Mira

Date of birth: 3 July 1994

Nationality: Lebanese

Gender: Female

Marital status: Married

Email: Mira.333045@2freemail.com 

Address: AbuDhabi, UAE

OBJECTIVE

Invest and improve my work experience in a motivating and challenging position, where creativity, team spirit, hard work and dedication are the heart of its environment.

EDUCATION

* Licensed Dietitian (Lebanese colloquium) July 2016
* Lebanese American University Fall2012 - Spring 2015

 Bachelor in Nutrition and Dietetics (graduate class 2015)

 Major courses completed:

 Medical Nutrition Therapy, Nutrition in lifecycle, Food microbiology, Food microbiology lab, Biochemistry, Community Nutrition, Nutritional Status Assessment, Food Chemistry, Counseling, Food Analysis, Food Processing, Food Industry, Hospital Administration, Advanced Human Nutrition.

 Senior Project:

 “The Effect of Violent Movies on Food Preferences and Appetite”

* Baakleen Official Secondary School Baakleen, Lebanon

 Lebanese Baccalaureate Part II - Life Science 2010-2012

EMPLOYMENT HISTORY

LAU Model Arab League February - May 2014

Logistics Coordinator

EXPERIENCE

* Enrolled in the University Scholarship Program funded by USAID August 2012

(Lebanese American University, Beirut, Lebanon)

* Intern at LBACC- Lebanese Beirut Airport Catering Company June 1, 2015 – August 5, 2015

* Food quality control.
* Intern at Ain W Zein Hospital- AWH August 2015- February 2016

 (Ain wzein, Mont-Liban, Lebanon)

* Assess patients with several diseases in hospital as well as out patients in AWZ clinic for weight management.
* Learnt the process of diagnosing a nutritional problem by screening the patients according to the screening procedure, followed by implementing a nutritional intervention with assigning goals and prescriptions.
* Encountered patients with diabetes, kidney and GI complications, cardiac disease and critical illnesses as celiac disease, malabsorption and tube feeding patients.
* Educated the patients and their families the process of preparing and administrating nutrition support formula at home.
* Attended care plan meetings along with physicians, nurses, physiotherapist, psychologists and social workers where we create a multidisciplinary team. We had a greater potential in solving patients problems throughout good communication and negotiation skills, collaboration and cooperation in a multidisciplinary environment.
* Had the opportunity to meet cancer patients and give them a nutritional educational session regarding the symptoms that they may encounter due to chemotherapy and how to manage them as well as food safety and personal hygiene.
* Became familiar with the purchasing method followed by Ain WaZain, receiving, and record taking and storage.
* Community presentation introduced to the public audience at the National Library in Baakleen regarding diet and food safety misconceptions.
* Awareness campaign for patients in Diabetes Day; symptoms of diabetes, treatment and what should my plate contain for a better glycemic control.
* Volunteer at Medeor Hospital- AbuDhabi

 a clinical dietitian for a two-weeks obesity awarness campaign ,along with bariatric surgeons and nurses.

ACTIVITIES

* Volunteer at LAU Model United Nations final conference March 30, 2014
* Member at UNESCO Club (LAU) September 2012 – May 2015
* Member at Nutrition Club (LAU) September 2012 – May 2015
* Member of care plan meetings in AWZ hospital August 2015- February 2016

LANGUAGES

* Arabic: Mother Language
* English: Fluent ( Reading, writing and speaking)

COMPUTER SKILLS

* MS Office Package Users i.e. PowerPoint, Word, Excel and Outlook.

CAPPABILITIES AND SKILLS

* Excellent Communication Skills.
* Research and analysis.
* Ability to establish excellent rapport with others.
* Enjoy communicating with people of different cultures and beliefs.
* Adaptability and ability to work under pressure.
* Time management.