

# HIBA BAIG

Nationality: Pakistani Marital Status: Married

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## Personal Summary

A well presented, dedicated, and self-motivated person with experience of assessing a patients' nutritional needs, then developing and implementing nutrition programs for them.

## Experience

### Dietitian

(March 2021-till present)

#### Tabba Heart institute

- Conduct individualized assessments of patients' nutritional needs.
- Educate cardiac patients, including post-bypass surgery, angiography, angioplasty, valve replacement, and patients with cardiac complications, on nutrition and healthy eating habits.
- Develop personalized and evidence-based meal plans based on medical conditions and dietary goals.
- Monitor and evaluate patients' progress and adjust meal plans as needed.
- Maintain accurate documentation of patient assessments, interventions, and outcomes.
- Collaborate with healthcare teams to integrate nutrition plans for patients in rehabilitation settings
- Individualized counseling of patients on enteral feeding for patients on NG, PEG or jejunostomy feeding.
- Offer specialized diet education materials and conduct counseling sessions in OPD for patients undergoing bariatric surgery, seeking weight management, individuals with diabetes and with cardiovascular issues.
- Stay up-to-date with the latest research to improve knowledge and skills in patient care
- Composing informative and engaging articles for the Tabba's newsletter
- Develop educational videos on Tabba Heart institute's YouTube channel
- Create nutrition-based content to increase audience engagement on social media platforms
- Active participation in meetings, case discussions, and professional development activities
- Collaborate with food service staff to create balanced and nutritious menus for patients
- Ensure compliance with regulatory and safety standards
- Promote better nutrition by giving talks about & preventing /managing specific diseases.

## Education

### Bachelor of Science

(Nutrition and Dietetics)

2015

University of Karachi, Pakistan.

### Intermediate

(Home Economics)

2011

Karachi Board, Pakistan.

### Matriculation

2009

Karachi Board, Pakistan

## Achievements

### Occupational English Test

2023

AEO PAKISTAN

### DHA License Exam

2019

Dubai Health Authority

### Registered Dietitian Exam

2017

Pakistan Nutrition & Dietetics Society

### Diploma in Diabetes Education

2017

AIMMS, Islamabad

## Experience

**Online Nutritionist** (September 2020-February 2021)  
**Nutrigo Morinaga Pvt Ltd. at Ibex.**

- Provide virtual nutrition consultations for parents and caregivers of children under 13 years.
- Offer guidance on infant and child feeding practices, including introducing solid foods, food allergies, and picky eating.
- Educate parents and caregivers on the importance of balanced nutrition for children's growth and development.
- Address and handle customer complaints related to nutrition products, services, or consultations.
- Collect and analyze sample feedback from parents to assess product acceptance and efficacy.
- Prepare and present regular reports on nutritional trends, product feedback, and customer satisfaction.
- Maintain accurate and confidential records of client consultations and interactions.
- Implement complaint handling procedures and ensure prompt resolution of issues.

**Consultant Dietitian** (January 2018-December 2019)  
**Diabetes Clinic with Dr. A. Ebrahim**

**Zubaida Medical Centre & Memon Medical Institute Hospital**

- Conducted dietary consultations in an outpatient clinic, providing specialized care to individuals with diabetes.
- Assessed individuals' nutrition and carbohydrate intake in relation to their diabetes management plan
- Developed and delivered personalized medical nutrition therapy based on age, type of diabetes, and other health factors
- Educated patients on meal planning, behavior change and self-management, covering optimal meal patterns, carbohydrate intake, and strategies to address comorbidities.
- Educated individuals with diabetes, utilizing tools like blood glucose records, carbohydrate counting, glycaemic index, portion modeling and label reading.
- Created and modified nutrition education materials.
- Participated in nutrition-focused medical camps to promote health and wellness within the community

**Assistant Dietitian** (October 2016 till august 2017)  
**Liaquat National Hospital**

- Assessed patients' nutritional needs and developed personalized diet plans.
- Collaborated with healthcare professionals to provide comprehensive dietary recommendations & treatment plans.

