

Melissa Prest, DCN, MS, RDN

Education

Rutgers, The State University of New Jersey

Doctor of Clinical Nutrition

2019

Doctoral research project: "Test-Retest Reliability and Validity of the Nutrition-Specific Quality of Life Questionnaire"

University of Medicine and Dentistry of New Jersey, Newark, New Jersey

M.S. Clinical Nutrition

2010

Thesis: "The Assessment of Nutritional Status in One Outpatient Maintenance Hemodialysis Center by Subjective Global Assessment, Malnutrition Inflammation Score, and a Comprehensive Nutrition Assessment: a Cross-Sectional, Prospective Study to Determine the Level of Agreement"

Loyola University, Chicago, Illinois

Dietetic Internship

2003

Bradley University, Peoria, Illinois

B.S., FCS-Dietetics

2000

Professional

Commission on Dietetic Registration

Registered Dietitian Nutritionist

2003

Certificate of Training in Adult Weight Management

2005

Board Certified as a Specialist in Renal Nutrition

2012-2022

State of Illinois

Licensed Dietitian Nutritionist

2003

Related Experience

National Kidney Foundation of Illinois

2019 - present

Foundation Dietitian

- Coordinates nutrition activities of the Foundation.
- Develops nutrition content for KidneyMobile screenings and attends screening events.
- Coordinates dietitian volunteers for NKFI events and education.
- Provides nutrition talks for patients at Living with Kidney Disease programs.
- Provides nutrition talks for community partners.
- Serves as a nutrition resource for the greater Illinois CKD patient population.
- Provides education and counseling for persons with CKD and their families.
- Develops educational programming for patients and families.
- Manages Kidneys in the Kitchen television and media program.
- Updates and develops patient education materials related to nutritional management of CKD.
- Recipe development and recipe modification for Everyday Eating publication.
- Works with the renal nutrition council and professional advisory board.
- Updates nutrition-related content on NKFI website.
- Manages nutrition blog for NKFI website.

- Provides nutrition tips for NKFI podcast.
- Assists with grant review and application for nutrition project related grants.

Fresenius Kidney Care, Chicago, IL

Lead Dietitian

2013 - 2019

- Communicated nutrition services policies and goals with operations team and field renal dietitians.
- Worked with operations and clinic management team for interviewing and hiring new renal dietitians.
- Coordinated new renal dietitian orientation and training.
- Mentored and provides expertise to renal dietitians in their clinic role.
- Provided presentations on nutrition services to operations team and field renal dietitians.
- Planned and lead renal dietitian meetings.
- Lead and managed nutrition services projects.
- Worked as a renal dietitian in the clinic (see duties described below).

Renal Dietitian

2008 - 2019

- Responsible for bone disease management of hemodialysis and peritoneal dialysis patients.
- Conducted routine nutrition assessments to determine nutritional status.
- Worked with the interdisciplinary team to develop patient-centered care plans.
- Provided nutritional counseling and education on therapeutic diets.
- Reviewed monthly nutrition related laboratory work with in-center and home dialysis patients.
- Member of quality assurance team to improve patient outcomes.
- Provided presentations on journal articles and research at regional dietitian meetings.
- Trained new renal dietitians.
- Precepted dietetic internship students.

Cynthia Chow and Associates, Chicago, IL

Consultant Dietitian

2007- 2010

- Assessed residents at nutrition risk in long term care facilities.
- Provided support to food service operations including staff education and in-services.
- Provided education and counseling to residents, including community presentations.

Saints Mary and Elizabeth Medical Center, Chicago, IL

Clinical Dietitian

2003 - 2007

- Completed nutritional assessments, care plans, and patient education per facility protocol.
- Worked within interdisciplinary teams to provide quality clinical care for patients.
- Trained new staff and preceptor for dietetic interns.
- Revised and reviewed policy and procedures and clinical nutrition structure.
- In-serviced medical residents about nutritional formulary products.
- Developed meal patterns for diabetic patients based on carbohydrate counting.
- Member of Health Awareness Committee to promote health and wellness of hospital employees.
- Developed newsletter articles and handouts.
- Participated in planning national nutrition month activities and community health fairs.
- Provided a community nutrition presentation to a Chicago Public Library branch.
- Developed and presented outpatient cardiac rehabilitation educational sessions.

