



Swetha. A

Qualification: Registered Dietitian, RD

Department: Nutrition and Dietetics

Designation: Deputy Chief Dietitian

Languages: Telugu, English, Hindi

Experience: 12 yrs

About the Doctor

Swetha. A is a Deputy Chief Dietitian at Yashoda Hospitals, Secunderabad.

Educational Qualifications

- Registered Dietitian from the Indian Dietetic Association (IDA)
- Certified Diabetes Educator from the International Diabetes Federation(IDF)
- M.Sc. Dietetics & Food Service Management - IGNOU
- PG Diploma in Chemical Analysis & Quality Assurance -Osmania University
- B.Sc. Food & Nutrition - Osmania University
- Specialised Courses:
 - Nutritional support in Gastrointestinal diseases (ESPEN LLL)
 - Chronic intestinal failure & HPN (ESPEN LLL)
 - Nutrition support in liver & pancreatic diseases (ESPEN LLL)
 - Advanced Course in Bariatric Nutrition (SNDT)
 - Certified Diabetes Educator (IDE)
 - Nutrition support in Intensive Care Unit patients (ESPEN LLL)
 - Nutrition and prevention of diseases(ESPEN LLL)

- Advanced course in Renal Nutrition (SRNM)
- Certificate course in PCOS and health (ICPEM)
- Diploma in Sports Nutrition
- Managing emotions in times of uncertainty and Stress (Yale University)
- Nutrition in Obesity (ESPEN LLL)

Experience

- 2013 to Present: Deputy Chief Dietitian, Yashoda Hospitals, Secunderabad.

Services Offered

- Parenteral and Enteral Nutrition (EN) for Critically ill Patients
- Daily floor and ICU rounds, proactively assisting and responding to patient's needs to improve outcomes.
- Nutritional Management in Multi-organ & Stem cell Transplant cases (Liver, Heart, Lungs, Kidney, and Bone marrow)
- Disease management, education and counselling, monitoring and evaluation of hospitalised patients.
- Provides advice on the nutritional content of the meals and menus and is suitable for different patients.
- Performs nutritional care process, formulates care plans, progress notes, follow-up goals and documentation process with the physicians, nurses, physiotherapists counsellors.
- Nutritional counselling for OP patients, specific to their requirements.
- Good nutritional practices through food and beverage services.
- Conducts multiple Medical Camps, Nutrition Awareness Sessions, Diet Expos and Webinars at various corporates.
- Conducts various diet and nutrition-related CMEs, Webinars, Panel Discussions, Diet Awareness Camps and Interactive Sessions.
- Dietetic Internship Guidance:
 - Guides around 60 students per year for a dietetic internship as part of their Master's program from the National Institute of Nutrition NIN, Osmania University, Padmavathi University, Andhra University and IGNOU students.
- Key Responsibilities:
 - Nutritional care of patients: Nutritional assessment, Diet planning, ensuring adequate diet for the patient, diet counselling and effectiveness of dietary management in patient care.
 - Food service management: Ensures strict compliance with the diet prescribed, Maintenance of safe food practices, Training of kitchen personnel and Record maintenance
 - Nutrition Education and Research: Impart nutrition education to doctors, nurses, technicians, school children, the general public and researchers.

Awards and Achievements

- Received the Star Employee Award in the year 2016
- Faculty at PARADIGM 2024
- 2nd Regional Critical Care Nutrition Workshop 2025

Professional Membership

- BOS: Board of Studies, Member of Loyola Academy
- Member of ISPEN (Indian Society of Parenteral and Enteral Nutrition)
- Adjunct Faculty for Nutrition at Jaya College and Lakshmi College of Nursing

Research & Publications

- Indian Journal of Nutrition -Ramani K and Swetha et al., June 2024 ISSN: 2395-2326: Comparison of efficacy and feasibility of Global leadership initiative on malnutrition (GLIM) criteria and subjective global assessment (SGA) to evaluate the nutritional status of patients at a tertiary hospital.
- International Journal of Science and Research (IJSR) ISSN:2319-7064 April 2024 Paper ID: SR24404095813: A study on correlation between nutritional delivery and length of stay in a critical care unit at a tertiary hospital.
- Journal of Renal Nutrition and Metabolism January 2020 6(4)-07 DOI:10.4103/irnm.jrnm 6_ 21
- Eating during Dialysis: An Observational Cohort Study from India

Profile URL: <https://www.yashodahospitals.com/doctor/secunderabad/nutrition-and-dietetics/swetha-a/>