## Extra- Curricular Activities

**Arranged workshop on**  
"Exploring Nutrition Career and Research Gap in Pakistan"  
*at Tabba Heart institute, Karachi*

**Delivered Nutrition Awareness Session at The City School, Karachi.**

**Organized a Workshop on**  
"Lead your Life with Diet and Fitness" *at The Rangoonwala Auditorium RLAK College, Karachi.*

**Arranged a Nutritional Counseling Stall**  
*at H.O.P.E.S Carnival held at Go Aish Adventure Park, Karachi.*

**Arranged a Nutritional Counseling Stall**  
*at Expo Centre, Karachi*

**Arranged Nutritional Assessment Survey**  
*at Al-Huda International Institute for Islamic Education Karachi.*

**Student Teaching at**  
intermediate level as a part of BS course *at RLAK College, Karachi.*

## Experience

- Provided nutritional care and support in various medical specialties, including General Surgery, Surgical ICU and HDU, Neurosurgery, ENT & Maxillofacial Surgery, Gastroenterology, Nephrology, Neurology, Gynecology, Urology, Orthopedic Surgery, Plastic and Cosmetic Surgery, and General Medicine.
- Consistently updated patient records with accurate information.
- Conducted OPD sessions in collaboration with the Department of Endocrinology.
- Effectively planned tube feed diets and transitional diets from tube feed to oral feed.
- Worked closely with the food service team to develop and implement patient-centered menu plans.
- Supervised and evaluated quality of meals served to patients according to their therapeutic needs.
- Stayed up-to-date with the latest research and developments in the field of clinical nutrition.
- Assisted the chief dietitian by providing detailed reports on daily activities and any notable challenges encountered.

### Community Internship (January 2014 - May 2015) FANS (Food and Nutrition Society)

- Conducted a report on Pakistan's nutritional health status.
- Organized a workshop on "Lead Your Life with Diet and Fitness" for community members.
- Educated people through an informative stall at the HOPES Carnival.
- Delivered an educational presentation on "Fat-soluble vitamins" to B.S students using effective oral and written communication.

### Clinical Internship (October-December 2015) Aga Khan University

- Assisted registered dietitians in patient assessments.
- Observed & learned about nutritional counseling techniques using medical nutrition therapy in managing chronic diseases.
- Learned about nutritional support for critically ill patients.
- Shadowed dietitians during meal planning and menu development.
- Observed food service operations and hygiene practices.
- Learned about the importance of evidence-based practice in dietetics.
- Attended nutrition-related seminars.

## MEMBERSHIP

**PNDS (Pakistan Nutrition & Dietetics Society)**  
*2017 -lifetime*

**NFP (Nutrition Foundation of Pakistan)**  
*2022 till present*



## SKILLS

Communication skills

● ● ● ● ● ●

Listening skills

● ● ● ● ● ●

Problem-solving skills

● ● ● ● ● ●

Public Speaking skills

● ● ● ● ● ●

Critical Thinking

● ● ● ● ● ●

## IT Proficiency

MS Office applications

● ● ● ● ● ●

Canva

● ● ● ● ● ●

SPSS

● ● ● ● ● ●

## Experience

### **Food Service Internship**

(March-April 2013)

#### **Pearl Continental Hotel Karachi**

- Learned about food service management within the hotel setting.
- Assisted in meal preparation, focusing on nutrition and presentation.
- Helped develop and evaluate recipes and menus for acceptability and affordability.
- Gained knowledge of food safety and sanitation practices.
- Accommodated special dietary needs of guests.
- Understood food marketing and health communication strategies.
- Assisted in nutrition education programs for staff and guests.
- Learned about food procurement processes.
- Followed dietary guidelines and regulations in the hotel industry.

### **Intern**

(2nd May – 30th May)

#### **Merck Pvt Ltd**

- Observed and gained practical knowledge of sales, marketing, and promotion of Vitamin & mineral supplements
- Assisted in preparing an advertising plan for a product
- Learned about the development of marketing materials, including brochures, ads, web materials, displays, etc.
- Collected data on the nutritional requirements of individuals in need of supplements
- Gathered data to support the creation of brochures and informational materials.