

# PREETHI RATHINAM

## CLINICAL NUTRITIONIST



### PROFILE

Results-driven clinical dietitian with a strong background in nutritional therapy and patient care. Leveraging years of experience and a postgraduate degree in clinical nutrition to contribute expertise in assessing, planning, and implementing therapeutic diets for diverse patient populations. Seeking a position in a healthcare setting where I can apply my clinical knowledge, collaborate with multidisciplinary teams, and make a positive impact on patients' nutritional well-being.

### WORK EXPERIENCE

#### Health click away - India

April 2021- May 2025

#### Dietitian cum diabetes educator

- Provide comprehensive nutrition care for patients enrolled in support programs, focusing on chronic disease management.
- Conduct regular telephonic consultations to assess dietary compliance and provide education.
- Customize menus and modify diets in alignment with medical prescriptions, age, culture, and religious considerations.
- Maintain and update patient records including allergies, preferences, and changes in diet orders.
- Serve as a liaison between the nutrition team and other healthcare staff; resolve client concerns or escalate as needed.
- Educate patients and caregivers on health maintenance, therapeutic diets, and lifestyle changes.
- Support adverse event and product complaint reporting, adhering to pharmacovigilance protocols.
- Participate in training programs related to pharma products and ensure accurate PMS data entry.

### CERTIFICATIONS

Academy of Nutrition and dietetics, UK- Nutrition care process.

ICMR NIN-Basic nutrition.

ICMR NIN-Mother health and nutrition.

Swayam ncert - Food and healthy living.

Physicians committee for responsible medicine Diabetics medication stewardship for prescribers. Open learning limited - Oral health.

IDA Chennai chapter - Malnutrition week

CME on nutrition in critical care. Global alliance for improved nutrition - Fortification of foods.

Bitclass private learning academy - Sports nutrition specialist.

Fssai level 2-COVID food safety supervisor.

### RESEARCH PROJECTS

A pilot study on determination of dietary intake of geriatric epileptic patients.

A pilot study on determination of nutritional status of epileptic geriatric patients.

A pilot study on Hypovitaminosis D among geriatric epilepsy patients.

Product development on spinach chocolate bar for anemic patients.

Standardization of vigna cookies for diabetic patients.

Development of kids friendly Coco malus pie.

Formulation of Gluten free hakka noodles for celiac disease patients.

### CONTACT

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### EDUCATION

#### TN DR.M.G.R MEDICAL UNIVERSITY

- MMM Hospital - M.Sc Clinical Nutrition

#### PERIYAR UNIVERSITY

- B.Voc Food science and Nutrition

#### OXFORD HOME STUDY

- Eating disorder Specialist

#### NDEP DR.MOHANS DIABETES INSTITUTE

- Diabetes educator

### SKILLS

- Clinical Knowledge
- Nutritional Assessment
- Dietary Counseling
- Therapeutic Diets
- Neurological diet
- Evidence-Based Practice
- Diabetic diet
- Cardiac diet
- Empathy and Compassion
- Leadership and Management

### PERSONAL INFORMATION

Gender : Female

Nationality : Indian

Marital Status : Unmarried

Languages known: English, Tamil, Kannada, Hindi.