

Lydia McNeal, RD

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Education

Bachelor of Science in General Dietetics, Eastern Kentucky University, Richmond, KY

- Graduation Date: May 2022
 - GPA: 3.9, Summa Cum Laude
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Work Experience

Clinical Outpatient Dietitian, Lexington VAMC, Lexington & Berea KY (July 2023 – present)

- Provides outpatient Medical Nutrition Therapy for various areas including Weight Management, Diabetes, Hyperlipidemia, Cancer, Chronic Kidney Disease, Amyotrophic Lateral Sclerosis
- Facilitates MOVE! Weight Management for Program for Veteran's at Berea Clinic
- Practices coordination of care for Veteran's within the interdisciplinary team

Dietetic Intern, Lexington VAMC/University of Kentucky Hospital (August 2022 – June 2023)

- Taught nutrition classes based on independently chosen topics as well as Healthy Teaching Kitchen, MOVE! and Diabetes class at the Lexington VAMC
- Self-appointed leader on intern group research project to implement Picture Menus for patients with aphasia and communication deficits at UK HealthCare
- Trained in Computerized Patient Record Systems (CPRS), Computrition, and EPIC electronic medical record
- Discussed patient care the federal medical center dietitian, social workers, psychologists, speech-language pathologists, and food-bank managers to ensure quality patient care

Diet Technician, UK Healthcare Infant Nutrition Center, Lexington KY (October 2021 – July 2022)

- Received, stored, and prepared breast milk and formula orders for patients
- Practiced using aseptic technique when preparing breast milk and formula orders
- Communicated with interdisciplinary team to ensure accuracy and precision
- Maintained high quality standards for cleanliness within the facility

Dietary Lead, Kandle Dining Services, Coldspring, TX (May 2021 - July 2021)

- Assisted dietitian in meal planning for special diets
- Prepared meals for up to 70 individuals with diets changing weekly
- Managed inventory and purchased diet-specific foods
- Represented dining services during weekly meetings with new campers and staff to ensure correct meal plans were established

Pharmacy Technician, Kroger Pharmacy, Richmond, KY (April 2021 - October 2021)

- Selected and counted medicine to match prescription order
- Created notes on medications from prescriptions sent to pharmacy

- Distributed medication to patients
 - Conveyed information to pharmacists about prescription orders and medication inventory
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Volunteer Experience

Lexington VA Health Care System, Bowling Campus, Lexington, KY (August 2021- July 2022)

- Served Veterans through the Silver Spoons program to ensure adequate nutrition
- Escorted patients to and from appointments within the hospital
- Monitored and restocked refreshments in the family waiting room

Madison County Public Library, Richmond, KY (August 2021 – April 2022)

- Developed and implemented two nutrition-focused cultural programs
- Delegated tasks to Phi Upsilon Omicron board and members

Various other volunteer experiences include

- Superstar Chef, Clark County Extension, Food Chain Lexington, Colonels Cupboard at Eastern Kentucky University, God's Pantry Food Bank, Madison County Food Bank
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Professional Affiliations & Activities

- Phi Upsilon Omicron Honor Society Beta Tau Chapter (December 2020 – May 2022)
- Student Food and Nutrition Association (August 2019 – May 2022)
- Academy of Nutrition and Dietetics (August 2020 - present)
- Kentucky Academy of Nutrition and Dietetics (August 2020 - present)
- Bluegrass Academy of Nutrition and Dietetics (August 2020 - present)
- Baptist Campus Ministry (August 2018 – December 2020)

Academic Achievements & Awards

- Outstanding Dietetic Intern Kentucky Academy of Nutrition and Dietetics (March 2023)
- Outstanding Dietetic Intern Bluegrass Academy of Nutrition and Dietetics (February 2023)
- Dietetic Student of the Year Eastern Kentucky University (May 2022)
- President's List (spring 2019, spring 2020 – spring 2022)
- Dean's List (fall 2018, fall 2019)
- Regents Scholarship (August 2018 – May 2022)

Certifications & Leadership

- President of Phi Upsilon Omicron Honor Society Beta Tau Chapter (August 2021 – May 2022)
- Treasurer of Student Food and Nutrition Association (August 2021- May 2022)
- Student Representative for the Academic Integrity Committee (August 2021 – May 2022)
- SERV Safe Food Protection Manager Certified (May 2021 – May 2026)
- SERV Safe Allergen Training Certified (April 2021 – April 2024)

