

# AMBER ARNOLD MS, RDN, LD

## Curriculum Vitae

### EDUCATION

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2004-2009      Stephen F. Austin State University      Nacogdoches, TX  
*M.S. in Family and Consumer Sciences*

2004-2005      Stephen F. Austin State University      Nacogdoches, TX  
*Dietetic Internship*

2002-2004      Stephen F. Austin State University      Nacogdoches, TX  
*B.S. in Food, Nutrition and Dietetics*

### LICENSURE

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2005-Present.: Registered Dietitian; Board Examination      CDR #: 00951289  
2005- Present.: Texas Licensed Dietitian #: DT7707

### PROFESSIONAL EXPERIENCE

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August 2022- Present      Baylor University      Waco, TX

Didactic Program Director, Dietetics

- ACEND Annual Review
- Didactic Training Workshop
- 2022 KRDN Updates
- Course Metrics Data Collection and Review
- Student Advisor
- Curriculum Review and Updates
- Verification Letters
- Alumni Tracking

August 2020- Present      Baylor University      Waco, TX

Clinical Assistant Professor, Nutrition Sciences

- Assistant Didactic Program Director
- Curriculum development and course instructor

**August 2017- November 2018      Compleo Physical Therapy & Wellness      Waco, TX**

Nutrition Consultant

- Interdisciplinary education and counseling to clients for the treatment of nutrition-related disease, weight loss and general wellness.
- Guest speaker for company nutrition wellness promotions.

**August 2010-present      Baylor University      Waco, TX**

Lecturer; Department of Family and Consumer Sciences

- Class development and provision of instruction to undergraduate and graduate students.

**January 2010-August 2010      Providence Park, St. Catherine's      Waco, TX**

Long Term Care Dietitian

- Medical nutrition therapy for residents within the long-term care facility. Completed nutrition assessments, MDS assessments, consultations, diet education, and care reviews.

**January 2009-May 2012      Private Practice      Waco, TX**

Nutrition Consultant

- Medical nutrition therapy for individuals with nutrition concerns including diabetes, gestational diabetes, IBS, and heart disease.
- Dietitian Consultant for area group homes for mentally disabled residents, creating therapeutic menu cycles with corresponding nutrition analysis, and performing resident nutrition evaluation and therapy services.

**May 2007-present      Parkview Regional Hospital      Mexia, TX**

Director of Clinical Nutrition

- Clinical and outpatient dietitian responsible for all nutrition consultations, outpatient diet education, policy, and procedure development & review, geropsychiatric psychiatric nutrition education, nutrition status monitoring of acute, rehab, and intensive care patients.
- Perform dietitian chart audits on area Morrison Healthcare dietitians.
- Assist other company dietitians throughout Texas during an RD leave of absence.
- Food service manager responsible for assisting with retail services, financial reports, patient satisfaction, food safety training and inspection, JACHO/CMS preparedness, purchasing/inventory, budgeting, and employee supervisory, training and onboarding. Supervise retail staff, implement marketing strategies, evaluate sales, and carry out monthly nutrition campaigns.

**April 2006- January 2008**                      **Hillcrest Baptist Medical Center**                      **Waco, TX**  
Clinical and Outpatient Dietitian

- Provide medical nutrition therapy and evaluation to hospital inpatients, outpatients, and patients within the associated cardiology and endocrinology clinics.

**July 2005-April 2006**                                      **W.I.C. Temple, Killeen & Fort Hood, TX**  
Dietitian/Nutritionist

- Nutrition assessment, education & counseling to program participants.
- Lactation instruction and counseling to expectant or new mothers.

