

CLAIRE KARIYA RD CNSC

ABOUT

Clinical dietitian and groundbreaking blenderized tube feeding expert. Over 17 years of practice in a wide variety of acute care, critical care and outpatient settings. Published author, researcher and educational speaker

- Registered with the College of Dietitians of British Columbia
 - Restricted Activities A, B, & C
- Member of Dietitians of Canada
- Certified Nutrition Support Clinician
- Clinical Instructor at the University of British Columbia
- Published Researcher & Educational Speaker

EDUCATION

2000-2004

University of Maine, Orono, Maine, USA

Bachelor of Science in Food Science and Human Nutrition
Magna Cum Laude, Maine Dietetic Association Graduate of the Year 2004

2004-2005

University of Michigan, Ann Arbor, Michigan, USA

Dietetic Practicum- Clinical Focus
Supervised practice at the CS Mott Children's Hospital Metabolic Clinic
Elective student placement at the VCH Adult Metabolic Disease Clinic

EXPERIENCE

CLINICAL DIETITIAN

Vancouver Coastal Health (2005 - present)

- Adult Metabolic Diseases Clinic 2021-present
- Vancouver General Hospital Cardiac Sciences 2012-2021
- Coverage dietitian providing relief to all VGH inpatient units as well as select outpatient clinics 2005-2012

DIRECTOR & LEAD DIETITIAN

Natural Tube Feeding Inc. (2018 - present)

- Private clinical practice providing support and guidance to patients and families interested in using blended food for tube feeding
- Web-based blenderized tube feeding resources including an informative blog, recipe book, and online course
- Recipe development, nutritional analysis and testing
- Consultancy- industry partnerships and educational speaking events
- Social media marketing, engagement and advocacy

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CONFERENCE PRESENTATIONS & SPEAKING EVENTS

- 2015 **Research Challenge Showcase** - Vancouver, BC
"Factors Associated with Post Operative Dysphagia in Cardiac Surgery"
- 2017 **Dietetics In Action Regional Conference** - Vancouver, BC
"Back to the Future: Blenderized Tube Feeding"
- 2018 **ASPEN Nutrition Science and Practice Conference** - Las Vegas, NV
"Rapid Fire Research: Blenderized Tube Feeding- A Survey of Dietitians"
- 2018 **Canadian Cardiovascular Congress** - Toronto, ON
"Predictors of Post Operative Dysphagia in Cardiac Surgery"
- 2019 **Nestle Sponsored Webinar** (presented to dietitians across Canada)
"Blenderized Tube Feeding: Beyond the Basics"
- 2019 **Nestle Clinical Nutrition Notes Podcast** Season 1, Episode 9
"Blenderized Tube Feeding: Providing Options to Patients"
- 2019 **Northern Health Clinical Nutrition Conference** - Prince George, BC
"Blenderized Tube Feeding: Answering Your Questions"
- 2021 **New Orleans Academy of Nutrition and Dietetics** Webinar
"Blenderized Tube Feedings"
- 2021 **Webinar for RDs across Australia** in partnership with Lina Breik RD
"Blended Food & Feeding Tubes!"
- 2021 Webinar for **Team Luke Hope for Minds** parent support group
"Blended Diets for Tube Feeding"
- 2021 Webinar for **Education In Nutrition** (Australian educational website)
"Blended Tube Feeding" & "Blended Tube Feeding Case Study"
- 2021 **Talk Tools Feeding First Virtual Conference** "Trending Towards Blending: What You Should Know About Blenderized Tube Feeding"
- 2022 **22Q Family Foundation Webinar** "All About Feeding Tubes: Plus Blended Diets Explained"
- 2022 **Talk Tools Infant Feeding Virtual Conference** "Blenderized Tube Feeding: Exploring the Potential of Food"

COMMITTEES

College of Dietitians of British Columbia

Inquiry Committee Member/Vice-Chair

2020 - present

Vancouver Coastal Health Clinical Nutrition Advisory Council

Surgical and Critical Care Dietitian Representative

2014 - 2022

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PUBLISHED RESEARCH

Radhakrishnan, Kariya et al. Parenteral nutrition practices of dietitians in British Columbia, Canada. Journal of Parenteral and Enteral Nutrition, 2015. Abstract S-24: [CNW15_Posters_S1-S98.pdf](#)

Kariya et al. Predictors of post-operative dysphagia in cardiac surgery. Canadian Journal of Cardiology, 2018. DOI: [10.1016/j.cjca.2018.07.440](#)

