



# Nawras Alabdulbaqi

## Certified Clinical Dietitian

Sharjah, UAE

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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.