

Sarah B. Hankes, RD, LD, DCES
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PROFESSIONAL HIGHLIGHTS

Comprehensive Experience 20+ years in DSME, Chronic Care Management
Diversity of Skill Sets, Motivational Interviewing, Health Coaching, Telemedicine, Writer/Author
Strong Communication and Organizational Skills, Support of Community and Workplace Wellness

EDUCATION

B.S., The University Of Alabama, College Of Human Environmental Sciences, Coordinated Undergraduate Program
in Dietetics (GPA: 3.7/4.0)
Graduated magna cum laude in 1989

PROFESSIONAL EXPERIENCE

Registered Dietitian, DCES, Piedmont Atlanta, Sept 10, 2018-July 2020

Chronic Care Management (CCM) - Diabetes (T1, T2, GDM), Prediabetes, CVD, CKD, Obesity
Assessment, individual and group education; follow up for outpatients; taught DSME classes
Assistance prn with inpatient assessment and education, Libre set up and training
Updates to curriculum for ADA recognition
Introduction of tools to further evaluate sleep health
Peer education and training; wellness fairs, Womens Leadership Alliance, GADA, employee presentations

Registered Dietitian, DCES, QuadMed, May 16, 2016-August 23, 2018

CCM - Key Focus on Diabetes (T1, T2), Prediabetes, CVD, Obesity
Assessment, individual and group education; follow up; both clinic setting and via telehealth
Committee review process with updates to EMR to enhance CCM documentation
Coordinated insulin pump and CGM downloads with team members (RN, MD)
Policy and procedure development for CCM
Recognized for significant increase in referrals to other members of wellness team (i.e., RN, EP)

Registered Dietitian, DCES, CareHere, LLC, October 9, 2009-May 2016

Provided individual and group education in support of employee wellness initiatives
Key focus on DSME, obesity, CVD, mindfulness, stress management, smoking cessation
Generated referrals to other wellness team members (i.e., social worker, EP)
Development/facilitation of health and wellness events with wellness director and DOC
Periodic diabetes updates (peer training) for clinical staff and health coaches
Diabetes updates (peer training) for clinical staff and health coaches, i.e., insulin training
Development of live and prerecorded webinars; writing articles for CareHere newsletter

Registered Dietitian (PRN) WellStar Corporate & Community Health Dept, August 2014-March 2015

Part-time speaker for WellStar employee groups, lunch and learns
Assisted with speakers bureau to support community events, i.e., health fairs, corporate

Education Program Coordinator, RD, DCES, Diabetes and Endocrinology Associates, PC, May 29, 2007-June 12, 2009

Assessment, individual and group education, including all DSME classes, led diabetes support group
Supervised employees who were part of the clinic education team
Completed annual program reviews with endocrinologists and other clinical staff
Submitted reports (outcome data, etc.) to support continued AADE accreditation

Registered Dietitian, DCES, Nutrifit Sport Therapy, Atlanta, GA June 9, 2005-2008

Part-time consultant providing MNT and education to clients seeking support for diabetes management, healthy weight management, and treatment for eating disorders
Facilitated monthly ANAD meeting

Registered Dietitian, DCES, Douglasville Nursing and Rehab Center, January 25, 2007-April 12, 2007

Provided nutrition assessment, follow up, and education for long-term care residents

Registered Dietitian, DCES, Southern Regional Medical Center, January 5, 2004-January 5, 2007

Assessment, ongoing education and follow up support for outpatients – DM, CVD, obesity, gastric bypass
Taught classes for all areas of the outpatient DSME program
Speaker for educational forums for medical community and clinical staff
Wrote articles for hospital newsletter and Prism magazine
Preceptor for dietetic interns
Significant growth in outpatient services over 2 year period, revealing up to a 30% increase

Registered Dietitian, Crawford Long Hospital, Atlanta, GA, August 14, 2000-September 12, 2003

Inpatient screening, assessment and follow-up; provided inpatient and outpatient education
Areas of emphasis included med-surg, diabetes and cardiac/CCU; conducted group cardiac classes
Speaker for journal club; served on patient education committee
Completed performance improvement monitoring

Registered Dietitian, Medical Center of Central GA, April 1, 1991-Jan 31, 1997; Feb 11, 1998-Aug 10, 2000

Inpatient screening, assessment, education and follow up
Areas of emphasis included cardiac, diabetes, med-surg, OB, Children's Hospital, ENT, neurology, ortho
Developed menus for new dysphagia diet
Inservices for nursing and nutrition education for medical residents during pediatric rotation
Assisted with process for reporting on continuous quality improvement.

CareSouth HomeCare Professionals, Macon, GA, November 2, 1998-August 19, 1999

Part time consultant. Provided nutrition assessments for homebound patients receiving EN

Registered Dietitian, DCES, Diabetes Treatment Center, Macon, GA, 1996-1999

Provided individual outpatient assessment, education and follow up; taught DSME classes
Served on the education committee assisting with development of low literacy materials
Participated in medical rounds and worked directly with endocrinologists on staff at the Medical Center to provide for ongoing needs in the Children's Hospital at MCCG

Registered Dietitian, ARA Services, Inc., Hugh Chatham Memorial, Elkin, NC, 1990-1991

Provided inpatient screening, assessment, education and follow-up; outpatient education
Revised standards of care; assisted with development and monitoring of QA programs
Served as a consultant with the local Hugh Chatham Nursing Home