Amanda Schmidt, RDN CD MS

Dietetic Internship Director and Lecturer

1436 Bell St

Eau Claire, WI 54703

715-828-9590 (cell)

[schmidtam@uwstout.edu](mailto:schmidtam@uwstout.edu)

**Professional Experience**

*Dietetic Internship Director and Lecturer*

UW-Stout

January 2015 to Present

* Developed, coordinated and delivered highly innovative and engaging activities in numerous DPD courses: MNT I and II, Nutrition Education, Nutrition Counseling, Maternal and Child Health, and Sports Nutrition. Periodically teach other nutrition courses based on need and course load.
* Director of the dietetic internship program—8 interns accepted annually into the program
* Advisor of Stout Student Dietetic Association (SSDA)
* Advisor to Dietetic Honors Student projects

*Adjunct Lecturer*

UW-Eau Claire

Spring Semester 2015, Spring Semester 2018, Spring Semester 2019

* Developed and delivered lectures for Biology 196—Human Nutrition within the Biology department at UW-Eau Claire. This is a general education course for students.

*Adjunct Lecturer*

UW-Stout

January 2014-December 2014

Spring Semester 2014 and Fall 2014

* Developed and delivered lectures in Medical Nutrition Therapy I, Community Nutrition and Nutritional Assessment to Undergraduate students in the Dietetics Program
* Developed and delivered lectures in Nutrition for Healthy Living as a general education course to undergraduate students

*Long-Term-Care Dietitian*

Grace Lutheran Foundation

March 2014-January 2015

* GLF has 3 different facilities—Syverson Lutheran Home, American Lutheran Home—Menomonie, American Lutheran Home--Mondovi
* Perform nutritional assessments on all residents at admit and quarterly thereafter.
* Coordinate with Nursing staff and Dietary staff to ensure all residents maintain an adequate nutritional status. Lead Nutrition-at-risk meetings with facility team members.
* Work directly with the dietary manager to meet state regulations to pass state survey.
* Mentor Dietary Manager as she completed her Certified Dietary Manager Degree
* Provide nutrition education sessions at “Lunch and Learns” for community members

*Clinical Dietitian*

Mayo Clinic Health Systems—Home Health and Hospice

June 2007-May 2015

* Provide end-of-life nutrition education and medical nutrition therapy to hospice patients, family members and facility staff. Develop nutrition related goals and interventions.

* Perform monthly meal assessments on hospice patients living in facilities to determine patient’s chewing and swallowing ability as their terminal disease progresses. Provide education to families and facility staff as needed to address these changes.
* Provide medical nutrition therapy for Home Care patients with diabetes, CHF, COPD, obesity, and wounds. Provide one-on-one education to members and caregivers including meal planning, regulation of oral nutritional supplements and tube feedings, and weight management.
* Provide nutrition in-services to professional and support staff.
* Develop nutrition assessment profiles to be used for the computer software program for agency.

*Consulting Dietitian*

Hetzel’s Care Center

December 2010-August 2012

* Coordinate with Nursing staff and Dietary staff to ensure all residents maintain an adequate nutritional status. If they were not meeting their nutritional needs, developed care plans to address this.
* Work closely with the dietary manager to meet state regulations to pass state survey.
* Mentored Dietary Manager as she completed her Certified Dietary Manager Degree.

*Public Health Nutritionist*

Eau Claire City-County Health Department

July 2003-June 2007

* Developed and taught nutrition, wellness, and cooking classes to the community on a bimonthly basis (4-12 participants per class).
* Developed and taught nutrition classes for Early Childhood Teachers on a quarterly basis (10-30 participants per class).
* Wrote newsletters and newspaper articles regarding nutrition, health and wellness on a bimonthly basis (including the Leader Telegram and Family Times).
* Provided nutrition education through counseling and written materials to families on the WIC program.
* Preceptor for Dietetic Intern
* Provided in-home nutritional assessments to children in the Birth to 3 Program and follow up nutrition counseling and education to families.

*Clinical Dietitian, per diem*

Mayo Clinic Health Systems—Luther Hospital

February 2003-July 2003

* Provided medical nutrition therapy to inpatients.
* Provided nutrition education to patients.
* Attended multi-disciplinarily meetings to provide continuity of care to patients.

*Clinical Dietitian, per diem*

Sacred Heart Hospital

March 2002-July 2003

* Provided medical nutrition therapy to inpatients.
* Provided nutrition education to patients.
* Attended multi-disciplinarily meetings to provide continuity of care to patients.

*Public Health Nutritionist*

Dunn County WIC Program

May 2001-July 2003

* Provided nutrition education through counseling and written materials to families.
* Wrote nutrition newsletters for WIC participants.
* Develop nutrition education bulletin boards for WIC participants.

**Presentations**

*Dietary Supplements: Where to Find Credible Information* presented at Dunn County Senior Center, Oct 2015

*Brain Awareness—Dietary Supplements: What does the Evidence Tell Us* presented in conjunction with Eau Claire Office of Aging Brain Awareness Series, June 2016

*Brain Awareness—Dietary Supplements: What does the Evidence Tell Us* presented at UW-Eau Claire Senior American Day, June 2017

*Nutritional Supplements* presented at St. Francis Senior Center, August 2017

*MIND Diet for Better Brain Health* presented at UW-Eau Claire Senior American Day, June 2018

*Cooking for One or Two* presented at St. Francis Senior Center, August 2018

*Brain Awareness—Dietary Supplements: What does the Evidence Tell Us* presented at CESA 10 for Foster Grandparents, February 2019

*The MIND Diet for Better Brain Health* presented at The Classics for Savvy Seniors Series, April 2019

**Education**

***Certificate in Adult Weight Management***

Commission of Dietetic Registration, June 2009

***University of Wisconsin—Stout***, Menomonie, WI

Master of Science: Human Nutritional Sciences, December 2001

* Graduate Research Project—1% or Less Campaign
* Advisor—Dr. Carol Seaborn

***University of Wisconsin Hospital and Clinics***, Madison, WI

* Dietetic Internship, August 1999-June 2000

***University of Wisconsin—Madison***, Madison, WI

Bachelor of Science: Dietetics, May 1999

**Memberships and Associations**

Academy of Nutrition and Dietetics (AND)

Wisconsin Academy of Nutrition and Dietetics (WAND)

Nutrition and Dietetic Educators and Preceptors (NDEP)

Dietitians in Nutrition Support DPG (DNS)

Dietetics in Health Care Communities DPG (DHCC)

Sports, Cardiovascular, and Wellness DPG (SCAN)

Chippewa Valley Dietitians—Communication Coordinator