

# JOANNA CUMMINGS, MS RD CNSC

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## EDUCATION

### **Master of Science - Clinical Nutrition, May 2014**

*Oregon Health & Science University (OHSU), Portland, Oregon*

Thesis: "The Effects of Moderate Intensity Exercise on Plasma Phenylalanine Concentrations in Adolescent Boys with Phenylketonuria (PKU)"

Overall GPA: 3.90/4.0

### **Dietetic Internship, May 2014**

*Oregon Health & Science University/Portland Veterans Affairs Medical Center, Portland, OR*

### **Bachelor of Science – Human Nutrition, May 2012**

*Metropolitan State University of Denver, Denver, Colorado*

Overall GPA: 3.85/4.0

### **Bachelor of Science – Restaurant & Resort Management, June 1999**

*Colorado State University, Fort Collins, Colorado*

Overall GPA: 3.2/4.0

## LICENSURE

**Registered Dietitian (RD) #1069956**, Commission of Dietetic Registry  
**Certified Nutrition Support Clinician (CNSC) #7802380**

## INTERNATIONAL Country Director & Clinical Nutrition Instructor

### CLINICAL

***Lao-American Nutrition Institute (LANI)***

### EXPERIENCE

*Vientiane, Lao P.D.R.*

July 2016 – Present

- Established and implemented the first Clinical Nutrition program in a low-income country
- Led the design, curricular mapping, and implementation of a Clinical Dietetics certificate course for Lao nationals
- Collaboratively worked with the U.S. government, Pacific Aid Command, U.S. Army Corps of Engineers and Lao Ministry of Health to establish the LANI
- Negotiated with private-public partners to establish a Memorandum of Understanding (MOU) as the foundational document of the LANI
- Design and implement research studies on the impact of LANI and nutrition risk screen
- Oversee the administration and management of LANI's annual budget (\$50,000)
- Prepare quarterly reports for donors including Vejdusit Foundation and OHSU Global
- Daily medical nutrition therapy course instruction and clinical nutrition rounds in local hospitals with students and faculty
- Developed advocacy materials to increase funding for nutrition programs
- Developed culturally appropriate educational materials and a children's book for pediatric patients with thalassemia and leukemia

### **Instructor**

#### ***OHSU SE Asia Global Health and Graduate Programs in Human Nutrition***

*Portland, Oregon*

July 2016 – Present

- Conducted a needs assessment to identify the most common medical conditions in Lao P.D.R and correlating nutrition interventions
- Collected, compiled and analyzed dietary components of the traditional diet in Lao PDR
- Trained a local co-coordinator & built capacity to collect and analyze clinical data
- Led the development of manuscripts, abstracts, and scientific poster submissions
- Monitored and tracked progress on country activities and spending on a monthly basis
- Taught “Conversations in Global Health” and “Global Health for Medical Students”

### **CLINICAL EXPERIENCE**

#### **Clinical Dietitian - Oncology/Bone Marrow Transplant**

##### ***University of Colorado Health***

*Aurora, Colorado*

December 2014 – July 2016

- Inpatient and outpatient dietitian - Oncology and Bone Marrow Transplant
- Reviewed medical charts, counseled patients, provided timely and appropriate nutrition interventions and collaborated with other members of the health care team to accurately assess patients' needs
- Experience with enteral and parenteral nutrition care of hospitalized patients
- Collaborated with team to conduct a quality assurance project on hydration status in head & neck cancer patients
- Developed and implemented diet ordering protocol for patients with GVHD
- Compiled, organized and shared evidence-based presentations with the team

#### **Research Dietitian**

##### ***Children's Hospital Colorado/University of Colorado Anschutz Medical Center***

*Aurora, Colorado*

January 2015 – December 2015

- Grant-funded position (1 year) focusing on development of digital health tools, innovative educational approaches, programs and apps for patients with inherited metabolic diseases
- Developed new project proposals exceeding \$350,000 per project
- Conducted market analysis and presented project proposals to internationally recognized companies such as BioMarin and Nutricia

#### **Clinical Dietitian and Student Volunteer**

##### ***Inherited Metabolic Disease Clinic, Children's Hospital Colorado***

*Aurora, Colorado*

December 2010 – December 2015

- Reviewed medical charts, counseled patients, and collaborated with other members of the health care team to provide nutrition intervention
- Provided diet changes and new diet prescriptions as needed to patients with PKU
- Coordinated and led group nutrition classes for patients with Phenylketonuria (PKU) and Galactosemia
- Developed educational tools, handouts, and children's books for parents, patients and caregivers
- Coordinated yearly PKU/Galactosemia Camp in Wyoming for patients and parents

**TEACHING  
EXPERIENCE**

**Clinical Nutrition Instructor – Global Health & Nutrition  
*Oregon Health & Science University, Portland, Oregon***

July 2016 – Present

- Prepared and taught medical student / resident level nutrition and global health lectures
- Prepared and taught undergraduate level medical nutrition therapy courses
- Held extra help sessions and office hours
- Prepared and graded quizzes and exams

