

# *Stavri Mylona*

## *Registered Dietitian*

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### **Personal summary**

A professionally registered Dietitian with acute and varied dietetic experience in the national health and private healthcare service in England and Cyprus, who is able to work independently and on own initiative. A highly resourceful and confident communicator, as well as a competent team player. Distinguished for excellent organisational and time management skills.

### **Work experience**

#### **Private and National Health Dietitian at ScalaMed Clinic, Larnaca – June 2020-present**

- Type 1, type 2, type 3c diabetes
- Hypercholesterolaemia, hypertension
- Oncology patients
- Healthy weight loss advice
- GLP-1 injection nutritional advice and post bariatric surgery nutritional advice
- Enteral feeding

#### ***St Peters and Ashford NHS Foundation Trust – December 2018 – present***

##### **Band 6 Diabetes Specialist Dietitian**

- Extensive experience in T1DM – basal bolus insulin regimens, variety of insulin pumps, carbohydrate counting, insulin to carbohydrate ratio and correction dosing adjusting, experience on exercise and insulin
- Transition clinic – adolescent clinics for T1DM/MODY/LADA/T2DM in conjunction with coeliac disease advice
- Vast experience in Freestyle Libre –interpreting data, offering advice and applying the sensors
- Experience in delivering diabetes structured education course
- Type 2 diabetes – weight loss advice in relation to insulin adjustment or oral diabetic tablets
- Experience in Gestational Diabetes – dietary advice for tight glucose control

#### ***Royal Free Hospital – NHS Foundation Trust – February 2018 – December 2018 (part time)***

##### **Band 7 Clinical Specialist ICU Dietitian**

- Parenteral Nutrition round alongside the pharmacist
- Weekly ICU Multidisciplinary meetings (MDTs)
- Weekly tracheostomy ward rounds with physiotherapist and SLT
- Line managing the band 6 ICU dietitian
- Service development; policy updating, audit

*The Wellington Hospital –HCA Trust – September 2017 – December 2018 (bank from Feb 2018)*  
Senior Specialist Dietitian

- Specialised in oncology patients receiving chemotherapy – managing the side-effects, as well as optimising their nutritional intake/offering artificial nutrition support as indicated
- Parenteral nutrition – for patients experiencing bowel obstructions 2<sup>o</sup> to cancer – i.e. gynaecological and bowel cancer patients
- Surgical wards – dealing with different types of stomas, bowel obstructions, food and drink progression post operatively and long term
- ICU and HDU patients
- Bariatric weight management clinic
- Gastro: inpatient and outpatient IBD patients
- Line managing junior members of the team

*West Hertfordshire NHS Trust – Watford General Hospital January 2014 – September 2017*

Band 7 ICU and Nutrition Team Dietitian – August 2016 – September 2017

- Experience in complex surgical patients with gut failure requiring parenteral nutrition
- Vast experience in Intensive Care
- Experience in upper GI oncology patients who undergo oesophagectomies and gastrectomies
- Surgical lead – leading the team consisting of a band 6, band 5 and a dietetic assistant. I have been organising team meetings, carrying out appraisals and conducting one to ones to support junior team members.
- Part of MDT clinic assessing neurological patients with conditions such as multiple sclerosis, Guillain-Barre syndrome, motor neurone disease and whether artificial nutrition is appropriate.
- Routine delivery of talks to other healthcare professionals
- Experience in conducting audits – i.e. stroke audit on NG feeding delays, ICU audit to improve patient outcomes in terms of nutrition

Band 6 Surgical Dietitian – November 2015-August 2016

- Vast experience in seeing surgical patients with conditions like high output stomas, oncology patients needing bowel resections and stomas, acute pancreatitis, inflammatory bowel disease patients, fistulas, short bowel
- Developed dietetic resources in conjunction with the stoma nurses, such as the ileostomy and gastrostomy feeding diet sheet

Band 5 Rotational Dietitian – January 2014 – November 2015

- Respiratory and care of the elderly wards
- Acute assessment unit
- Acute and rehab stroke unit
- Surgical and ICU wards
- Diabetes, weight loss, gastro outpatient clinics

## **Skills**

- Establishing excellent rapport with patients, using barrier to change skills
- Independently organising and prioritising own workload
- Good communication skills with patients and other health care professionals – team player
- Following reflective practice and accepting constructive feedback with a positive attitude to ensure constant improvement and personal development
- Always working in a professional manner, maintaining confidentiality at all times
- Continuous professional development – CPD portfolio.
- Fluent in English and Greek

## **Membership of professional bodies**

- HCPC registered
- BDA member
- Diabetes UK
- Coeliac UK
- Diabetes Specialist Group (BDA)

## **Academic Qualifications**

- *University of Surrey, Guildford* 2009-2013  
First class degree - BSc Nutrition and Dietetics (sandwich)
- *American Academy Larnaca, Cyprus* 2002-2009  
Cyprus Apolyterion: GPA 92.33%
- A-levels: Chemistry (A), Maths (A), Economics (A), Biology (B) 2009

## **References**

- Available on request