

## Alison L. Steiber PhD, RD, LD

Case Western Reserve University

Department of Nutrition

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**Professional Interest:** chronic renal failure, nutrition assessment, and carnitine

### EDUCATION:

**August 1999 – May 2005**, East Lansing, MI

Doctorate in Philosophy, Nutrition

**August 1992 - May 1993**, University Of Kansas Medical Center, Kansas City, KS

Dietetic Internship completed

**August 1992 – May 1998**

Masters of Science in Dietetics

**January 1990 - March 1992**, Mankato State University, Mankato, MN

Bachelor of Science in Dietetics, Magna Cum Laude

**September 1986 - May 1988**, Valley City State University, Valley City, ND

BS coursework

### ACADEMIC HONORS:

- **Spring 2001:** Marie Dye Doctoral Fellowship, Michigan State University, East Lansing, MI
- **Spring 2001:** Mildred B. Erickson Fellowship, Michigan State University, East Lansing, MI
- **Spring 2000:** Hegarty Dissertation Fellowship, Michigan State University, East Lansing, MI
- **Fall 1993:** Children's Rehabilitation Unit (CRU) Trainee in Nutrition, University of Kansas Medical Center, Kansas City, KS
- **Spring 1993:** The Student Union Corporation Scholarship, University of Kansas Medical Center, Kansas City, KS
- **Fall 1989:** Mary Wallace Shaw Memorial Scholarship, American Airlines, Washington D.C.
- **Fall 1986:** Presidential Scholarship, Valley City State University, Valley City, ND
- **Undergraduate and Graduate School:** PHI KAPPA PHI member
- **Undergraduate Program:** President's and Dean's List

### PROFESSIONAL AFFILIATIONS:

Registered Dietitian, ADA Member # 805514

Cleveland Dietetic Association Member, Chair Person of Professional Issues 2004-2006

Northeast Ohio Council on Renal Nutrition Member

National Kidney Foundation Member # 70137

Member of the Editorial Board of the Journal of Renal Nutrition

Reviewer for the American Journal of Kidney Diseases, Cell and Tissue

## PROFESSIONAL EXPERIENCE

### July 2002 – Present

**Coordinator, Dietetic Internship/Master's Program Degree**, Case Western Reserve University, Cleveland, OH

- Academic advisor to Dietetic Interns
- Teach Dietetic Seminars I and II
- Teach Investigative Methods in Nutrition
- Coordinate the Curriculum Committee for the Master's Degree associated with the Dietetic Internship

### September 1998-May 1999

**Manager of Nutrition Services**, Dialysis Center of Lincoln, Lincoln NE

- ◆ Managed the clinical aspects of nutrition care for patients on dialysis
- ◆ Initiated and conduct research pertaining to renal patients
- ◆ Corresponded with representatives from renal supply/pharmacologic companies
- ◆ Spoke to professional groups/organizations on various areas of renal care and research

### April 1995 - September 1998

**Clinical Dietitian**, BryanLGH Medical Center, Lincoln NE

- Assessed, determined a Nutrition Specific Diagnostic Code, recommended dietary regimes and monitored outcomes of renal, surgical, pediatric and ob-gyn patients
- Revised renal menus
- Measured clinical dietary outcomes
- Clinical research

### May 1993 - December 1994

**Dietary Manager/Consultant**, Open Options Inc., Prader Willi Group Home, Grandveiw, MO

- Designed and implemented policies and procedures
- Participated in Manager Meetings
- Designed a menu system inc: recipes, grocery lists, food production lists
- Prepared evening meals for 11 clients and staff, 5 days/week
- Taught classes to group home clients on nutrition application
- Monitored clients' weight and nutrition status

### June 1994 - September 1994

**On - Call Clinical Dietitian**, Research Medical Center, Kansas City, MO

- Replaced clinical dietitians in Oncology, Renal, Diabetic, Cardiac, Nutrition Support, Rehabilitation and General Medical areas
- Assessed, evaluated and recommended dietary regimes for patients
- Review patients menus
- Led patient education sessions for individuals and groups

### May 1993 - August 1994

**Nutrition Hot Line Operator**, Nutrition Information Service, University of Kansas Medical Center, Kansas City, KS

- Answered nationwide phone calls regarding nutrition and food
- Researched answers to questions and popular topics
- Analyzed food intake using Nutritionist IV.3 for nutrition research project

**August 1993 - May 1994**

**Trainee, Children's Rehabilitation Unit**, University of Kansas Medical Center, Kansas City, KS

- Participated in a multi-disciplinary team, evaluating children with developmental and growth delays
- Trained for the Dietitian's role in a team and in specialty clinics such as spina bifida, cystic fibrosis, feeding, cerebral palsy and juvenile rheumatoid arthritis clinics
- Researched on childhood diseases, developmental delays and the nutritional implications

