

AIKATERINI BALASKA

PROFESSIONAL EXPERIENCE

24/06/2017- 19/08/2017 Substitute (Locum) Dietitian NHS: Southport & Ormskirk Hospital

Responsible for acute, in-patient dietary treatment in various wards and areas of expertise:

- Nutritional support (oral NS, enteral and parenteral nutrition)
- Gastroenterology (IBD, coeliac, GI cancers, liver and renal)
- General medicine, endocrinology, cardiology and surgical wards
- Stroke Unit
- Oncology

October 2004 – Present Lead Dietitian Private Dietetic Clinic in Athens, Greece

- Producing nutrition plans for managing chronic diseases in a community – outpatient setting (coeliac, colitis, IBS, Low residue Diet, type 1 and 2 DM, Gestational DM, allergies, obesity, eating disorders, food intolerances) for both adults and children
- One-to-one consultations for dietary advice, using motivational interviewing skills to help clients make lifestyle changes
- Providing nutritional counselling, support and advice to adults, pregnant and breastfeeding women, adolescents, children, and babies
- Breastfeeding consultations both as a Lactation Consultant and as a Dietitian to support the dyad mother-baby
- Producing information packs including leaflets, diet sheets, posters, newsletters, and PowerPoint presentations to be utilized for educational purposes
- Delivering health promoting talks in the community (schools, public and private organizations, health related clubs and gyms as well as maternity units – prenatal talks)
- Managing the team of a dietetic assistant, a secretary and a physical activity instructor within the dietetic clinic to work effectively with each other
- Balancing between the scientific evidence based work and the marketing issues of a well reputed private dietetic clinic with more than 7,000 clients

December 2003 – April 2004 Substitute (Locum) Dietitian NHS: James Paget Hospital, Norfolk

- Producing clear and concise plans for patients based on their specific dietary needs and requirements
- Responsible for acute, in-patient dietary treatment in various wards and areas of expertise, as well as outpatient clinics and community work
- Delivering healthy eating talks to adults who had survived a stroke or a heart attack twice per week
- Attending meetings with the rest of the dietetics department staff
- Liaison with the GPs of the Great Yarmouth area to achieve the best health outcome for our client/patient

EDUCATION

National Centre for Eating Disorders (NCFED), UK

Diploma in Practitioner Skills for Eating Disorders, 2008

Bristol University, England, UK

MSc in Nutrition, Physical Activity and Public Health, 2005

The Robert Gordon University, Aberdeen, Scotland, UK

BSc (Hons) in Nutrition and Dietetics, Grade: 2:2, 2003

Experimental Lyceum of Agioi Anargyroi, Athens, Greece (1995-1998)

CERTIFICATIONS

- International Board Certified Lactation Consultant (**IBCLC**)

REGISTRATIONS

- **HCPC**: UK registered Dietitian, registration number: DT09323
(registered from 22/03/2017 until 01/07/2018)
- **IBLCE**: International Board Certified Lactation Consultant, number: 312-78307
(certified from 30/07/2012 until 31/10/2022)