

# LOLADE OLUWATOSIN FOLORUNSO



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## PROFESSIONAL SUMMARY

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Highly effective Registered Dietitian with a few years of experience working in the clinical field offering skills in clinical research, dietary counseling, diet prescription, and follow-up. Capable of contributing to the enhancement of patient well-being through evidence-based nutritional interventions. Adept at applying theoretical knowledge acquired through academic coursework in clinical nutrition, with a passion for promoting health and preventing diseases through personalized dietary strategies. Can collaborate seamlessly with other healthcare professionals, including physicians, nurses, and other allied health staff, to ensure a holistic approach to patient care.

Knowledge of food processing. Capable of performing basic food analysis with high applicability in the food processing industry.

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## EDUCATION AND TRAINING

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2016-2020     **B. Sc Human Nutrition and Dietetics**  
University of Ibadan, Ibadan.  
[Dietetic Association membership](#)

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## PROFESSIONAL EXPERIENCE

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May 2024     **Food analysis lab Assistant**

**Precision Laboratory**

- Assisted with preparation of food samples for analysis
- Collaborated with head analyst in performing proximate analysis and phytochemical analysis of food samples
- Single handedly performed food functional property tests like oil holding capacity, water holding capacity, Packed bulk density, Swelling power and solubility
- Under supervision, was responsible for carrying out specific phytochemical analysis

Mar'23-Mar'24     **Intern Dietitian**

*Duration: 1 year*

**University College Hospital, Ibadan, Oyo State.**

- Tasked with assessing and addressing the nutritional needs of diverse patient populations, incorporating therapeutic diets tailored to specific medical conditions and ensuring compliance.
- Currently demonstrating effective communication skills and empowering patients to make informed decisions about their nutrition and lifestyle choices whilst also organizing counseling sessions and routine health lectures for out-patients in accordance with disease conditions and diet principles.
- Actively participating in interdisciplinary rounds, presenting patient cases and offering nutritional recommendations to enhance overall patient care.
- Currently spearheading a nutrition-focused research project whilst presenting findings to colleagues and contributing to the hospital's knowledge base in the field of clinical nutrition.
- Responsible for conducting comprehensive nutritional assessments, evaluating dietary habits, and formulating intervention plans to address nutritional deficiencies and optimize health outcomes.

Jul'21-Apr'22     **Nutritionist (National Youth Service Corps)**  
State Specialist Hospital, Osogbo, Osun State.

*Duration: 10 Months*

- Responsible for dietary counseling and collection of patients' vital information in order to give individualized dietary counseling.
- Carried out growth monitoring of infants aged 9 months below and subsequent nutrition counseling of mothers of affected children.
- Lectured undergraduate interns on core dietary management principles and the nutrition care process for both In-patients and Out-patients.
- Taught student interns about the various diseases and their respective diet prescriptions and also taught the core of different types of diets while grading and performing comprehensive assessments of the said interns at the hospital.

Apr'18-May'18 **Nutrition Assistant (Industrial Training)**

*Duration: 2 Months*

Orile Agege General Hospital, Lagos State

- Involved in diet therapy of admitted patients whilst ensuring the diet prescriptions of the In-patients were met.
- Collected diet history of outpatients and assisted the Dietitian-in-Charge in writing diet prescriptions while following the nutrition care process.
- Carried out routine ward rounds with the Dietitian-in-Charge to conduct nutritional assessment and follow up.

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## CORE COMPETENCIES AND ACHIEVEMENTS

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- Knowledge of Nutrition Care Process. Can carry out nutrition assessment, nutrition diagnosis, nutrition intervention, and nutrition monitoring and control.
- Excellent Communication Skills. Can communicate effectively with patients and diverse stakeholders within the hospital setting. Ability to convey complex information in a clear and concise manner.
- Leadership Skills: Strong leadership skills to lead and motivate teams toward the successful completion of goals and objectives. Can inspire confidence and trust in team members.
- Systems Utilization and Technology Skills. Proficient use of Windows Operating System, versed with MS Office Suite (Word, Excel, PowerPoint)
- Keen Attention to Detail. Accurate, reliable, and diligent. Always complete projects/tasks within schedules. Able to manage multiple tasks and projects simultaneously, prioritize effectively, and meet deadlines.
- Problem-solving Skills. Ability to identify and solve problems related to organizational operation.
- Volunteering Experience. Team head in "The Orphanage Empowerment Society" (TOES)'s programme. Member of the 2019/2020 Health Committee, Queen Elizabeth II Hall, University of Ibadan. Member of the Literary and Debate Team, Department of Human Nutrition and Dietetics, University of Ibadan.

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## LEADERSHIP EXPERIENCE AND VOLUNTEERING

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Dec'18-Dec'20 **Nutritionist, Team head** The Orphan Empowerment Society (TOES)

- Responsible for educating the children and caregivers on basic nutrition practices and its relation to physical and mental health.
- Responsible for coordination of human resources and creation of awareness for outreaches while ensuring compliance and full participation by team members.

Dec'19 **Member, Nigerian Model United Nations Society, University of Ibadan Chapter**

- Regularly attended and participated in meetings with the focus of discussing affairs related to represented country

- Brainstormed ideas with other members on ways of developments in accordance with the Sustainable Development Goals (SDGs)

July'19- Feb'20 **Member, Health Committee, Queen Elizabeth Hall II, University of Ibadan**

- Administered simple first aid to hall members
- Engaged actively in the planning of the health outreach/programme as part of the Queen Elizabeth Hall week

July'19-Feb'20 **Member, Literary and Debate team, Department of Human Nutrition and Dietetics, University of Ibadan**

- Brainstormed with other members to write speeches for debates

Dec'19-Jan'20 **Member, Personality lecture committee, Queen Elizabeth Hall II, University of Ibadan**

- Engaged actively in the planning of the lecture
- Responsible for carrying out crew tasks that ultimately led to a successful event

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## SELECTED RESEARCH

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2020 **Lead Student Investigator** (*Undergraduate Research*)

- Project Title: Assessment of Nutritional Status of Type-2 Diabetic Out-patients at the University College Hospital, Ibadan.
- Advisor: Professor G.T Fadupin
- Duties: Conceptualized the project idea, reviewed the literature, wrote the research project, mined, analyzed the data, and reported findings.

2024 **Lead Investigator**

- Project title: The relationship between diet quality and the incidence of depression among non-medical staff members of the University College Hospital, Ibadan.
- Advisor: Dietitian Emmanuel A. Oyebamiji
- Duties: Conceptualized the project idea, reviewed the literature, wrote the research project, mined, analyzed the data, and reported findings.

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## REFERENCES

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1. **Matron Bamidele Tola**

Head Nurse, Infant Welfare Clinic, State Specialist Hospital, Osogbo, Osun State.

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2. **Dietitian Oyebamiji Aanuoluwapo**

Dietitian, University College Hospital, Ibadan, Oyo State

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