

Aloma Cassell, RDN, CDN CFNC

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Registered Dietitian/Nutritionist
Acute Care • Critical Care • Nutrition Support

Summary

Registered Dietitian Nutritionist with experience in acute care, critical care, long-term care, and interdisciplinary clinical environments. Skilled in enteral and parenteral nutrition, refeeding risk assessment, malnutrition, renal nutrition, dysphagia, and wound care. Strong clinical judgment with experience interpreting laboratory trends, developing individualized interventions, and collaborating across care teams to support timely, evidence-based decisions.

Core Competencies

Clinical Nutrition

Medical Nutrition Therapy • Acute & Critical Care • Enteral Nutrition • Parenteral Nutrition • Refeeding Risk • Malnutrition • Renal Nutrition • Dysphagia • Wound Care

Clinical Assessment & Decision Support

Laboratory Interpretation • Weight and Intake Trends • Nutrition-Focused Assessment • Risk Identification • Care Planning • Monitoring and Follow-Up

Systems & Quality

Epic • SigmaCare • Sunrise • Vision EMR • QAPI • Regulatory Readiness • Clinical Documentation

Collaboration & Education

Interdisciplinary Care • Staff Training • Patient and Family Education • Clinical Communication

Registered Dietitian

ATD Technologies | 2025–Present

Provide medical nutrition therapy for critically ill and medically complex patients in ICU and acute-care settings by integrating laboratory values, weight trends, intake, medical history, and clinical status into individualized nutrition interventions.

- Manage a diverse inpatient caseload using Epic, including patients with diabetes, renal disease, gastrointestinal disorders, cardiac disease, behavioral health conditions, and complex nutrition-support needs.
- Provide critical-care nutrition support, including assessment, initiation, and monitoring of enteral and parenteral nutrition.
- Identify and manage refeeding risk, malnutrition, feeding intolerance, and other nutrition-related complications.
- Monitor and adjust nutrition interventions based on laboratory trends, clinical status, tolerance, fluid balance, and response to feeding regimens.
- Collaborate with physicians, pharmacists, nurses, speech-language pathologists, and other care-team members to coordinate evidence-based nutrition care.
- Provide education and clinical guidance to nursing staff and interdisciplinary teams on nutrition-related protocols and patient-care practices.

Registered Dietitian

Queens Boulevard Extended Care Facility | Queens, NY | Nov 2023–Apr 2025

Developed and implemented individualized nutrition care plans for long-term care residents by evaluating laboratory values, weight trends, wound status, intake patterns, and medical history. Used SigmaCare to document assessments, monitor progress, and support continuity of care across interdisciplinary teams.

- Collaborated with physicians, nurses, and speech-language pathologists to manage wound healing, dysphagia, and chronic disease.
- Educated residents and families on nutrition care plans and supported adherence to recommended interventions.
- Supported MDS assessments through accurate documentation and interpretation of nutrition-related data.
- Participated in Quality Assurance and Performance Improvement meetings focused on care quality, performance gaps, and clinical outcomes.
- Assisted with regulatory audit preparation by maintaining accurate nutrition documentation and compliant care plans.
- Trained kitchen staff on food safety, sanitation, and workflow practices.
- Represented the nutrition department during interdisciplinary meetings in the manager's absence.

Dietetic Intern

Clinical, Community, Foodservice & Business Rotations | United States | August 2022–June 2023

Supported nutrition care across clinical, community, foodservice, and business settings through patient assessment, care planning, education, and interdisciplinary collaboration.

- Collaborated with speech-language pathologists and other care-team members to support dysphagia management and appropriate nutrition interventions.
- Delivered in-service training to Certified Nursing Assistants on texture modification and safe feeding techniques.
- Participated in dialysis nutrition care at DaVita, including patient education on fluid, potassium, and phosphorus management.
- Supported care for patients with renal disease, gastrointestinal disorders, dysphagia, and wound-care needs.
- Developed a hydration-focused patient engagement initiative to support nutrition education.
- Designed and delivered a community food-waste reduction program that repurposed surplus produce for nutrition education.

Dietary Technician

Queen Elizabeth Hospital (QEH) | Bridgetown, Barbados | June 2020–August 2022

Supported nutrition care and patient meal service operations in a high-volume hospital by reviewing medical records, coordinating with clinical teams, and contributing to nutrition-related protocols, staff training, and workflow improvement.

- Supported implementation of Vision software, including staff training and integration into daily workflows.
- Delivered AIDET-based training to patient meal service staff to improve patient communication and service consistency.
- Conducted HACCP audits to support food safety, sanitation, and regulatory compliance.
- Collaborated with clinical and foodservice teams to support efficient nutrition care and meal service operations.

Entrepreneurial Experience

Founder

Real Nutrition Solutions | Bridgetown, Barbados (Virtual) | 2020–Present

Provide personalized nutrition coaching using functional and evidence-based approaches. Interpret dietary patterns, lifestyle factors, health history, and functional laboratory data to develop individualized nutrition strategies and support behavior change.

- Design individualized nutrition protocols using functional nutrition principles.
- Conduct client assessments by synthesizing dietary, lifestyle, health, and laboratory data.
- Deliver virtual nutrition education, workshops, and practical guidance to support long-term adherence.
- Develop service offerings and client-engagement strategies to support business growth and retention.
- Provide nutrition education through radio appearances, translating complex health information into clear, actionable guidance.

Additional Experience

Flight Attendant

LIAT (1974) Ltd. | Antigua & Barbados | November 2007–November 2020

- Managed conflict resolution and de-escalation in high-pressure situations while maintaining passenger safety and service quality.
- Demonstrated adaptability and strong communication skills while supporting diverse passenger needs.
- Provided first aid and emergency response during in-flight medical situations.

Education

Monroe University | Bronx, NY

Master of Business Administration, Analytics & Information Technology (STEM)

Expected December 2026

Kansas State University | Manhattan, KS

Bachelor of Science in Nutrition & Dietetics | 2018

Barton Community College | Great Bend, KS

Associate of Science, Pre-Dietetics | 2014

Certifications

- Registered Dietitian Nutritionist (RDN)
- Certified Dietitian Nutritionist (CDN), New York State
- Certified Functional Nutrition Coach (CFNC)
- Certified Culinary Nutrition Expert (CCNE)

Professional Development

- Optimize Metabolic Health with Continuous Glucose Monitoring — 16.75 CPEUs