IVANA ALEJANDRA RASCHIA

Licensed Nutritionist – Native Spanish Translator

A well-presented, self-motivated and confident Licensed Nutritionist with experience of assessing patients’ nutritional needs and then developing and implementing nutrition programs and customized meal plans forthem. Looking to further an already successful career as a freelance general and medical translator.

**PERSONALDETAILS**

Address: 2029 San Luis st, 1st Floor D Department Mar del Plata, Province of Buenos Aires, Argentina

Age: 41 years old

Date of birth: 10/15/1979

Marital status: Single
Cell phone: +5492235251887
E-mail: ivaraschia@gmail.com

**AREAS OF EXPERTISE**

Nutritional issues, health promotion, nutritional calculations, menu analysis, developing nutritional care plans, Obesity, Cardiovascular Risk Factors (Obesity and Overweight, Dyslipidemias, Hypertension, Diabetes and Metabolic Syndrome.
English to LA Spanish – Spanish to USA English – Brazilian Portuguese to LA Spanish – General content – Pharma – Healthcare – medical devices- Christian content.

**WORK EXPERIENCE**

03-2020/ present. Freelance Spanish Translator at Massachusetts General Hospital. Reference: ncolleman@mgh.hardvard.edu.

07-16/ 06-2018: Online nutritional counselling at A New Better Life. Duties: Providing feedback and nutritional support to clients through Facebook. Reference: Matthaeus Grasso: matthaeusgrasso@gmail.com

06-2017/ present: Medical translator at EviMed. Reference: Dr. Alvaro Margólis: alvaro.margolis@evimed.net.

01-2012 / present: Medical and general translator from English to Spanish, Spanish to English and Portuguese to Spanish. Duties: Translation of general content (websites, product descriptions, e-books) and medical content (healthcare and pharma industry, ICFs, medical websites). I worked mainly through Upwork (Link to profile: <https://www.upwork.com/freelancers/~01441e1f74608e6c96>), People as a Service (<https://www.paas.ws/Profile/Index/8672> ). References Joël Hoornveld (from Meditech Europe), info@multiwaveoscillator.nl, Andrea Zambrana (Zambrana Health Coach), andreazq5@hotmail.com , andreazq5@gmail.com , Danielle Bernardo (QOL Labs), 1 212-765-5227, Moussena Kermasha (New Roots Herbal Inc), info@newrootsherbal.com.

09-2016/ present: Spanish translator and proofreader at Valuepoint Knowledgeworks. Lda. References: Subiya Saudat, Project Manager, subiya.s@knowledgew.com and Chitra M, Human Resources, chitra.m@knowledgew.com. On 2017, I worked on a large project, a translation and proofreading from ENG to SP of several booklets related to food and beverages. Company: Nomad Foods Europe. Project manager: Subiya Saudat. I also work as a freelance translator at Synergium. References: Raimonda Šukaitė: raimonda.sukaite@synergium.eu.

08-2016/ present: Online nutritional counselling at tipsdefitness.com.

05-2013/ 10-2015: Nutritionist at Magra ([www.magraapp.com](http://www.magraapp.com)). Duties: Development of social media strategy and creation of content for all social media channels (Facebook, Twitter, Pinterest, Instagram) for the site. Nutritional counselling to clients.

01-2012 / present: Medical writer. Duties: Writing articles related to nutrition and health (including SEO techniques) in English and Spanish. I have written for [www.renewyou.com](http://www.renewyou.com), [www.magraapp.com](http://www.magraapp.com), [www.saludmedica.com](http://www.saludmedica.com). I have written articles, blog posts and e-learning documents for different audiences, including fitness professionals and as well as content directed to a more general audience with interests in health and nutrition.

01-2006 / 12-2012: Nutritionist at PROMMESA. Duties: nutritional counseling for obese patients.

01-2009 / 08-2010: Study Coordinator at Instituto de Investigaciones Clínicas de Mar del Plata. Duties: Data Entry. Administration and oversight of clinical research protocols.

01-2006 / 05-2007: Manager of Nutrition Area at CINO (Centro Interdisciplinario de Nutrición y Obesidad). Duties: Nutritional counseling to patients with pathologies related to nutrition (obesity, cardiovascular risk factors, eating disorders, etc). Assessment of anthropometry, dietary habits and physical activity regarding patient and environment. Nutritional diagnosis. Multi-disciplinary treatment with clinical and psychology areas.

07-2005 / 12-2005: Internal nutritionist at HIEMI (Hospital Interzonal Especializado Materno Infantil, Dr. Victorio Tetamanti). Duties: Supervision of the preparation and meals service. Assessment, treatment and evaluation of patients referred to the Dietetic Service, to ensure that each patient has an individually tailored care plan to meet their needs, one that includes a dietary approach to the treatment disease and health conditions. Liaising with nursing & catering staff to provide special therapeutic diets, instructing patients and carers clearly on what to eat and when. Maintaining communication with patients on an outpatient basis to ensure that they are continuing to eat a healthy diet, as well as providing nutritional counseling of renal and diabetic groups.

01-2005 / 06-2005: Nutritionist at Centro de Investigaciones Cardiológicas. Duties: Private practice. I treated cardiovascular diseases and / or other cardiovascular risk factors. Assessment of anthropometry, dietary habits and physical activity regarding patient and environment. Nutritional diagnosis. Customized treatment.

**ACADEMIC QUALIFICATIONS**

05-2013 / 12-2013: Latin American Course of Child Nutrition. Hospital Nacional Ricardo Gutierrez.

02-2010: Site Quality Program Training of Parexel International (Site qualification, source document, Informed Consent Process, Patient Eligibility, Adverse Event/ Serious Adverse Event/ Safety Report, Investigational Product and Archiving/ Site Regulatory Binder. PAREXEL.

06-2009: Course of Good Clinical Practices. FEFYM. (Fundación de Estudios Farmacológicos y de Medicamentos”.

03-2006 / 07-2006: Postgraduate Course: Update on the clinical management of patients with chronic renal failure and associated comorbidities. Asociación Nefrológica de Buenos Aires.

04-2005 / 12-2005: Postgraduate Course: Obesity. Universidad Dr. René Favaloro.
08-2004 / 12-2004. Postgraduate Course: Nutritional Care in Cardiovascular Disease and Risk Factors. Argentina Sociedad Argentina de Nutrición.
03-1998 / 03-2005. Bachelor degree in Nutrition. Universidad FASTA.

LANGUAGES: English, Portuguese.

Computer skills: Office, Windows, Email management.