**January 1993 - June 1993**

**Diet Technician**, University of Kansas Medical Center, Kansas City, KS

- Heated and served meals in an acute hospital setting
- Worked with special menus to ensure accuracy of diets
- Worked with patients to explain hospital meal ordering system

**March 1992 - August 1992**

**Hospital Foodservice Coordinator**, Share Medical Center, Alva, OK

- Conducted clinical screening and assessing of patients
- Supervised the kitchen and cafeteria employees
- Planned menus, ordered the food and supplies, and planned the budget of the department

**February 1991 - November 1991**

**Freelance Consultant**, Dietary Care Systems, Inc., Mankato MN

- Revised recipes using computers
- Planned 3 week rotation menus to meet American Heart Association guidelines
- Assisted Registered Dietitian in organizing her presentations given nationwide

**OTHER EMPLOYMENT:**

**May 1988 - December 1989**

**Flight Attendant**, American Airlines, National Airport, Washington D.C.

- Public relations
- Food service delivery
- Airplane safety procedures

**RESEARCH AND SCHOLARLY ACTIVITIES:**

**PUBLICATIONS:**

Ph.D. Dissertation – phase I – “Carnitine Levels in Patients Receiving Hemodialysis”  
- phase II – “Supplementing Hemodialysis Patients with L-carnitine:  
Effect on Clinical Parameters and Quality of Life”

MS Thesis: “Factors which affect the oral intake of Post-Extracorporeal Membrane Oxygenator  
Infants”

**Manuscripts in Referred Journals:**

Steiber A, Kamyar Kalantar-Zadeh, Donna Secker, Maureen McCarthy, Janeen Leon, Ashwini Sehgal, Linda McCann. “Subjective Global Assessment in Chronic Kidney Disease: A Review”, accepted for publication in the Journal of Renal Nutrition, Oct 04

Steiber A, Kerner J, Hoppel C. “Carnitine: A Nutritional, Biosynthetic, and Functional Perspective”, accepted for publication in the Journal of Molecular Aspects of Medicine

Steiber A, Handu D, Deighton T, Cataline D, Weatherspoon L. "The Impact of Nutrition on a Reliable Morbidity and Mortality Indicator, the Hemodialysis Prognostic Nutrition Index", *Journal of Renal Nutrition*, Vol 13, No 4 (July), 2003

Steiber A, Weatherspoon L, Handu D. "Clinical and Dietary Indicators Associated with Hospitalized Dialysis Patients Uremic Status" Manuscript to be published, *Journal of Renal Nutrition*, Vol 12, No 1 (January), 2002: pp 49-54

Steiber, A, "Clinical Indicators Associated with Poor Oral Intake in Hospitalized Patients with Chronic Renal Failure" *Journal of Renal Nutrition*, Vol 9, No 2 (April), 1999: pp 84-88

Steiber A, Weatherspoon L, Spry L, Davis A. "Serum Carnitine Concentrations Correlated to Clinical Outcome Parameters in Chronic Hemodialysis Patients"; *Clinical Nutrition*, 2003

**Manuscripts in Process:**

Steiber A, Davis AT, Spry L, Strong J, Buss ML, Ratkiewicz, Weatherspoon LJ. "Carnitine Treatment Improved Quality of Life Measures in a Sample of Midwestern Hemodialysis Patients"; submitted for publication

Steiber A, Rathiewicz M, Strong J, Davis AT, Weatherspoon L. "Use of Mid-Arm Muscle circumference (MAMC) to Assess and Predict Nutritional Status in Patients Receiving Hemodialysis"; submitted for publication

Handu D, Steiber A, Catalina D, Weatherspoon L. "Does Diabetes Mellitus Increase Risk for Hospitalization in Hemodialysis Patients?"; submitted for publication

**Other publications:**

"Nutrition in Chronic Kidney Disease Stages 1-4", Published by Nutri-Care Counseling, continuing education module – 3 CPUs

**Published Abstracts:**

Steiber A and Barakoukis H. Teaching Research in Graduate dietetics Internship Program, Nutrition in Clinical Practice, accepted for publication

Fick M, Steiber A, Rathiewicz M., Strong, J., Weatherspoon L, Davis A. "Use of Mid-Arm Muscle Circumference (MAMC) to Assess and Predict Nutritional Status in patients Receiving Hemodialysis". *Journal of Renal Nutrition*, Vol 13, No 2 (April), 2003.

