

MAYSARA ABDELHAKHEEM

CLINICAL NUTRITION SPECIALIST

PERSONAL INFORMATION

Name

Maysara Abdelhakeem Ahmed

Gender

Female

Nationality

Egyptian

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+201101673929

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EXPERIENCE

10/2023 - Present **Dr ahmed nabil clinic**
Post bariatric surgeries nutritionist

1/8/2023 - Present **Nutrition instructor**
Insep pro academy

1/1/2023 - 1/9/2023 **Gold's Elite Gym**
Nutritionist

9/2022 - 1/2022 **Edge fit gym**
Nutritionist

7/2020 - 7/2022 **Andalusia shalalat hospital**
Clinical nutrition specialist

2/2022 - 6/2022 **MPT center**
Clinical nutritionist

6/2019 - 11/2019 **Altayseer clinic**
Clinical nutritionist

6/2019 - 9/2019 **Healthy smile center**
Clinical nutritionist

EDUCATION

- 1/2023 - Present **Health coaching**
International Coaching Federation
Emotional eating coaching
- 2023 **Certified sports nutrition coach (CSNC)**
National academy of sports medicine
- 2022 - Present **Clinical Nutrition Diploma**
Ain shams university
- 2020 - 2021 **Clinical Biochemistry Diploma**
Beni suef university
- 2014 - 2019 **Faculty of medical science, Nutrition department.**
Pharos university
Spent an internship year following graduation at public and private hospitals.
Cumulative GPA: 3.24/4 (very good)

INTERNSHIPS

- 1/6/2019 - 11/2019 **Moustafa Kamel military hospital**
Internship dietitian
 - Plan diet programs for patients based on their health status and preferences.
- 1/3/2019 - 31/5/2019 **Elitaly military hospital**
Internship dietitian
 - Assess nutritional needs, diet restrictions and current health plans to develop and implement dietary care plans and provide nutritional counseling.
- 1/11/2018 - 28/2/2019 **Medical research institute-Alexandria university**
Internship dietitian
 - consult with patients to determine their health and nutrition goals.
 - take patients' medical histories and ask relevant health-related questions.
 - Discuss food allergy and preferences with patients.
 - Calculate each patients' nutritional requirements and make nutrition plans.
 - Evaluates the appropriateness of diet order for diagnosis.
 - Monitor food service operations to ensure conformance to nutritional, safety, sanitation and quality standards.
 - provide patients with advice on healthy eating and healthy food items that are suitable for their diagnosis.
- 1/10/2017 - 1/6/2018 **Ahmed Maher hospital**
Internship dietitian
 - plan nutritious meals for renal patients in early stages, pre-dialysis and on dialysis that won't put additional stress on their kidneys and helping dialysis patients to stay healthy through dietary adjustment.
- 1/10/2017 - 1/6/2018 **Medical research institute-Alexandria university**
Internship dietitian
 - Do assessment and development of the nutritional care plans.
 - Providing counseling to patients regarding healthy eating habits.
- 14/8/2016 - 18/8/2016 **Safe pharma pharmaceutical (pharco coroporation)**
Intern at QC department

VOLUNTEER WORK

HEALTH PROGRAM HEAD

Alashanek Ya Balady (AYB) association for sustainable development (NGO)| 9/2018 - Present

FIRST AID TRAINER

Egyptian Red Crescent (NGO)| 16/4/2018 - 9/2018

WORKSHOPS-COURSES

- Sports nutrition course at ain shams university
- Pediatric clinical nutrition workshop (nutritional disorders)
- Pediatric metabolic workshop at pedia Egypt
- Breastfeeding workshop (breastfeeding strike, facts, and myths)
- Autism awareness workshop (the importance of early detection and intervention)
- Diabetes mellitus workshop
- Nutritional support workshop in APOC
- Advanced Non Invasive body contouring and mesotherapy

SKILLS

- computer skills: very good user of Microsoft Office (Word, PowerPoint, Excel)
- Communication skills gained through counseling with patients.
- Good presentation skills.
- Decision-making skills
- English skills (advanced)