

**Karen Geismar, MS, RD, LD, CNSC**  
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**Education:** M.S. Nutrition, August 1998, Texas Woman's University  
Thesis: "Growth Factors In Human Milk and the Rate of Growth in the Preterm Infant"  
B.S. Computer Science, 1986, Oklahoma State University

**Current Position** 10/2008 to Present

Dietetic Internship Director, Lecturer 7/2013 to Present  
Department of Nutrition and Food Sciences, Texas A&M University

- Dietetic Internship Director for Combined Graduate Degree and Non-Degree dietetic internship program.
- Teaching responsibilities:
  - NUTR 202: Fundamentals of Human Nutrition
  - NUTR 404: Nutrition Assessment and Planning
  - NUTR 481: Nutrition Seminar

**Clinical Experience:**

St. Joseph Regional Rehabilitation Center: 08/2007 to 9/2008

Clinical Dietitian, Part time

- Nutrition assessment and management for Rehabilitation Unit. Realm of nutrition management includes modified diets, wound healing needs, enteral nutrition and parenteral nutrition
- Diet education of modified and specialized diets
- Work with foodservice management on menu preparation, quality assurance
- Instruction of outpatient Diabetes Course with diabetic nurse educator as well as the Bariatric Pre-Surgery Seminar with the bariatric nurse coordinator

Dubuis Hospital of Bryan 05/2008 to Present

PRN Dietitian

- Nutrition assessment and management for long term acute care hospital. Realm of nutrition management includes modified diets, wound healing, nutrition support
- Diet education for modified and specialized diets
- Work with multiple disciplines for patient care and performance improvement projects
- As this is a new facility, assisted with the review of policies and procedures, enteral formulary, and ongoing monitoring and adjustment of nutrition related processes

Choice Home Care

09/2008 to 9/2008

PRN Dietitian

- Nutrition education and assessment for local home health agency on a referral basis
- Diet education for specialized diets or specific needs such as for wound healing
- Nutrition assessment and recommendations for enteral nutrition support clients

Hermann Memorial Hospital:

09/2004 to 05/2007

Clinical Dietitian III

- Coverage responsibilities include Level 1 trauma and surgery ICU, trauma/orthopedic floor and intermediate medical unit
- Develop, implement and assist with management of nutrition care plans for complex critically ill trauma, surgery, and medicine patients on enteral and parenteral nutrition support
- Participate in patient care rounds with those of other disciplines such as pharmacist, doctors, and nurse practitioners to provide optimal nutrition care
- Make nutrition support presentations monthly for medical students, interns and residents assigned to the Surgery/Trauma ICU
- Had the opportunity to work with dietetic interns from local dietetic program, medical students, interns and residents for the University of Texas Medical School at Houston

Parkland Health & Hospital System:

08/1998 to 06/2004

Advanced Practice Dietitian

Dietitian at HIV/AIDS outpatient clinic (04/2002 to 06/2004):

- Educated patients for variety of nutritional and metabolic issues associated with HIV/AIDS and treatment side effects
- Performed and interpreted bioelectrical impedance analysis
- Supervised and mentored dietetic interns
- Presentations to community and professional organizations

Previous Assignments (08/1998 to 04/2002):

- Member of the Nutrition Support Team. Coverage assignments included the Medical Intensive Care Unit and the Neonatal Intensive Care Unit
- Team Leader over other clinical dietitians: performed mentorship, advising, and coordination of staff coverage

**Additional Work and Internship Experience:**

TWU-Denton Dietetic Internship

6/97 to 12/97

Internship experiences included Parkland Memorial Hospital Outpatient Services with an emphasis on HIV/AIDS, Children's Medical Center with an emphasis on oncology and hematology, Baylor Medical Center at Irving with experience in medical nutrition therapy and nutrition support.

### **Memberships and Community Activities:**

Present:

- Academy of Nutrition and Dietetics (Academy)
- Texas Academy of Nutrition and Dietetics
  - Texas Academy of Nutrition and Dietetics Foundation Treasurer-elect, 2014-2015
  - Texas Academy of Nutrition and Dietetics Foundation Treasurer-elect, 2013-2014
  - Texas Academy of Nutrition and Dietetics Medical Nutrition manual co-chair, 2010-2013
    - Served as editor for 3 sections of manual
- Mid-East Texas Dietetic Association (METDA)
  - Treasurer 2009-2011
  - Coordinator for website development
- Dietitians in Nutrition Support Academy Dietetic Practice Group
- Dietetic Educators of Practitioners Dietetic Practice Group
- Sports, Cardiovascular, and Wellness Nutrition Dietetic Practice Group

Past affiliations:

- American Society of Parenteral and Enteral Nutrition (ASPEN)
- Houston Area Dietetic Association (HADA)
- Dallas Dietetic Association (DDA)
- Served as Public Relations Chair and committee member for DDA Spring Seminar
- Committee member for First Annual DDA Cookbook
- Nutrition Educator at Nelson Tebedo Clinic as part of Dallas HIV Nutrition Advocacy Group

### **Publications:**

Allred C, Geismar K, Turner N. *Nutrition: Real People, Real Choices*. 3<sup>rd</sup> ed. St. Louis, MO: Kendall-Hunt; expected date of publication August 2015.

Geismar K. Nutrition and the Immune Function. In: Grota P., ed. *APIC Text of Infection Control and Epidemiology*. 4<sup>th</sup> ed. Association for Professionals in Infection Control and Epidemiology; 2014: online.

Geismar K. Potential Health Benefits of Resveratrol: Cancer and Caloric Restriction. *Wellness/CV Connection*. 2010; 2(3): 3-4.

Geismar K. Potential Health Benefits of Resveratrol. *Wellness/CV Connection*. 2010; 2(2): 3-4.

Update of the chapter "Nutrition Care in HIV Infections and AIDS" for the *TDA Medical Nutrition Therapy Manual*

### **Presentations:**

"Success to a Happier and Healthier Life" for Excellence uniting Culture, Education, and Leadership (ExCEL) annual conference for freshmen orientation, Texas A&M, August 28, 2009.

"Getting a Rainbow in Your Diet: The Health Benefits for Fruits and Vegetables" St. Joseph Health System Community Outreach, Franklin, TX, March, 2008

“Malnutrition and Dietary Management” CCRN Preparation Course, Houston Area Collaborative Critical Care Program, March 2005; April 2006, April 2007

“Nutrition Care in the Hospitalized Patient” collaborative effort for The Houston Area Association of Nurse Practitioners, March 2006

“Certified Nutrition Support Dietitian: Roles and Responsibilities” for Texas Southern University class of Nutrition and Pharmacy students. October 2004

Annual HIV/AIDS Nutrition presentation for the dietetic interns of Texas Woman’s University, Baylor Hospital, and Presbyterian Hospital internship programs, as well as the University of Texas Southwestern Dietetic Program. 2002-2004

“Composition of Body Changes in Patients on Didanosine and Stavudine,” Poster presentation at the United States AIDS Conference, New Orleans, LA, 2003.

Community Service presentation at AIDS Interfaith Network lunch program.

“Nutrition in Women with HIV” for First Annual Women and HIV Symposium hosted by The Texas/Oklahoma AIDS Education Training Center. March 2004

Nutrition Educator for Operation Frontline Courses, coordinated by The North Texas Food Bank, 1998-1999