

# Rupinder Dhaliwal

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## Present position

**Nutrition Research Fellow, Queen's University/Kingston General Hospital, Kingston, Ontario**

(September 2001- Present)

- Nutrition research fellowship sponsored by Dr. D. Heyland and Dietitians of Canada
- Executive Assistant of the Canadian Critical Care Clinical Guidelines Committee
- Systematic review of evidence, synthesis of data, compilation of reports
- Presentations at professional conferences
- Manuscript writing of scientific publications and poster presentations
- Organization of departmental nutrition research meetings
- Assisting with advancing National Nutrition Research Agenda

## Education

Dietetic Internship (Clinical), Victoria Hospital, London, Ontario, 1987

B.A.Sc. Honors in Applied Human Nutrition, University of Guelph, 1986

B.Sc. Honors 2<sup>nd</sup> year in Nutrition, Panjab University, India, 1983

## Presentations at International Meetings

“Nutrition Support in the Critical Care Setting: Current Practice in Canadian ICU’s, Opportunities for Improvement?” Poster presentation at Nutrition Week, San Diego, February 2002.

“Clinical Practice Guidelines: Data Abstraction Process” Canadian Evening, San Diego, Feb 2002.

## Presentations at National Meetings

1. “Determinants of Successful Nutrition Support”, Canadian Society for Clinical Nutrition, Toronto, May 2002.
2. “Review of Evidence: Clinical Practice Guidelines”, Pre-meeting, Canadian Society for Clinical Nutrition, Toronto, May 2002.
3. “Nutrition Support in Critical Care: Results of a National Survey and what happens next?” Upcoming Dietitians of Canada Conference, New Brunswick, June 2002.

4. "Results of a National Survey and the Development of Clinical Practice Guidelines for Nutrition Support in the Critically ill Adult", Dietitians of Canada Nutrition Support Workshop, Kingston, October 2002
5. "ICU Nutrition Support: Development and Dissemination of Clinical Practice Guidelines", Canadian Society for Clinical Nutrition, Vancouver, April 24-26th 2003
6. "Current Nutrition Support Practices in ICU's and Developing Clinical Practice Guidelines", Toronto Critical Care Medicine Symposium, Toronto, Oct 30<sup>th</sup>, 2003
7. "Early Enteral Nutrition in Critically ill Patients, Central Canada Nutrition Day, Hamilton, Nov 29<sup>th</sup>, 2003.

### **Intramural presentations**

- "ICU Nutrition Support Research 2001-3" Queen's Graduate Students, June 2003
- "Nutrition in the Newborn", Queen's Enrichment Course, Kingston, January 2000
- "Gut Priming in the neonate", Neonatal Intensive Care Unit Journal Club, 2000
- "Hindmilk or Foremilk", Breastfeeding Conference, Kingston General Hospital, September 1999
- "Intravenous Lipids and Sepsis in the Neonate", NICU journal club, 1999
- "Ethics & Artificial Nutrition/Hydration", Ethics Grand Rounds, 1997
- "Healthy Weight & Body Image", Women's Workshop, Tweed, Ontario, 1992
- "Healthy Eating Habits" to Women's Group, Back Care Group, Meals on Wheels, Canadian Diabetes Association and T.O.P.S., Guelph & Elliot Lake, Ontario, 1988-1990

### **Bibliography/Publications**

Heyland DK, Drover JW, Dhaliwal R, Greenwood J. "Optimizing the Benefits and Minimizing the Risks of Enteral Nutrition in the Critically Ill: Role of Small Bowel Feeding" JPEN vol 26, number 6, supplement November-December 2002, p S51-S55.

Drover J W, Dhaliwal R, Heyland, DK. "Post-pyloric Feeding in the Critically Ill: Not All it is Cracked Up To Be?" Int J Intensive Care 2002;9:139-145.

Heyland DK, Schroter-Noppe D, Drover JW, Jain M, Keefe L, Dhaliwal R, Day A. "Nutrition Support in the Critical Care Setting: Current Practice in Canadian ICU, Opportunities for Improvement? JPEN vol 27, number 1, Jan-Feb 2003, p 74-83.

Dhaliwal R, Jurewitsch B, Harrietha D, Heyland DK. "Combination enteral and parenteral nutrition in critically ill patients: Harmful or beneficial?" Can J Gastroenterol 2003;17(6):394. (Abst)

Drover JW, Mackenzie S, Dhaliwal R, Heyland DK." Early enteral nutrition in critically ill patients: Is there a positive effect on patient outcome? " Can J Gastroenterol 2003;17(6):395. (Abst)

Gramlich L, Kichian G, Pinilla J, Dhaliwal R, Rodyck N, Heyland D. "Does enteral nutrition compared to parenteral nutrition result in better outcome in the critically ill adult?" Can J Gastroenterol 2003;17(6):393. (Abst)

Heyland DK, Dhaliwal R, Drover JW, Gramlich L, Dodek P and the Canadian Critical Care Clinical Practice Guidelines Committee (2003) "Canadian Clinical Practice Guidelines for Nutrition Support in Mechanically Ventilated, Critically Ill Adult Patients". J Parenter Enteral Nutr 27;355-373.

