

# **Chelsea Susan Marie Hayes**

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## **PROFILE**

A highly motivated Master of Science in Nutrition student and dietetic internship candidate with a goal to help others achieve optimal wellness through whole foods nutrition and healthy lifestyle modifications in clinical, community and educational settings. Recognized for working with diverse populations, strong communication skills and professionalism.

## **EDUCATION**

### **Master of Science in Nutrition Didactic Program in Dietetics, June 2016**

Bastyr University, Kenmore, WA

- Completed evidence-based curriculum in nutrition including coursework in macronutrients, micronutrients, disease processes, nutrition assessment and therapy, counseling and food science.

### **Bachelor of Science, Exercise Biology; Minor in Nutrition, December 2011**

University of California, Davis

- Co-Event Coordinator, Exercise Biology Club

## **CLINICAL NUTRITION EXPERIENCE**

### **Student Clinician**

Bastyr Center for Natural Health, Seattle, WA, September – December 2015

- Interviewed, assessed and counseled patients with a wide variety of medical conditions including food allergies, hypertension, obesity, gout, anxiety and irritable bowel syndrome under supervision of Registered Dietitian.
- Utilized evidence-based research to formulate nutritional recommendations under supervision of RD.
- Collaborated with other clinicians regarding assessment of patients' nutritional challenges.
- Gained proficiency in utilizing EPIC health records system and Food Processor.

### **Nutrition Intern**

Benefis Health System Hospital, Great Falls, MT, July – September 2015

- Taught classes and performed diet analysis for Healthy Lifestyle Program to encourage diabetes prevention.
- Coordinated administrative processes, including data collection for clinical outcome, patient calls and referrals and payment tracking.
- Developed an understanding of the work flow for registered dietitians in clinical setting.
- Edited hospital menus for Aramark Food Services.
- Shadowed registered dietitians with rotations in Intensive Care, Neurology Intensive Care, Cardiac, Surgery, Orthopedic, Pediatrics, OB, Oncology and Medical units.
- Gained proficiency in Primary Prevention Software to create health records.

### **Dietitian Research Assistant**

Massey University, Auckland, New Zealand, March – May 2013

- Conducted nutrition screenings on renal patients in the Middlemore Hospital Renal Ward.
- Utilized Subjective Global Assessment and handgrip strength dynamometer to validate novel screening tool for nutritional status determination.

## COMMUNITY NUTRITION EXPERIENCE

### **Cooking Assistant (volunteer)**

ACT! Program, Shoreline YMCA, WA, September – December 2015

- Prepared healthy whole food recipes for children ages 7-11.

### **Booth Vendor (volunteer)**

Come Out & Play, Great Falls, MT, September 2015

- Created and operated interactive booth for 200+ children to encourage healthier eating choices.

### **Garden Assistant (volunteer)**

The Herbfarm, Woodinville, WA, April – June 2015

- Conducted various herb transplantation, seed starts, and an array of gardening practices to support plant growth and supply the restaurant with fresh herbs and vegetables.

## FOOD SERVICE EXPERIENCE

### **Cooking Assistant (volunteer)**

Future Chef Program, Northshore YMCA, WA, September – December 2015

- Taught children ages 4-11 cooking and kitchen techniques, using healthy whole foods.
- Developed and archived healthy recipes.

### **Cooking Demonstration Assistant (volunteer)**

Hunger Intervention Program, North Helpline Food Bank, Seattle, WA, January – March 2015

- Performed cooking demonstrations, using food bank products, to motivate visitors to cook healthier meals.

### **Food Server (volunteer)**

Student Nutrition Association Teen Feed, University Lutheran Church, Seattle, WA, November 2014 & October 2015

- Cooked and served dinners for homeless teens with fellow nutrition students.

## RESEARCH EXPERIENCE

### **Staff Research Associate I/Colony Manager**

Mouse Biology Program, University of California, Davis, August 2011 - February 2013

- Maintained transgenic murine colonies, including but not limited to, assessment of recipient embryo transfer, animal health and safety monitoring and intraperitoneal injections for superovulation.

### **Student Research Assistant IV/Student Internship Assistant**

Foods for Health Institute, Davis, CA, March - October 2011

- Coordinated and oversaw research study that tested feasibility of accelerometer devices in measuring children's physical activity.
- Led subject recruitment and obtained informed child and parent consent.
- Conducted quantitative and qualitative research, including interpretation of data from Dual X-ray absorptiometry scans and accelerometers.

### **Student Assistant II**

Mouse Biology Program, University of California, Davis, February 2009- August 2011

- Served as student lead, training new students in all areas of murine husbandry and superovulation.

## **OTHER RELATED EXPERIENCE**

### **Sale Associate**

Gap Inc. Athleta, Mill Valley, CA & Seattle, WA, February 2014 – June 2015

- Provided personalized customer service.

### **Wellness Consultant**

Configure Express, Pakuranga, New Zealand, March – May 2013

- Performed Well Being Assessments on clients to create fitness programs tailored to their health goals and medical parameters.
- Engaged in sales consulting and administrative operations, including membership enrollment, appointment scheduling and answering phones.
- Provided individual cardio and weight training advice and demonstration to 30+ members.

### **Physical Education Teaching Assistant (volunteer)**

After-school Community Collaboration Enrichment Student Services, Davis, CA, January – December 2010

- Led various activities twice weekly for 10-20 children ages 5-11 around exercise routines and the introduction of healthy habits.

### **Physical Therapy Aide (volunteer)**

UC Davis Medical Center In-Patient Physical Therapy, January – March 2010

- Assisted 2-5 occupational and physical therapists with assemblage and cleaning of exercise equipment.
- Helped 3-5 patients per shift perform various therapy routines.

## **ADDITIONAL SKILLS, CERTIFICATIONS AND PROFESSIONAL AFFILIATIONS**

### **Skills**

- Proficiency in Windows based operating systems, MS Word, Excel and PowerPoint.
- Experience with electronic health record software such as Epic

### **Certifications:**

- ServSafe Food Protection Manager, Cert # 12931508, November 2015 – November 2020
- Personal Trainer Certification, Certification Number: T172481, October 2015 – October 2017
- ServSafe California Food Handler Card, Cert # 1971990, June 2015 – June 2018
- BLS/CPR for Healthcare Providers/Professional Rescuers, April 2015 – April 2017
- CBEST (California Basic Educational Skills Test), ID# 41630875, September 2013
- Certified Phlebotomy Technician I, Fast Response, Berkeley, CA, August 2009 – November 2011
  - Passed CPTI national exam.
  - Performed 100+ successful venipunctures, completing externship at St. Mary's Hospital in San Francisco.

### **Professional Affiliations:**

- Co-Social Coordinator, Student Nutrition Association, Bastyr University, May 2015 – present
  - Organized fun social events for Student Nutrition Association and all health-interested students.
  - Assisted in expanding student networks with peers and professionals in the field.
- Student member, Academy of Nutrition and Dietetics, January 2015 – present
- Student member, Northern Area Dietetic Association, October 2015 – present