Kariya et al. Blenderized tube feeding: a survey of dietitians' perspectives, education, and perceived competence. Canadian Journal of Dietetic Practice and Research, 2019. DOI: [10.3148/cjdpr-2019-007](#)

C. Kariya and L. Vardi. Blenderized tube feeding and enterostomy tube occlusions among adults with amyotrophic lateral sclerosis and primary lateral sclerosis. Canadian Journal of Dietetic Practice and Research, 2021 Dec 1;82(4):196-199. doi: [10.3148/cjdpr-2021-019](#)

TEACHING

University of British Columbia Land & Food Systems

Clinical Instructor- Dietetics Major 2013 - present

- Preceptor for inpatient Nutrition Care student placements
- Preceptor for student Research Projects (2013-14, 2017-18)
- Guest Lecturer FHN 480

University of British Columbia Pharmaceutical Sciences

Guest Lecturer 2020 - present

- PHRM 221- Nutrition for Pharmacists
- Lecture topic- Enteral Nutrition

University of British Columbia School of Nursing

Guest Lecturer 2015 - present

- NURS 300- Theoretic and Professional Foundations for Nursing Practice
- Lecture topic- Nutrition in Acute Care

University of British Columbia Family Practice Residency Program

Guest Lecturer 2015 - present

- First year family practice residents academic teaching
- Lecture topic- Medical Nutrition Counselling

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VCH RESOURCE DEVELOPMENT

Decision Support Tools

- Enteral (Tube) Feeding - Dietitian Guidelines
- Enterostomy Feeding Tubes - Care and Management
- Blenderized Tube Feeding - Acute, Residential and Community

Practice Documents

- Gastric Residual Monitoring Algorithm - update/revision
- Transition from Continuous to Intermittent Tube Feeding- update/revision
- Transition from Tube Feeding to Oral Intake - update/revision
- Supplemental Tube Feeding Strategies - update/revision
- Blenderized tube feeding food selection guideline table

Patient Handouts

- Diet Guidelines While Taking Warfarin
- Going Home After Cardiac Surgery Booklet (Nutrition Section)
- Blended Food for Tube Feeding - Is it right for me?
- Using Blended Food for Tube Feeding
- Blended Food for Tube Feeding While You're In Our Care
- Home Tube Feeding Booklet
- Tube feeding administration instructions - Pump, Gravity, Syringe

MAJOR PROJECTS

Clinical & Systems Transformation Project

- Subject Matter Expert 2013 - 2015
- VCH Acute Care Dietitian Representative - Orders and Results Team
 - In collaboration with subject matter experts from other health authorities, developed Cerner diet orders, enteral and parenteral orders and tube feeding related nursing orders

Vancouver Coastal Health Research Challenge

- Team Leader & Principal Investigator 2014 - 2017
- Retrospective review of 865 patient records to determine the prevalence of dysphagia as a complication of cardiac surgery and identify associated risk factors
 - Interdisciplinary collaboration with program physician, nurse practitioner and speech-language pathologist

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QUALITY IMPROVEMENT INITIATIVES

Cardiology Program

- Initiated a "trickle feeding" order protocol for vented CCU patients
- Educated CCU physicians and nurses on the clinical benefits of early enteral nutrition in critical illness
- Collaborated with cardiology medical director to initiate removal of "Healthy Heart" diets from cardiology order sets to improve palatability of food, improve meal choices and support better nutrient intake among hospitalized cardiology patients
- Implementation of selective menus in CCU to improve patient experiences, increase nutrient intake and reduce food waste

Cardiac Surgery Program

- Conducted research exploring risk factors associated with dysphagia as a complication of cardiac surgery in order to identify preventative measures and accurately inform patients of dysphagia risk
- Implemented measures to identify and screen patients at high risk of dysphagia due to intra-operative laryngeal nerve damage
- Changed enteral feeding practice to nearly exclusive use of closed system tube feeding to minimize risk of formula contamination
- Collaborated with nursing staff to discontinue use of Lopez valves on feeding tubes due to risk of biofilm growth and patient discomfort
- Initiated removal of "Healthy Heart" diets from pre-operative and post-operative order sets to promote nutritional intake and recovery
- Implemented early transitions to intermittent tube feeding to facilitate physical rehabilitation and improve patient sleep quality
- Established a protocol for transitions from tube feeding to oral diets