washington DC

March 5, 2018-April 27, 2018

Corporate Wellness and Food Service, Dietetic Intern

8 Weeks

- Implemented a theme meal and followed recipes through development, costing, preparation, servicing and sales
- Developed marketing materials and displays to promote health and wellness

LONG-TERM CARE

Charles E. Smith Life Communities, Rockville, MD

February 5, 2018-February 23, 2018

Long-Term Care, Dietetic Intern

3 Weeks

- Completed 8 initial, 4 quarterly, 3 annual nutrition assessments, MDS forms, and care plans. Referred to MDS manual to ensure assessments were completed correctly in compliance with state standards
- Audited 2 dining rooms during mealtime using StoreRanker for timeliness of meal service, food quality, proper handling techniques, meal substitutes, liquids, assistance, dignity and atmosphere
- Presented 4 in-service educations on hand hygiene and 1 superfood education. Developed educational materials
- Attended multidisciplinary rounds and interdisciplinary meetings including 2 wound rounds, 2 RD meetings, 6 MD rounds, 5 RCC rounds and additional plan of care meetings
- Organized projects using clear and diligent communication with in-person conversations, emails, and phone calls. Reinforced plans with follow-up conversations and written documentation of plans
- Coordinated and presented a heart healthy grocery store tour to independent living residents

CLINICAL

Franklin Square Hospital, White Marsh, MD

September 11, 2017-December 15, 2017

Inpatient Acute Care, Dietetic Intern

13 Weeks

- Completed 8 full nutrition assessments per day by end of rotation. Supported recommendations using evidenced-based practice such as by referring to guidelines and peer-reviewed research
- Calculated enteral and parenteral nutrition support recommendations considering nutritional and disease state
- Developed a research poster for a retrospective study describing cost and labor savings in eliminating automatic, unwarranted gastric residual volume monitoring for enterally fed adult patients
- Presented a case study following a patient recovering from a cerebrovascular accident
- Used motivational interviewing to provide diabetic and cardiac diet educations. Provided relevant handouts

Children's National Medical Center, Washington DC

January 2, 2018-January 19, 2018

Outpatient Pediatric Weight Management, Dietetic Intern

3 Weeks

- Conducted outpatient counseling sessions to children and families to motivate lifestyle change and communicate appropriate medical nutrition therapy. Documented patient interactions on eClinicalWorks

Providence Hospital, Washington DC

January 22, 2018-February 2, 2018

Outpatient Bariatric Weight Management, Dietetic Intern

2 Weeks

- Conducted outpatient counseling sessions using motivational interviewing to encourage lifestyle change
- Developed and presented a nutrition education on achieving and maintaining a healthful body weight using behavior change tools

Mount Nittany Medical Center

January 15, 2016-July 15, 2017

Summer Intern, Diet Aide, Kitchen Worker, Expediter

19 Months

- Interacted with interdisciplinary teams and developed meaningful relationships with staff including nursing, environmental services, radiology, pulmonology, physicians, and food service employees. Used these relationships to develop an understanding of how interdisciplinary teams function as a working unit
- Developed leadership and interpersonal skills when training new staff. Led by example

Red Bird Market, Fairport, NY

Spring 2011-Summer 2015

Small Business Independent Grocery, General Employee

4 Years

- Participated in practices of running a small business including calculating inventory, analyzing sales, receiving goods, networking with businesses, developing relationships, strategizing spending, and implementing marketing

RESEARCH AND ACEDEMIA

Pennsylvania State University, State College, PA

Fall 2016

Nutritional Sciences Department, Research Assistant

21 Weeks

- Photographed immunofluorescent slides of using the Keyence BZ9000 microscope to assess for correlations between placental structure and vitamin D status of the mother

Pennsylvania State University, State College, PA

Spring 2017

Nutritional Sciences Department, Teaching Assistant

16 Weeks

- Supported student growth by grading weekly case studies with consistent and detailed feedback

CERTIFICATIONS AND CREDENTIALS

ServSafe, Certified

Fall 2015-Fall 2020

Basic Life Support, Certified

Summer 2016-Summer 2018

Academy of Nutrition and Dietetics, Member

Summer 2017-Summer 2018