

Alaya Ahmed

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SUMMARY

Clinical dietitian with three years of **inpatient nutrition care** experience supporting pediatric and medically complex patients in acute care settings. Registered Dietitian through the **Commission on Dietetic Registration** and Florida Licensed Dietitian with a Bachelor of Science in Nutrition and Dietetics. Provides nutrition assessment, individualized care plan implementation, enteral feeding support, tube feeding management, **total parenteral nutrition** coordination, therapeutic diet guidance, and **patient and caregiver education**. Connects medical goals, nutrition requirements, tolerance, laboratory findings, and family priorities within practical plans. Collaborates with physicians, nurses, pharmacists, speech language pathologists, and case managers while documenting clear interventions and follow up needs. Contributes to quality improvement, staff education, and consistent clinical workflows. Supports caring inpatient services across pediatric and adult acute care environments and can help strengthen safe, coordinated nutrition care across hospital locations.

EXPERIENCE

Clinical Dietitian, Pediatric Inpatient Nutrition

July 2024 - Present

Gulf Coast Children's Medical Center

Tampa, FL

Supports pediatric inpatient nutrition services for medically complex patients, including assessment, nutrition care planning, enteral feeding, parenteral nutrition, family education, **clinical documentation**, and quality improvement. Partners with physicians, nurses, pharmacists, speech language pathologists, and case managers across **acute care** workflows.

- Translated diagnoses, growth patterns, laboratory findings, and intake into individualized **pediatric nutrition** plans.
- Adjusted **tube feeding** regimens after reviewing nutrient needs, fluid goals, tolerance, and nursing observations.
- Reviewed macronutrients, micronutrients, laboratory trends, and clinical status for coordinated **TPN** recommendations.
- Taught caregivers formula preparation, **therapeutic diets**, feeding plans, and transition instructions using clear language.
- Coordinated nutrition recommendations with physicians, nurses, pharmacists, and speech language pathologists for integrated care.
- Reviewed quality indicators and updated education materials after identifying recurring nutrition workflow gaps.

Clinical Dietitian, Acute Care Nutrition

October 2023 - June 2024

Suncoast Regional Hospital

St. Petersburg, FL

Delivered **inpatient nutrition care** for adult and pediatric patients across **acute care** units. Completed screenings and assessments, supported enteral and parenteral nutrition, educated patients and significant others, documented interventions, and contributed to quality reviews and staff education.

- Prioritized inpatient screenings for malnutrition risk, altered intake, and specialized nutrition support needs.
- Implemented **enteral nutrition** plans using estimated requirements, clinical status, tolerance, and nursing observations.
- Reviewed TPN requirements and laboratory data with pharmacy and medical teams before documenting recommendations.
- Counseled patients and significant others on prescribed diets and safe nutrition strategies after discharge.
- Documented assessments, interventions, monitoring plans, and follow up findings for multidisciplinary continuity.
- Used quality review cases during staff education to reinforce timely reassessment and consistent care.

PROJECTS

Pediatric Ketogenic Nutrition Pathway 📅 2025

Built a clinical reference pathway for pediatric ketogenic diet support, connecting nutrition assessment, feeding tolerance, laboratory monitoring, caregiver education, and follow up documentation.

Acute Care Nutrition Education Refresh 📅 2024

Updated patient and caregiver education materials for therapeutic diets, tube feeding, formula preparation, and transition of care across inpatient workflows.

LEADERSHIP & AWARDS

- Clinical Nutrition Quality Contributor, recognized for practical updates supporting consistent inpatient documentation.
- Pediatric Nutrition Education Lead, selected to share clear feeding guidance with caregivers and clinical staff.

EDUCATION

Bachelor's Degree in Nutrition and Dietetics

2023

University of South Florida GPA: 3.7

Tampa, FL

Coursework: Clinical Nutrition, Pediatric Nutrition, Medical Nutrition Therapy, Nutrition Support

CERTIFICATIONS

- Registered Dietitian, Commission on Dietetic Registration 📅 2023
- Licensed Dietitian, Florida Department of Health 📅 2023
- Florida Driver License 📅 2023

TECHNICAL SKILLS

- **Nutrition Assessment:** Nutrition screening, nutrition assessment, malnutrition risk
- **Pediatric Nutrition:** Pediatric nutrition, growth monitoring, therapeutic diets
- **Nutrition Support:** Enteral nutrition, parenteral nutrition, nutrition requirements
- **Tube Feeding:** Tube feeding, formula preparation, feeding tolerance
- **Clinical Documentation:** Nutrition interventions, monitoring plans, follow up findings
- **Patient Education:** Caregiver education, therapeutic diet education, discharge guidance
- **Multidisciplinary Care:** Physicians, nurses, pharmacists
- **Quality Improvement:** Quality indicators, workflow review, staff education
- **Acute Care:** Inpatient nutrition, pediatric patients, medically complex patients
- **Professional Credentials:** Registered Dietitian, Licensed Dietitian, Florida Driver License
- **Clinical Monitoring:** Laboratory findings, clinical status, intake monitoring
- **Care Planning:** Individualized plans, nutrition recommendations, transition of care

SKILLS

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|----------------------------|------------------------------|--------------------------|-----------------------|
| • Pediatric nutrition | • Enteral nutrition | • Caregiver education | • Quality improvement |
| • Ketogenic diet support | • Tube feeding | • Multidisciplinary care | • Acute care |
| • Inpatient nutrition care | • Total parenteral nutrition | • Nutrition care plans | • Nutrition support |
| • Nutrition assessment | • Therapeutic diets | • Clinical documentation | |

PROFESSIONAL AFFILIATIONS

- Commission on Dietetic Registration, Registered Dietitian member since 2023.
- Florida Department of Health, Licensed Dietitian credential holder since 2023.

LANGUAGES

- English (Native)
- Spanish (Intermediate)

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST