

Joanna Wirkus, RDN

Objective: Become a dietitian-researcher elucidating the relationship between diet, genetics, the microbiome, and chronic disease outcomes.

Education

The University of California, Davis

Sept. 2011 - Jun. 2014

Bachelor of Science in Clinical Nutrition with High Honors, GPA: 3.8

Departmental Citation for Outstanding Performance in Clinical Nutrition

Peter J. Shields Scholarship (2012, 2013)

Dean's List (Fall 2011, Winter 2012, Fall 2012, Spring 2013, Fall 2013, Winter 2014)

Selected Academic Experience

UC Davis Dining Services/Sodexo, Sustainability and Nutrition Office, Davis, CA (10-40 hrs/wk) Aug. 2014 - Jun. 2014

Nutrition Education Coordinator

- Developed educational activities to engage students in understanding nutrition and sustainability in the dining commons
- Interviewed, trained, and managed a team of 6 volunteer interns who executed peer-to-peer education

Foods for Health Institute (FFHI), UC Davis, Davis, CA

(1-6 hrs/wk) Feb. 2012 - Jun. 2014

Undergraduate Research Assistant

- Led 10 interns in publicizing 4 research studies resulting in the recruitment of 40 research volunteers
- Prepared HDL Metabolic Milkshake with milk fat globule membrane at Ragle Human Nutrition Research Center
- Utilized Nutrition Data Systems for Research to quantify baseline diets in research participants with metabolic syndrome
- Aliquoted blood samples for Postprandial Inflammation Study Phase I & II at Western Human Nutrition Research Center
- Determined bitter taster status of participants at Phenotyping Metabolic Health Conference in 2012
- Authored 2 news articles for FFHI website
- Staffed Culinary Institute of America sensory study evaluating consumer taste tolerance for mushroom in beef mixtures
- Authored literature review on the use of probiotics, prebiotics, and synbiotics in irritable bowel syndrome

Willow Clinic: Free, Student-Run Medical Clinic, Sacramento, CA

(40 hrs/quarter) Sept. 2013 - Mar. 2014

Nutrition Intern

- Provided nutrition education to food-insecure patients as value-added service while awaiting medical team

Team Davis "Good Foods" Garden Project, Davis, CA

(2 hrs/wk) Jan. 2013 - Mar. 2013

Volunteer

- Collaboratively delivered garden-based nutrition education to participants with developmental and/or cognitive disabilities

Nutrition 10 Test Reader, UC Davis, CA

Winter 2012, Spring 2012, Spring 2014

- Proctored exams, graded written test questions, and tallied points for Dr. Applegates' introductory nutrition class

Professional Experience

RDs for Healthcare, Lodi, CA

(24-32 hrs/wk) Jan. 2019 - present

Bay Area Consultant Dietitian

- Consult with long-term care, skilled nursing, and assisted living facilities with respect to state and federal regulations
- Complete assessments for new admissions, residents with significant weight changes, on enteral nutrition, and hemodialysis

Seattle Cancer Care Alliance, Seattle, WA

(20-40 hrs/wk) Dec. 2017 - Oct. 2018

Dietitian II

- Evaluated nutrition status and requirements of patients before, during, and after cancer treatment including transplant
- Provided specialized medical nutrition therapy and education to solid tumor and blood cancer patients
- Advised interdisciplinary team on nutrition care including coordination of enteral and parenteral feeding practices
- Nutritionist for Pancreatic Cancer Specialty Clinic and Breast and Ovarian Cancer Prevention Program
- Instructed "Food Safety and Immunocompromised Diet" class to stem cell transplant candidates

Joanna Wirkus, RDN

Evergreen Health Medical Center, Kirkland, WA

(8-24 hrs/wk) Aug. 2017 - Apr. 2018

Clinical Dietitian, on call

- Provided integrated medical nutrition therapy to hospitalized patients including education and nutrition support
- Conducted nutrition assessments for patients at nutrition risk and completed documentation in Cerner/CBORD

St. Joseph Medical Center, Tacoma, WA

(20-40 hrs/wk) Sept. 2015 - Nov. 2017

Registered Dietitian

- Implemented medical nutrition therapy for 15-26 diverse patients daily
- Optimized the nutrition status of inpatients with diabetes, cancer, and renal, pulmonary, and cardiac diseases
- Maintained nutrition care plans hospital-wide from critical care to inpatient rehabilitation
- Communicated effectively with patients, patient's families, caregivers, and all interdisciplinary team members
- Prevented, identified, and established interventions to address malnutrition in hospitalized population
- Calculated enteral and parenteral nutrition support recommendations when medically necessary
- Completed documentation in a timely, accurate, and thorough manner utilizing electronic medical record (EPIC)
- Served as relief coverage for St. Anthony Hospital, St. Clare Hospital, and St. Francis Hospital
- Transitioned to inpatient oncology focus and completed up to 18 nutrition assessments per day for inpatients with cancer

Arivale, Seattle, WA

(10 hrs/wk) Feb. 2016 - May 2016

Health Coach Assistant

- Created resources and handouts relating to educating and improving clients' diet and physical health
- Assisted dietitian coach by creating weekly client communication to support lifestyle change

21 Acres Culinary Education Program, Woodinville, WA

(0-2 classes/mo) Jul. 2015 - Dec. 2016

Local Food Educator

- Developed curriculum and instructed 9 interactive, hands-on cooking classes focused on local food for up to 12 students

Bastyr University, Kenmore, WA

Sept. 2014 - Jun. 2015

Dietetic Internship, completion of 1,200 hours of supervised practice and 15 graduate units

Selected Rotations and Projects

- Organized a team of 3 in securing 17 donations for education event to increase the RD's understanding of the microbiome
- Presented "What You Can Do to Take Legislative Action About Hunger in Washington" for students
- Attended Food Nutrition Conference and Expo and filmed summary presentation for fellow students
- Authored article on "Sprouting" published in "Celebrate Gluten Free" magazine at the non-profit, Gluten Intolerance Group
- Nutrition care of residents undergoing post-hospital rehab at Providence Mt. Vincent, innovative senior living community

Credentials:

Registered Dietitian Nutritionist: Commission on Dietetic Registration (2015)

Certified Dietitian: Washington State Department of Health (2015)

Selected Volunteering:

UC Davis Alumni in Seattle Network Leader (2016-2018)

Washington State Academy of Nutrition and Dietetics elected Secretary (2018-2020)

Grant Writer and Fundraising Coordinator for Seattle Polish Film Festival (2015, 2016)

Additional Training:

Good Clinical Practice Training (UC Davis, Seattle Cancer Care Alliance)

IRB for Ethics in Research with Human Subjects (UC Davis, Seattle Cancer Care Alliance)

HIPPA Training on Patient Confidentiality (UC Davis, Seattle Cancer Care Alliance)

Nutrition Focused Physical Exam

Fundamentals of Oncology from Puget Sound Nursing Society and Cancer Biology at Fred Hutchinson Research Center

Affiliations:

Member of the Academy of Nutrition and Dietetics (AND), California Academy of Nutrition and Dietetics, Washington State Academy of Nutrition and Dietetics, Member of AND Oncology Dietetic Practice Group