

Sarah Bligh

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Registered Dietitian

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EDUCATION:

Acadia University, Integrated Dietetic Practicum Program	2015-2016
• Completed a 48-week practicum including specialty areas in diabetes, surgery, oncology, cardiovascular, and renal nutrition. Completed rotations in administrative dietetics, public health, clinical inpatient and outpatient nutrition, and long term care.	
Acadia University, Bachelor of Science in Nutrition and Dietetics with Honors	2013-2016
Dalhousie University, Branching interests studies	2011-2013
Dalhousie University, Bachelor of Environmental Design Studies	2007-2011

SKILLS:

- Personable, reliable, self-motivated, and adaptable.
- Excellent communication, organization, and writing skills.
- Strong leadership, team organization and delegation abilities.
- Creative and efficient team member with an aptitude for problem solving.

WORK EXPERIENCE:

Primary Care Dietitian, 0.5 FTE (2019-2021), 1.0 FTE (2021-2022)	2019-2022
Nova Scotia Health Authority, Middleton Collaborative Practice and Greenwood Family Health Clinic	
• Provided counseling in a primary care setting to rostered patients of all ages for a variety of nutrition-related health issues. Worked collaboratively as part of the health care team, which included physicians, nurses, social work, occupational therapy, and administrative professionals. Contributed to and participated in weekly patient rounds, case studies and continuing education opportunities. Provided in-office, virtual care and patient home visits, as well as collaborative patient visits with allied healthcare. Preceptor for Acadia University Dietetic Practicum students.	
Diabetes Center Dietitian, 0.1 FTE	2019-2021
Nova Scotia Health Authority, Soldiers Memorial Hospital Diabetes Center	
• Initially facilitated Introduction to Type 2 Diabetes and Nutrition for Diabetes group classes, then transitioned to virtual care and individual counseling from March-May 2020. Worked as part of a network with other dietitians and nurses to provide care for people living with diabetes in the community, which included education, screening, connection to resources and supports, and advocacy.	
Outpatient & Community Dietitian, 0.4 FTE	2018-2021
Nova Scotia Health Authority, Eastern Kings Memorial Health Centre	
• Provided counseling to community members of all ages for a variety of food and nutrition-related health issues. Facilitated chronic disease prevention classes with a team of health professionals for community members, which included delivering presentations and planning, budgeting for, and implementing cooking demonstrations. Co-Chair of the local Community Health Team which shared resources, practice updates and built partnerships between health professions and community organizations. Preceptor for Acadia University Dietetic Practicum students.	
Food Service Supervisor, 1.0 FTE	2017-2018
Nova Scotia Health Authority, Valley Regional Hospital	
• Responsible for front-line supervision of employees, centralized meal service, and daily kitchen tasks; assisting management in carrying out administrative and operational functions; ensuring patient safety through quality assurance and improvement; scheduling of staff, performance management, auditing department processes, and collaborating with employees and other health professionals in the provision of high quality meals to patients.	

VOLUNTEER WORK:**Volunteer Co-Facilitator**

Spring 2017

Basic Cooking Skills Class at East Kings Memorial Health Centre

Cardiac Rehabilitation Cooking Class

- Helped to organize and facilitate four-week cooking classes and food skills class for community members with community dietitians and dietetic practicum students.

Nova Scotia Nutrition Month Planning Committee

Spring 2017

Dietitians of Canada

- Participated in meetings for provincial Nutrition Month activities and attended the official signing of the Dietitian's Day Proclamation with local MLA for the district of Kings South.

Student Representative

2014-2016

School of Nutrition and Dietetics Faculty Meetings

- Attended biweekly faculty meetings and provided updates on student activities and concerns.

Wolfville Farmers' Market Volunteer

2013-2015

- Helped prepare and serve Wolfville Farmers' Market suppers to community members. Prepared recipes for sampling and provided nutrition information to the community as part of the Acadia University Food Commodities course Kitchen Wizards program.

CERTIFICATIONS, TRAINING AND PROFESSIONAL ASSOCIATIONS:

Professional Member, Academy of Nutrition and Dietetics	2022-Present
Professional Member, Dietitians of Canada	2022-Present
Professional Dietitian, Nova Scotia Dietetic Association	2017-Present
Professional Member, Diabetes Canada, Nova West Chapter	2021-Present
Body Brave Eating Disorder Dietitian Training Course	2021
Nova Scotia Health Authority Behavior Change Training Modules 1-8	2021
Emergency First Aid CPR AED (Basic)	2021
Advanced Food Safety Training	2018
Public Health Services, Make a Difference Breastfeeding Course Level 1	2016
Dietitians of Canada, Critical Care Nutrition Online Course	2016

EXTRA-CURRICULAR ACTIVITIES:**President**, Canadian Association of Foodservice Professionals 2015 – 2016

- President of the Acadia University Student Branch, responsible for overseeing other executive members and committee chairs, team building, communication with Faculty and professional branch members, and organizing weekly meetings with other executive members.

Committee Chair, Canadian Association of Foodservice Professionals 2014 – 2015

- Professional Development Committee Chair for the Acadia University Student Branch

Member of Slow Food Acadia 2013 – 2016

Member of the Nutrition and Dietetics Society at Acadia University 2013 – 2016

AWARDS & ACHIEVEMENTS:

Aramark Gold Plate Award 2016

Highliner Foods Student Bursary 2016

Received the Elizabeth MacMillan Scholarship for Nutrition at Acadia University 2015 – 2016

Received the Ellis-Kirkpatrick Scholarship for Nutrition at Acadia University 2014 – 2015

Received an entrance scholarship to Dalhousie University 2007

References available upon request