

AKHILA S VINAYAN

Clinical Nutritionist

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📍 Kollam

SKILLS

Medical Nutrition Therapy

Diet Planning

Nutritional Analysis

Nutritional Screening

Life style Diseases

EDUCATION

Masters Of Science, Clinical Nutrition And Food Science

Amrita Institute Of Medical Science And Research Centre, Kochi

2019-2021

Major Courses GPA: 68%

Applied and Advanced Nutrition
Food Science
Human physiology

Bachelor of science, Biochemistry

NSS College, Pathanamthitta

GPA : 78%

2016- 2019

LANGUAGES

Malayalam

English

Tamil

OVERVIEW

I'm a dedicated and qualified clinical dietitian graduated from AIMS with demonstrated history of working in the hospital settings. skilled in MNT, diet planning, therapeutic diet and so on, with strong health care service background. Thrive in challenging fast-paced settings when managing multiple tasks and working with various patients.

PROFESSIONAL EXPERIENCE

AMRITA INSTITUTE OF MEDICAL SCIENCE

Posted in various specialties and super specialties like cardiology, nephrology, neurology, gastroenterology, oncology as well as transplant unit, intensive care unit. thus clinical posting during post graduation gained me extensive experience in almost all departments.

Have worked on +75 different case studies at amrita hospital as a part of my post graduation program.

Ability to explain complex ideas simply to patients and ability to encourage and motivate others.

Developed and implemented highly specialized diets and nutrition plans for clinics, out-patients and hospitalized patients

Skilled in nutritional analysis, routine hospital diet, nutritional assessment and dietary modification for all kinds of disease including chronic and life style diseases.

PROJECTS

- Title: Analysis Of Nutritional Intake In Post Covid Subjects
- Organization: Amrita Institute Of Medical And Research Centre, Cochin
- Guide: Dr. Merlin Moni, Department Of Internal Medicine

In this project, I did a through analysis of the food intake of post Covid patients. I took note of their food intake pattern, frequency, any changes in food intake, changes in physical activities, quarantine and more. This project was done during my academic periods in AIMS.

CERTIFICATIONS

- Nutritional management in onco surgeries-offered by Fresenius Rabi in association with IAPEN and Jehangir Hospital.
- Attended in International seminar on Obesity and Weight management conducted by Department Of Home Science, St. Teresa's college in cochin.
- Attended in a seminar on Early Moments Life Matters Myths and Taboos in Lactation conducted by Department of Clinical Nutrition And Food Science.