

Nicole MacPherson, PDt

Research Associate, Strive Health

Email: nicole@strivehmc.com

PERSONAL STATEMENT

Professional dietitian with a strong background in research. Ambitious and outgoing, possessing exemplary communication skills. Adaptable, with the ability to work in a changing and fast-paced environment.

PROFESSIONAL EXPERIENCE

Research Associate

2013 – Present

Strive Health Management Consulting Inc.

Duties: Conduct literature reviews; collect and analyze data; create tools using Microsoft Office; evaluate and format existing tools including presentations, forms and online databases in order to improve functionality; produce accurate records and transcripts of interviews, maintaining the confidentiality of subjects; summarize interviews; maintain and update website material; write and edit material for presentation and publication.

- Example Project: *Together We Can* Strategy Evaluation, Nova Scotia Department of Health and Wellness. As a member of the Strive Health Team, co-facilitated focus group discussion with youth, completed document analysis, data analysis and reporting. Jan – Oct 2016.
 - Contact: Shelley Arsenault, Manager, Project and Portfolio Office, DHW, (902) 494-0961, Shelley.Arsenault@novascotia.ca
- Example Project: Benefits Evaluation, NS EMR Peer Network. Participated in a series of teleconference focus group discussions, documented and transcribed meeting notes, supported development of summary report and PPT presentation. February – May 2015.
 - Contact: Riea Elder, PHIM Training Manager, DHW, Tel: (902) 424-6902, Riea.Elder@novascotia.ca
- Example Project: The Merck Patients First Award for Exemplary Contributions to Patient-Centred Care. Participated in Advisory Committee meeting teleconference call, documented and transcribed meeting notes, collated participant scores by creating/manipulating excel tables. March – Aug 2014.
 - Contact: Dr. Terry Montague, Principal, CareNet Management Consulting. Tel: (780) 667-9237, terrencej.montague@gmail.com

Dietetic Intern, Clinical

2016

Northwoodcare Inc.

Duties: Provided medical nutrition therapy including assessments and appropriate follow-up, education and person-centred care; collaborated with dietary staff, nursing staff and residents; managed nutrition care plans including texture modifications, special diets, likes and dislikes; obtained and interpreted anthropometric data; conducted swallowing assessments and meal time

observations; participated in resident care planning meetings.

Endocrinology Clinic, Nova Scotia Health Authority (*Two-week affiliation*)

Duties: Collected diet history from patients; counselled patients and provided education related to diabetes management, weight loss, and management of dyslipidemia; participated in pre- and post-bariatric surgery clinic appointments.

Dietetic Intern, Administrative

2016

Northwoodcare Inc.

Duties: Completed a quantitative and qualitative evaluation of texture modified foods including: analysis and comparison of the nutritional components of commercially prepared and in-house texture modified meals, analysis and comparison of financial requirements associated with commercially prepared and in-house texture modified meals, conducting focus groups in order to gain stakeholder perspective on modified texture foods; updated departmental Standard Operating Procedures (SOPs) to comply with provincial regulations for long term care.

Dietetic Intern, Community

2015

Food Action Research Centre (FoodARC), Mount St. Vincent University

Duties: Performed qualitative and quantitative analysis of research data related to the cost of a healthy diet in Nova Scotia; researched and wrote on a variety of topics related to food security; development of training materials with a focus on plain-language communication; planned and hosted training sessions and events; represented the Centre at community events; implemented a social media campaign to raise awareness of food insecurity in Nova Scotia.

Administrator

2011 – 2012, 2013

Aluma Systems

Duties: Maintenance of a Microsoft Access database including data entry and extraction; calculated and analyzed weekly productivity factors in order to control costs and allocate hours to each task; streamlined the hiring process by revamping mobilization process and creating a tracking system for mass hires; verified and entered daily payroll data; provided payroll training for new office staff; maintained schedules for approximately 250 employees, making all camp and travel reservations; responsible for purchasing commercial flights, tracking expenses, and creating monthly invoices for client approval; served as point of contact for all new-hires.

EDUCATION

Bachelor of Science in Applied Human Nutrition

2017

Mount Saint Vincent University

Bachelor of Arts, Psychology

2011

Saint Francis Xavier University

MEMBERSHIPS

Nova Scotia Dietetics Association

CERTIFICATIONS

Nonviolent Crisis Intervention	2016
Advanced Food Safety Training	2014
WHMIS	2014

CONTINUING EDUCATION

One Day to Better Presentations: Data Visualization Workshop <i>Canadian Evaluation Society</i>	2017
Celiac Disease, Gluten Sensitivity and the Gluten-Free Diet <i>Dietitians of Canada</i>	2016
Critical Care Nutrition <i>Dietitians of Canada</i>	2016
Dysphagia Management <i>Dietitians of Canada</i>	2016
Enteral Nutrition Intolerance Beyond the ICU <i>Nestle Health Science</i>	2016
MaxQDA 11 Training <i>Dr. Áine Humble, MSVU</i>	2015
Make Food Matter Action and Advocacy Workshop Series <i>FoodARC</i>	2015
Waisting Away <i>HC Nutrition</i>	2013