### Registered Dietitian

### Profile

An Experienced Nutrition & Dietetics Professional, with comprehensive and strategic understanding of all related functions, business perspectives and management techniques. Capable of planning, Implementation, monitoring and evaluation of nutritional interventional plan. Capable and experienced in devising mechanism to initiate the community Nutrition Education programs. Plan for and drive Change Management. Strengths in initializing nutritional plans Functions, Improving Process Flows and meeting deadlines. Being Strategist in nature, contribute immensely towards overall Organizational Environment. Expert in evaluation and improvisation in Performance and standard operating procedures (SOPs). Active participating member of branding campaigns in the organization. Strong Believer in "Up to date knowledge and adapting to world best practices".

### Personal Information

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| **Birth Date:** | 05 May, 1970 |
| **Nationality:** | Pakistani |
| **Marital Status and Gender:** | Married Female.  |
| **Driving License:** | Pakistan and United Arab Emirates. |

**Work Experience**

**Nov 11, 2013 till Present Consultant Nutritionist - The Indus Hospital, Karachi.**

* Running Outpatient clinic
* Handling Critical care patient with enteral and parenteral Nutrition.
* Managing and running the department of Nutrition and Dietetics,
* Managing and overseeing the running of food services and planning of regular and therapeutic diets with food sanitation and hygiene.
* Member of TIH- formulary Committee.
* Providing training and continuous education to the dietitians and food services staff.
* Planning and supervising Nutrition Internship program in TIH.
* Participating and initiating nutrition research programs in TIH. Currently working on:
	+ Nutrition in Dialyses patients
	+ PCM – Protein calories Malnutrition

**February 11 2013 to November 12, 2013 Clinical Dietitian/Nutritionist**

**Ziauddin University Hospital Clifton Campus, Karachi.**

* Managing, Training and Developing Food services departmental staff on Food safety and Hygiene;
* Planning Patients choices and diets, and counseling patients on the requirements and importance of balanced and/or special diets;
* Supervising and monitoring patient food intake to provide specific and calculated nutrients;
* calculating nutritional values for out/in patient nutritional and dietary requirements;
* Participating in staff and society awareness campaigns through the medical university;
* Planning, conducting and evaluating nutrition intervention programs and presenting educational presentations;
* Planning and providing nutritional assessments, management, education and training;
* Consulting with other Health Practitioners, Nurses and related workers to manage the dietary and nutritional needs of patients;
* Consult patients for diets and instructs them on the requirements and importance of prescribed and normal diets, and on the planning and preparation of food accordingly;
* Provide nutrition counseling services as consultant at outpatient clinics; and
* Develop, implement and administer food and nutrition policies and procedures in abidance with local affiliated bodies.

**Oct 10, 2003 – To December 13, 2006 Clinical Dietitian (In charge)**

**Saudi German Hospitals Group – Medina, KSA**

**Job Role:** Joined the brand new 308 bedded hospital with the commitment to initiate brand new kitchen and food services in the hospital. My Responsibilities consisted of:

* Establishing and Monitoring food services;
* Setting policies and procedures for food services department;
* Hospital diet planning and implementation;
* Nutrition and Dietetics counseling clinic for outpatients;
* Supervision of NG & Gestactomy feeds;
* Daily Inpatients visitations and assessments (Nutritional)
* Special Nutrition cover and care for ICU, CCU and IMC up to 30 beds;
* Advising for Noso Gastric and Gestactomy feeds; and
* Supervising Tray-line assembly for 05 meals.

In addition to the above mentioned, we had the intensions to go for JCI (Joint Commission International) accreditation that added thrill to our work. We as a department had to work harder and smarter to set our practices aligned with the standards and to grab the certificate as soon as possible

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| **05 Sep 1995 –30 June 2003** | **Clinical Dietitian and Head of Food services****Dr. Ziauddin Medical University hospital – Karachi, PAK** **Job Role:** This was a great opportunity and here I was responsible of:* Initializing and setting up full Hospital Nutrition and Food services with;
	+ Planning;
	+ Budgeting;
	+ Obtaining Approvals;
	+ Procurement;
	+ Setting up;
	+ Staffing (recruitment and training); and
	+ Running the services.
* Developing the charging system;

Main achievements were the replacement of commercial tube feed formulas purchased from supplier with special blenderized formula feed. Which was not only much cheaper but was the direct revenue for the hospital. |
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| **October 1992 – March 1993:** | **Clinical Dietitian 1****The Aga Khan University Hospital, Karachi - PAK** As a start of my career in Dietetics, It was much beneficial and helped in setting the objectives right. It was life time opportunity to work with Professionals in a healthcare organization which till today is a Prestigious and very well known worldwide in its sector.Here I came across with the practicality and systems of Hospital diets consisting of: * NG formulas preparations and designing;
* Parental Nutrition;
* Inpatients visitation and consultations;
* Nutrition Clinics; and
* Patient Counseling.
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**Education:**

### Post Graduate Diploma In Public Health, From Flinders University, Adelaide Australia. In 2013.

### M.sc Home Economics with research in Nutrition in 1991 from Karachi University.

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| * **Diabetes Map Facilitator,** BIDE - Karachi, PAK in 2010.
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| * **Derasaat Training Center**, MADINAH, Saudi ArabiaCertification TIME MANAGEMENT
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| * **Derasaat Training Center**, MADINAH, Saudi ArabiaCertification Types of People, Body Language & Secret of Faces
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| * **Derasaat Training Center**, MADINAH, Saudi ArabiaCertification PURCHASING & CONTRACT MANAGEMENT
 |
| * **Derasaat Management Competency Preparation Center**, MADINAH, Saudi ArabiaCertification Principles of Human Resources Management
 |
| * **“Towards Better Management of Diabetes” As Speaker in the Symposium**
* Saudi German Hospitals Group MADINAH, Saudi Arabia
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| * **Diabetes Mellitus: Maximizing Nutrition and workshop,** Certification Pakistan Dietetic & Nutrition Association
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| * **Clinical Nutrition Care** Certification Aga Khan University Hospital (CME Course)
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Language Skills:

* English Fluent
* Arabic Basic understanding
* Urdu / Hindi / Punjabi Native

### Other Skills:

### Computer User level Expert

**Future Plan:**

* To complete 2nd Masters degree in Public Health - Nutrition by the end of Year 2015
* To go for PhD degree in Public Health - Nutrition in the Year 2017-18