

Nicole MacPherson, PDt

Research Assistant, Strive Health

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PERSONAL STATEMENT

Registered 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 Assistant

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, maintain the confidentiality of subjects; summarize interviews; maintain and update website material; write and edit material for presentation and publication.

Example projects:

- *Withdrawal Management Service Delivery Model Continuum Access: Stakeholder Consultations*, Research Nova Scotia. Provided support for four education sessions across Nova Scotia, including set-up and notetaking; designed, distributed and analyzed an evaluation of the sessions; completed summary report capturing the themes that emerged from the consultations as well as the issues unique to each region.
- *Mount 101 Program Evaluation*, Mount Saint Vincent University. Facilitated focus group discussions with students; developed, administered, collated and analyzed surveys; analyzed extensive institutional data; completed program evaluation report and developed recommendations.
- *Together We Can Strategy Evaluation*, Nova Scotia Department of Health and Wellness. Co-facilitated focus group discussion with youth; completed document analysis, data analysis and reporting.

Dietetic Intern, Community

2015

Food Action Research Centre (FoodARC), Mount Saint 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.

- Example Project: Participatory Food Costing Project. Developed and edited training materials including participant manuals and presentation slides, with a focus on plain-language

communication; organized four training sessions, including working with host sites to recruit costers and book space, communicating with grocery chains to arrange store visits, arranging catering and childcare, and providing stipends; delivered training sessions to food costers; evaluated food costing training sessions using participant feedback forms; compiled and analyzed food costing data as collected by food costers.

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 (*Affiliation placement*)

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.

Administrator

2011 – 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 training to 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, Applied Human Nutrition 2017
Mount Saint Vincent University

Bachelor of Arts, Psychology 2011
Saint Francis Xavier University

MEMBERSHIPS

Nova Scotia Dietetic Association

CERTIFICATIONS

Nonviolent Crisis Intervention 2016

Advanced Food Safety Training 2014

WHMIS 2014

CONTINUING EDUCATION

Soar Beyond the Dusty Shelf Report 2019
Depict Data Studio

Evaluation Theories and Models 2019
Canadian Evaluation Society

One Day to Better Presentations: Data Visualization Workshop 2017
Haiku Analytics

Celiac Disease, Gluten Sensitivity and the Gluten-Free Diet 2016
Dietitians of Canada

Critical Care Nutrition 2016
Dietitians of Canada

Dysphagia Management 2016
Dietitians of Canada

MaxQDA 11 Training 2015
Dr. Áine Humble, MSVU

Make Food Matter Action and Advocacy Workshop Series 2015
FoodARC