

Pornsawan Prutanopajai

Registered Dietitian



Work Experience

2010 – Present

Nutritionist

The Department of Dietetic and Diet therapy,
King Chulalongkorn Memorial Hospital

- **Nutrition counseling:** Endocrine Clinic, Diabetes Mellitus in Children and Adolescents Clinic, Peritoneal dialysis (PD) Clinic, Heart Failure Clinic
- **Nutritional consultant:** Content validation reviewer in research of bachelor degree students of Chulalongkorn university (2020) and nutritional consultant for development of nutrition advises in Gynecological cancer patient with chemotherapy treatment (2019)
- **Nutrition activities:** Weight management group activities for elderly (2019), Diabetes camp (Once a year), World diabetes day (Once a year)
- **Food service:** Monitor food service operations
- **Managerial experience:** supervise subordinators for stock and inventory control as head of division, risk manager

2019-2010

Research Assistant

Division of Endocrinology and Metabolism, Department of
Medicine, Faculty of Medicine, Chulalongkorn University

- Prepare materials for submission to granting agencies and IRB
- Coordinate and communicate with researchers and participants
- Prepare and send specimens to laboratory in Singapore.
- Enter and organize research data in excel
- Monitor the project budgets, equipment, and supplies
- Provide administrative supports to ensure efficient operation of research

Academic Speaker

- 2020**
 - Clinic demonstration, Excellence HF Management in Cardiac Service plan meeting
 - Multidisciplinary care for older patient, Foundation of Clinical Clerkship for 5th year medical students class
- 2019**
 - Basic Feeding for dietitians from Indonesian Nutrition Association
 - Role of dietitian in HF clinic, Heart Failure Clinic Preceptorship meeting
 - Energy in food and nutrition for sports science staffs in Diabetes Exercise Clinic
- 2018**
 - DM food and CHO counting for nurses in the development of diabetes care for patients with insulin therapy project

Publications

- Immediate and long-term effects of a very-low-calorie diet on diabetes remission and glycemic control in obese Thai patients with type 2 diabetes mellitus. Food Science & Nutrition, 2019 (research assistance)
- An exploration into understanding perceptions about food estimation and portion control in type 2 diabetic Thai adults: a qualitative study. Journal of Nutrition Association of Thailand, 2018
- Oral presentation in topic “Development of low phosphate high protein snack for PD patients” in meeting “10 years of Thailand PD 1st policy”, 2018

Personal Info

Address

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Mahaprutharam Bangrak, Bangkok
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Education

2017

Master of Science in Food and Nutrition,
Medical Nutrition Therapy (International
Program) Chulalongkorn University
(GPAX: 3.92)

2009

Bachelor of Science in Nutrition and
Dietetics (Second class honors) |
Chulalongkorn University (GPAX: 3.43)

Skills

Presentation skills

Public speaking, organization and time
management

Computer skills

Microsoft Word, Excel, Power point
and SPSS

Communication skills

Thai and English

Problem-solving skills

Analysis to set the future plans,
communication and collaboration,
decision-making

Certifications and Training

- Dietitian License
- Certified Dietitian of Thailand (CDT)
- Certification for INMUCAL-Nutritents V.3 program
- Certification for Basic diabetes educator program
- Certification for “How to be a Smart Diabetes Educator” program