

# SHAEKIRA LANAE NIEHUSER, MS, RD, CNSC

1515 East 38<sup>th</sup> Avenue, Spokane WA 99203  
(425)466-4264  
Shaekira.niehuser@wsu.edu

## EDUCATION

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<b>Master of Science-Nutrition &amp; Dietetics, DPD</b> Kenmore, Washington	<b>Bastyr University</b>	7/10-6/12
<b>Bachelors of Science-Biology</b> Spokane, Washington	<b>Gonzaga University</b>	8/03-5/07
<b>Dietetic Internship</b> Corpus Christi, Texas	<b>Texas A&amp;M University-Kingsville</b>	7/12-5/13

## PROFESSIONAL EXPERIENCE

### Clinical Assistant Professor

Washington State University, Spokane, Washington 8/16-Present

- Courses: Advanced Medical Nutrition Therapy (NEP 537), Science and Practice in Clinical Nutrition (NEP 542), and Clinical Supervised Practice (NEP 540)
- Developing creative and engaging lectures, case studies and assignments to educate and inspire dietetic students
- Developed and coordinated the addition of four simulation labs to NEP 537 for hands-on application of topics and to better prepare students for Clinical Supervised Practice
- On-site clinical preceptor for dietetic interns at Providence Sacred Heart Medical Center
- Specialty topics: Malnutrition, Nutrition Focused Physical Exam, Enteral and Parenteral Nutrition, Critical Care Nutrition, Gastrointestinal Disorders, and Micronutrient Metabolism

### Registered Dietitian

Providence Sacred Heart Medical Center, Spokane, Washington 7/13-Present

- Specializing in nutrition support for patients in the adult critical care units
- Conducting the nutrition care process on adult inpatients using evidenced based guidelines
- Developed nutrition focused physical exam (NFPE) training plan and implemented the Academy of Nutrition and Dietetics competency evaluation for Sacred Heart dietitians
- Ongoing development of NFPE documentation tool in EPIC for consistent documentation by dietitians
- Leading NFPE training sessions for Sacred Heart dietitians as an Academy of Nutrition and Dietetics Peer Champion for NFPE Training
- Leading peer education meetings for members of the food and nutrition department and nursing staff

### Adjunct Faculty Member

Washington State University, Spokane, Washington 10/15-6/16

- Course: Advanced Medical Nutrition Therapy (NEP 537)
- Developing creative and engaging lectures, case studies and assignments to educate and inspire the dietetic students
- Preparing students for dietetic internship rotations in clinical nutrition
- Specialty topics: Malnutrition, Enteral and Parenteral Nutrition and Critical Care Nutrition

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## Registered Dietitian

Gold's Gym, Spokane, Washington

12/13-8/14

- Outpatient nutrition counseling focusing on weight loss, & weight maintenance through healthy lifestyle modifications

## Group Fitness Instructor

10 Fitness Locations in Seattle & Spokane, Washington

6/10-12/15

- Motivated and encouraged a variety of students participating in group fitness classes based off the principles of exercise physiology and kinesiology
- Developed new fitness programs and formats to increase member participation

## Nutrition Research Diet Assistant

Fred Hutchinson Cancer Research Center, Seattle, Washington

1/12-6/12

- Assisted research chefs in a large production kitchen to prepare food items for research studies, organized research materials, assisted with product inventory, and kitchen cleaning and maintenance
- Demonstrated ability to pay close attention to details, self-manage and work as a team

## Nutrition Planning Team Leader

WSU Sleep and Performance Research Center, Spokane, Washington

8/06-5/07

- Developed nutrition protocols and cost effective, cycle menu using Food Processor®, which were used during the study and in follow up studies
- Assessed nutrient needs and nutrient intake of participants during study trials

## PROFESSIONAL MEMBERSHIPS

Academy of Nutrition and Dietetics

5/09-Present

Washington State Academy of Nutrition and Dietetics

5/09-Present

Dietitians in Nutrition Support Practice Group

5/12-Present

Greater Spokane Dietetic Association

9/13-Present

*Currently serving as GSDA Nominations Committee Chair*

5/14-Present

*Served as GSDA Secretary -5/14-5/16*

American Society for Parenteral & Enteral Nutrition

7/14-Present

Northwest Society for Parenteral & Enteral Nutrition

2/15-Present

*Currently serving as NWSPEN Treasurer*

2/15-Present

Nutrition Educators of Health Professionals

5/17-Present

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## REGISTRATIONS & CERTIFICATIONS

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Registered Dietitian	6/13-Present
<i>Commission on Dietetic Registration</i>	
Certified Nutrition Support Clinician	5/15-Present
<i>National Board for Nutrition Support Certification</i>	
Certified Personal Trainer	2/12-Present
<i>American College of Sports Medicine</i>	

## PRESENTATIONS

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Malnutrition and Thiamine Deficiency: A Case Presentation	6/17
Malnutrition Documentation Recommendations & Guidelines in Health Care	4/17
AND Nutrition Focused Physical Exam Peer Champion Hands on Training for RDs	6/16-Present
To date have led 4 trainings for up to 6 Providence RDs each training	
Change your Plate with these Super Foods: Go Red for Women Luncheon	2/15
Nutrition and Your Ostomy: Providence Ostomy Support Group	4/14
Bloomsday Pre-Race Nutrition Tips: Providence Bloomsday Training Clinic	4/14
10 Foods you Should be Eating for Heart Health: Go Red for Women Luncheon	2/14

## PUBLICATIONS

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How to Choose a Webinar Platform: ASPEN Chapter Leaders Newsletter	8/16
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