

# Kate Fireovid Willson, M.S., R.D.

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## Education

### University of Delaware, Newark DE

Bachelor of Science in Dietetics, 2001

### Winthrop University, Rock Hill SC

Completion of the Dietetic Internship, 2003

### University of Delaware, Newark, DE

Master of Science in Human Nutrition, 2008

## Work Experience

December 2014- present

### AseraCare Hospice, Winterville, NC

- *PRN Clinical Dietitian*: Complete nutritional assessments, evaluate nutritional status and provide medical nutrition therapy for hospice patients; provide nutrition counseling to patients and their family members and/or care givers; educate nursing staff regarding nutrition related issues of hospice patients

January 2016 - present

### East Carolina University, Greenville, NC

- *Undergraduate Program Director*: develop policies and procedures to effectively manage Didactic Program and Nutrition with Science Concentration; facilitate student recruitment, advisement, evaluation, and counseling; communicate and coordinate with faculty regarding issues of accreditation standards, curricular assessment, self-study documents, site visit preparations

August 2012- present

- *Nutrition Instructor and Advisor*: plan, develop, and organize course materials for NUTR 2105 Nutrition Science, NUTR 1000 Contemporary Nutrition, NUTR 4312 and 4313 Medical Nutrition Therapy I and II; course design utilizes multiple education delivery methods and concepts; successfully completed distance education training course; Guest lecturer in NUTR 2400 Nutrition Assessment
- *Guest Lecturer in Physical Therapy Department, School of Theatre and Dance, and First-Year Seminar COAD 1000.*

January 2009 – present

### Provant Health Solutions

- *PRN Registered Dietitian*: Provide one-on-one counseling to clients regarding nutrition, physical activity, weight management, tobacco cessation, eating disorders, diabetes prevention, and maximizing employer-sponsored health benefits

August 2008 – August 2012

### University of Wisconsin- La Crosse, La Crosse, WI

- *Lecturer*: plan, develop, and organize course materials in Human Nutrition, Food Science and Safety, Nutrition Field Experience, and Human Anatomy and Physiology courses with minimal supervision, teaching ~150 students per semester; nutrition course curriculum focused on evidenced-based practice, understanding of chronic diseases and nutrition management, food safety guidelines regarding basic food production and proper sanitation within a health care environment; awarded Online Education Grant to develop first nutrition online course; nominated for the “Most Accessible Award” by the Students Advocating Potential Ability organization
- *Service responsibilities*: Wellness Committee member, College of Science and Health Nutrition Group Committee member, Biology Department Merit Evaluation Committee member, Faculty Advisor to the Student Nutrition Association; advise 100+ Nutrition Minor undergraduate students; coordinate and oversee student community field experiences
- *Registered Dietitian*: provide medical nutrition therapy to students at the University Health Center; communicate with other health care professionals regarding treatment and interdisciplinary care plans, planned and participated in university sponsored nutrition education events.
- *Publications*:
  - Fang C, Fireovid K. The Prevalence of Use of Personal Digital Assistants by Clinical Dietitians in Delaware Valley *FASEB J.* 2009;23:551.2.
  - Maher MA, Fireovid K. Nutritional Challenges of Girls and Women. In: Wilson T, Bray GA, Temple NJ, Boyle Struble M, eds. *Nutrition Guide for Physicians*. Totowa, NJ: Humana Press Inc., 2010.

August 2007 – August 2008

### Gundersen Health System, Department of Endocrinology and Diabetes Education, La Crosse, WI

- *Registered Dietitian/Diabetes Educator*: Completed nutritional assessments, evaluated nutritional status

and provided medical nutrition therapy for diabetics with multiple co-morbidities according to the American Diabetes Association standards of care and Academy of Nutrition and Dietetics clinical practice guidelines; provided individual and group nutrition counseling to patient's family members and care givers regarding diabetes and weight management; worked collaboratively and communicated effectively with physicians and associate staff in developing and changing treatment plans; planned, developed, and coordinated nutrition education activities.

