

# Ramiro Saavedra

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## Education

### UNIVERSITY OF HOUSTON CLEARLAKE

Master of Art, Behavioral Science (ABT)  
Psychology & Sociology Concentration

Houston, TX

### TEXAS WOMAN'S UNIVERSITY

Master of Science, Nutrition  
Combined Masters and Dietetic Internship

Houston, TX

### UNIVERSITY OF HOUSTON

Bachelor of Science, Human Nutrition and Foods

Houston, TX

## Licenses and Certifications

**Commission on Dietetic Registration: Registered Dietitian (RD) #1065157**

**Texas Department of Licensing and Regulation: Licensed Dietitian (LD) DT#82256**

**Commission on Dietetic Registration: Board Certified Specialist in Renal Nutrition (CSR) #1065157**

### HOUSTON METHODIST HOSPITAL

Houston, TX

#### Clinical Manager of Center for Weight Loss and Bariatric Surgery

September 2021 - Present

- Multisite operations manager for 36 employees across 8 hospitals in major nationally recognized system.
- Day to day duties include: program planning, implementation and oversight to ensure quality, productivity and efficiency to maintain recognition as a leader in comprehensive weight management services
- Directly manage scheduling, supervision, retention, and evaluation of employees in the department
- Conduct regular department meetings to review policies and procedures and operational matters, rounding on all employees, completing performance appraisals, conducting new hire feedback sessions, coaching/corrective counseling, and providing recognition/commendations to achieve desired outcomes
- Manage/audit department expenses within approved budget parameters, ensuring that the department meets the budgeted/flex revenue and/or expense targets on a monthly and annual basis.
- Effectively facilitating collaborations amongst various system departments to enhance patient experience across departments and address unmet needs with referring providers
- Creating and implementing new clinical training and development programs for staff using internal and external education resources while obtaining CEUs through various credentialing bodies.
- Collaborating with HR Business Partners to write job descriptions for dietitians and clinical social workers to be implemented across the entire Methodist system.
- Leading organization change through the successful creation of new departmental multidisciplinary clinical curriculum programming for patients; including Spanish education materials.
- Implement department strategies to achieve financial target and staffing needs, developing others to do the same, through optimizing productivity, supply/resource efficiency, minimizing incidental overtime and overtime percentage, and other areas according to department specifications
- Identify and implement innovative solutions for practice or workflow changes to improve department operations or other department-specific measures by leading unit projects and/or other department/system directed/shared governance activities
- Facilitates care for HM Platinum and HM Global patients to ensure unparalleled experience.
- Initiated and/or expanded 5 University Affiliation Agreement with the HM System for Dietetics
- Maintains all departmental accreditations: ASMSB and ADA
- Achieved Tier 1 Leader Index in Press Ganey EOS: 2022, 2023, 2024, & 2025

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**DAVITA, INC.**

Houston, TX

**Renal Dietitian IV / Divisional Lead Dietitian**

May 2013 – September 2021

- Serve as a clinical support manager for 55 clinics with 48 dietitians in the greater Houston area
- Supervise the recruiting, hiring, training, development, and corporate compliance of all dietitians
- Maintained 87% or higher dietitian retention over the last 6 years (at or well above the company average)
- Work directly with operations leadership, finance managers, corporate marketing, corporate legal and compliance, and clinical enterprise teams
- Plan and execute clinical staff development meetings for all dietitians and present curriculum on relevant topics
- Conduct CMS compliance audits, create action plans, and hold accountable dietitians and facility administrators
- Plan and implement all corporate clinical initiatives which includes training and metrics/outcomes management
- Initiated and maintained 5 student learning affiliation agreements with local university dietetic internships
- Serve as a subject matter expert for the division for all dietitian related questions and concerns to VP
- Successfully promoted through Dietitian I, Dietitian II, and Dietitian III job roles

**SINGULAR HOME HEMODIALYSIS**

Pearland, TX

**Renal Dietitian**

April 2017 – March 2022

- Evaluated, developed, and completed comprehensive nutrition assessment and reassessment consistent with CMS regulations and company policy, Documenting nutrition progress at least monthly
- Worked with patient and IDT to establish, document and update plan of care (POC) to achieve short and long term goals
- Assessed on-going nutritional status to determine appropriate nutrition intervention(s) and recommendations. Consulted physician regarding lab tests as needed
- Developed individualized Medical Nutrition Therapy including meal plans for patients based on reported lab results and individualized goals
- Provided nutrition education and counseling based on individualized patient needs including nutrient requirements, knowledge and abilities, medical, economic, and social situation
- Monitored nutritional status, laboratory values, dialysis adequacy, adherence to diet and response to nutrition related medications and therapy to determine appropriate nutrition intervention and recommendations
- Managed Mineral and Bone Disorder medications such as phosphate binders, vitamin D analogs, and calcimimetics along with Oral Nutrition Supplements such as liquacel
- Reviewed monthly lab results with each patient and/or caregiver and provides patient with a nutrition report
- Participated in patient care conferences, continuous quality improvement (CQI) teams, and IDT meetings

**SODEXO / HARRIS HEALTH SYSTEM**

Houston, TX

**Clinical Dietitian**

April 2012 – April 2013

- Served as the outpatient dietitian for the following clinics: OB/Gyn, Medical & Radiation Oncology, Family Practice, and Smith Specialty Clinic (HIV, ESRD, Cancer, Liver)
- Served as the in-patient psych dietitian at the Ben Taub Neuropsychiatric Center treating Eating Disorders in a multidisciplinary team and performing diet education to manage side effects of psych medication
- Taught English and Spanish adult gestational diabetes group classes to newly diagnoses mothers
- Completed nutritional assessment and documentation of all patients seen in the clinic
- Provided diet education for various disease states including but not limited to: weight loss, hypertension, diabetes, high cholesterol, CKD, HIV, cancer, and eating disorders.
- Planned, organized, and executed a companywide Community Health Fair with multiple departments.

