

MARY CATHERINE PETERS, RD

Registered Dietitian | Clinical Nutrition Consultant | Expert Witness

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PROFESSIONAL PROFILE

Registered Dietitian with extensive clinical experience in medical nutrition therapy, nutrition support, critical care, trauma, bariatric nutrition, long-term care, and telehealth. Background encompasses complex medical and surgical patients, enteral/parenteral nutrition, malnutrition assessment, gastrointestinal disorders, and interdisciplinary care. Experienced in evaluating clinical nutrition issues, reviewing medical documentation, identifying standards of care and deficiencies, and translating complex medical information into clear, actionable conclusions for litigation. Available nationwide for expert witness engagements, case reviews, depositions, and trial testimony.

EXPERT WITNESS & LEGAL CONSULTING EXPERIENCE

Active Legal Engagements & Current Work

- **Expert Witness — Complex Surgical / Wrongful Death Litigation (Arizona):** Retained as primary clinical nutrition expert witness in an active wrongful death suit involving surgical care and nutritional assessment. Responsible for medical record review, standard-of-care analysis, and expert report preparation in advance of trial.
- **Litigation Consultation & Standard-of-Care Assessment:** Conduct objective case reviews across hospital, long-term care, and surgical settings, including malnutrition identification, post-operative complications, critical care nutrition, and tube feeding protocols.

Courtroom & Trial Experience

- **Trial Testimony & Case Resolution — Clay County, Florida (Hot Beverage Injury):** Delivered expert testimony after being retained by the defense. Analyzed complex clinical nutrition data to support case resolution, demonstrating the ability to communicate clinical evidence effectively under cross-examination.

Foundational Legal Consulting History

- **Historical Case Analysis & Expert Reports:** Multi-year background reviewing medical nutrition cases for both plaintiff (65%) and defense (35%) matters — spanning acute care and long-term care settings — establishing a balanced, objective perspective on clinical documentation and standards of care.
- **Florida Medical Quality Assurance & Disciplinary Reviewer:** Served as an expert reviewer for medical quality assurance and disciplinary matters.

AREAS OF EXPERT WITNESS FOCUS

- **Hospital & Critical Care:** Enteral and parenteral nutrition (TPN), ICU/trauma nutrition, refeeding syndrome and its management, and transitions of care.
- **Surgical & Bariatric Nutrition:** Pre- and post-operative nutritional optimization, surgical complications, weight management, and bariatric procedures (Sleeve, Roux-en-Y, BPD/DS).
- **Malnutrition & Clinical Decline:** Recognition and documentation of malnutrition, unintended weight loss, macro/micronutrient deficiencies, and failure to thrive.
- **Long-Term Care & Geriatrics:** MDS 3.0 documentation, pressure injuries/wound healing, dysphagia management, and regulatory compliance.
- **Gastrointestinal Disorders:** Short-bowel syndrome, intestinal adaptation, inflammatory bowel disease (Crohn's, Ulcerative Colitis), and SIBO.

PROFESSIONAL EXPERIENCE

Registered Dietitian | Nourish09/2025 – Present

- Provide medical nutrition therapy via telehealth for complex GI, post-bariatric, GLP-1 treatment, and malnourished populations nationwide.

Coverage Dietitian / Consultant | Independent Contractor*05/2023 – Present*

- Deliver expert consulting services across long-term and acute care facilities in Virginia. Complete MDS 3.0 assessments, evaluate vitamin/mineral deficiencies, monitor tube feedings, and ensure state/federal compliance.

Nutrition & Health Content Consultant | Self-Employed*07/2011 – Present*

- Review medical materials for clinical accuracy, develop nutrition education programs, and deliver professional presentations.

Clinical Dietitian | Clinch Valley Medical Center*05/2024 – 05/2025*

- Managed nutrition support (TPN/EN) for complex ICU and surgical patients, conducted refeeding syndrome monitoring, and participated in multidisciplinary rounds.

Bariatric Program Coordinator | Laparoscopic Weight Loss Centers*2003 – 2006*

- Coordinated pre- and post-operative surgical nutrition care and co-authored bariatric research.

Consultant Dietitian | Riverwood Center LTC*2001 – 2003*

- Handled long-term care nutrition care planning, MDS documentation, and dietary compliance.

Clinical Dietitian – Adult ICU / Trauma | University Medical Center (UF Health Shands)*1996 – 2001*

- Served as full-time Certified Nutrition Support Dietitian (CNSD) in Level-1 trauma, neurosurgical, and pediatric ICUs. Managed complex TPN/EN formulations and indirect calorimetry.

EDUCATION & CREDENTIALS

- **Registered Dietitian (RD):** Commission on Dietetic Registration (#825329, active through August 2027)
- **Certified Nutrition Support Dietitian (CNSD):** Specialization in critical care and parenteral/enteral support
- **B.S. in Nutrition & Dietetics:** Florida State University
- **Dietetic Internship:** Aramark (ACEND-Accredited), Brooklyn, NY

PUBLICATIONS, PROTOCOLS & AFFILIATIONS

- **Author:** Pediatric Malnutrition & Pediculosis: A Forensic Case Series (2025)
- **Co-Author:** Correlation of Preoperative Weight Loss and Surgical Outcomes, SOARD (2012/2013)
- **Developer:** Clinical Roadmap for the Prevention and Management of Refeeding Syndrome (2025)
- **Member:** American Society for Parenteral and Enteral Nutrition (ASPEN); Physicians Association for Nutrition (PANCO)