

Sara Wilson, MS, RD, CNSC, CDN

Sara Wilson is the Senior Director of Clinical Nutrition at Mount Sinai Hospital/Mount Sinai Beth Israel of the Mount Sinai Health System. She earned her undergraduate degree in Psychology from Florida State University and Master of Science degree in Clinical Nutrition from New York University. Sara is a Registered Dietitian, licensed Certified Dietitian-Nutritionist in New York State, and a Board Certified Nutrition Support Clinician. Prior to her current role, Sara provided nutrition coverage on the surgical intensive care unit and was the coordinating member of the hospital's surgical nutrition support service where she planned and organized the education of surgical residents and critical care fellows, as well as nursing and nutrition staff, on the provision of enteral and parenteral nutrition support. Sara has participated in several nutrition support related research pursuits, including co-authoring publications and book chapters. She has lectured on a number of topics regarding nutrition support in the ICU both locally and internationally, including: efficacy of enteral nutrition protocols, optimizing nutrition status in the critically ill, and immunomodulation of enteral/parenteral nutrition formulas.

As Senior Director of Clinical Nutrition Services at Mount Sinai Hospital and Mount Sinai Beth Israel, Sara oversees clinical standards of nutrition care in the inpatient and outpatient settings, community and wellness activities, research opportunities, training and education endeavors, and other collaborative initiatives with departments throughout the Health System.