



Présente / Presents  
**Stephanie Cook**

**Stephanie Lynne Cook**  
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### **Academic Background**

#### **Bachelor of Science in Foods and Nutrition**

University of Alberta, Faculty of Agriculture, Food and Nutritional Sciences, Edmonton, Alberta  
September 1986 to May 1990

#### **General Dietetic Internship**

Health Sciences Centre, Winnipeg, Manitoba  
October 1990 to October 1991

#### **Masters of Science in Nutrition and Metabolism**

University of Alberta, Faculty of Graduate Studies, Edmonton, Alberta

September 1994 to January 1997

Supervisor: Dr. M.T. Clandinin

Thesis title: Effect of palmitic acid on lipoprotein profiles and endogenous cholesterol synthesis in humans

#### **Pediatric Nutrition Residency Program**

Alberta Children's Hospital, Calgary, Alberta

September 1998 - December, 1998

General description: 12 week advanced level program involving rotations through the various programs offered at the Children's Hospital and affiliated centres including; NICU, ICU, diabetes, metabolic disorders, neonatal transition, home nutrition support, cystic fibrosis, allergies, oncology, respiratory, eating disorders, GI, perinatal clinic and nephrology.

### **Awards and Scholarships**

1990 Bachelor of Science awarded with distinction

1995 Graduate Student Research Assistantship - academic achievement

1995 Elizabeth Russell MacEachran Scholarship - academic achievement

1996 Hazel McIntyre Summer Research Award - academic achievement

1996 Anthony Fellowship in Nutrition - academic achievement (declined)

### **Technical Skills**

- Proficient in the use of Microsoft Word, Excel, PowerPoint, SAS statistical package, SPSS statistical package, Nutrient Analysis software and the Internet
- Proficient in a variety of laboratory methods, techniques and equipment including gas chromatography, mass spectrometry and lipid extraction.

## **Employment Background**

### **Extendicare Healthcare Services Inc.**

Edmonton, Alberta

April 1992 - September 1994

Position: Registered Clinical Dietitian, Northern Alberta Region

Responsibilities: Development and implementation of nutrition care plans for the residents of eight long-term care facilities (600 patients). Coordinated and participated in research studies designed to improve the quality of food service and nutritional care programs. Provided nutrition related inservices to facility staff. Implemented and provided a long-term care rotation for Dietetic Interns.

### **University of Alberta**

Edmonton, Alberta

September 1994 - April 1996

Position: Teaching Assistant

Responsibilities: Assisted in instruction, marking and student evaluation for food services facilities planning, community nutrition, and advanced clinical nutrition courses. Primary lecturer for advanced clinical nutrition for the following areas; clinical assessment, nutrient deficiencies, renal, and cardiovascular disease.

### **Regina Health District**

Regina, Saskatchewan

February 1997 - October 1998

Position: Research Dietitian

Responsibilities: Development, implementation, coordination and participation in research activities for the department of nutrition and food services.

### **Regina Health District**

Regina, Saskatchewan

May 1997 - August 1997

Position: Clinical Dietitian

Responsibilities: Provided clinical dietetic services for the following units: Oncology, Medicine and Surgery. Additional responsibilities included the training, supervision and evaluation of dietetic interns.

### **Regina Qu'Appelle Health Region (former Regina Health District)**

Regina, Saskatchewan

December 1998 - present

Position: Associate Director, Clinical Nutrition Services

Responsibilities: Coordinating and supervising the activities of clinical nutrition services; including 19 clinical dietitians, a research dietitian, 3 clinical supervisors and 25 diet clerks. Additional responsibilities include; the development of clinical policies and procedures, education and training of health professionals including dietitians and dietetic interns. Developed and edited the dietitians clinical handbook. Initiate and direct practice-based research activities. Co-Director of the Regina Lipid Clinic and responsible for development and implementation of the Clinic.

## **College Of Pharmacy and Nutrition, University of Saskatchewan**

Regina, Saskatchewan

September 1998 - present

Position: Sessional Lecturer

Responsibilities: Instruction of Nutrition 120.3 (basic nutrition) to Nursing students enrolled at SIAST, Wascana Campus. Responsibilities included the development and delivery of course content and the development and marking of assignments and exams.

