

Fatima Saad Eddine

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PROFILE

DHA Clinical Dietitian and Lebanese Licensed Dietitian having more than 5 years experience for being of Clinical Dietitian and Preceptor for Dietetic Interns at a Hospital Setting. Seeking a job as a dietitian in all fields: clinical, community or food service.

EDUCATION

Bachelor of Nutrition and Dietetics Coordinated Program May 2015

American University of Beirut (AUB) – Beirut, Lebanon

Lebanese Baccalaureate - Life Science Section July 2011

Al-Iman Pilot School - Beirut, Lebanon

CERTIFICATES

Clinical Dietitian License Feb. 2021

Dubai Health Authority - Dubai, United Arab Emirates

Dietitian License July 2015

Ministry of Public Health - Beirut, Lebanon

EXPERIENCE

Position: Clinical Dietitian April 2016 – August 2021

Location: Rafik Hariri University Hospital (RHUH) – Beirut, Lebanon

Duties:

- Assess patient's nutritional status, needs and tolerance of nutrition support and plan appropriate nutritional intervention
- Develop, implement and document a plan of care based on the assessment of nutritional needs and Nutrition Care Process
- Develop meal plans to meet personal preferences and therapeutic needs of patient population
- Counsel individuals and families (inpatients and outpatients) on nutritional principles, meal plan, food selection and economic and adapt plans to their lifestyles
- Consult with physicians, nursing and other health care providers regarding the nutritional care of patients including recommendations for enteral and parenteral nutrition
- Participate in interdisciplinary patient care team rounds and serve as consultant on nutritional care
- Assist in determining quality and quantity of food required for formulation of menus
- Evaluate food served for conformance to quality and quantity standards including accuracy, temperature and appearance

- Act as preceptor for Dietetic interns and Practicums in their Clinical Rotations
- Assist in developing and implementing Nutrition Services policies and procedures, clinical nutrition protocols, standards of care programs relating to safety, sanitation, and infection control
- Provide leadership to staff by demonstrating proper nutrition techniques and procedures
- Update policies and procedures related to nutrition guidelines
- Covered diet aid position at hospital's kitchen: forecasting patient's meals, communicating with kitchen staff to organize meals preparation and distribution and finally checking every tray before served to the patients confirming quality and quantity to meet each patient's nutritional needs

Position: Dietetic Intern

Sept.2014 - May 2015

Location: Rafik Hariri University Hospital (RHUH) – Beirut, Lebanon

Duties:

- Checked trays before they are served to the patients for adequacy a minimum of three times a week
- Identified microorganisms that are of potential hazard to certain foods produced at the facility and identified some examples of cross contamination that could occur in the production area
- Recognized the different equipment present in the production area and its maintenance schedule
- Identified all cooking methods and studied the percentage of weight loss that each food item might have
- Submitted a standardized recipe for a lunch item and a dessert with another modified one
- Identified critical control points of menu item and wrote down a HACCP plan
- Developed business plan and applied a feasibility study for applying a new item to the cafeteria
- Performed a plate waste and time temperature study for the items delivered to the patients
- Filled out sanitation and safety checklists for the equipment at the kitchen premises
- Observed the purchasing, receiving and storage process done at the facility and identified any wrong step done during the process and taking a corrective action toward it
- Performed patient clinical and dietary assessment
- Applied medical nutrition therapy to all cases exposed to at the hospital's site
- Learned how to write SOAP note integrating NCP terminologies into it
- Got exposed to outpatient cases and was part in applying its medical nutrition therapy
- Counseling sessions with patients was done when needed (education and proper dietary guidelines were given in the appropriate manner)

- Practiced writing menus from scratch for different targets based on their needs
- Identified different therapeutic diets, food textures and consistencies, and nutrition supplements, enteral and parenteral formulas commonly prescribed to the patients
- Attended medical rounds
- Screened patients and assigned risks (low, moderate and high) based on admitting diagnosis and overall nutrition status
- Long term at Ain W Zain Hospital: identified the nutritional needs of the elderly population, assessed patients there and finally planned and implemented appropriate nutritional intervention
- 3 weeks rotation at Rafik Hariri Foundation working on the prevention of non-communicable diseases mainly cardiovascular disease in women and men above 40 years of age
- School project with Ajyalona: assessed the children at different schools and assessed the school's shop and tried to change some of its items to healthy ones

ACCOMPLISHED PROJECTS

Graduation Final Year Project

- Studied the factors, perceptions and the expectations for choosing dietetics as a career by conducting a 15 minute interview-based survey with nutrition students at AUB and analyzing the results using SPSS.
- Studied the effect of dark chocolate on blood pressure and what is the mechanism followed.

University Projects

- Planning menu for different cases (pregnant women, lactating...)
- ADIME notes for cases such as pancreatitis, obesity, esophageal cancer...
- Anthropometric measurements (height, weight, waist circumference...)
- Menu project (preparing standardized recipes)
- Analysis and adjustment of intake for different diseases

COMPUTER SOFTWARE AND APPLICATIONS

- Microsoft Office (Word, Excel, PowerPoint and Publisher)
- SPSS (version 21)

COMMUNITY INVOLVEMENT

- Got Certificate of Participation and CPE Certificate on Sports Nutrition from Catalyst Training
- Got Certificate of Participation covering Diabetes Day
- Attended Conference entitled Eating Behavior
- Worked in data collection for a study done at AUB on obesity and lifestyle among children aged between 4–18 years (all over Lebanon)

- Participated in World Kidney Day and Diabetes Day at our hospital's site
- Participated in Science day with LAFS and AUB
- Worked at the university as an assistant to a graduate student on growing bacteria in a lab (Work Study Program)
- Member in the Nutrition Society at AUB
- Got the CITI certification from the Institutional Review Board (IRB)
- Got certificates for finishing WIC modules

REFERENCES

Available upon request