

AMY MERWARTH RD, LD

Goal oriented, driven dietitian with 20 years of professional experience in various clinical settings and age groups providing exceptional quality individualized nutrition care.

WORK EXPERIENCE

Ketogenic Dietitian

(June 2022-Present)

Medical University of South Carolina (MUSC) – Charleston, SC

Provide high quality, nutrition expertise and care in the interdisciplinary management of pediatric inpatients and outpatients on the ketogenic diet.

Clinical Inpatient/Outpatient Dietitian

(June 2007-May 2022)

Upstate University Hospital – Syracuse, NY

Provided exceptional nutrition care to inpatient and outpatients by assessing individualized nutrition needs, developing, and implementing nutrition care plans as well as providing specialized nutrition education for a variety of medical conditions. Responsible for the adequacy and appropriateness of oral, enteral, and parenteral nutrition support. Assisted in the development process of ketogenic protocols for pediatric patients. Inpatient clinical areas covered included: general medicine, neurology, surgery, gastroenterology, hematology/oncology, burns, cardiac, orthopedics, physical medicine/rehabilitation, and ICU care. Outpatient clinics covered included: pediatric ketogenic clinic, metabolic clinic, pediatric nephrology clinic, pediatric gastroenterology clinic, pediatric tube feeding clinic and pediatric specialty feeding clinic.

Clinical Inpatient/NICU Dietitian

(June 2005-May 2007)

Washington Hospital Center – Washington D.C.

Provided nutrition care along with diet education to hospitalized patients including adults, pregnant woman, and premature babies. Covered general medicine, maternity, NICU and step down NICU. Developed enteral nutrition feeding protocol for neonates.

Cardiac Program Dietitian

(May 2005-August 2005)

Cardiac Associates – Olney, MD

Developed educational handouts and taught nutrition classes for a heart health program.

Nutrition Specialist

(September 2004-June 2005)
SHS North America (Nutricia) – Rockville, MD

Assisted in the development of product literature for gastroenterology, neurology, metabolic and low protein specialized nutrition products. Answered technical and product related questions from health care professionals, patients, and family members. Created and developed tools to assist health care professionals in the use of these specialized products.

Weight Management Program Dietitian

(April 2004-July 2004)
Sage Health – Hudson, MA

Developed nutrition education handouts and resources for weight management program. Conducted nutrition classes and counseled clients about various weight loss related topics.

Nutritionist/Kitchen Supervisor

(2000-2003)
Good Shepherd Fairview Home – Binghamton, NY

Completed nutrition assessments for nursing home and adult care facility residents. Participated in resident care planning conferences. Managed food service operations overseeing employees in the long-term care facilities therapeutic kitchen. Ensured meals were compliant with nutrition therapy orders.

EDUCATION

Dietetic Internship – July 2004

Keene State College – Dietetic Internship – Keene, NH

Bachelor of Science (BS) – May 2003

State University of New York College at Oneonta – Oneonta, NY
B.S in Dietetics/Minor in Health and Wellness

SKILLS

- Strong interpersonal skills with the ability to communicate effectively.
- Ability to utilize active listening, critical thinking and interpretation skills.
- Provide genuine, compassionate, and considerate care.
- Maintain eagerness and enthusiasm for accomplishing tasks and goals.
- Uphold ongoing inquisitiveness, thirst for knowledge with staying up to date with current research trends.
- Efficient time management and organizational skills.

PROFESSIONAL MEMBERSHIPS

- Academy of Nutrition and Dietetics (AND)
- Pediatric Nutrition Practice Group (PNPG)
- South Carolina Academy of Nutrition and Dietetics (SCAND)
- Charleston Trident Dietetic Association (CTDA)
Positions Held: Secretary (2023-2024), Treasurer (2024-Present)
- Central New York Dietetic Association (CNYDA)
Positions Held (2015-2020): Past President, President, President Elect, Secretary
- American Epilepsy Society (AES)

PROFESSIONAL AWARDS

- Academy of Nutrition and Dietetics (AND): Recognized Young Dietitian of the Year Award (RYDY) – 2017

PROFESSIONAL PRESENTATIONS, TEACHINGS, PUBLICATIONS

Presentations and Teachings:

- Keto 101 (2023)
- The Ins and Outs of the Ketogenic Diet (2021)
- Pediatric Parenteral Nutrition (2015-2019)
- Pediatric Nutrition – Taking a Look at the Basics (2017)
- Defining and Understanding Pediatric Malnutrition (2016, 2017)
- Pediatric Assessment and Chronic Conditions in GI Nutrition (2013)
- Celiac Disease (2013)
- The Role of Nutrition in GI Disorders (2012)
- Pediatric Formula Presentation (2011)
- Introduction to Pediatric Nutrition (2008-2012)
- Pediatric Intern Orientation (2008, 2009)
- Age-Appropriate Feeding Guidelines (2009)
- Pediatric Formula Selection (2008)
- Enteral Nutrition (2005)

Articles and Blogs:

- Keto Hope Foundation (2024-Present)
Editor of Monthly Educational Handouts for Patients and Providers and Monthly Blog
Articles on Various Ketogenic Topics
- Syracuse Parent Newsletter (2011-2016)
Articles Included: The Many Health Benefits of Sweet Potatoes, Nutrition and Your Child, Inflammatory Bowel Disease: Crohn's and Ulcerative Colitis, Exploring Celiac Disease and the Gluten Free Diet, Milk Allergy vs. Lactose Intolerance
- Pediatric to Parent Blog (2013)
Topics Covered: Vegetarian Awareness Month, Celiac Awareness Month

Newsletters:

- The Metabolic Minute (2018-2021)

Poster Session:

- 8th Global Symposium on Ketogenic Therapies (2023)
Poster Title: Whole Food, Plant-Based Blenderized Ketogenic Formula Improves Total Cholesterol to HDL Cholesterol Ratio (TC:HDL): Two Case Studies.

Other:

- Interview with local TV Channel (2013)
Topic: Gluten Sensitivity, Celiac Disease and FDA Label Regulations

PROFESSIONAL DEVELOPMENT

- 8th Global Symposium on Ketogenic Therapies (2023)
- Ketogenic Therapeutics Mastery – Foundational Course (2022-2023)
- Keto University (2021)
- Vitaflo International Ketogenic Symposium – Glut 1 (2021)
- Genetic Metabolic Dietitians International (GMDI) Virtual Conference (2021)
- Charlie Foundation Ketogenic Training (2020)
- Metabolic University (2018)
- Self-Study – Childhood and Adolescent Weight Management (2015)
- FODMAP Workshop: What Every RD Needs to Know (2013)
- ASPEN – Clinical Nutrition Week (2012)
- CNY GI Meeting (2011)
- CNY Celiac Meeting (2011)
- Pediatric Nutrition Symposium (2011)
- Advances in Pediatric Nutrition by John’s Hopkins University (2008)
- Self-Study – Neonatal Nutrition (2008)