

Carolyn A. West

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Summary

Self-motivated, enthusiastic Registered Dietitian with seven years' experience in acute care setting. Possess strong leadership skills and works well independently or on a team. Effective communication skills. Enjoys working with interns and students as mentor and facilitating learning opportunities within the clinical setting.

Education

- Doctorate of Clinical Nutrition
University North Florida, May 2025
DISSERTATION: Exploration of physicians' and registered dietitians' knowledge, attitudes, and practices related to current nutritional concerns in adult Cystic Fibrosis patients
ADVISOR: Dr. Casey Colin
- Duke University Hospital Dietetic Internship, Durham, NC Sept 2017-July 2018
- Masters Food and Nutritional Science
University of Wisconsin-Stout, December 2016
- Bachelors of Science in Political Science and Public Administration
University Wisconsin-Stevens Point, May 2005

Certifications

- Registered Dietitian/Nutritionist under the standards of the Commission on Dietetic Registration, American Dietetic Association (#86073190)
- Licensed Dietitian Nutritionist in the state of North Carolina (#L005576)
- Basic Life Support for Healthcare Providers, American Heart Association, 2027

Dietetic Related Experience

Assistant Professor and Undergraduate Program Director, UW Stout Polytechnic, Menomonie, WI Present

- Designed and taught undergraduate and graduate courses, managing syllabus creation, lectures, and assessment plans
- Utilize innovative pedagogy, using flipped classroom to boost student hands on experience and engagement

Clinical Dietitian III, Duke University Hospital, 1027 beds, Durham, NC Sept 2018-May 2026

- Conduct nutrition assessments and screens to assess nutrition status and nutritional needs
- Perform nutrition focused physical exams to diagnose malnutrition based on ASPEN Guidelines
- Provide evidence-based patient care for array of disease states, focus in solid organ transplant and pulmonology
- Participate as active member on the gastric sleeve-liver transplant committee-researching and keeping up-to-date with transplant nutrition recommendations. While serving on the committee, developed nutrition protocol to be used upon admit to DUH for patients receiving this procedure and presented it to the interdisciplinary committee
- Work extensively in Epic and Maestro Care for proper documentation of patient care

Student Advisor, Duke University Hospital, 1027 beds, Durham, NC June 2023-Present

- Facilitate collaborations with surrounding universities' nutrition directors/ administrators to provide clinical site for dietetic interns to complete their clinical rotations.

- Advise and mentor master's students completing their required clinical rotations within the adult inpatient setting, ensuring they meet all necessary competencies and requirements to be eligible to take the RD exam
- Developed and facilitate preceptor training to all adult inpatient staff members
- Orchestrate interviews and onboarding process for dietetic interns at DUH
- Serve as preceptor for dietetic interns during their rotations through solid organ transplant services, ensuring they meet their education, renal, malnutrition, and enteral nutrition competencies associated with direct patient care

Lecturer, Duke University, Durham, NC

Jan 2023-May 2023

- Developed and taught curriculum for Advanced Medical Nutrition Therapy course to meet the future education model competencies needed for the students to be eligible to take the Registered Dietitian (RD) exam
- Facilitated inpatient training exercises to provide hands on training including nutrition assessments and nutrition physical focused exams

Dietetic Intern, Duke University Hospital Internship, Durham, NC

Sept 2017-July 2018

Clinical and Community (1340 hours)

- Completed 26 weeks of adult and pediatric inpatient rotations in General Medicine, Cardiac step down, Cardio Thoracic step down, Cardio Thoracic ICU, Medical ICU, Pediatric ICU, Neonatal ICU, Pediatric Ketogenic and multiple outpatient clinics including oncology and diabetes
- Created outline for Refeeding Syndrome protocol and education handout for post gastrectomy patients for use within Duke University Hospital
- Provided one-on-one counseling to college population at Duke University ranging from Undergrad to PhD students on healthy eating behaviors and improving their relationship with food and stress management
- Provided in-service education to Interdisciplinary team on current lipid guidelines and current research regarding the dietary approach to high cholesterol and triglycerides
- Developed and facilitated education classes regarding fundamentals of nutrition and exercise for two undergraduate freshman seminar classes at Duke University

Food Service (200 hours)

- Planned, procured, aided in preparation, and executed themed meal served in hospital cafeteria
- Evaluated cycle menu and provide substitution for therapeutic diets

Graduate Assistant, Food and Nutrition Department, UW-Stout, Menomonie, WI

Dec. 2015-Jan 2017

- Managed Nutritional Assessment and Human Performance Laboratories to include ordering and maintaining inventory, equipment maintenance, laboratory set-up and organization, and overseeing open lab hours
- Demonstrated assessment techniques and provided one-on-one instruction to students
- Assisted with curriculum development for Nutritional Assessment course

Research, Presentations, and Posters

- Dissertation: *Exploration of physicians' and registered dietitians' knowledge, attitudes, and practices related to current nutritional concerns in adult Cystic Fibrosis patients.*
<https://digitalcommons.unf.edu/etd/1344>. May 2025

- Conducted and exploratory survey and qualitative interviews to explore providers knowledge, attitudes, and practices regarding the current nutritional concerns in the era of CFTR modulators.
- Results indicated providers had moderate knowledge scores, relatively high attitude scores, and fair practice scores. Interview data reflected three main themes: 1) RDs' approach to the mental and emotional effects of weight gain, 2) Practice Approach to weight concerns, and 3) Lack of research for nutrition care in the setting of CFTR modulators.
- The study found that providers continue to struggle with addressing nutritional concerns in the setting of CFTR modulators due to the lack of research and nutritional guidelines. Providers expressed the need for evidence-based research regarding effects of weight gain, efficacy of BMI as nutrition indicator, vitamin and mineral supplementation, and calorie and protein recommendations to ensure they provide the best patient care.
- Poster Presentation: West, C., Kay, M., Wright, L., Davidson, P., Colin, C. *Current Views on Addressing Nutritional Concerns in Adult Cystic Fibrosis Patients from Practicing Registered Dietitians*. Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo. October 14, 2025.
- Professional Presentation: West, C. *Diet recommendations to consider in diverse transplant populations*. Transplant Resource Team for Leadership and Education. October 22, 2025