

Sophia Jamal

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Education

Lebanese American University, Beirut, Lebanon

June 2022

BS in Nutrition and Dietetics - Coordinated Program (CP) Dean’s Distinction List, CGPA: 3.53

PROFESSIONAL EXPERIENCE

Dietetic Intern

Sep. 2021 - June 2022

Lebanese American University Medical Center- Rizk Hospital (LAUMC-RH) - Beirut, Lebanon

- Conduct routine screening and nutritional assessments on patients from many divisions at the hospital (ex: renal, oncology, surgery, cardiac, pediatrics, OB-GYN, internal medicine, and ICU and plan necessary nutritional interventions.
- Reassess interventions and modify based on needs and tolerances.
- Demonstrate and apply principles and techniques of food safety at the hospital such as sanitation, personal hygiene, and professional attire.
- Demonstrate and analyze food services, such as food cost, and implement necessary controls to maintain costs and ensure profitability.

Treasurer

Sep. 2021 - Jan. 2022

LAU Nutrition and Food Science Club

- Initiated, organize, and lead multiple events revolving around Nutrition and Food Science related topics.
- Partnered with other LAU clubs to organize campaigns about food insecurity, healthy eating, cancer, and nutrition, etc.
- Organized volunteering events with organizations such as Caritas, Beit El Baraka, Ahla Fawda, and Basma.
- Raised funds, 10 million LBP, within 2 days for the Lebanese Food Bank.
- Collaborated with multiple sponsors, speakers, and NGOs.

Research Intern

June 2021 - July 2022

Behind My Meals - Beirut, Lebanon

- Gathered information regarding recent news on nutrition, food science, and food technology.
- Analyzed research findings and recent data
- Developed articles, infographics, and social media posts.

Dietetic Intern

Dec. 2019-Jan. 2020

International Medical Center - Jeddah, Saudi Arabia

- Conducted screenings and nutritional assessments on patients and plan appropriate interventions for patients and coordinated work of other services provided by the multidisciplinary team.
- Arranged and plan systematic follow-ups to monitor and evaluate interventions.
- Reassessed interventions and modify based on needs and tolerances.
- Documented and maintain records, files, and reports, on the action plan and follow-ups.

Tutor (Math, English, Science)

2014 - 2022

Personal - Jeddah, Saudi Arabia / Beirut, Lebanon

- Provided one-on-one lessons to students in elementary, middle, or high school.
- Fostered a reassuring learning environment to help enable students to learn quickly.
- Used stimulating and assorted methods to pass knowledge.
- Tracked individual progress and provide useful feedback.

VOLUNTEERING

Children’s Cancer Center Lebanon - Beirut, Lebanon

June 2022-Present

- Develop and implement different activities for the children such as arts and crafts and events.

Embrace - Beirut, Lebanon

2018-2019

- Planned and participated in events around Beirut regarding mental health and the suicide hotline.

Ministry of Health - Jeddah, Saudi Arabia

Nov. 2015

- Planned and participated in a mental health awareness campaign.

SKILLS

Languages: Arabic (Native), English (Full Professional Proficiency)
Computer: Microsoft Office Word, Excel, and PowerPoint.
Soft Skills: Communication, Active listening, Fundraising, Negotiation, Time Management, Organization, and Team Leading.

RESEARCH

An observational study of the use of Complementary and Alternative Medicine (CAM), the adoption of healthy eating patterns, and the quality of life among cancer patients living in Lebanon

Ongoing

LAUMC-RH Research Study

The Effect of Loss of Taste and Smell on Eating Patterns, Appetite, and Behaviors Among COVID-19 Patients

2021

Senior Research Study

Handling Food Waste in Lebanese Restaurants

2019

Community Nutrition Final Report

LICENSES AND CERTIFICATIONS

Advanced Cardiac Life Support (ACLS) NHCPS Certification	Save a Life Certifications by NHCPS	June 2021
Social-Behavioral-Educational Researcher	CITI Program	April 2021
Consequences of Diabetes Mellitus on Nutritional Status	Fresenius Kabi	Oct. 2020
Staff Health and Safety Program	International Medical Center	Jan. 2020