



Nawras Alabdulbaqi

Certified Clinical Dietitian

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QUALIFICATIONS

Dubai Health Authority, Dubai, United Arab of Emirates

Certified Clinical Dietitian

Saudi Commission for Health Specialties, Riyadh, Saudi Arabia

Certified Clinical Nutritionist

The City University of New York (CUNY), New York, USA

Master of Science in Health Nutrition Sciences, Jan.2017

King Saud University (KSU), College of Applied Medical Sciences, Riyadh, Saudi Arabia

Bachelor of Science in Clinical Nutrition, Nov.2012

EXPERIENCE

Aestheticon International Center of Plastic Surgery, Aesthetic Treatments and Hand Surgery, Dubai, UAE

Senior Clinical Dietitian, Apr. 2023- current

- Provide individualized nutrition counseling and education to patients.
- Develop personalized meal and nutrition plans.
- Evaluate and monitor the effects of nutrition plans and practices and make changes as needed.
- Collaborate with other health care professionals to ensure optimal patient care.

Dar Afia Medical Company, Dammam, Saudi Arabia

Senior Clinical Dietitian, Feb. 2021- Apr. 2022

- Customize nutrition care plans in outpatients` clinics: health status, age, gender and physical activity.
- Analyze patient`s health status, goals and dietary restrictions.
- Educating patients to improve their lifestyle.
- Tracking clients' dietary intake and progress until achieving the target.
- Helping other medical staff to provide better care for the patients.
- Responsible for pre/post operative cases.

King Fahad Specialist Hospital, Dammam, Saudi Arabia

Clinical Dietitian, Sep. 2019- Dec. 2020

- Going through all aspects of patients' nutritional care on-site.
- Observing metabolic cases.
- Responsible for the Dietitian`s Clinic.
- Providing customized nutrition care plans for inpatients in all hospital wards
- Educate the patients and their families about the patient`s diet.

Johns Hopkins Aramco Healthcare (Saudi Aramco Medical Center), Dhahran, Saudi Arabia

Dietetic Intern, Jul. 2012-Dec.2012

- Developed nutrition care plans in outpatients` clinics.
- Monitored the nutritional issues for in/outpatients.
- Provided written dietary instructions and explained to patients the rationale behind diet being described.
- Carried out independently the nutrition tasks at the Pediatric Ward.

Qatif Central Hospital, Qatif, Saudi Arabia

Dietetic Intern, Apr. 2012-Jun. 2012

- Supported people who are unable to eat after major surgeries or serious injuries to ensure they continue to receive the nutrition they need.
- Determined the nutritional needs and diet restrictions of patients.

National Guard Hospital, Riyadh, Saudi Arabia

Dietetic Intern, Jan 2012-Mar. 2012

- Studied patient medical records and assessed patients' nutritional status.
- Recorded nutrition intervention and recommendations in patients' profiles sheet.

Maternity & Children Hospital, Dammam, Saudi Arabia

Dietetic Intern, Oct. 2011-Dec. 2011

- Monitored the patients' nutritional status changes and recommended appropriate interventions.
- Identified patients at risk of malnutrition based on Nutrition Screening Criteria
- Supervised the special meals' preparing process of inpatients.

MEMBERSHIPS, PARTICIPATIONS, and SOCIAL WORK

Member of the Saudi Dietetic Association (2010-current). Riyadh, Saudi Arabia.

Founding Member of Alef Yaa Group for Social Activities (2016-current). Safwa, Saudi Arabia.

World Prematurity Day Campaign (Nov.2019). Qatif, Saudi Arabia

The World Diabetes Day Campaign (Nov.2019). Saudi Tabreed District Company, Khobar, Saudi Arabia

International Children's Growth Awareness Day Campaign (Nov.2019). Dammam, Saudi Arabia

Winter Diseases Campaign (Nov. 2012). Saudi Aramco Medical Center, Dhahran, Saudi Arabia.

Back to School Campaign (Sep. 2012). Saudi Aramco Medical Center. Dhahran, Saudi Arabia.

Diabetic Awareness Campaign (Jul. 2012). Saudi Aramco Medical Center. Ras Tanura, Saudi Arabia.

Introduction to Diabetes (May. 2012). King Fahad Specialist Hospital. Dammam, Saudi Arabia.

The Obesity Awareness Show (Jun. 2010). The National Festival for Heritage and Culture. Riyadh, Saudi Arabia.

Nutritional Management for Critically Ill Patients (Mar. 2010). Saudi Dietetic Association. Riyadh, Saudi Arabia.

CONFERENCES and SYMPOSIUMS

Pregnancy Nutrition (Oct. 2020). Catalyst Training lab, Live Webinar

Dubai International Nutrition Congress (Oct. 2019). Dubai Health Authority (DHA), Dubai, UAE.

Dubai International Nutrition Congress (Oct. 2018). Dubai Health Authority (DHA), Dubai, UAE.

Dubai International Nutrition Congress (Oct. 2017). Dubai Health Authority (DHA), Dubai, UAE.

Pediatric Nutrition Conference (Sep. 2015). Columbia University, New York, NY.

Breast Cancer Awareness Campaign (Oct. 2012). Saudi Aramco Medical Center. Dhahran, Saudi Arabia.

Respiratory Awareness Campaign (Aug. 2012). Saudi Aramco Medical Center. Dhahran, Saudi Arabia.

Pediatric Nutrition Campaign (Dec. 2012). Saudi Aramco Medical Center, Dhahran, Saudi Arabia.

Professionalism in Healthcare Symposium (May. 2011). King Saud University. Riyadh, Saudi Arabia.

An Overview of Colon Health (Feb. 2011). Saudi Dietetic Association. Riyadh, Saudi Arabia.

Current Trends in Elderly Healthcare (Dec. 2010). Saudi Commission for Health Specialties. Riyadh, Saudi Arabia.