**Laura Balla RD**

28 Highland Park Dr.

Dundas, ON

L9H 6G6

Home: 905-627-4108

Work: 905-527-4322 Ext. 46649

**Summary of Professional Strengths:**

Proactive health professional who thrives on challenges to improve the nutritional care of patients. Viewed by colleagues as being instrumental in problem solving, critical thinking and dedication. During my seventeen years as a Dietitian, excelled at teaching dietetic interns and medical residents as well as mentoring junior staff. Strong clinical skills in many in-patient areas including medicine, stroke, neurosurgery and burns.

**Career History:**

**Hamilton General Hospital Dietitian - Medicine 8 South CTU/ER 1999-present**

237 Barton St. E., Hamilton, ON

* Acute medical teaching units with 68 beds, including 4 step-down monitored beds.
* Responsible for nutritional screening, assessment and treatment of patients, including enteral and parenteral nutrition.
* Educate patients, health care professionals, medical interns, dietetics interns and dietetic assistants.
* Presenter for HHS nursing orientation presentation.
* Sick and vacation coverage for Burn Unit for approximately five years.
* Founder and chair of working group to develop Corporate HHS adult bowel protocol.
* Chair of Adult HHS Oral Formulary committee for approximately five years.
* Identified the need for the development of several education pamphlets and diets, including high energy high protein with implementation.
* As an active member of the Corporate Dysphagia committee helped to develop educational tools and thickened supplements for approximately three years.
* Proactive in the development and continuation of a medicine journal club with fellow dietitians to promote ongoing education for junior colleagues and myself.
* Gained support of both colleagues and management for a new dietitian staffing model at the General site to better meet the needs of patients in all programs.
* Participated in the selection process and performance reviews of several health care professionals.
* Participated in the selection process for dietetic interns.
* Took the lead for re-development of e-doc charting guidelines for HHS RD's 2012
* Development of volunteer menu marking program 2014

**Henderson/General Hospital(s) Dietitian - Medicine 1998-1999**

711 Concession St. Hamilton, ON (maternity leaves)

* Acute medical teaching units at two sites.
* Responsible for nutritional screening, assessment and treatment of patients.

**Hamilton General Hospital Dietitian - Neurosurg/Medicine 1998**

237 Barton St. E., Hamilton, ON (maternity leave)

* Acute medical teaching unit and neurosurgical unit.
* Responsible for nutritional screening, assessment and treatment of patients.

**St. Joseph’s Hospital Renal Dietitian (0.4 FTE) 1997**

50 Charlton Ave. E., Hamilton, ON

* Accountable for providing nutritional care to patients enrolled in the Progressive Care Hemodialysis Unit both as inpatients and outpatients.

**Hamilton General Hospital Diet Technician (relief) 1996-1998**

237 Barton St. E., Hamilton, ON

* Responsible for allergy screening, updating nutrition cardexes and customizing menus.
* Accountable for screening and tracking weight and p.o. intake of patients at risk.
* Providing education to patients on various therapeutic diets.

**Guelph General Hospital Dietary Aide 1995-1996**

**Homewood Health Centre Dietary Aide 1989-1991**

**Education & Awards:**

2015 **Member of Consulting Dietitians Network**

2009 **Member College of Dietitians of Canada**

1997 **Member College of Dietitians of Ontario**

1996-1997 **Graduate Comprehensive Nutrition Internship**

Hamilton Health Sciences Corporation,

Hamilton Civic Hospitals, Hamilton, ON

1991-1995 **Bachelor of Applied Science** **With Distinction**

**Applied Human Nutrition**, University of Guelph, Guelph, ON

1994 Elsa Hevenor Stewart Scholarship

1994 Agincourt Milk Producers’ Association Scholarship

University Entrance Scholarship

Ontario Scholar

West End Women’s Institute Award