

CHIOMA OSUAGWU

SPECIALIST EATING DISORDERS DIETITIAN

CONTACT

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EDUCATION

M. SC SOCIAL CARE HEALTH AND WELLNESS

• SEPT 2022- AUG 2023

University of Bolton, Greater Manchester, UK

Grade: Distinction

MASTER OF PUBLIC HEALTH

• SEPT 2018- SEPT 2021

University of Central Nicaragua, Guyana, South America

Grade: Distinction

B. SC. NURTITION AND DIETETICS

• SEPT 2006- FEB 2011

University of Nigeria, Nsukka, Enugu State, Nigeria

Grade: 2nd Class Honors (Upper Division)

KEY SKILLS

Mental Health Assessment

Nutritional Assessment

Counselling

Report Writing/Documentation

Lifestyle Coaching

Excellent communication

Person Centred Care

PROFILE

Enthusiastic, energetic and detail-oriented Mental Health Specialist Dietitian with over 10 years of experience accessing health conditions, formulating personalized care and nutrition plans, fostering healthful lifestyle and supervising progress with the aim to help individuals accomplish their best possible health and well-being through a holistic approach that considers their unique needs, goals and lifestyle.

EXPERIENCE

CLINICAL LEAD SPECIALIST EATING DISORDERS

DIETITIAN • OCTOBER 2022- PRESENT

Elysium Healthcare, Ebbw Vale

I lead the dietetics service, providing expert nutritional care for complex eating disorder patients. I develop and implement individualized, evidence-based care plans, support and guide the multidisciplinary team, and drive service development through quality improvement initiatives. This role involves educating and training staff, engaging with patients and families to support recovery, and participating in clinical research. I also ensure adherence to professional standards, manages clinical risk, and advocates for the dietetic service, representing it in various forums to promote nutrition's role in eating disorders treatment.

LEAD COMMUNITY DIETITIAN • JUNE 2023- OCTOBER

2023

Timperely Health Centre, Altrincham,

As the Lead Community Dietitian, I oversaw the delivery of dietetic services within the community, focusing on preventive care and managing chronic conditions. I provided expert nutritional assessments and interventions for a diverse range of patients, including those with complex needs. My role involved supervising and mentoring junior dietitians, coordinating with multidisciplinary teams, and developing community nutrition programs. I was responsible for service development, quality improvement, and ensuring that our care was patient-centered and evidence-based. Additionally, I engaged in public health initiatives, advocated for nutritional education, and contributed to policy development within the community setting.

COMMUNITY DIETITIAN • OCT 2017- SEPT 2022

Meal Plan Preparation
Re-feeding Management

INTERESTS

Weight Management
Research/Writing
Art

Media Network HIV/AIDS and Development (MEDNAD).

I founded "SURVIVORS," a support group for individuals living with HIV/AIDS and survivors of terrorism, where I facilitated group discussions and built a strong support network. I coordinated and designed outreach initiatives for VOICES, a support group dedicated to victims of abuse. As a nutrition coach, I provided nutritional, psychological, and emotional support to mothers of children aged 0-5. In elder care facilities, I assisted long-term residents by creating dietary plans tailored to their specific needs and restrictions. Additionally, I conducted home visits for elderly individuals and those with disabilities, offering personalized nutritional guidance.

CLINICAL DIETITIAN • AUG 2012- SEPT 2017

Jos University Teaching Hospital (JUTH), Lamingo.

I assessed and evaluated the nutritional needs of individuals, including those with specific medical conditions or dietary restrictions. I formulated personalized nutrition plans tailored to each client's needs, taking into account their age, weight, height, medical history, and lifestyle. I educated individuals and groups on healthy eating habits, highlighting the benefits of various foods and preparation methods. Over time, I monitored and evaluated clients' progress, adjusting their nutrition plans as necessary. I collaborated with other healthcare professionals, such as doctors, nurses, and physical therapists, to provide comprehensive care. I also researched the latest developments in nutrition science and incorporated this knowledge into my practice. Additionally, I advocated for policies and programs that promote healthy eating habits and improve access to nutritious foods.

PROFESSIONAL MEMBERSHIP

Full Member, British Dietetic Association, 2023-Date

Member, Mental health Sub Group, British Dietetic Association, 2023-Date

Registered Dietitian, Health Care Professionals Council (HCPC), 2023-Date

Registered Dietitian, Dietitians Association of Nigeria (DAN), August 2013-Date

RELEVANT TRAINING/COURSES

ATTENDED

Effective Report Writing for Healthcare Professionals~Acacium Group, August 2024

Wales Applied Risk Research Network Training~Elysium Healthcare, July 2024

Dietary Management and the Low FODMAP Diet in IBS~ Kings College London, May 2024

Infectious Disease Transmission Models for Decision Makers, The
Johns Hopkins ~University, 2022
Dietetic Internship, JUTH 2013

REFERENCES

Available on request