**Adjunct Professor – Sports Nutrition; Nutrition Education & Counseling  
*University of Northern Colorado, Greeley, Colorado***

August 2015 – December 2015

- Responsible for the preparation and delivery of online lectures and exams
- Graded reports and projects
- Evaluated performance of 35 undergraduate students per class

**Guest Professor – Medical Nutrition Therapy  
*Metropolitan State University of Colorado, Denver, Colorado***

August 2012 – May 2016

- Responsible for the preparation and delivery of medical nutrition therapy lectures:  
Inherited Metabolic Diseases, Pediatric Nutrition, Oncology, Enteral & Parenteral Nutrition
- Provided case study projects for the students to complete

**BUSINESS  
MANAGEMENT  
EXPERIENCE**

**Managing Partner – Met Ed LLC Medical Nutrition Consulting and Education  
*Boulder, Colorado***

January 2015 – January 2016

- Start-up company with three partners to develop and provide conferences and seminars for patients, caregivers and families
- Coordinated and produced high quality educational conferences for BioMarin, Nutricia, and Cambrooke Foods
- Produced 3-day cooking workshops at the Culinary Institute of America, Napa Valley, California for patients on a low-protein diet

**Editor – *Nutrition Management of Inherited Metabolic Diseases: Lessons from Metabolic University***

- Coordinated and edited 18 individual author chapters
- Completed all textbook layout and edits for final publication
- Worked closely with Springer Publishing Group to ensure timely production of text book
- Obtained permissions and copyrights as needed

**Store Director / General Manager – Tony's Meats**

*Centennial, Colorado*

June 2008 – January 2012

- Responsible for operations and sales of +2 million in high end meats and foods
- Oversaw management, hiring and discipline of 70+ employees and 5 managers

**District Manager / Regional Training Manager – Panera Bread**

*Centennial, Colorado*

December 2003 – June 2008

- Regional Training Manager responsible for training and new product roll-out at 21 Front Range stores while also a District Manager concurrently managing 3 stores in excess of \$2 million in sales per year

**Restaurant & Bar Manager – Dillon Dam Brewery**

*Dillon, Colorado*

September 1999 – July 2016

- Floor and Bar Manager for busy, seasonal restaurant and brewpub with over \$6 million in sales per year

**LEADERSHIP POSITIONS**

**Strategic Communications Chair**, International Affiliate of the Academy of Nutrition and Dietetics (formerly know as AODA), 2017- present

**AWARDS**

**Food & Nutrition Conference and Expo (FNCE) International Keynote Presentation**, 2018

**Transforming Vision into Action Award** from the Council on Future Practice, Academy of Nutrition & Dietetics, 2018

**Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition & Dietetics Management**, 2017

**Honorary Scholar, Flip the Clinic**, Robert Wood Johnson Foundation and Livestrong Foundation, 2015

**Graduate Student Commencement Speaker**, School of Medicine, 2014

**Award of Achievement**, Oregon Academy of Nutrition & Dietetics, 2014

**Creative Nutrition Education Award**, Academy of Nutrition & Dietetics, 2014

**Graduate Programs in Human Nutrition Travel Award**, 2014

**Oregon Health & Science University Graduate Travel Award**, OHSU 2013

**Ruth Mercer Memorial Scholarship**, Academy of Nutrition & Dietetics, 2013

**Frances E. Fischer Memorial Scholarship**, Academy of Nutrition & Dietetics, 2013

**Outstanding Student in the School of Professional Studies**, Metropolitan State University of Denver, 2012

**Dietetic Student of the Year**, Colorado Dietetic Association, 2012

**PUBLICATIONS**

**Helm JR.** Phenylketonuria and Exercise – Results from 2 case study reports. *Genetic Metabolic Dietitians International (GMDI) Spring Newsletter*, 2015.

Adams L, **Helm JR.** Factor Fusion Summer 2014 Newsletter. *Nutrition Tips for Patients with Hemophilia (English and Spanish)*. Puget Sound Blood Center, Seattle, Washington.

**Helm JR.** The effects of an acute bout of moderate intensity exercise on plasma amino acid concentrations in adolescent males with Phenylketonuria (PKU). *Oregon Health & Science University Library*. June 30, 2014.

**Helm JR.** The Pulse, OHSU Student Newsletter, Summer 2014. Essays: Temoignage; Get Lost in a Story; Serene Soldier.

Bernstein LE, **Helm JR**, Rocha JC, Almeida MF, Feillet F, Link RM, Giwezska M. Nutrition education tools used in phenylketonuria: clinician, parent and patient perspectives from three international surveys. *J Hum Nutr Diet*. 2013 Apr 23. doi: 10-1111/jhn.12065

Wright E, Thomas J, Bernstein LE, **Helm JR.** Medium Chain Acyl-CoA Dehydrogenase Deficiency (MCADD): A guide for patients and families. December 2013.

Bernstein LE, Gaughan S, Burns C, **Helm JR**, Sowa M, Barr E, Ramos B, Ngo S, Zakeri N. MMA/PA: mas opciones, Piensaen lo saludable! (Spanish translation). January 2012.