Dhaliwal R, Drover JW and Heyland DK. "Should immunonutrition be routinely used in critically ill patients?" Journal of Critical Illness (in submission).

Heyland DK, Dhaliwal R, Suchner U. Immunonutrition. In: Clinical Nutrition: Enteral and tube feeding. Eds: Rolandelli, Bankhead, boullata, and Compher. (In press)

Heyland DK, Dhaliwal R, Drover J et al. Glutamine supplementation in critically ill patients: a meta-analysis. Published in proceedings of Toronto Critical Care Medicine Symposium, November 2002

## **Research Grants Received**

2002 "A randomized trial of a multifaceted strategy to implement nutrition support practice guidelines in the ICU setting."  
Principal Investigator: Minto Jain  
Co-Investigators: DK Heyland, John Drover, Rupinder Dhaliwal  
Funding: \$18,000 SEAMO, Queen's University and \$24,000 from Canadian Intensive Care Foundation

## **Other Accomplishments**

- Chairperson for Ontario Neonatal Dietitians Practice Group, 1999-2001
- Recipient of KGH Staff Recognition Award (team), Kingston General Hospital, 1997
- Published article on "Role of Clinical Dietitian", Kingston General Hospital, 1993
- Nutrition Month Chair for Ontario Dietetic Association, Waterloo, Ontario, 1989-1991
- Developed a teaching tool: "My Renal Eating Plan" funded by the Kidney Foundation of Canada, London, Ontario, 1987
- Public Speaking Course "Speechcrafters", Toastmasters International, London, Ontario, 1986

- Scholarship for academic achievement in B.Sc. 2<sup>nd</sup> year, Punjab, India, 1983

## **Past Work Experience**

**Clinical Dietitian**, Kingston General Hospital, Kingston, Ontario  
(September 1991- Present)

- Assessment of nutritional needs and implementation/evaluation of nutrition intervention including nutrition counselling in areas of Neonatal Intensive care, Gastroenterology, Orthopedics, Obstetrics, and other acute care services.
- Journal clubs and inservices to physicians, dietitians.
- Implementation of research based nutrition practices, development of protocols.
- Clinical teaching of medical residents, clerks and nursing students.
- Supervision, education and evaluation of dietetic interns.
- Participation in KGH Bioethics, Neonatal Joint Practice, Breastfeeding committees.

**Community Dietitian**, Tweed & district Community Health Centre, Tweed, Ontario  
(Part Time February 1992 - July 1993)

- Planning, implementation and evaluation of community nutrition education programs.
- Assessment of community nutrition needs, member of the health promotion team.
- Networking with community leaders, service providers, local agencies & media.
- Nutrition resource and expert to health care team and community.
- Reviewing menus for local meals on wheels program.
- Individual nutrition counselling for health centre clients and community.
- Community Group presentations: Healthy Weights Program, Senior's Shopping Smart Tours, Women's Health Issues Workshop, Nutrition Month activities, Senior's Nutrition, Kindergarten Talks, Grade 7-8 Nutrition.

**Dietitian**, Rideaucrest Home for the Aged, Kingston, Ontario  
(Part time maternity leave August 1991 - February 1992)

- Nutritional assessment and monitoring of residents, implementation of diet orders.
- Identification of patients at risk, recommending diet changes, nutrition counselling.
- Conducting meal rounds, weight audits, resident surveys.
- Handling of food related concerns and requests from residents.
- Direction of the Food Services department in absence of food service supervisor.
- Assisting with interviewing and hiring of staff, catering functions.

**Clinical Dietitian**, Freeport Hospital Healthcare Village, Kitchener, Ontario  
(January 1991 – August 1991)

- Management of nutrition care in areas of chronic care, rehabilitation & palliative care.
- Active member of the multidisciplinary team, patient conferences, team presentations.
- Member of the Quality Assurance and Nutrition Month Committees.
- Direction of clinical technicians.

**Clinical Dietitian**, St. Joseph's Hospital & Home for the Aged, Guelph, Ontario  
(December 1988 – December 1990)

- Nutrition care in areas of Intensive Care, Surgery, General Medicine, Chronic Care and outpatients.

- Active member of the chronic care interdisciplinary health care team.
- Member of Nutrition Support and Pharmacy & Therapeutics Committees.
- Supervision of diet technicians and menu clerk, Nutrition Month Activities.

**Director of Food Services/Dietitian, St. Joseph's General Hospital, Elliot Lake, Ontario**

(December 1988 – December 1990)

- Organization and administration of the Food Services department.
- Interviewing and scheduling of employees.
- Responsible for purchasing, pricing and issuing of inventory.
- Month end financial reports, cafeteria sales and catering reports.
- Maintaining networks and communication with other departments.
- Nutrition management and counselling in the areas of intensive care, surgery, pediatrics, obstetrics, medicine and alcohol rehabilitation unit.
- Outpatient counselling and community presentations.

**Professional Associations**

- Member of the College of Dietitians of Ontario
- Member of Dietitians of Canada
- Member of Clinical Practice Guidelines Committee, Canadian Society for Clinical Nutrition