

Cathy Alberda is currently the Clinical Nutrition Program Lead at the Royal Alexandra Hospital, along with Edmonton area rural, rehab and community hospitals. She graduated from the University of Saskatchewan with a degree in Food Science & Applied Microbiology. Cathy has spent the majority of her career as the clinical dietitian in the Royal Alexandra Hospital Intensive Care Unit. In order to combine her love of research and clinical nutrition, Cathy returned to school mid-career to undertake a Master's degree in Nutrition & Metabolism at the University of Alberta. Her Master's thesis investigated the use of probiotic therapy in the critically ill population.

Cathy's research interests have been inspired by her involvement with the Canadian Critical Care Nutrition Society. Her publications and lectures are focused on energy and protein metabolism in the critically ill patient, and the clinical applications of probiotics. She is currently investigating the prophylactic use of food-based probiotics for prevention of antibiotic-associated diarrhea and *C. difficile* in hospitalized patients.