

Rachel Albaum, RD, CDE

Education

- 2004-2005 **Dietetic Internship Program**
New York-Presbyterian Hospital, New York, NY
- 1999-2003 **B.S., University Of Connecticut**, Storrs, CT
Major: Nutritional Sciences

Employment History

- 2007-present **The Cardiovascular Care Group**, Bellville, NJ
Nutritionist
- Provide medical nutrition therapy to clients assessing nutritional status and goals. Planning and implementing care plans to reach goals to obtain optimal nutrition. Specialized areas include but not limited to; diabetes, cardiovascular disease, gastrointestinal disorders, pediatrics, pregnancy, sports nutrition, and weight management.
- 2006-present **St. Joseph's Regional Medical Center**, Paterson, NJ
Outpatient Renal Nutritionist and Pediatric Obesity Dietitian
- Care for 120 hemodialysis and 10 pediatric peritoneal dialysis patients providing nutritional assessments, diet educations, and distribution of monthly blood work. Work closely with multi-interdisciplinary team..
 - Design, plan, and execute pediatric nutrition education/weight loss program. Work closely with an endocrinologist, exercise physiologist, and psychologist.
- 2005-2006 **St. Joseph's Hospital and Medical Center**, Paterson, NJ
Clinical Nutritionist-Cardiac and High Risk Obstetrics
- Assessed the nutritional status and developed care plans for hospitalized patients for all cardiac units including Open Heart Recovery, CCU, step-down floors and for the high risk obstetric floor.
 - Provided education to acute patients based on therapeutic diets. Revised nutrition education materials for cardiac diets including "Heart Healthy", low salt, and CHF. Counseled gestational diabetics on diet and provided meal plans. Conducted Cardiac Rehabilitation Nutrition classes and individual nutrition consults in ambulatory care setting.
 - Mentored Dietetic Interns for Cardiac and Obstetric rotations.
- 2005-2006 **Morristown Memorial Hospital**, Morristown, NJ
Per Diem Clinical Dietitian
- 2005-2006 **Can Do Fitness Club**, Wayne, NJ
Nutrition Consultant
- Provided individual nutrition consultation for clients at fitness center on weight management, medical nutrition therapy, and sports nutrition. Created/distributed nutrition educations fact sheets to clients.

Additional Relevant Accomplishments

- Co-designed, planned, and implemented educational curriculum and materials used to teach a pediatric after school nutrition program geared towards children with or at risk for obesity through Kraft grant.
- Published articles in New Jersey's Elite Entertainment.

Professional Affiliations

- Certified Diabetes Educator
- Registered Dietitian, Commission on Dietetic Registration
- Member of the AADE