## **Faculty of Kinesiology and Health Studies, University of Regina**

Regina, Saskatchewan

January 1999 - present

Position: Sessional Lecturer

Responsibilities: Instruction of KHS 470: Nutrition in Exercise and Sport. Responsibilities included the development and delivery of course content and curriculum, development and marking of assignments and exams.

## **Volunteer Experience and Affiliations**

- DC Advisory Committee - Consultation on Nutrition Recommendations for Canadians
- Member of the Canadian Foundation for Dietetic Research Awards Committee (2001 – 2003).
- Member of the Dietitians of Canada Task Group for the development of the Practice Guidelines Framework for clinical practice.
- Reviewer for research abstracts for the Congress of Dietetics, 2003/04.
- Dietitians of Canada: primary reviewer for grant proposals for the Canadian Foundation for Dietetic Research and manuscripts for the Canadian Journal of Dietetic Research and Practice.
- Reviewer for manuscripts for *AVANTE* (health and physical activity journal).
- Active Member of Dietitians of Canada and Saskatchewan Dietetic Associations.
- Active participant in the organization and implementation of Saskatchewan nutrition month activities, including an annual fun run (past four years).

## **Publications**

- Clandinin MT and **Cook SL**. Yellow Gold - a fresh look at an old friend. *Advances in Dairy Technology*. 1995; 7: 231- 243.
- **Cook SL**, Konrad SD, Goh YK, French MA and Clandinin MT. Palmitic acid effect on lipoprotein profiles and endogenous cholesterol synthesis or clearance in humans. *Asia Pacific J Clin Nutr*. 1997;6 (1): 7-12.
- Konrad SD, **Cook SL**, Goh YK, French MA and Clandinin MT. 1998. Use of deuterium oxide to measure de novo fatty synthesis in normal subjects consuming different dietary fatty acid composition. *Biochimica et Biophysica Acta*. 1998; 1393(1):143-52.
- Clandinin MT, **Cook SL**, Konrad SD, Goh YK and French MA. The effect of palmitic acid on lipoprotein cholesterol levels and endogenous cholesterol synthesis in hyperlipidemic subjects. *Lipids*. 1999; 34 Suppl:S121-4.
- Clandinin MT, **Cook SL**, Konrad SD and French MA. The effect of palmitic acid on lipoprotein cholesterol levels. *International Journal of Food Sciences and Nutrition*. 2000; 51 Suppl:S61-71.
- **Cook SL**, Hooper V, Nasser R and Larsen DK. Caregivers' perceptions of gastrostomy on quality of life and feeding difficulties in children with neurodevelopmental disabilities. *Canadian Journal of Dietetic Research and Practice*. In press.

