

PERSONAL INFORMATION

Monica Guglielmetti



Sex Female | Date of Birth 29/09/1993 | Nationality Italiana

EDUCATION AND TRAINING

- May 27th 2017 **School of Sport Nutrition and Supplementation Certificate**
Pavia, Italy
- From October 2015 to May 2017 **School of Sport Nutrition and Supplementation**
Pavia (Italy)
Specific training on nutrition and supplementation in sport practice.
- October 12th 2015 **Graduated cum laude Dietician**
University of Pavia, Italy
Specific training on ketogenic diet and its application in refractory epilepsy and GLUT1 deficiency syndrome. Nutritional evaluation and growth monitoring in pediatric patients.
- July 2012 **High School Diploma**
Scientific High School "Nicò Copernico" – Pavia, Italy

WORK EXPERIENCE

- Since July 2017 **Contract as dietician at Department of Public Health, Experimental and Forensic Medicine with consultancy agreement at IRCCS Neurological Institute Mondino**
University of Pavia, Italy
Nutritional status and body composition evaluation, diet plan elaboration, follow-up visits, especially for pediatric patients with drug resistant epilepsy and GLUT1 DS, classical ketogenic diet elaboration, monitoring and fine tuning. Research activity and database creation
- January 2017 – February 2017 **Teacher at "Third Age University" – Nutrition course**
Siziano (Pavia)
Course composed by 5 lessons about nutritional education for healthy people
- November 2016- February 2017 **Dietician in hospital food service**
For "Serist" temp agency at San Raffaele Hospital – Milan, Italy
Fixed-term contract

HACCP system application
- June 1st 2016 – May 31st 2017 **Annual contract as dietician at Department of Public Health, Experimental and Forensic Medicine with consultancy agreement at IRCCS Neurological Institute Mondino**
University of Pavia, Italy

- October 1th 2015 – May 31th 2016 **Voluntary work as dietician at Department of Public Health, Experimental and Forensic Medicine**
University of Pavia, Italy
- Nutritional status and body composition evaluation, diet plan elaboration, follow-up visits, especially for pediatric patients with drug resistant epilepsy and GLUT1 DS, classical ketogenic diet elaboration, monitoring and fine tuning. Research activity and database creation
- October 2014 – September 2015 **Internship at Department of Public Health, Experimental and Forensic Medicine**
University of Pavia, Italy
- Nutritional status and body composition evaluation, diet plan elaboration, follow-up visits, especially for pediatric patients with drug resistant epilepsy and GLUT1 DS, classical ketogenic diet elaboration, monitoring and fine tuning. Research activity and database creation
- January 2014 – July 2014 **Apprenticeship at IRCCS San Matteo Hospital**
Pavia, Italy
- Nutritional status and body composition evaluation, diet plan elaboration, follow-up visits. Food education projects and market survey.
- June 2013 – July 2013 **Apprenticeship at IRCCS San Matteo Hospital**
Pavia, Italy
- Training period in hospital food service, HACCP system application and standard menu elaboration.

PERSONAL SKILLS

Mother tongue Italian
Other language

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Listening	
English	C1	C1	C1	C1	C1
First Certificate – Level: Expert					

- Communication skills
- good communication skills gained through my experience as dietician (direct contact with patients)
 - optimal relationship skills, in particular in multidisciplinary teams, acquired in my experience as dietician at Department of Public Health, Experimental and Forensic Medicine and in the collaboration with IRCCS Neurological Institute Mondino.

- Digital skills
- good command of office suite (word processor, spread sheet, presentation software)
 - good command of diet plan elaboration software, in particular ketogenic diet programs (i.e. Dieta Chetogenica Pro)

Driving licence B

ADDITIONAL INFORMATION

Conferences

- 21th April 2018 *Relator at Ketolearning “I modulo: I Fondamenti”*
Roma - Grand Hotel Palatino

- June 14th-16th 2017 *Relator at "Applicazione clinica della dieta chetogenica" practical and teorical course*
"Nutritional supplementation during ketogenic diet treatment"
Pavia
- April 29th 2017 *Dieta chetogenica.. Facciamo chiarezza*
Bologna
- May 18th 2017 *Il Dietista e la Dieta Chetogenica – uno strumento operativo per uno specifico intervento nutrizionale"*
Milan
- October 7th-8th 2016 *First European Conference on Glut-1 Deficiency*
Milan
- June 24th 2016 *La fibra alimentare e l'energia della dieta*
Convegno SINU Regione Lombardia e Piemonte
Milan
- June 15th-17th 2016 *Relator at "Applicazione clinica della dieta chetogenica" practical and teorical course*
"Classical ketogenic diet implementation"
"Practical guide for classical ketogenic diet elaboration"
Pavia
- June 17th-19th 2015 *Applicazione clinica della dieta chetogenica: corso teorico-pratico*
Pavia
- March 27th 2015 *Il trattamento dell'obesità e del diabete*
AIDAP, Brescia
- September 9th 2014 *Convegno Nazionale di Educazione alla Salute per l'Infanzia*
A.O. Niguarda Cà Granda, Milano