Steiber A., Handu D., Deighton, T., Murray D., Weatherspoon L. "Diabetes Mellitus increases the risk for hospitalization in hemodialysis patients using the Hemodialysis-Prognostic-Nutrition Index" *Journal of Renal Nutrition*, Vol 11, No 2 (April), 2001: p 116

Steiber A, Weatherspoon L, Buss ML, Strong J. "Relationship of Physical and Mental Quality of Life Indicators and Nutrition and Exercise in Hemodialysis Patients". *Journal of Renal Nutrition*, Vol 11, No 2 (April), 2001: p 116

Steiber A, Weatherspoon L, Spry L, Davis A. "Carnitine Levels in Patients Receiving Hemodialysis"; *Journal of Renal Nutrition*, Vol 10, No 4 (October), 2000: Abstract, p 231

Steiber A, Weatherspoon L, Handu D. "Clinical and Dietary Indicators Associated with Hospitalized Dialysis Patients Uremic Status", The FASEB Journal, Abstracts 1.1-565.7 Vol 14, No 4, (March), 2000: pp A793;

**Published Abstracts:**

Handu D., Weatherspoon L., Worthen H., Steiber A. "The use of the Nutrition Screening Checklist in an Elderly Population in Florida". Abstract for the Society of Nutrition Education, Summer 2001

Gerbeling T., Steiber A., Strong J. Correlation of Prealbumin, Albumin, and nPCR in Adult Hemodialysis Patients.; Vol 12, No 2 (April), 2002: Abstract.

**FUNDED GRANTS:**

- Unrestricted Grant (2001), Sigma Tau Pharmaceuticals, "Supplementing Hemodialysis Patients with L-Carnitine can Effect Clinical Parameters", pending
- College of Human Ecology-RIOP Grant (2001), "Supplementing Hemodialysis Patients with L-Carnitine can Effect Clinical Parameters", \$15,000
- Council of Renal Nutrition Grant (2000), National Kidney foundation, "The Impact of Nutrition Intervention on a Reliable Morbidity and Mortality Indicator, The Hemodialysis-Prognostic Nutrition Index", \$10,300
- Unrestricted Grant (2000), Sigma Tau Pharmaceuticals, "Carnitine Levels in Patients Receiving Hemodialysis", \$15,000

**PROFESSIONAL PPRESENTATIONS:**

- **April 2002:** National Kidney Foundation Spring Clinical Nephrology Meeting. "Use of Mid-Arm Muscle circumference (MAMC) to Assess and Predict Nutritional Status in Patients Receiving Hemodialysis", Dallas, Texas
- **October 2001:** National Kidney Foundation's Professional Council Meeting. "The Effect of Nutrition Intervention on the Hemodialysis Prognostic Nutrition Index", San Francisco, California
- **October 2000:** National Kidney Foundation's Professional Council Meeting, "Carnitine Status in Hemodialysis Patients", Toronto, Canada
- **April 2000:** Experimental Biology Meeting, "Clinical Indicators Associated with Uremia in Hospitalized patients with Chronic Renal Failure", San Diego, CA
- **March 1999:** An Evening Dedicated to Evidence-Based Practice: "Clinical Indicators Associated with Poor Oral Intake of Patients with Chronic Renal Failure", Lincoln NE
- **March 1999:** Lincoln Dietetics Association "Nutrition Intervention in the Pre-Dialysis Patient", Lincoln NE
- **September 1997:** All State Nebraska Council on Renal Nutrition, "Assessment for Malnutrition in Hospitalized Patients with Chronic Renal Failure", Grand Island, NE
- **May 1997:** Nebraska Nurses Association, "Nutrition in the Elderly", Lincoln, NE
- **August 1996:** Nebraska Health Information Management Association, "Busy Lifestyles & Proper Nutrition", Lincoln, NE
- **May 1995:** Nebraska District Dietetic Association meeting on "Assessment for Malnutrition in Hospitalized Patients with Chronic Renal Failure", Lincoln, NE
- **February 1995:** Nurse staff meetings, "The Process of Assessing for Need of Nutrition Support", Lincoln, NE
- **October 1995:** Group of pregnant teenagers, "Eating Healthy While Pregnant & Infant and Toddler Nutrition", Lincoln, NE
- **March 1994:** Grand Rounds at the University of Kansas Medical Center, "Nutrition Care for Severely Burned Patients" to 500+ students, Kansas City, KS

- **November 1993:** Nursing Students, “The Roles of Dietitians and Their Educational Backgrounds”, Kansas City, KS

**TEACHING EXPERIENCES:**

- **Fall 2001:** Teaching Assistant for Human Nutrition 406 “Socio-Cultural Aspects of Food” Michigan State University
- **Spring 2001:** Teaching Assistant for Human Nutrition 466 “Medical Nutrition Therapy”, Michigan State University
- **Fall 2000:** Teaching Assistant for Human Nutrition 463 “Nutrition Through the Life Cycle” Michigan State University
- **Spring 2000:** Teaching Assistant for Human Nutrition 379 “Counseling in Nutrition” Michigan State University
- **Spring 1998:** Lectured for Acute Care Nursing Classes, “Stressed vs Starvation State in the Acute Patient”, Lincoln, NE
- **October 1996:** Lectured to senior Clinical Dietetics class at University of Nebraska at Lincoln on Feeding into the Gastrointestinal Tract, Lincoln, NE
- **Summer of 1993:** Classes to a group home’s clients (re: the exchange system and general nutrition) at a Prader Willi Group Home, Grandview, MO