

Rachel L. Freeman, MSc., RD
College of Dietitians of Ontario Registration ID # 3891
Dietitians of Canada Member since 2001

SUMMARY OF PROFESSIONAL STRENGTHS

- Health professional skilled at working within multidisciplinary team setting, as well as independent self-directed learning
- supervises and teaches dietetic interns and medical residents
- provides individualized counselling with families
- practices evidence-based dietetics
- ensures confidentiality at all times

EDUCATION

- ◆ Practical Training Program in Clinical Nutrition- Dietetic Internship, Hamilton Health Sciences Corporation, Hamilton, ON. Completed May 4th 2001.
- ◆ Clinical Nutrition courses, Ryerson Polytechnic University, Toronto, ON. Finished April 2000.
- ◆ M.Sc. in Human Biology and Nutritional Sciences, University of Guelph, Guelph, ON. Graduated September 1998.
- ◆ B.Sc. Hon. in Biological Sciences, University of Guelph, Guelph, ON. Graduated June 1997.
- ◆ O.S.S.D. with OAC year, Hillfield Strathallan College, Hamilton, ON. Graduated June 1993 as an Ontario Scholar.

DIETITIAN EXPERIENCE

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| Registered Dietitian | McMaster Children's Hospital , Hamilton, ON <i>General Pediatric Nutrition Clinic-outpatients</i> Nutrition assessment and counselling for children 0-18y with multiple food allergies, cystic fibrosis, celiac disease, failure to thrive, picky eating, food aversions, tube feeding, overweight, underweight, diabetes (Types 1 and 2), high cholesterol, high triglycerides, solid food introduction, iron deficiency, vegetarian diets, lactose and fructose intolerance, constipation, cerebral palsy, endocrine disorders, autism, ADHD, and developmental delays. | June 2001-present |
| Registered Dietitian | McMaster Children's Hospital , Hamilton, ON <i>Pediatric Cystic Fibrosis Clinic- outpatients.</i> Nutrition assessment and counselling for children with cystic fibrosis, pancreatic enzyme adjustment, tube feedings, growth monitoring. | June 2001-present |
| Registered Dietitian | McMaster Children's Hospital , Hamilton, ON <i>Pediatric Lipid Clinic and Overweight management-outpatients</i> | May 2012-June 2014 |

Nutrition assessment, monitoring, and counselling for children with high cholesterol and triglycerides, overweight and obesity.

Registered Dietitian

McMaster Children's Hospital, Hamilton, ON
Pediatric Diabetes Clinic- outpatient, also covered celiac clinic for 4 months

June 2001- May 2012

Nutrition assessment, monitoring, meal planning, carbohydrate counting and counselling for children with Type 1 and 2 diabetes, also celiac disease education.

Registered Dietitian

McMaster Children's Hospital, Hamilton, ON,
Inpatient Pediatric wards and some outpatient clinics

June 2001- May 2003

Nutrition assessment, support (oral, enteral and parenteral), and education on a pediatric inpatient ward, as well as part-time in pediatric cystic fibrosis, general pediatrics, and diabetes clinics.

Registered Dietitian

Hamilton General Hospital, Neurosciences
Adult inpatient ward

July 2001- August 2005

Nutrition assessment, support (oral, enteral and parenteral), education, and monitoring on an adult inpatient neurosurgical and neurology ward.