#### **UNIVERSITY SERVICE**

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Didactic Program Director	2022 - present
Council on Global Engagement committee member	2022 - present
Outstanding Graduate Student Instructor Awards Judge	2022 - fall
Assistant Didactic Program Director.	2021- 2022
Interprofessional Education Committee.	2021 - present
Faculty Advisor for Nutrition Outreach Waco	2021 - present

#### **ADDITIONAL PROFESSIONAL ACTIVITIES**

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Attendance at 2022 ACEND Conference	2022
Attendance and Training at Clinical Skills Workshop	2022
Attendance at ACEND DPD Training	2022
Attendance at Texas Dietetics Annual Conference	2022
Treasurer, Central Texas Academy of Nutrition and Dietetics	2013
Certificate of Training in Adult Weight Management	2016

#### **PROFESSIONAL MEMBERSHIPS**

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Academy of Nutrition and Dietetics Member	2004-present
Dietetic Internship Advisory Member, Baylor University	2017
Texas Dietetics Association Member	2007-2008,2013-2014
Parkview Pharmacy, Nutrition & Therapy Team Member	2015-2020
Parkview Interdisciplinary Team Member	2010-2020
Parkview Quality Improvement Team Member	2006-202

## **VOLUNTEER EXPERIENCE**

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Nutrition Sciences Division Representative. Majors Fair	2022
Hispanic Herritage Month. Menu Development	2022
Prospective Student Consultations	2022
Hunger Coalition, Collaborator. Waco, TX	2019
Texas A&M Agrilife Extension, Non-paid Instructor	2008-2016

## **PROFESSIONAL SPEAKING**

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<i>The Profession of Dietetics.</i> Seminar in Nutrition Sciences	2022
<i>Nutrition for College Students.</i> New Student Experience	2022
<i>Fueling Fitness.</i> Nutrition Clinic for GAIN at Baylor	2022
<i>Do Well, Be Well with Diabetes.</i> Mexia & Groesbeck, TX.	2008-2016
<i>Eating Well.</i> Insurers Indemnity General Agency. Waco, TX	2018
<i>Healthy Eating in the New Year.</i> Compleo PT & Wellness Waco, TX	2018
<i>Slow, Go, Whoa Foods.</i> Wortham Elementary School	2015
<i>Nutrition Professionals in the Workplace.</i> Mexia ISD Mexia, TX	2010

## **BAYLOR UNIVERSITY TEACHING EXPERIENCE**

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NUTR 3314- Consumer Nutrition
NUTR 3351- Nutrition Education
NUTR 4352- World Nutrition
NUTR 5352- Global Aspects of Food & Nutrition
NUTR 4351- Life Cycle Nutrition
NUTR 3351 – Nutrition Counseling

## **PROFESSIONAL CONTRIBUTIONS**

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Mission statement and goal revision for Interprofessional Education Committee.

Assisted in creating and acting as the RD for an interprofessional video used for the new Baylor IPE Modules. Baylor University, 2022

Designed and proposed *Parkview Regional Meal Assistance Program* targeted to treat patients diagnosed with malnutrition. Approved patients would receive 30 days (post discharge) of reduced cost, well-balanced meals cooked at the cafeteria. Mexia, TX 2020

Built and piloted *Parkview Garden*. An on-site, raised-bed garden at the hospital that is expected to be utilized in the future to educate community members on urban gardening followed by simplistic cooking techniques of the food produced from the garden. Mexia, TX. 2019

Established facility-specific malnutrition diagnostic criteria for acute care patients. Increased appropriate malnutrition diagnosing and medical reimbursement three-fold within the 1.5 years of program. Mexia, TX

Developed approved facility policy and procedure for Registered Dietitian Therapeutic Diet & Enteral Order Writing Privileges. Mexia, TX 2018

Implemented *Dining on Call* Food Service program. Trained food service staff, develop menus and utilized nutrition analysis software to meet the nutrient recommendations for the general patient population at Parkview Regional. Mexia, TX 2017

Overhauled cafeteria retail area with remodeled cafeteria design, updated equipment, monthly nutrition program and weekly marketing promotions. Mexia, TX 2010-present

Implemented *Catering to You* Food Service program. Trained food service staff, develop menus and utilized nutrition analysis software to meet the nutrient recommendations for the general patient population at Parkview Regional. Mexia, TX 2009

Constructed Outpatient Medical Nutrition Therapy Program at Parkview Regional. Mexia, TX 2006