

Lisa Dawes, MS, RDN, CDE

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Achievements & Attributes

- Completed the Certified Diabetes Educator training and examination.
- Completed dietetic internship and registration examination.
- Completed the certified training in Adult Weight Management.
- Completed the training as a facilitator for diabetic conversation maps.
- Completed Institute for Integrative Nutrition's Health Coach Program
- Successfully convey the ideas of healthy lifestyle to all patients in my practice, and help them to incorporate those concepts into their daily lives.
- Ability to assess an individual's readiness for change, and teach to their level of readiness.
- Work as a valued member of the medical multidisciplinary team, which includes physicians, nurses, medical assistants, physical therapists, and psychotherapists.
- Proficient in MS Word, Excel and PowerPoint

Education

Master of Science in Agriculture with a Specialization in Food Science and Nutrition

California Polytechnic State University, San Luis Obispo

2013

Dietetic Internship/Master of Science in Food Science and Nutrition

Completed ADA approved dietetic internship, concurrently completed much of the graduate coursework for Master of Science Degree.

California State University Long Beach

1995-1998

Bachelor of Science in Child Development

Developed foundational skills required for supporting a career in early childhood development.

California State University, Fullerton

1988-1992

Experience

Pacific Naturopathic Medical Center

Pismo Beach, CA

Dietitian/Functional Nutrition

May, 2011 to present

As a functional-nutrition dietitian, I collaborate with physicians, nurses and acupuncturists, to create patient centered approaches to health and wellness. Using a holistic approach, I work with patients to restore proper physiological functioning of their bodies and optimize health and wellbeing.

- Conduct diagnostic testing such as food allergy testing and functional stool testing
- Assess diet and lifestyle habits
- Goal setting and establishing steps to action
- Create holistic individualized lifestyle plan based on subjective and objective data

Pacific Central Coast Health Centers

San Luis Obispo & Santa Maria

Dietitian/Diabetes Educator

December 2011 to March 2016

As a dietitian and certified diabetes educator, I worked alongside physicians, physician assistants, and nurse practitioners to assist patients in improving their lifestyle choices, as well as addressing their nutrition-related diseases.

- Educate patients on self-monitoring blood glucose, carbohydrate counting, meal planning and dosing insulin
- Educate patients on healthy lifestyle changes that help reduce risk of heart disease, stroke, cancer and diabetes
- Educate bariatric patients on pre and post surgical diet recommendations and diet progression
- Assist patients in identifying unhealthy eating behaviors and create lifestyle goals
- Work alongside interns and residents at Family Medicine Center, providing comprehensive care to patients

Kronos Optimal Health company

Corporate Wellness Dietitian

December 2008 to 2010

Promoting the concepts of healthy lifestyles through stress management, exercise and nutrition, and behavior modification.

Private Practice

Arroyo Grande & Santa Maria, CA

Dietitian

March 2001 to November 2011

As a Certified Diabetes Educator, I successfully motivated patients in making positive lifestyle changes through diet and exercise. I also gave recommendations to the referring physician for medications and adjustments in medications.

- Educate patients on self-monitoring blood glucose, carbohydrate counting, calculating diabetic exchanges, adjusting insulin pumps, injecting insulin, and creating exercise and dietary prescriptions
- Formulate specific diets, which take into consideration cardiovascular risk factors such as hypertension, hypercholesterolemia, and renal vascular disease
- Collaborate with internists and family practitioners on therapeutic diabetic regimens, including choice of medications

Marian Medical Center

Santa Maria, CA

Dietitian

May 2001 to February 2003

As a clinical dietitian, I performed nutrition assessments and made the appropriate dietary recommendations for each patients specific disease state. My areas of expertise in clinical nutrition were Intensive Care and Cardiac care.

- Calculated tube feedings and TPN, and ordered appropriate laboratory tests
- Intensive/Cardiac Care inpatient assessment and care
- Medical/Surgical inpatient assessment and care
- Outpatient education
- Hospice care

Long Beach Memorial Medical Center

Long Beach, CA

Dietitian

December 1999 to January 2001

As an inpatient clinical dietitian, I primarily worked in Intensive and Cardiac Care. My experience at Long Beach Memorial allowed me the opportunity to achieve the knowledge and confidence required to become a highly skilled dietitian and effective communicator with physicians and the multidisciplinary team.

- Work closely with the resident and attending physicians in creating diet prescriptions
- Calculated and ordered tube feedings, TPN, and laboratory test independently of the consulting physician.

As an outpatient dietitian, I worked as an educator as a part of a multidisciplinary team, which included nurses, physicians, and exercise physiologists. Our goal was to provide patients with the knowledge and skills to improve their quality of life and reduce their number of hospital admissions.

- Congestive Heart Failure, Pulmonary, and Cardiac Care outpatient Clinics

Affiliations

American Dietetics Association, Certified Diabetes Educator, American Association of Diabetes Educators, Certified Adult Weight Management Specialist, Kappa Omicron Nu Honor Society: Cal State University, Long Beach