

## **PERSONAL PROFILE**

Ambitious dietitian with excellent communication skills, eager to utilize my knowledge in promoting healthy lifestyles. My exceptional communication skills and experience in health education qualify me to educate individuals briefly and clearly. Additionally, I am a quite responsible-multi task person with great leadership skills that allow me to be a successful team member.

## **WORK EXPERIENCE**

### **Ajyal School**

#### **Community health educator – November 2020 – present**

Give monthly lectures on:

- Importance of healthy eating habits
- Reading nutrition labels
- Follow up with overweight and obese students per request
- Correcting nutritional and general health misconceptions

#### ***Al Zahraa Hospital University Medical Center Dietetic intern – January 2021- July 2021***

**Clinical rotation included** ICU, OB/GYN, Pediatrics, Chemotherapy, Cardiac Care Units, Surgery departments, and Urology units.

Role:

- Overview patients' medical files in order to prescribe the adequate diet and meal plan.
- Assess patients' nutritional status in addition to malnutrition risk to proceed in nutrition care process. - Educate patients on leading a healthy lifestyle.
- Promote body image acceptance.
- Develop financially efficient meal plans that suits all economic classes.
- Provide medical nutrition therapy for patients with renal failure, diabetes, heart failure, cancer, G6PD, hyperlipidemia, cardiovascular diseases, and eating disorders.
- Assess children's nutritional status in pediatric department and implement catch up growth diets for those with poor growth.

#### **Foodservice management rotation included:**

- Identify and control food safety hazards.
- Help in maintaining PRP's and HACCP principles as well as ISO22000.
- Establish a food safety culture amongst the staff members by training and persuading management and employees.
- Evaluate performance efficiency using competency checklists.
- Maintain the maintenance, cleaning program and the approved supplier list, records of corrective action audits.
- Conduct internal audits plus inspected hospital meals on a daily basis.
- Submit menu development project and HACCP project to fellow dietitians.

## **NGO**

#### **Community Health Educator – August 2021-Present (weekly online lecture)**

- Discuss patients' nutritional and general health status
- Implement nutritional plan to reach desired goals
- Educate the patient about the importance of lifestyle changes to promote healthy living
- Evaluate the effectiveness of program and educational materials

#### **Clinical Dietitian – Sohati.doctor.com –Part-time – September 2021- Present**

- Perform online consultations with patients with different health problems
- Assess patients nutritional status and needs
- Consult on the basis of nutrition, healthy eating habits
- Monitor patient's journey and find ways to assist patients to reach their desired goals

-Keep records of health metrics such as blood pressure, weight, height, blood glucose... for future reference and monitoring process

#### **EDUCATION**

- **Lebanese International University (LIU)**

B.S degree in Nutrition & Dietetics 2016-2020

- **Our Lady of Grace High School**

Baccalaureate degree in Socio-economics, 2015

#### **LANGUAGES**

Fluent in Arabic, English ( speaking, writing, and reading) Working proficiency in French

#### **CERTIFICATES & HONORS**

- Dean's list- Spring 2020 (GPA 3.60)

- Al Zahraa Hospital University Medical Center- Dietetic Internship  
Department

- Lebanese colloquium – due December 2021

- Food Allergy University : Managing Food Allergies in 2020 and Beyond  
October 23, 2020

- Consequences of Diabetes Mellitus on Nutritional

Status- September 23 , 2020 – held by Fresenius Kabi Academy for Continuing Education

- Popular Diets in Nutrition Practice accredited by American Academy of Nutrition and Dietetics – 4CEU –  
September 2019

- Approach to Parental Nutrition – September  
2020 – 4 CME hours - Organized by The European  
Society for Clinical Nutrition and Metabolism

- Role of Whole Grains in Immunity and Weight

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Control – September 8, 2020

Bariatric Surgery : Assess , Optimize and Proceed

August 12, 2020

Empowering Diabetes and Prediabetes Counseling : 3 Keys to

Effective Education for Diabetes Self-Management – 1CEU hours – American CDR accredited

#### **SKILLS**

Flexibility and adaptability

Excellent communication skills

Ability to be deliver my message briefly and clearly Self-improving and eagerness to learn Active  
listening and negotiation

Ability to work in a team

Productivity under pressure Microsoft Word

Microsoft Excel

Microsoft PowerPoint