

**Jessica Tillia, MS, RD, LDN**  
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**EDUCATION**

Coordinated Masters of Science in Clinical Dietetics and Nutrition      Graduation Date: April 2011  
School of Health and Rehabilitation Sciences      University of Pittsburgh, Pittsburgh, PA

Bachelors of Science in Clinical Dietetics and Nutrition      Graduation Date: April 2009  
School of Health and Rehabilitation Sciences      University of Pittsburgh, Pittsburgh, PA

**PROFESSIONAL EXPERIENCE**

Teaching Experience:

- August 2015 – Current      Instructor, Undergraduate School of Nursing, University of Pittsburgh, Pittsburgh PA
- *NUR 0066: Nutrition for Clinical Practice*
  - *NUR 1061: Independent Study – Nutrition for Clinical Practice*
- August 2014 – December 2017      Guest Lecturer, Nursing Assistant Program, University of Pittsburgh Medical Center Presbyterian Hospital, Pittsburgh, PA
- *Food and Nutrition in the Hospital*
- November 2017      Guest Lecturer, UPMC Internal Medicine Residency Program, University of Pittsburgh Medical Center, Presbyterian Hospital, Pittsburgh PA
- *Clinical Nutrition: Tube Feeding, Oral Diets, and Oral Nutritional Supplements Order Sets and Use in the Hospital*
- February 2014      Guest Lecturer, Nutrition in Clinical Practice, Undergraduate School of Nursing, University of Pittsburgh, Pittsburgh, PA
- *Common Diets in the Hospital*
- January 2010 – April 2010      Teaching Assistant, Undergraduate Clinical Dietetics and Nutrition, School of Health and Rehabilitation Sciences, University of Pittsburgh, Pittsburgh PA
- *Food Science 1 Lab*

Supervision Experience

- April 2012 – Current      Clinical Preceptor, UPMC Presbyterian and St. Margaret Hospitals, Coordinated Masters in Clinical Dietetics and Nutrition Program, University of Pittsburgh.
- Involves providing shadowing experience and education for interns focusing on nutrition assessment, diagnosing, intervention, and education; supervising and evaluating interns' performance and providing appropriate feedback.

Clinical Experience:

April 2013 – Current

Clinical Dietitian (full-time), Clinical Nutrition Department, UPMC Presbyterian Hospital, Pittsburgh, PA

- Conducted comprehensive nutrition assessments, provided diet educations, implemented the appropriate medical nutrition therapy, and communicated recommendations with the multidisciplinary team. Primary unit coverage included general medicine, medical intensive care, and the emergency department.
- Provided inpatient dietitian coverage on a regular basis for a variety of patient populations including abdominal, heart, and lung transplants, hepatology, general medicine, acute care surgery, renal, gastrointestinal surgery, orthopedic surgery, cardiothoracic, cardiology, neurology, head and neck cancer, trauma, and rehab. Coverage includes general inpatient, stepdown, and intensive care units.
- Organized and properly prioritized daily nutrition tasks and consults. Assisted in leading weekly morning department meetings for a staff of more than 20 associates.
- Developed and taught monthly lectures for the medical intensive care residents and quarterly lectures for the nursing orientation program.
- Facilitated the nutrition focused physical exam competency for all new associates.
- Designed and maintained the clinical nutrition SharePoint website.
- Arranged student shadow experiences within the department.
- Originated, implemented, and maintained multiple tools to assist students, interns, and new associates including charting and tube feed documentation guides, hospital unit guidelines specific for clinical nutrition, new associate orientation guides, and step-by-step instructional documents on how to navigate specific reports and daily routines.
- Participated in the redesign, training, and implementation of the electronic medical record charting which included the Nutrition Care Process.
- Supported multiple QI department initiatives and audits. Spearheaded a QI project examining patient outcomes and the collaboration between clinical nutrition and the interdisciplinary team in the medical intensive care unit.

October 2016 – Current

Clinical Dietitian Lead (Hospitality Suite (HS) Team Lead), Clinical Nutrition Department, UPMC Presbyterian Hospital, Pittsburgh PA

- Assisting with menu builds and restriction assignments for Presbyterian campus.
- Collaborate with management on department projects and initiatives.

- Arranged and executed monthly department operational meetings for Computrition (food service management software), food service, and clinical nutrition leadership.
- Authored monthly comprehensive updates to share with fellow clinical nutrition staff members.
- Served as the Computrition onsite coordinator for system upgrades and troubleshooting involving clinical nutrition and food service end users.

March 2012 – April 2013

Dietitian Generalist (part-time), Clinical Nutrition Department, UPMC St. Margaret Hospital, Pittsburgh, PA

- Conducted comprehensive nutrition assessments, provided diet educations, implemented the appropriate medical nutrition therapy, and communicated recommendations with the multidisciplinary team.
- Provided dietitian coverage for a variety of inpatient and outpatient patient populations including rehab, intensive care unit, general units, outpatient community clinics, and temporary inpatient at UPMC Magee Women’s Hospital.
- Organized and properly prioritized daily nutrition tasks and consults.
- Provided diet education in inpatient and outpatient settings.
  - Provided individualized diet education to patients and/or family members/caregivers during inpatient admissions based on current diagnosis and past medical history of patient.
  - Provided individualized diet education to patients in community clinics: Bloomfield/Garfield, New Kensington, Lawrenceville.
    - Major focus on nutrition during pregnancy.

June 2012 – April 2013

Dietitian Generalist (temporary), Clinical Nutrition Department, UPMC Magee Women’s Hospital, Pittsburgh, PA

- Performed duties as Dietitian on a variety of units in the hospital to a variety of populations including women who are pregnant.
  - Assessed, diagnosed, and provided appropriate nutrition interventions for patients.
- Provided diet education in an inpatient setting to patients and/or family members/caregivers.
  - Provided individualized diet education based on current diagnosis and past medical history of patient.

April 2011

Dietetic Intern, Shadyside Nursing and Rehabilitation Center, Clinical Dietetics and Nutrition Coordinated Masters Program, University of Pittsburgh, Pittsburgh, PA

- Carried out the nutrition care process, diet education, and counseling in a long term care setting.

- Observed and participated in all aspects of the food service department.

August 2010 – April 2011

Dietetic Intern, Veterans Hospital of Pittsburgh, Clinical Dietetics and Nutrition Coordinated Masters Program, University of Pittsburgh, Pittsburgh, PA

- Carried out the nutrition care process, diet education, and counseling on patients in inpatient and outpatient settings.
- Participated in observational experiences in specialty areas including Children’s Hospital of Pittsburgh, Magee Hospital of Pittsburgh: Neonatal Unit, Mercy Hospital: Burn Center.
- Organized and planned special events such as National Nutrition Month.

January 2010 – April 2010

Dietetic Intern, The Children’s Museum Nutrition Preschool Program, Clinical Dietetics and Nutrition Coordinated Masters Program, University of Pittsburgh, Pittsburgh, PA

- Developed a preschool program and implemented lesson plans to promote healthy eating and lifestyle.
- Supervised dietetic graduate students who assisted with activities during program.
- Collaborated with the staff of the museum to implement the best program for their preschoolers.

### **LICENSURE/CERTIFICATION**

2012 – Current

Registered Dietitian Nutritionist  
1039082  
Commission on Dietetic Registration  
Academy of Nutrition and Dietetics  
Chicago, IL, USA

2012 – Current

Licensed Dietitian/Nutritionist  
DN004891  
Commonwealth of Pennsylvania, Department of State  
Bureau of Professional and Occupational Affairs  
Harrisburg, PA, USA