## **Abstracts**

- **Cook SL**, Konrad SD, Goh YK, French MA and Clandinin MT. 1997. The effect of palmitic acid on lipoprotein profiles and endogenous cholesterol synthesis in humans. 88<sup>th</sup> AOCS Annual Meeting and Expo. Seattle, Washington, USA, May 11-14, 1997.
- Konrad SD, **Cook SL**, Goh YK, French MA and Clandinin MT. Measurement of VLDL-TG synthesis in normal subjects using stable isotope. 88<sup>th</sup> AOCS Annual Meeting and Expo. Seattle, Washington, USA, May 11-14, 1997.
- **Cook SL**, Konrad SD, Goh YK, French MA and Clandinin MT. The level of dietary linoleic acid determines if plasma cholesterol level responds to dietary intake of palmitic acid. Fourth International Congress on Essential Fatty Acids and Eicosanoids, Edinburgh, Scotland, July 20-24, 1997.
- Konrad SD, **Cook SL**, Goh YK, French MA and Clandinin MT. Use of deuterium oxide to measure de novo fatty synthesis in normal subjects consuming different dietary fatty acid composition. FASEB J. 11, A2191, 1997.
- **Cook SL**, Gerster YA, Ives TA and Johnson JA. The effects of an alternative meal service in a palliative population. 12<sup>th</sup> International Congress on Care of the Terminally Ill, Montreal, Canada, September 13 - 17, 1998.
- **Cook SL**, Konrad SD, Goh YK, French MA and Clandinin MT. The effect of palmitic acid on lipoprotein cholesterol levels and endogenous cholesterol synthesis on normal and hypercholesterolemic subjects. 70<sup>th</sup> European Atherosclerosis Society, Geneva, Switzerland, Sept. 6-9, 1998.
- Konrad SD, **Cook SL**, Goh YK, French MA and Clandinin MT. Use of deuterium oxide to measure de novo fatty synthesis in normal subjects consuming different dietary fatty acid composition. 70<sup>th</sup> European Atherosclerosis Society, Geneva, Switzerland, Sept. 6-9, 1998.
- **Cook SL**, Hooper V and Nasser R. Caregivers' perceptions of gastrostomies in neurodevelopmentally disabled children. World Congress of Pediatric Gastroenterology, Hepatology and Nutrition, Boston, MA, August 5-9, 2000. Abstract printed in the supplement to the Journal of Pediatric Gastroenterology and Nutrition
- **Cook SL** and Nasser R. Effect of in-patient nutrition counseling on dietary behaviour changes. Canadian Journal of Dietetic Practice and Research. Volume 62 (3). Presented at Dietitians of Canada Annual Conference, Winnipeg, Manitoba, June 2001.
- Nasser R, **Cook SL**, Dorsch KD and Haennel RG. Efficacy of behaviour modification techniques to reduce dietary fat intake in clients with hyperlipidemia. Canadian Journal of Dietetic Practice and Research. Volume 62 (3). Presented at Dietitians of Canada Annual Conference, Winnipeg, Manitoba, June 7 – 10, 2001.
- Classen ML, **Cook SL** and Nasser R. Dietary behaviour modification activities developed for a Regina lipid clinic. Canadian Journal of Dietetic Practice and Research. Volume 62 (3). Presented at Dietitians of Canada Annual Conference, Winnipeg, Manitoba, June 7 – 10, 2001.
- **Cook SL**, Dorsch KD, Nasser RA, Classen ML, Larsen DK, Haennel RG. Traditional versus stages of change diet teaching: Which method is more effective in reducing dietary fat? Canadian Journal of Dietetic Practice and Research. Volume 64 (2). Presented at Dietitians of Canada Annual Conference, Calgary, Alberta, summer, 2003.

## **Research Activities:**

### ***Effect of Employee Empowerment on Trayline Accuracy Rates***

**Cook SL** and Webster BL.

Financial support provided by the Department of Nutrition and Food Services, RHD

### ***The Effects of an Alternative Meal Delivery Service in a Palliative Population***

**Cook SL**, Gerster Y, Ives T and Punga JA.

Financial support provided by Regina Palliative Care Inc. Presented at the poster session of the 12<sup>th</sup> International Congress on Care of the Terminally Ill; Montreal Canada; 1998.

### ***Initiation and Progression of Nutrition Support in the ICU***

**Cook SL**, Dubyk MD and Webster BL.

Financial support provided by the Department of Clinical Nutrition Services, RHD

### ***Caregivers' perceptions following gastrostomy in children with cerebral palsy***

**Cook SL**, and Hooper VA.

Financial support provided by the Department of Clinical Nutrition Services, RHD

### ***Effects of In-patient Nutrition Counseling on Clients' Perceptions and Behavior Changes***

**Cook SL**, Webster BL and Larsen DK.

Awarded funding from the Canadian Foundation for Dietetic Research in the amount of \$6,250.00; September, 1998

### ***Stages of Change Model to Reduce Dietary Fat Intake***

**Cook SL**, Dorsch K, Webster BL, Semchuk W, and Haennel RG.

Awarded funding from the Danone Institute of Canada; in the amount of \$100,000.00 October, 1998

## **Oral Presentations**

- ◆ Caregivers' perceptions following gastrostomy in children with cerebral palsy  
Alberta Children's Hospital,  
Calgary, Alberta; December 1999
- ◆ Effect of employee empowerment on trayline accuracy rates  
Dietitians of Canada Annual Conference  
Ottawa, Canada; May, 2000
- ◆ The effect of gastrostomy on quality of life and feeding difficulties in children with neurodevelopmental disabilities: caregivers' perceptions  
Dietitians of Canada Annual Conference  
Ottawa, Canada; May, 2000
- ◆ Effects of in-patient nutrition counseling on clients' perceptions and behaviour changes  
Canadian Foundation for Dietetic Research Donor Event  
Toronto, Canada; February 2001
- ◆ Traditional versus stages of change diet teaching: Which method is more effective in reducing dietary fat  
Dietitians of Canada Annual Conference  
Calgary, Canada; June 2003.