October 2006 –  
July 2007

**Lourdes Health Center, Camden NJ**

- *Clinical Dietitian:* Provided medical nutrition therapy for patients with complex medical conditions; provided recommendations for enteral and parenteral nutrition support; developed interdisciplinary care plans; performed outpatient diabetes education; instructed food service staff on food safety, sanitation, and appropriate food service concepts; participated in performance improvement studies; served as preceptor/mentor to dietetic intern

January 2006 –  
March 2007

**Bayhealth Kent General Hospital, Dover DE**

- *Per Diem Clinical Dietitian:* Provided medical nutrition therapy to patients with complex medical conditions; provided recommendations for enteral and parenteral nutrition support; attended care plan meetings; educated patients and their family members on disease specific nutrition topics; served as preceptor/mentor to dietetic intern

June 2006

**Pike Creek Associates in WomenCare, Newark DE**

- *Consultant Dietitian:* Created and presented "Pregnancy and Nutrition" seminar to physicians in OB/GYN office; outlined current nutrition recommendations regarding pregnancy

October 2004 –  
June 2006

**Maryann Eastep, RD, CD/N and Associates, Inc., Newark DE**

- *Consultant Dietitian:* Provided individual and group nutrition and diabetes counseling at a private gym; created and presented *Lunch and Learn* seminars; developed sports nutrition lectures for various high school sports teams
- *High School Wellness Center Dietitian:* Counseled high school students on diet, weight management, eating disorders, and sports nutrition; advised health classes regarding current nutrition issues; conducted health seminars for faculty
- *Rockford Center Psychiatric Hospital Clinical Dietitian:* Assessed nutritional status and provided medical nutrition therapy for psychiatric patients; provided nutrition counseling to patients' family members and caregivers considering psycho-social issues and eating disorders; conducted children's group nutrition class weekly

August 2004 -  
June 2006

**University of Delaware, Newark DE**

- *Graduate Assistantship:* Held Teaching Assistant position for the Dietetic Internship program and for Quantity Food and Production nutrition course; served on advisory board and quality assurance committee for Dietetic Internship program; organized student participation in Food Production Lab; graded course work and provided assistance for graduate interns and undergraduate students

May 2004

**Fitcorp, Boston MA**

- *Corporate Wellness Dietitian:* Developed and presented weight management seminars - topics including general nutrition, food labels/supermarket savvy, fad diets/vitamin and minerals, portion distortion, and behavior change

April 2004

**American Stroke Association/Boston College, Boston MA**

- *Consultant Dietitian:* Created and presented "Going the Distance - Nutrition for Marathon Runners", provided follow up nutrition counseling for individuals training for the Boston marathon

July 2003 - April  
2004

**Kindred Hospital Northeast, Stoughton MA and Braintree MA**

- *Clinical Dietitian:* Provided medical nutrition therapy to patients with complex medical conditions; provided recommendations for enteral, parenteral, and intradialytic parenteral nutrition support; created nutrition education materials specific to patient needs; developed interdisciplinary care plans
- Worked closely with the Food Service Director and kitchen staff on quality care issues; provided in-service education regarding modified diets, food safety, sanitation; conducted performance improvement studies regarding food service issues; implemented training activities for nutrition and food service employees; facilitate appropriate changes as needed

June 2001 -  
December 2002

**Special Supplemental Nutrition Program for Women, Infants and Children  
Gaston County, Gastonia NC**

- *Nutritionist:* Assessed patient's medical and nutritional needs; provided nutrition and breast-feeding education to WIC program participants

**Volunteer  
Activities**

**Fox 25 News Boston, Boston MA**

- Appeared on Fox News in the Morning, addressing issues regarding nutrition and marathon running/general exercising

**Professional  
Affiliations**

- Registered with the Commission on Dietetic Registration
- Active member of the Academy of Nutrition and Dietetics
- Obtained Certificate of Training in Adult Weight Management

**Additional  
Skills**

- Proficient in Microsoft Office, Outlook, Explorer, SharePoint Designer, Publisher, Adobe
- Skilled in nutrient analysis software including Food Processor, Nutritionist Pro, Diet Analysis Plus, Compu-Cal, and Nutrition Rx
- Experienced in web page development, WebCT, Blackboard, Desire2Learn
- Familiar with HIPAA regulations, medical terminology, and the Nutrition Care Process