



CV - ZAINAB ALGHAMDI

Saudi Arabia
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Personal statement

A conscientious and professional personality with extensive experience in administration and clinical nutrition. Motivated person toward other colleagues, highly qualified to lead the team and ease work related conflicts. Currently seeking a new position in research, public health and community educational programs about health and nutrition. A highly organized and efficient individual. Whose thorough and precise approach to projects has yielded excellent results, community nutrition guidelines approach and guide policy maker. Recent achievements with my current employer include the implementation of new school healthy canteen and physical activity curriculum in collaboration with MOE & MOH and create new application for Diabetes type I on smart devices.

Key Skills

- Proficiency in all areas of Microsoft Office, including Access, Excel, Word and PowerPoint
- Excellent communication skills, both written and verbal with accredited certificate.
- Accredited member of Saudi health specialist commission.
- Registered Saudi specialist dietician.
- Accredited member of British Nutrition Foundation.
- Leadership skills with accredited certificate.
- Fully qualified Pediatric and endocrinology Dietician.
- Clinical research professional, Specialist Research Centre

Employment History

Supervisor, KFSH & Research Centre, Riyadh

(October 2003 – Present)

- Arrange regular courses for staff to improve their communication and quality of work leading to reduced diary conflicts within the team and assure highly qualified team.
- Devised and implemented a new filing and indexing system for files, resulting in greater ease of access and a more time-efficient process for the employees
- Helped provide a safer workplace by cataloguing and dispatching health and safety information and posters for the whole organization.
- Daily management, typing correspondence and documents, creating presentations and creating meeting minutes.
- Regular annual staff appraisal
- Update and review department dietetics manual
- Work Quality audit that meets international guidelines
- Assure internal research and project performance

Senior Dietician, Riyadh Military Hospital

(October 1998- August 2003)

- Presenting a professional and friendly first impression of the staff to all health care provider and all other clients.
- Clinical dietary work into pediatrics and adult all specialties.
- Organize daily patient menus.
- Participate in internship educational program

Achievements and responsibilities:

- Awarded recognition in my specialty as clinical dietitian from Dr Qasim Alqasabi Chief Executive Officer.
- Awarded recognition from Ministry of Education in Saudi Arabia, for my hard work, initiation and participation in healthy school revolution techniques
- Won first prize at Glasgow Caledonian University 2015, (BFLS) brighter future for life sciences poster competition in Glasgow.
- My smart phone application research “INCARB” won first prize in Dubai “8th Emirates Diabetes & Endocrine Congress 2018”.
- Accomplished distinct certificate from Saudi Arabia embassy in London 2015.
- Published my Master thesis project in *Education Journal of Nutrition & Food Sciences* 2017.
- Create new application on devices for Diabetic patients about Carb counting therapy.
- Involved in 3 researches about Children Obesity, Government school canteen
- Create a new Application for children, adolescent all type one diabetes “Carb counting” on smart devices, help them count their daily carb intake and bolus insulin injections.
- Create new guidelines for government schools healthy canteen and physical activity curriculum.
- Organize free community workshops about diabetes and work control for public.
- **Bachelor degree**
- King Saud University, Bachelor of Community Nutrition
- **Master degree**
- Glasgow Caledonian University, MSc Clinical Nutrition and Health

Hobbies & Interests

- Involved in local community nutritional programs, where I volunteer to educate teachers, principle and canteen supplier technician, to apply international health guidelines in Government schools in Saudi Arabia. I have been involved with some suppliers to apply similar nutrition guidelines in their products to match our school educational programs. More recently, and along with all my achievements, I assumed the role of Managerial health care provider for a two year production and take control of performances and react to a high-pressure environment.
- Considered the sole and inspire individual for weight reduction program for my customers, very motivated and smart to help others commit to health and nutritional guidelines.
- In addition, working on more practical way to help Diabetes type I patient to comply with carb counting regimen, in order to ease their life competency practice and achieve perfect HbaA1C, fasting and 2 hour post prandial blood glucose to maintain health and wellness.
- Research is my passion, in particular about community, children and adolescents health, implement research and design guidelines that would support their health future and wellness.
- Physical activity, appetite control, weight management and body hormones effect are my research passion.
- Currently, focusing of the effect of Ketogenic diet on weight management and health.

References

References are available upon request.

European Keto Live Centre - Information & Training Centre - Association for Ketogenic Metabolic Therapies
 Keto Live Project e.V. - seinodernichtsein GmbH - Stadtplatz 116 - D 84489 Burghausen - www.keto-live.com
ketoliveproject@gmail.com - Telefon + 49 151 25 25 0 100 - Fax + 49 8677 15 64 - UST-ID: DE 311 90 69 91
 Medizinische Beratung und Leitung der Konferenz: Prof.Dr. med. Markus Stoffel und Dr. med. Suzanne Oruc