

Gurpreet Singh Sandhu

Senior Renal Dietitian

Chandigarh · [Phone] · [Email] · [Website or LinkedIn]

PROFESSIONAL SUMMARY

Registered Dietitian with eight years of clinical practice, the last five focused on nephrology, dialysis and kidney transplant nutrition. Manages protein, potassium and fluid planning for patients on haemodialysis and peritoneal dialysis, and trains junior dietitians. Seeking a senior renal or lead clinical dietitian role in a tertiary hospital or dialysis network.

SKILLS

Renal nutrition · Dialysis diet planning · Transplant nutrition · Fluid and electrolyte planning · Lab value interpretation · Patient education · Team training · Menu standardisation

EXPERIENCE

Senior Renal Dietitian — 500-bed tertiary care hospital with a dialysis unit, Chandigarh

5 years · current

- Counsel around sixty haemodialysis patients monthly on protein, potassium, phosphorus and fluid limits based on their latest lab reports.
- Plan nutrition for kidney transplant recipients before and after surgery, working closely with the nephrology and transplant teams.
- Created a Punjabi-language food list showing high and low potassium options that dialysis nurses now hand to every new patient.
- Train two junior dietitians on renal assessments and review their diet plans before discharge counselling.

Clinical Dietitian — 250-bed multi-speciality hospital, Ludhiana

3 years

- Planned therapeutic diets for cardiac, diabetic and surgical inpatients across four wards during daily rounds.
- Standardised hospital kitchen recipes for low-salt and diabetic menus, improving consistency between morning and evening meals.
- Ran a monthly diabetes education class for outpatients covering label reading, snack choices and eating out.
- Assessed post-surgical patients for early oral feeding readiness and planned stepwise progression from clear liquids to soft diets.

EDUCATION

M.Sc Foods and Nutrition — agricultural university, Ludhiana

Specialisation in clinical nutrition

B.Sc Home Science — state university affiliated college, Patiala

CERTIFICATIONS AND REGISTRATIONS

- Registered Dietitian (RD), Indian Dietetic Association
- Certified Diabetes Educator course
- Course in renal nutrition and dialysis care

PROJECTS

- Dialysis weight-gain audit — tracked interdialytic weight gain for three months and linked fluid counselling to fewer overload admissions

LANGUAGES

English · Punjabi · Hindi