

DEBORAH WESTGATE, R.D.
CONSULTANT DIETITIAN

Profile: *I have more than 25 years of experience as a Consultant Dietitian. I have an excellent success record with the DHS surveys; my clients experience clean surveys for nutrition documentation, weight changes and dietary services. What sets me apart is that I am pro-active, I consistently take the initiative to implement programs to identify high risk residents in order to implement personalized plans to reduce the number of weight losses and improve the quality of their care. I get to know my residents and work closely with the interdisciplinary team and the physicians. My documentation is timely and thorough and I am always accessible to the facility.*

Education

2008-present **Coach University** at coachu.com advanced course certification.
2001-2003 **Coach University** at coachu.com certification.
1979.1982 **Bachelor of Science in Dietetics** at University of California at Davis,
Davis, CA

Work Experience:

6/2008 to present **Consultant Dietitian** for Assisted Living, Santa Barbara, CA
Sanitation audits, meal service, dining room observation and QA
department for
optimum service. Develop and provide continuing education. Resident
assessment and recommendations as needed.

9/2007 to present **Wellness Coach** I coach clients around achieving long-term health and
fitness
goals so they can successfully live their best lives. Ventura County Fire
Department.

11/2005 to present **Consultant Dietitian** at Mission Terrace, Samarkand, Sylmar Health
and Rehabilitation Center, Santa Barbara, CA. Los Angeles, CA. Provide
clinical documentation of MDS assessments, weights, skins, tube feedings
and labs. Assist the Director of Dining Services with culture change and
QA department for optimal service. Sanitation audits, dining room
observation, etc.

10/2012 to 2/2014 **Wellness Coach/Dietitian** at California Health and Longevity
Institute, Westlake Village, CA. Coach executives and members of the
community to make permanent lifestyle changes.

9/1990-6/2004 **Consultant Dietitian** in Private Practice, Stockton, CA
Individual counseling for clients in physician offices regarding diet and
life style changes. Created and presented individual counseling materials
and classes for all areas of nutrition including weight loss, cancer, heart
disease, renal disease, pulmonary disease and diabetes. Worked closely
with physicians to ensure adequate nutrition education and guidance was
provided.

9/90-6/2004 **Consultant Dietitian** in Long Term Care, Stockton, CA
Provide clinical documentation of MDS assessments, weights, skins, tube
feeders,
and labs. Assist the Director of dining Services with culture change and
QA
department for optimal service. Sanitation audits, dining room
observation, etc.

6/1987-9/1990 **Senior Dietitian** at Doctors Medical Center, Modesto, CA
Managed and trained clinical dietitians and diet technicians in an acute care setting. started an out patient nutrition care program. Worked closely with the billing department to establish reimbursement procedures.

6/1984-6/1987 **Clinical Dietitian** at St. Joseph's Hospital, Stockton, CA
Clinical Dietitian for an acute care facility. Specializing in heart disease, diabetes, cancer and pulmonary disease. Provided out patient class for weight loss, heart disease and cancer.

Member: American Diabetes Association, American Dietetic Association, American Heart Association, American Cancer Society. CDA.

References Available Upon Request