

Nutritionist | Dietitian

I am a self-driven professional with ten years of experience working at multi-specialty and super-specialty hospitals across South India and in Bangladesh. I have handled critically high-risk patients, elite patients, and worked with corporate clients seeking expertise en masse for their employees. During my service at Lakshmi Hospital, I assisted the management in integrating nutrition and dietetics as part of a holistic patient-centred clinical care system.

PROFESSIONAL JOURNEY

Senior Nutritionist | Lakshmi Hospital, Ernakulam
APR 2015 - JUL 2017 (Two years and three months)

I worked closely with senior most doctors and top management incorporating dietetics and nutrition as a notable differentiator in hospital's service. I was also responsible for grooming and guiding juniors.

M. Sc. in Dietetics and Food Service Management | 76.1%
2015 | Indira Gandhi National Open University

Asst. Dietitian | Ernakulam Medical Centre Hospital
MAR 2012 - MAY 2014 (Two years two months)

Nutritionist | Sree Sudheendra Medical Mission Hospital
JAN 2008 to DEC 2010 (Three years)

Asst. Dietitian | Lakeshore Hospital and Research Centre,
Netoor, Ernakulam.
JUL 2006 - DEC 2007 (One year six months)

At Lakeshore Hospital, I was a part of large, highly qualified, and well experienced medical team. I gained valuable practical insights and knowhow from veteran professionals.

Nutritionist | Z.H.Sikder Womens Medical College and
Hospital, Dhaka, Bangladesh.
APR 2004 - NOV 2005 (One year eight months)

Dietitian Trainee | Lakeshore Hospital and Research Centre
DEC 2003 to APR 2004 (Four months)

PG Diploma in Applied Nutrition & Dietetics | 81.8%
2003 | C.M.S College, Kottayam

Internship | Christian Medical College, Vellore
AUG 2003 (One Month and two weeks)

Internship | The Windsor Castle Leisure Hotel, Kottayam
APR 2003 (Two weeks)

B. Sc in Clinical Nutrition and Dietetics | 76.4%
2002 | Mahatma Gandhi University

Internship | Mallya Hospital, Bangalore
MAR 2001 (One Month)

Internship | Kerala State Dairy Development Department
APR 2000 (Two weeks)



MINI V.R.

B.Sc., P.G Diploma, M.Sc.

vrmini.unnikrishnan@gmail.com
+9961728232

Poovakkatil House
Ezhacherry P.O
Anthinad (Via), Kottayam

SKILLS & EXPERTISE

- Expert knowledge about nutritional needs for high-risk patients.
- Knowledge and experience in enteral and parenteral nutrition support to patients mechanically ventilated in Intensive Care Units.
- Nutritional education for diabetic patients, communities, corporate executives, parents of school going children, pregnant women and lactating mothers. Develop easily comprehensible educational materials for patients, relatives as well as hospital staffs.
- Systematically monitor and update nutrition care plans. Effective communication & documentation of nutritional care plan with patients and clinic staffs for best care & results.
- Supervision, direction and management of diet technicians' and diet clerks' interaction with patients.
- Active participation in management of Food and Nutrition Service Department.
- Active participation in interdisciplinary meetings and provide expertise regarding patient care / nutritional needs whenever necessary.

PERSONAL DETAILS

Date of birth:	01 MAY 1982
Father's name:	C.A.Krishnan
Nationality:	Indian
Religion:	Hindu
Gender:	Female
Marital Status:	Married
Husband's name:	Unnikrishnan Muraleedharan
Children:	One daughter (Eight years old)

REFERENCE

Ms. Teena Kurian, RD

Lecturer, Alphonsa College (Accredited to MG Univeristy),
Phone No. +91-94470-20324