# **Curriculum Vitae**

***RolaAbd***

**Personal Information:**

* Date of Birth: Jun 14, 1982
* Place of Birth: Irbid
* Nationality: Jordanian
* [***RolaAbd.333291@2freemail.com***](mailto:RolaAbd.333291@2freemail.com)
* Languages:Arabic and English
  1. **B.Sc. in Nutrition and Food Technology with distinction,**

University of Science and Technology,

Department of Nutrition & Food Technology,Irbid - Jordan.

Internship – Arab Medical Center (June 2003 -September 2003)

* 1. **Master degree in Nutrition with distinction**

University of Science and Technology,

Department of Nutrition & Food Technology, Irbid - Jordan.

**Work Experience:**

1. **Well Health Medical Center**

**From December 2015 to present**

**Abu-Dhabi – UAE**

**Designation: Clinical Dietitian**

1. **Makkah Specialized Medical Center**

**From April 2012 to July 2015**

**Abu-Dhabi – UAE**

**Designation: Clinical Dietitian**

**Duties:**

* Counsels bariatric patients and asses their needs regarding dietary habits,lifestyle, physical activity and eating habits.
* Assesses bariatric patients prior to gastric sleeve/by-pass surgery.
* Prepares bariatric dietary report as a requirement for the insurance
* To gather personal, behavioural, medical and other relevant details of client (including food/drinking habits and dining preferences) prior to planning weight management/slimming programme.
* To Plan counseling session in advance to educate client on appropriate diets, menu planning and preparation of food to treat obesity in order to enhance and maintain optimum health.
* Educate and advise patients with diet-related disorders on the practical ways in which they can improve their health by adopting healthier eating habits;
* Evaluate and improve treatments;
* Deliver group sessions to a range of audiences, including children and patient groups;
* Work as part of a multidisciplinary team to gain patients' cooperation in following recommended dietary treatments;
* Monitor and review progress of client on every visit.
* Use effective counseling techniques to guide client facing weight plateau and suggest alternate course of progress
* Guide clients to fill diet diary and give dietary recommendation on regular basis, and record behavioral/dietary/activity deviations with client endorsement from time to time.

1. **VLCC**

**From Februaryl 2010 to March 2012**

**Abu-Dhabi – UAE**

**Designation:Senior Dietitian and sliming consultant**

**Duties:**

* To gather personal, behavioural, medical and other relevant details of client (including food/drinking habits and dining preferences) prior to planning weight management/slimming programme.
* To have all body measurements recorded accurately by nurse/slimming staff from time to time as per recommended guidelines in Slimming Standard Operating Procedures.
* To Plan counseling session in advance to educate client on appropriate diets, menu planning and preparation of food to treat obesity in order to enhance and maintain optimum health.
* Educate and advise patients with diet-related disorders on the practical ways in which they can improve their health by adopting healthier eating habits;
* Evaluate and improve treatments;
* Deliver group sessions to a range of audiences, including children and patient groups;
* Work as part of a multidisciplinary team to gain patients' cooperation in following recommended dietary treatments;
* Monitor and review progress of client on every visit.
* Use effective counseling techniques to guide client facing weight plateau and suggest alternate course of progress
* Guide clients to fill diet diary and give dietary recommendation on regular basis, and record behavioral/dietary/activity deviations with client endorsement from time to time.
* To generate desired records from Weight Management Slimming Cards / Software from time to time
* To conduct and evaluate dietary studies and other food and nutrition-related research on instructions from Corporate Technical Team

1. **Ideal weight Center**

**From April 2007 to november 2009**

**Amman - Jordan**

**Designation: Clinical Dietitian**

**Duties:**

* To gather personal, behavioural, medical and other relevant details of client (including food/drinking habits and dining preferences) prior to planning weight management/slimming programme.
* To Plan counseling session in advance to educate client on appropriate diets, menu planning and preparation of food to treat obesity in order to enhance and maintain optimum health.
* Educate and advise patients with diet-related disorders on the practical ways in which they can improve their health by adopting healthier eating habits;
* Evaluate and improve treatments;
* Deliver group sessions to a range of audiences, including children and patient groups;
* Work as part of a multidisciplinary team to gain patients' cooperation in following recommended dietary treatments;
* Monitor and review progress of client on every visit.
* Use effective counseling techniques to guide client facing weight plateau and suggest alternate course of progress

Guide clients to fill diet diary and give dietary recommendation on regular basis, and record

1. **Jordan University of Science and Technology**

**From June 2006 to March 2007**

**Amman - Jordan**

**Designation: Research Assistant**

**Duties:**

* Conduct researchon medicalherbs and their uses
* Prepares scientific presentations,literature review and critiques.
* Conduct literature reviews
* Collect and analyze data
* Prepare materials for submission to granting agencies and foundations
* Provide ready access to all experimental data for the faculty researcher and/or supervisor
* Request or acquire equipment or supplies necessary for the project
* Manage and respond to project related email
* Supervise undergraduate students working on the research project (maintaining records on assignment completion, acting as liaison/mediator between the undergraduate students and the faculty researcher)
* Attend project meetings
* Attend area seminars and other meetings as necessary

**Professional Qualifications:**

1. **Health Authority of Abu-Dhabi License (HAAD)**
2. **Dubai Healthy Authority License (DHA)**
3. **BLS- Basic life support certification**
4. **TOFFEL – obtained in 2008**
5. **International Computer Driving License (ICDL) – issued by Unesco program – obtained in 2005**

*Related certificate and documents are available upon request.*