

Abigail D. Lester, MS, RDN, LDN

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Education

Virginia Tech Class of 2021 Blacksburg, VA Master of Science in Nutrition and Dietetics (MSND) Department of Human Nutrition, Foods, and Exercise	Aug. 2020 – Dec. 2021
James Madison University Class of 2020 Harrisonburg, VA Bachelor of Science in Dietetics, Biology minor Department of Health and Behavioral Sciences	Aug. 2016 – May 2020

Professional Experience

Clinical Nutrition Carilion Clinic Virginia Tech MSND Program Supervised Experiential Learning Roanoke, VA <ul style="list-style-type: none">- Applied medical nutrition therapy for patients in medical care, critical care, and progressive care units at multiple Carilion Clinic locations.- Utilized the nutrition care process to accurately assess patients' medical history and current problems, diagnose appropriate nutrition problems, plan interventions and goals, and monitor and evaluate patient outcomes.	Aug. 2021 – Dec. 2021
Foodservice Management Virginia Tech Athletics Virginia Tech MSND Program Supervised Experiential Learning Blacksburg, VA <ul style="list-style-type: none">- Collaborated with foodservice staff to implement a themed meal to feed 200 Virginia Tech football players and coaching staff.- Anticipated athlete needs for pre- and post-training caloric needs by stocking the locker rooms with adequate snacks to support energy and recovery requirements.	July 2021 - Aug. 2021
Community Nutrition Virginia Cooperative Extension Family Nutrition Program Virginia Tech MSND Program Supervised Experiential Learning Blacksburg, VA <ul style="list-style-type: none">- Developed a comprehensive evidence-based physical activity and nutrition education program to be implemented in the Family Nutrition Program (FNP) curriculum utilizing group behavior change strategies.	May 2021 – July 2021
Dietetics and Professional Management Carilion Clinic Virginia Tech MSND Program Supervised Experiential Learning Roanoke, VA <ul style="list-style-type: none">- Planned and developed a financial framework for staffing 11.8 full-time equivalent RDNs in the Carilion Clinic Family Medicine Clinics to better accommodate patients with chronic nutrition-related diseases in the community.	Jan. 2021 – May 2021
Student Nutrition Counselor Virginia Tech Virginia Tech MSND Program Nutrition Counseling for Behavior Change <ul style="list-style-type: none">- Utilized Motivational Interviewing practices to counsel 18 individuals in the Virginia Tech community in matters of nutrition for health, exercise, and chronic disease prevention.- Documented nutrition counseling sessions and client-identified goals using the ADIME format.	Jan. 2021 – May 2021

Relevant Coursework & Projects

Cultural Competency Guide Virginia Tech MSND Program Medical Nutrition Therapy Blacksburg, VA <ul style="list-style-type: none">- Compiled information regarding nutritional considerations for Korean populations during assessment, diagnosis, and intervention stages of the nutrition care process.	November 2020
Complementary Alternative Medicine Guide and Presentation Virginia Tech MSND Program Medical Nutrition Therapy Blacksburg, VA <ul style="list-style-type: none">- Researched the use of Elderberry as treatment for respiratory illnesses	April 2021

Professional Membership & Activities

Academy of Nutrition and Dietetics	May 2018 – Present
Diabetes Dietetic Practice Group	March 2022 – Present
North Carolina Academy of Nutrition and Dietetics	March 2022 – Present
Dietetics Student Ambassador James Madison University	Aug. 2019 – March 2020