

PROFILE

Name : **K. SUNITHA PREMALATHA**

Designation : CHIEF DIETITIAN

Yashoda Hospital Secunderabad.

Specialization:

Clinical Nutrition, Dietetics and Food Service management.

Qualification:

- (PhD) in Diet, lifestyle and other health indicators in the etiology of common cancers in Hyderabad – 2009, Osmania University.
- M.Sc Food Service Management and Dietetics from Women's Christian College, Madras University, Chennai.
- Registered Dietitian RD No 28, 2001.
- Passed exam conducted by Ministry of Health, United Arab Emirates. Obtained license to work as a dietitian in U.A.E. 27th November 2002.

Dietetic Internship:

- Undergone six months of dietetic internship at the dietary department of Christian Medical College and Hospital Vellore.
- Catering Internship for 2 months at Hotel Residency, T Nagar, and Chennai.

Work Experience: More than 14 YEARS

1. Worked as chief dietitian at care hospital, Hyderabad – 5 years (2001 -2005)
2. Worked as a faculty and course coordinator for post graduate diploma in health care management program at Dr Reddy's Foundation for health education from (2003 – 2006)
3. Worked as a nutritionist in Clinical pharmacology department, Aurobindo Pharma ,Hyderabad – 6 YEARS (2005 – 2012)
4. Currently working as chief dietitian at Yashoda hospital Secunderabad and also a consultant nutritionist at Aurobindo Pharma (2012 – Till date)

Key responsibilities

- **Nutritional care of patients** – Nutritional assessment, Diet planning, Ensure adequate diet to the patient, Diet counseling and Effectiveness of dietary management in patient care.
- **Food service management** – Ensure strict compliance to the diet prescribed, Maintenance of safe food practices, Training of kitchen personnel and Record maintenance
- **Nutrition education and Research** - Impart nutrition education to doctors, nurses, technicians, school children, general public and research.
- **Planning diets for food-effect bioavailability and bioequivalence studies.**

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Certifications:

- Attended the second regional workshop on “planning diet for health” held on 3-4th March 1999 at Women’s Christian College, Chennai.
- Attended the regional workshop on “practical pediatric nutrition” on 12th December, 1999.
- Attended the intensive course on “adult artificial nutrition support” held in March 22 – 25th, 2001 at SRMC, Chennai.
- Participated in the “National Workshop on Diabetes Education” American diabetes association and American association of diabetes educators held on 23rd September 2004 at M.V. Diabetic centre, Chennai.
- Participated in the “Obesity Management” workshop on 10th July, 2005
- Attended workshop on “Basics of Good Clinical Practices” conducted by clinical pharmacology department, Aurobindo pharma 2006.
- Completed CME activity on “Malnutrition Assessment and Outcomes in Hospitalized Patients. American Dietetic Association, June 2012.
- Participated in workshop on “Nutrition in Gastrointestinal Disorders” 9th June 2012.
- Participated in 4th advanced certificate course on “Applied Enteral Pharmacotherapy in Critical Care” 23-24th February 2013.
- Participated in the “Cancer Nutrition Workshop” Hyderabad on 16th March 2014
- Participated as one of the panelist in discussion on diet and cancer in the first “International SIO-PODC workshop on nutrition in children with cancer” at TATA Memorial Hospital, Mumbai on 27 -28th September 2014.
- Attended various ISPEN, IDA and Apollo 4th, 5th and 6th International clinical nutrition update conferences.

CME Speaker

- “Role of Nutrition during pregnancy” in the National conference Hyderabad, IDA 25th July 2003.
- “Enteral Nutrition” in the state level conference Hyderabad, IDA 22nd August 2004.
- “Pediatric Nutrition” Kasturba Gandhi college for women January 2013.
- “Nutrition Symposium on Nutrition in Critical Illness” for doctors on 18th May 2013.
- “Diet and Cancer” academic meet IDA at Yashoda Hospital Secunderabad 22nd June 2013.
- “Losing Weight the Healthy Way” at Yashoda hospital Secunderabad on 30th October 2013.
- “ Nutritional Management of Patients after CABG “ Preventing and Managing Cardiovascular Disease state level workshop UGC sponsored at Kasturba Gandhi college 18th December 2013
- “Eating for Health Heart “Cardiothoracic team of doctors at Yashoda Hospital Secunderabad 18th January 2014.
- “Diet and Dialysis” at Yashoda hospital Secunderabad on 1st October 2014.
- “Nutritional aspects of Osteoporosis” at Yashoda hospital Secunderabad on 21st October 2014.

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- “Reformation of Current Enteral Nutrition Practices” at Yashoda hospital Secunderabad 19th January 2015
- “Acute Kidney Injury” renal nutrition workshop Hyderabad 24th March 2015.

Guest Speaker at corporate

Infosys, Deloitte, Tech Mahindra, Dr Reddy's, Mylan, TCS, Accenture, HCL, Cognizant, Well's Fargo, CSC, ADP, ITC Kakatiya etc

Board of Studies Member

To facilitate the process of revision of syllabus in nutrition for UG and PG courses at St Ann's College and St Francis College for women Hyderabad.

Dietetic Internship guidance

Guided more than 100 students for dietetic internship as part of their Masters program from National Institute of Nutrition, Osmania University, Padmavathi University, Andhra University and IGNOU students.

Organized diet expo

- “Eat Wisely, Stay Healthy and Wealthy” on 18th October 2012
- “Eat to defeat Cancer” on 22nd June 2013
- “Stop Diabetes Live Healthy” based on four pillars of diabetes management on 22nd November 2014

Judged various competitions in colleges

- “Preventing and Managing Cardiovascular Disease” poster competition Kasturba Gandhi College on 17th December 2013.
- “Diabetic plate” contest at St Ann's college for women on 19th December 2014.
- Poster contest on “Healthy Eating” at Royal Degree College on 18th December 2014.

Associations

- Member of Indian Dietetic Association
- Served as an executive member IDA 2003
- Member of Nutrition Society of India
- Member of Indian Society of Parenteral and Enteral Nutrition

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National Conference Conducted – 2003

Organizing secretary for Indian Dietetic Association National Conference 2003, Hyderabad.

Hospital visit to learn best clinical nutrition practices

St Luke's Medical Center – one of the world's best in clinical nutrition services and Medical City Center Hospital, Manila Philippines on 23rd June 2012.

Research activities

- Study on quality assessment and the effectiveness of a structured teaching program on enteral nutrition among critical care nurses at Yashoda hospital.
- Role of Immunonutrients and Antioxidants on the outcome of patients with traumatic brain injury

Other activities

- Regularly writes articles for Deccan chronicle news paper and hospital blog
- Literature review "Nutritional management of renal transplant patients". Indian Journal of Transplantation 7(2013)88-93.
- Won prize in the clinical nutrition quiz in 4th, 5th and 6th at Apollo international clinical nutrition update conferences.