Bernstein LE, Gaughan S, Burns, C, Helm JR, Sowa M, Barr E, Ramos B, Ngo S, Zakeri N. MMA/PA: More choices: Think Healthy! January 2012

**BOOK  
PUBLICATIONS**

**Helm JR**, Bernstein LE, Kelly K. Max the Monkey has MCADD. ISBN: 978-1495808128

Bernstein LE, Rohr F, **Helm JR**. Nutrition Management of Inherited Metabolic Diseases: Lessons from Metabolic University. Springer Publishing Group. ISBN: 978-3-319-14620-1. June 2015

Bernstein LE, **Helm JR**. Penny el Pinguino tiene PKU (Spanish translation). ISBN: 978-0-692-41423-1

Bernstein LE, **Helm JR**. Penny Pingvin har PKU (Norwegian translation). ISBN: 978-1-4969-1774-4

Bernstein LE, **Helm JR**. Penny the Penguin has PKU. ISBN: 978-1-4772-8

**BOOK  
CHAPTERS**

**Helm JR**. Nutrition Education (Chapter 3). Nutrition Management of Inherited Metabolic Diseases: Lessons from Metabolic University. Springer Publishing Group, Poland. June 2015.

**ABSTRACTS**

**Helm-Cummings J**, Rasprasith S., Stadler D. Linking Learning to Clinical Application: Building Clinical Dietetics Capacity in Lao PDR (Lao translation). National Nutrition Symposium, Vientiane, Laos. October 30- November 1, 2017

**Helm-Cummings J**, Rasprasith S., Stadler D. Linking Learning to Clinical Application: Building Clinical Dietetics Capacity in Lao PDR. Food & Nutrition Conference and Expo (FNCE), Chicago, Illinois. October 21, 2017

**Helm-Cummings J**, Rasprasith S., Stadler D. Lao-American Nutrition Institute: Building Clinical Nutrition Capacity in Lao PDR. Experimental Biology, Chicago, Illinois. April 24, 2017.

**Helm-Cummings J**, Stadler D, Rasprasith S. Children of Sticky Rice: Lao-American Nutrition Institute Building Capacity to Train Dietitians in Lao PDR. Educational Innovation Symposium, Oregon Health & Science University. Portland, OR. April 14, 2017

Adams E, Gloeckner S, Stadler D, Recht M, Black A, **Helm J**. Food insecurity is associated with household insurance status and number of affected children among families of children with hemophilia. Experimental Biology, San Diego, CA. April 28, 2014.

Bernstein LE, Cusimano C, **Helm JR**. Expanding the group clinic experience: inclusion of parents. Genetic Metabolic Dietitians International (GMDI). Dallas-Fort Worth, Texas. April 24, 2014.

Adams E, Hargunani D, Hoffman L, Koehler A, Blaschke G, **Helm J**. Update on Dorenbecher Pediatrics Food Security Screening and Intervention. Oregon Public Health Association Annual Conference and Meeting (OPHA). Corvallis, Oregon. October 14, 2013

**Helm JR**, Bernstein LE, Rocha JC. Assessment of Current Nutrition Education Tools used in Long Term Dietary Compliance of Patients with Phenylketonuria (PKU): Results from two international surveys. Genetic Metabolic Dietitians International (GMDI). New Orleans, LA. April 19-21, 2012

**Helm JR**, Bernstein LE, Rocha JC. Effectiveness of Current Nutrition Education Tools used in Long Term Dietary Compliance of Patients with Phenylketonuria (PKU): Results from two international surveys. National PKU Alliance Conference. Philadelphia, PA. July 27, 2012.

Bernstein LE, White CJ, **Helm JR**, Rocha JC, Almeida MF, Link RM. An international survey of educational tools used in PKU dietary compliance. SSIEM. Geneva, Switzerland. August 30-September 2, 2011.

**FELLOWSHIP**     **Leadership and Education in Neurodevelopmental and Related Disabilities (LEND)** Child Development and Rehabilitation Center at OHSU, 2014

**INVITED SPEAKER**     **Food & Nutrition Conference and Expo (FNCE) 2018** “Innovative Partnerships: How collaboration leads to stronger global dietitians”, Washington D.C. October 22, 2018

**Potsdam University**, “*Crouching Tiger, Hidden Dragon: Double burden of disease in low resource countries*”. October 3-7, 2016. Vientiane, Lao P.D.R

**Zagreb University**, “*Coming of Age: Digital Health Education Tools used in the management of PKU*”. October 21-23, 2014. Zagreb, Croatia

**Child Development and Rehabilitation Center**, “*Nutrition Management in Children with Special Healthcare needs*”. OHSU, April 2014

**SKILLS**     Computer: MS Word, MS Excel, MS PowerPoint, EndNote, Adobe Captivate  
Languages: Fluent English, Intermediate Lao, Intermediate Spanish

**HOBBIES**     Mountain biking, road biking, horse training, rock climbing, weight lifting, traveling