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## HCA CLEARLAKE

### Clinical Dietitian PRN

Webster, TX  
April 2012 – January 2013

- Served as the inpatient dietitian for the entire hospital working weekends
- Worked in the following settings: ICU, Med Surg, Cardiac, Rehab, Antepartum, and Oncology floors
- Completed nutritional assessment and documentation of all patients seen in the hospital
- Initiated and/or completed calorie counts / Ordered Nutritional Supplements for patients
- Provided diet education for various disease states including but not limited to: weight loss, hypertension, diabetes, high cholesterol, CKD, Cardiac Rehab, Pregnancy, Vitamin K diet, and cancer.
- Performed calculations and provided recommendations for TPN and Tube Feeds

## UT MD ANDERSON CANCER CENTER

### Phlebotomist

Houston, TX  
July 2004 – April 2012

- Collected blood samples via venipuncture, arterial puncture, CVC line, or arterial line
- Dispatched other phlebotomists to assignments and code blues
- Served as a receptionist that filtered calls for the general services section of the laboratory
- Communicating with other members of the healthcare team for lab orders
- Trained new hire employees and provided training in services to nurses on blood drawing procedures

## Teaching Experience

## UNIVERSITY OF HOUSTON – MAIN

### Adjunct Faculty

Houston, TX  
January 2026 – Present

- Teaching online nutrition courses for undergraduate Didactic Program in Dietetics and providing feedback on assignments
- Undergraduate Level Courses taught:
  - NUTR2332 Introduction to Nutrition
- Participating in all activities related to ASCEND Dietetic Internship Accreditation

## TEXAS WOMAN'S UNIVERSITY – HOUSTON

### Adjunct Clinical Faculty

Houston, TX  
September 2022 – Present

- Facilitating student success through hands on coaching and education initiatives to ensure program retention and secure outcomes
- Teaching online clinical courses for Dietetic Interns and providing feedback on assignments
- Graduate Level Courses taught:
  - NFS5813 Internship in Nutrition Care
  - NFS5833 Principles in Clinical Instruction of Nutrition Care
  - NFS5033 Eating Behaviors and Eating Disorders
- Serving as a clinical resource for students in the dietetic internship
- Participating in all activities related to ASCEND Dietetic Internship Accreditation

## THE ART INSTITUTE OF HOUSTON

### Adjunct Faculty

Houston, TX  
March 2013 – September 2023

- Teaching 2-3 general education courses per semester
- Courses taught include: Intro to Nutrition, Intro to Psychology, Social Psychology, Theories of Personality, Human Sexuality, Intro to Sociology, and Social Problems (undergraduate courses)
- Created relevant curriculum and used multiple methods of engagement for learners
- Participated in the university's regional accreditation (SACSCOC) faculty panel
- Hosted various Student Life activities on topics such as: nutrition, mental health, and human sexuality.

## Peer Reviewed Publications

Saavedra R, Ramirez B, Jay B. Strategies to Manage Obesity: Lifestyle. Methodist DeBakey Cardiovascular Journal. 2025;21(2):53-61. doi:10.14797/mdcvj.1510

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## Professional Organizations

**Academy of Nutrition & Dietetics:** Member 2022 - present

**Texas Academy of Nutrition & Dietetics:** 2022-2023 Southeast Region: Legislative Coordinator (volunteer)

**Texas Academy of Nutrition & Dietetics:** 2024-2025 Diversity Chair (volunteer)

**Texas Academy of Nutrition & Dietetics:** 2025-2026 Membership Chair (volunteer)

**Latinos and Hispanics in Nutrition and Dietetics (LAHIDAN):** 2024-2025 Professional Development Chair (volunteer)

**Latinos and Hispanics in Nutrition and Dietetics (LAHIDAN):** 2025-2026 Professional Development Chair (volunteer)

## Professional Conferences

**Texas Academy of Nutrition & Dietetics SE Region Seminar:** Jan 28, 2023 – The renal diet, plant-based eating, and strategies for success

**National Kidney Foundation Spring Clinical Meetings:** April 15, 2023 - A Weighty Issue: Obesity in 2023 - A Team-Based Approach Across the CKD Spectrum

**Food and Nutrition Conference and Expo (FNCE):** October 10, 2023 – Beans on the Scene: Adding Latino Foods to the Renal Patient's Diet

**Northwest Renal Dietitians Association Annual Conference:** March 7, 2024 – Beans on the Scene: Adding Latino Foods to the Renal Patient's Diet

**Academy of Nutrition and Dietetics - Cultures of Gender and Age Member Interest Group:** May 29, 2024 – Gender Affirming Care and Nutrition Care Providers

**Diversify Dietetics Summit:** June 7, 2024 – Sabores de la Tierra: Embracing Plant Based Eating in the Mexican Diet

**National Kidney Foundation Texas Symposium:** February 28, 2025 – Energy Balancing Strategies in People with Kidney Disease

**National Kidney Foundation Southwest Conference:** March 20, 2025 - Beans on the Scene: Adding Latino Foods to the Renal Patient's Diet