

Sara O'Brien MS, RD-AP, LDN, CNSC

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[LinkedIn](#)

PROFESSIONAL SUMMARY

An Advanced Practice Registered Dietitian with special areas of interest in malnutrition diagnosis, nutrition focused physical exam, nutrition support and critical care. An educator with a passion for healthcare simulation through a nutrition lens.

EDUCATION

MS, Nutrition Science

Sargent College, Boston University, Boston, MA

September 2010

BS, Chemical Engineering

Fu Foundation School of Engineering, Columbia University, New York, NY

May 2004

EXPERIENCE

Lecturer and Assistant to the DI Director

Sargent College, Boston University, Boston, MA

July 2022-Present

- Have taught the following courses
 - HS 281-561 Nutrition through the Lifecycle
 - HS 385-585 Medical Nutrition Therapy II
 - HS 704 Essentials of Professional Practice
 - HS 779 Advanced Clinical Nutrition
- Developed and implemented all cases for simulation labs as part of HS 779
- Advise MS/DPD/DI and MS/DI students

Advanced Practice Registered Dietitian

Lahey Hospital and Medical Center, Burlington, MA

Jan. 2011- Present

- Employee of the Month (September 2015)

Adjunct Faculty

Sargent College, Boston University, Boston, MA

Jan. – May 2022

- Taught HS 385-585 Medical Nutrition Therapy II

Adjunct Faculty

New York University, New York, NY

Sep. 2020-May 2022

- Taught NUTR-GE.2196 Nutrition Focused Physical Exam

Adjunct Faculty

University of Massachusetts-Lowell, Lowell, MA

Aug. 2017-Dec. 2017

- Taught NUTR.2060.201, Human Nutrition

CERTIFICATIONS

- Advance Practice Registered Dietitian -2015 to present
- Licensed Dietitian/Nutritionist—Massachusetts -2010 to present
- Certified Nutrition Support Clinician -2012 to present
- Registered Dietitian-2010 to present

AWARDS/RECOGNITIONS/VOLUNTEER WORK

- Outstanding Preceptor 2022, Northeast Section, Academy of Nutrition and Dietetics-NDEP
- Commission on Dietetic Registration, Chicago, IL
 - Test Question Developer and Editor, May 2016 to Present
 - Advanced Practice Panel, June 2017 to June 2024
 - Work with test development company and other dietitians as a subject matter expert to develop the Advance Practitioner exam and set pass rate
 - Work to promote the AP credential and make decisions regarding testing candidates, qualifications for the AP credential

AFFILIATIONS

- Massachusetts Dietetic Association 2010 to present
- American Society of Parenteral and Enteral Nutrition 2011- present
- Academy of Nutrition and Dietetics 2010 to present
 - Dietitians In Nutrition Support (DPG) 2011-Present
 - NDEP 2022-Present