

 **Rama AL BAIK**

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**Summary:**

Clinical Nutrition and Dietitian graduate from University of Sharjah, United Arab Emirates.

**Education and Training:**

 **High School Diploma** **2012:**

Scientific Syrian Baccalaureate - National School of Aleppo - Syria

Grade: 94%

**Bachelor of Science** **2017:**

Bachelor’s Degree in Health Sciences – Clinical Nutrition and Dietitian

University of Sharjah- United Arab Emirates

Grade: 79% - 2.41

**Experience:**

**Trainee:** Rashid Hospital – Dubai 02/2015 - 05/2015

**Description:**

- Case review of all in patients with a diet referral from Wareed system.
- Learning to counsel patients in regards to their food choices.
- Obtaining diet recalls from inpatients and out patients.
- Following the nutrition care process model for all patients and formulating the nutrition diagnosis from the PES statement.
- Planning of the intervention strategies for cardiac, hypertensive diabetic, stress/injury, burns, CCU/ICU, surgical and medical wards patients.
- Assisting the dietitian to make diet plans.
- Distributing educational materials to the patients relevant to their problems.
- Tray line observations of therapeutic diet sections.

**Private Internship:** Quality Life Medical Center – Dubai 06/2015 - 09/2015

**Description:**

- First full time volunteering job.
- Private clinic that followed a specific procedure to please the patient,

Starts with registration then followed by general surgeon then specialized surgeon with sleeve/bypass surgeries then psychologist then the dietitian (Chirine Watfa ).
- I was observing the full procedure, then assisting the dietitian with her duty; Secca In Body Machine, anthropocentric measurements, medical and family history recall, 24 hour recall, intake calculations and modifications, then making the decisions with the dietitian. I have also attended the two types of surgeries With Doctor Fawaz Cheikch Torab in the University of Sharjah Hospital.

**Trainee:** Latifa Hospital – Dubai 02/2016 - 05/2016

**Description:**

- Case review of all inpatients and outpatients.
- Learning to counsel patients (parents) in regards to their babies food choices.
- Obtaining diet recalls from inpatients and out patients.- Following the nutrition care process model for preterm, special pediatric cases and CCU/ICU patients and formulating the nutrition diagnosis from the PES statement.
- Planning of the intervention strategies for in and out patients, surgical and medical wards patients.
- Assisting the dietitian to make diet plans.
-Growth charts and formulas.
- Distributing educational materials to the patients relevant to their problems.

**Trainee:** Dubai Hospital – Dubai 02/2017 - 05/2017

**Description:**

- Case review of all in patients with a diet referral from Wareed system.
- Learning to counsel patients in regards to their food choices.
- Obtaining diet recalls from inpatients and out patients.
- Following the nutrition care process model for all patients and formulating the nutrition diagnosis from the PES statement.
- Planning of the intervention strategies for cardiac, hypertensive diabetic, stress/injury, burns, CCU/ICU, surgical and medical wards patients.
- Assisting the dietitian to make diet plans.
- Distributing educational materials to the patients relevant to their problems.
- Tray line observations of therapeutic diet sections.

**Internship:** Al Baraha Hospital – Dubai 02/2018 - 06/2018

**Description:**

- Case review of all in patients with a diet referral from Wareed system.
- Counsel patients in regards to their food choices, independently.
- Obtaining diet recalls from inpatients and out patients.
- Following the nutrition care process model for all patients and formulating the nutrition diagnosis from the PES statement.
- Planning of the intervention strategies for cardiac, hypertensive diabetic, stress/injury, burns, CCU/ICU, surgical and medical wards patients.
- Diet plans.
- Distributing educational materials to the patients relevant to their problems.
- Tray line observations of therapeutic diet sections.

**Internship:** Hor Al Anz PHC – Dubai 06/2018 - 08/2018

**Description:**

- Case review of outpatients from Wareed system.
- Counsel patients in regards to their food choices.
- Obtaining diet recalls from patient.
- Following the nutrition care process model for all patients and formulating the nutrition diagnosis from the PES statement.
- Planning of the intervention strategies.
- Diet plans.
- Distributing educational materials to the patients relevant to their problems.

**Academic Awards:**
**Certificate of Participation**
Awarding Body: **Member of Research Team** Year: 2017

**Certificate of Attendance**
Awarding Body: **I Quit Smoking, it’s your turn** Year: 2016

**Certificate of Participation**
Awarding Body: **Early cancer detection** Year: 2016
**Certificate of Participation**
Awarding Body: **Health Awareness Day** Year: 2016
**Certificate of Attendance**
Awarding Body: **Dubai Nutrition Conference** Year: 2015
**Certificate of Attendance**
Awarding Body: **Smoking and Kidney** Year: 2014

**Certificate of Attendance**
Awarding Body: **Bright Start Conference** Year: 2014

**ACCOMPLISHMENT:**

Developed a graduation research project related to ‘’ Frequency of Vending Machine Use and the Prevalence of Overweight/Obesity among Students of UOS’’.

* Founder of Dietbyrama Blog.
* Founder of Nutritional Vibes only Facebook Page.