



Name: Atika Qamar

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Objective

Goal oriented Dietitian/Nutritionist and wellness professional focused on conducting detailed nutrition consultation and creating personalized diet plans to meet the need of each client/patient. High achieving professional with advanced knowledge of human anatomy and physiology.

Experience

- Liaquat National Hospital** Aug 2, 2017 - Apr 2, 2020
Clinical Dietitian
Worked as a Clinical And Food Service Dietitian
- Aga Khan University Hospital** Oct 18, 2016 - Nov 18, 2016
Clinical Dietitian And Food service Intern
- Tabba Heart Institute** Apr 1, 2016 - Apr 30, 2016
Food Service Management Intern
- Espresso Coffee House** Mar 01, 2016 - Mar 30, 2016
Food Service Management Intern

Education

- University Of Karachi** 2016
BS in Nutrition And Dietetics
A
- Rana Liaquat Ali Khan Govt College of Home Economics** 2012
Intermediate
A
- Al Badar Acadmey** 2010
Matriculation
A

License

- DHA (Eligibility letter)
- RDN (Registered Dietitian And Nutritionist)
- Life time member of PND (Pakistan Nutrition And Dietetics Society)

Main Duties

- - Completed detailed Nutrition Assessment of each patient based on health history, medical condition and energy requirements.
 - Interpret blood glucose results and recommend adjustment in food and insulin.teach carbohydrate counting.
 - Determined patient-specific nutrient & energy requirements with consideration to specific lifestyles, physiological and medical conditions
 - Developed individualized meal plans for patients with Diabetes, Hypertension, Hyper/Hypothyroidism, Cardiovascular, Renal, Oncology, Gestation, Celiac Disease along with other diseases and food allergies.
 - Plan enteral & total parenteral nutrition regimens.
 - Liaising with nursing staff and catering staff to provide special therapeutic diets and feeds.
 - Delivered lectures to educate patients, families and nutrition practitioners.
 - Conducted series of lecture to pharmacy students on "Drug Nutrient Interaction".
 - Managed quality assurance program, including on-site food evaluations, trayline checks, internal audits and patients surveys.
 - Assigned and directed the workload of dietetic technicians and diet clerks.

Skills

- Good computer and software
- Decision making and problem solving
- Good leadership Qualities
- Multitasking and team management
- Keen Observer And Quick learner
- Hardworking and punctual
- EMR, Meditech and SPSS

Interests

- Reading
- Writing
- Blogging
- Sports

Achievements & Awards

- **ATTENDED CONFERENCES AND SEMINARS**

- Participated in different workshops, seminars related to Nutrition and diet
- Workshop on "LEAD YOUR LIFE WITH DIET AND FITNESS" (2015)
- NADEP.CON First Diabetes Education Conference of Pakistan held on 21st and 22nd February (2015)
- CNE session on "Infant and young children feeding practices." at The Kidney Centre (2015)
- EduExpo (2016) Nutrition And Dietetics at "THE EDUCATORS"
- CME on Diabetes: "Recent Advances in Therapeutic Approaches for Diabetes Management." (2016)
- CNE session on Significance of Nutrition: "Post Surgery and wounds." at The Kidney Centre. (2016)
- INTERNATIONAL DIABETES AND ENDOCRINE CONGRESS held on August 18-21, (2016) at karachi
- Delivered presentation on "Basic Nutritional Awareness" held at COTHM karachi. (2016)

- **ONLINE WEBINARS**

- American Society for Nutrition's Virtual conference NUTRITION 2020 LIVE ONLINE (Jun 4, 2020)
- Shining a light on Vitamin D during COVID 19 (Jun 11, 2020)
- Nutritional Adequacy Of Plant based Diets for Children (Jul 1, 2020)
- Clinical Nutrition Management For COVID 19 Patients. A UAE perspective (Jul 7, 2020)
- Eating Well During Cancer (Jul 15, 2020)
- How To Feed Premature Infants After They Go Home (Jul 16, 2020)
- Carb Confusion: carbohydrate and type 2 Diabetes (Jul 17, 2020)
- Therapeutic Role Of Functional Foods In Human Health (Jul 21, 2020)
- Malnutrition And Obesity: The dietetic conundrum (July, 2020)
- Is Gluten-free really 100% gluten free why it matters (July, 2020)
- Nutrition During Sports Training And Main Day (July 22, 2020)

Language

- English, Urdu and Arabic

Personal Details

- Date of Birth : 30/08/1994