Lexington Healthcare Center, Lake Zurich, IL

Food Service Director

2000 - 2002

- Oversaw foodservice operations for a 200-bed nursing home.
- Managed a staff of 17 along with budget control, ordering, inventory, scheduling, and in-servicing.
- Planned and organized large scale in-house catering functions.
- Successfully passed state and county health inspections without deficiencies.

- Collected and created quality assurance data reports.
- Implemented HACCP standards in foodservice operations.
- Worked with consultant dietitian to develop a weight monitoring program and high calorie foods program.

Education

Adjunct Lecturer

- Benedictine University **2023**

Guest Lecturer – Renal Nutrition

- Dominican University **2018**
- Rutgers, School of Health Professions **2019-Present**
- Cedar Crest College **2021-Present**
- Benedictine University (Intro to Dietetics) **2021, 2022**

Awards

- Illinois Academy of Nutrition and Dietetics **2014**
 - Emerging Dietetic Leader
- Rutgers School of Health Professions **2019**
 - Service Award

Professional Presentations

- Regional Renal Dietitian Meeting for Fresenius Medical Care of North America **2009**
 - Nutrition Assessment using Subjective Global Assessment and Malnutrition Inflammation Score
- National Kidney Foundation Spring Clinical Meetings **2011**
 - Poster presentation: Assessment of Nutritional Status by Subjective Global Assessment, Malnutrition Inflammation Score, and a Comprehensive Nutrition Assessment: a Prospective Study.
 - Statistics 101: Practical Applications from Abstract Winners
- National Kidney Foundation of Illinois Fall Interdisciplinary Meeting **2012**
 - Physical Assessment Workshop for Registered Dietitians
- West Suburban Dietetic Association **2013**
 - Physical Assessment for Registered Dietitians
- Illinois Council on Renal Nutrition **2014**
 - Mobile Applications to Revolutionize Your Nutrition Practice
- National Kidney Foundation Spring Clinical Meetings **2014**
 - Mobile Applications to Revolutionize Your Nutrition Practice
- National Kidney Foundation Spring Clinical Meetings **2017**
 - Nutritional Quality of Life in CKD
- National Kidney Foundation of Illinois **2018**
 - Preventing Professional Burnout
- Nutricia (webinar) **2018**

<ul style="list-style-type: none"> • What Can I Eat? Nutrition Basics for Chronic Kidney Disease 	
National Kidney Foundation Spring Clinical Meeting	2019
<ul style="list-style-type: none"> • Nutrition-Focused Physical Exam • Panel Discussion on Career Options • Poster Presentation: Test-Retest Reliability of Nutrition Specific Quality of Life Questionnaire 	
American Diabetes Association Scientific Sessions	2019
<ul style="list-style-type: none"> • Diabetes in Special Populations – Renal Disease 	
Management in Food and Nutrition Systems DPG (Webinar)	
<ul style="list-style-type: none"> • Preventing Burnout 	2020
Diabetes Dietetic Practice Group/Renal Dietitian Practice Group (Webinar)	2020
<ul style="list-style-type: none"> • Caring for the Diabetic Kidney Disease Patient 	
Global Renal Internet Course for Dietitians (Pre-recorded)	2021
<ul style="list-style-type: none"> • Dietary Intake Assessment Methods 	
Becky Dorner	2021
<ul style="list-style-type: none"> • Unraveling the Mystery of Protein Energy Wasting (Webinar) • Tip and Tricks for Inflammation 	2022
Nutritionist-Dietitians' Association of the Philippines	2022
<ul style="list-style-type: none"> • Acute Kidney Injury and COVID-19 (pre-recorded) 	
National Kidney Foundation Spring Clinical Meetings	2022
<ul style="list-style-type: none"> • Tips and Tricks for Inflammation (pre-recorded) • Patient Engagement Panel 	
Catalyst – The Training Lab Middle East (Webinar)	2022
<ul style="list-style-type: none"> • Protein Energy Wasting and Nutrition Care Process • Behavioral Science Strategies Dialysis Case Management 	
Nebraska Academy of Nutrition and Dietetics	
<ul style="list-style-type: none"> • Nutrition Focused Physical Exam 	2022
North American Transplant Conference (Webinar)	2022
<ul style="list-style-type: none"> • Malnutrition in CKD 	
National Kidney Foundation Spring Clinical Meetings	2023
<ul style="list-style-type: none"> • Kidney Diet for People with Chronic Kidney Disease • Vitamin and Mineral Considerations in Kidney Disease 	
Illinois Council on Renal Nutrition	2023
<ul style="list-style-type: none"> • Vitamin and Mineral Considerations in Kidney Disease 	
Global Renal Internet Course for Dietitians (Pre-recorded)	2023

