

Chinju Jose

Clinical Dietitian



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PROFESSIONAL PROFILE

Highly competent, reliable and proactive Nutrition and Dietetics professional, with significant background in developing customised nutritional care plans specific for each unique individual's needs. Highly adaptable, compassionate and competent with excellent interpersonal skills and problem-solving abilities. Possesses a natural ability to communicate and empathise with patients/clients, establishing therapeutic relationships, with a passion to work in the challenging sector of nutrition and dietetics. An energetic, resilient and dynamic professional committed to ensuring the wellness of patients through detailed attention to their nutritional status and requirement, along with continuous professional learning and improvement, with the aim of utilising skills and training to contribute to the development of overall health care and nutrition in the community, all whilst adhering to proper nutritional methods and guidelines.

PLACEMENT EXPERIENCES

Intern Dietitian

Department of Dietetics, Apollo Hospital, Chennai | January 2018 – July 2018 (6 Months)

Department of Clinical Nutrition & Dietetics, Lakeshore Hospital, Kochi | May 2015 – June 2015 (1 Month)

- Contributed to the design and implementation of a plan of patient nutrition care, based on identification and assessment of a patient's nutritional needs, correlated with other health plans.
- Assisted in the planning and delivery of the nutrition component of the care plan as well as nutrition education in the appropriate and assigned settings.
- Learned nutritional counselling to facilitate changes in the nutritional behaviour of the patients.
- Assisted in the daily rounds of patient check-up, to observe the patients' nutritional improvements and care.
- Learned to assess the nutritional needs of patients associated with various disease conditions.

Dairy Training | Dairy Training Centre, Kottayam | December 2014 (10 days)

- Basics of milk and milk products

EMPLOYMENT HISTORY

Clinical Dietitian

Manipal Hospital, Bangalore, Karnataka | September 2020 – JULY 2022

Clinical Dietitian

Lourdes Hospital, Kochi, Kerala | November 2018 – July 2020

- Provided comprehensive diet education consultation and diet planning sessions to inpatients and outpatients whilst successfully recognising barriers, expressing empathy, delivering individual advice and negotiating lifestyle changes as well as positively recognising progress.
- Conducted inpatient feed planning, taking into consideration the disease condition and nutritional status of each patient.
- Assisted in designing nutrition programs to improve or maintain the health of patients to ensure that proper nutrition was delivered to all patients until full healing has occurred.
- Performed daily ward and ICU rounds to check on the nutritional improvement of the patients.
- Maintained patients' record through practicing detailed note taking skills, carefully evaluating patient's medical records, filling patient's summary report and, if appropriate, report back to the referred physician
- Provided a 6-month training course to Dietary staff on 'Food hygiene and sanitation', based on HACCP and FSMS.
- Organised awareness programs on the nutritional interventions for various diseases for bystanders and family members of the patients.
- Observed and assessed patients' intake and prescribed oral nutrition support to enhance and improve patient's physical and clinical symptoms.

EDUCATION & QUALIFICATIONS

Master of Science in Clinical Nutrition and Dietetics | Alphonso College Pala, affiliated to Mahatma Gandhi University Kottayam | 2018

Academic Projects:

- Nutritional Assessment of Adolescent Boys (11-14 Years)
- Planned, implemented and evaluated nutrition intervention programs at Elakkadu Colony
- Developed Cost Effective Vitamin C rich recipes for sedentary women

Bachelor of Science in Clinical Nutrition and Dietetics | Alphonso College Pala, affiliated to Mahatma Gandhi University, Kottayam | 2016

Year 12 | St Augustine's GHSS Kothamangalam, Kerala Higher Secondary Examination Board | 2013

Year 10 | St Augustine's GHSS Kothamangalam, Kerala Board of Public Examinations | 2011

PROFESSIONAL SKILLS

- **Nutrition and Dietetics**
- **Food Service Rotation**
- **Diet Education Consultation**
- **Menu & Diet Planning**
- **Food Hygiene & Sanitation**
- **Quality Assurance and Food Analysis**
- **Customised Meal Plans**
- **Nutrition Education Sessions & Workshops**
- **Nutritional Care Plans**
- **Enteral & Parental Nutrition**
- **Training & Development**
- **Therapeutic Diets**
- **Nutritional Supplements**
- **Customer Service**

CORE COMPETENCIES

- Genuine passion for providing the highest quality of nutritional health care to all patients, with ability to work under supervision and provide quality nutrition and meal plans that is both customised for each patient and also culturally responsive.
- Learned how to evaluate menus, meet individualised plans, as well as monitor and implement therapeutic diets.
- Well-versed in basic nutrition, differing dietary needs, appropriate and palatable food pairing options and seasonal food availability.
- Skilled in developing personalized nutrition and dietary planning based on body type and health goal, as well as the development of habit-forming nutrition regimens and plans.
- Adept at counselling and educating patients/clients in healthy dietary options and alternatives.
- Knowledgeable in the planning of special needs diets, including diabetic, low sodium, gluten free, renal and enteral feeds.
- Ability to establish rapport and therapeutic relationship with clients that is supportive and encouraging.

ACHIEVEMENTS

Certificate of Appreciation Food hygiene and sanitation training course based on HACCP and food safety management system.

PERSONAL INFORMATION

DATE OF BIRTH: 30 JULY 1995

Nationality: Indian

LANGUAGES SPOKEN

English | Malayalam | Hindi | Tamil (Basic)

REFEREES

Annette Jacob | Chief Dietitian | Lourdes Hospital, Kochi | annettesinoj@gmail.com | +918075495641

Minu Mathews | Lecturer | Alphonso College, Pala | minuhottupuram@gmail.com | +919946914037