**Sylvana**

Nationality: Lebanese

Date of birth: 15/5/1992

**Dietitian** licensed from the Lebanese ministry of health

**Education**

**Master 2** Nutrition dietetics and food service management

Option: Sports nutrition and food service management

Graduation project: Study of under nutrition for infants and adults in urban hospital

Lebanese university, Fanar, 2014- 2015

**Master 1** Nutrition dietetics and food service management

Lebanese university, Fanar, 2013-2014

**Bachelor** Life Sciences and Earth

Lebanese university,Tripoli,2010-2013

**Work history**

**Nutritionist**

* September 2014 till present Dietitian at private clinic

 Interviewed clients to analyze dietary habits and overall health.

Referred patients to appropriate outpatient settings for additional diet education and support.(losing weight, diet after bariatric surgery ,chronic disease……)

Assessed individual nutritional risk and status.

**Hospital dietitian**

* December 2015 till March 2016 Centre Hospitalier Youssef
* March 2015 till November 2015 Islamie hospital
* July 2014 till September 2014 Nini hospital

Planned, directed and monitored the clinical functions of the dietary department.

Educated clients about the long term health benefits of balanced diets and exercise programs.

Instructed clients in proper meal preparations and diet therapies

**Food service management**

* July 2014 till September 2014 EBS catering

Food service and quality control management, supervising the application of HACCP rules and hygiene during food preparation

**Assistant at pharmacy**

* June 2013 till august 2013 Asala pharmacy

**Private teacher (life sciences)**

* 2011 till 2014

**Certifications**

* Nutrition Matters in Women Health :Glowing inside Out

April 2016,Americain University Of Beirut and the Medical Center

* Bariatric surgery educational symposium and training workshop

October 2015, Université Hôpital Notre Dame des Secours.

* Organizing scientific committee conference

May 2015, Manar university

* Specialized Nutrition Support Enteral Parenteral :Practice and Evidence

 March 2014, Lebanese university campus

* Nutrition and Food research day

 April 2014, Lebanese American University

* Diabetes workshop

 April 2014, American University of Beirut

**Skills**

• Weight management controlling

• Skilled interviewer

• Clinical dietetics professionals

• Teamwork and communications

 **Qualifications**

- SPSS

- Microsoft Word

- Power Point

- Excel

- Internet and chatting

**Languages**

- Arabic Native

- French

- English

**Hobbies**

* Biking - Walking
* Swimming - Reading
* Nutrition search - Social volunteer

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