- Understanding Urea Kinetic Modeling
- The Art of Nutritional Care to Manage People with Chronic Kidney Disease

Catalyst – The Training Lab Middle East (Riyadh)

2023

- Navigating Challenges in Chronic Kidney Disease

Publications

Renal Nutrition Forum

- Prest M. App review: Pocket Dietitian. *Renal Nutrition Forum*. 2013;32(1):17.
- Prest M. App review: NKF Food Coach. *Renal Nutrition Forum*. 2014;33(4):28.

Journal of Renal Nutrition

- Prest M. Product Update: Mobile Phone Applications for Kidney Patients. *J Ren Nutr*. 2013;23(4):e83-e85 .
- Prest M, Parrott JS, Byham-Gray L. Test-Retest Reliability and Validity of the Nutrition-Specific Quality of Life Questionnaire. *J Ren Nutr*. 2020 Mar;30:145-153.
- Kopple JD, Karupaiah T, Chan M, Burrowes JD, Kirk J, Prest M. Global Renal Internet Course for Dietitians (GRID Course). *J Ren Nutr*. 2021 Mar 31:S1051-2276.
- Prest M. Hepatitis C and Chronic Kidney Disease. *J Ren Nutr*. Volume 32, Issue 4, E15, July 2022.
- Prest M. Nutrition Interventions for the Management of Gout. *J Ren Nutr*. Volume 33, Issue 2, E1-E3, March 2023.

Journal of the Academy of Nutrition and Dietetics

- Lennon S, DellaValle D, Rodder S, Prest M, Sinley R, Hoy K, Papoutsakis C. 2015 Evidence Analysis Library Evidence-Based Nutrition Practice Guideline for the Management of Hypertension in Adults. *J Acad Nutr Diet*. 2017;117(9):1445-1458.e17.

Book Chapter

- Prest M. (2020). Suggested resources for the practitioner. In J. Burrowes, C. Kovesdy, L. Byham-Gray (Ed.), *Nutrition in Kidney Disease, Nutrition and Health* (pp. 661-676). Cham, Switzerland: Humana Press.
- Colman Carlson S, Prest M. (2023). Appendix: Resources for Kidney Disease. In J. Gonyea, S. Phillips (Ed.), *Clinical Guide to Nutrition Care in Kidney Disease* (pp. 475-479). Chicago, IL: Academy of Nutrition and Dietetics.

Professional Affiliations/Volunteer Leadership

Academy of Nutrition and Dietetics

- **National Media Spokesperson** 2020 - present
- **Renal Dietitians Dietetic Practice Group**
 - Electronic Media Manager 2016 - present
 - Social Media Chair 2015 – 2016
 - Patient Electronic Applications Chair and External Website Reviewer 2014 – 2016
 - iPad subcommittee chair 2012 – 2014
- **Evidence Analysis Library Hypertension Guideline Update Workgroup** 2012 - 2016

Illinois Academy of Nutrition and Dietetics

- **Nutrition Services Payment Specialist** 2019 - 2023
- **President** 2017 – 2018
- **Past Roles**
 - CPI committee member/Poster Presentation Chair

Chicago Academy of Nutrition and Dietetics

- **Historian** 2017 – 2022
- **President** 2015 – 2016
- **Past Roles** 2009 - 2015
 - Social Media and Communications Chair
 - Program Committee Member
 - Nominating Committee
 - National Nutrition Month Committee

Greater Seattle Dietetic Association

- **Continuing Education Committee** 2021 – 2023
- **President-Elect** 2023

National Kidney Foundation

- **Council on Renal Nutrition Program Committee Chair** 2019 – 2022
- **Global Renal Internet Course for Dietitians Committee Member** 2020 - present
- **Journal of Renal Nutrition Editorial Board Member** 2019 – present
- **Journal of Renal Nutrition Patient Education Editor** 2022 – present

National Kidney Foundation of Illinois

- **Council on Renal Nutrition/IL-NKF Council on Renal Nutrition Affiliate**
 - President 2013 - 2017