

PROFILE

PhD Nutrition and Food Science

CONTACT

PHONE:

Mobile:
00201067761034

What's App : 00201067761034

EMAIL:

- sunrem2002@yahoo.com

SKILLS:

- Research & Publications
- University graduate teaching
- Training internship students
- Committees working
- Quality and accreditation work achievements

LAUNGUGES:

Arabic
English

DR. REHAM ABDEL KHALEK

Ph.D Nutrition and Food Science

Assistant Professor of Human Nutrition

Nutrition consultant

SUMMARY

18 years of experience, ten years of experience teaching at Umm Al-Qura University department of Clinical nutrition at applied medical sciences Faculty.

- The head of Alumni committee in the department, secretary of the Quality Committee And the academic accreditation in the department, the secretary of the exams and schedules committee and the Alumni committee of the faculty

- Participated in the quality of German accreditation work in the Clinical Nutrition Department of the College of Applied Medical Sciences.

- I have more than 20 published scientific papers.

I won the Research Excellence Award from Umm Al-Qura University 2019

- I have experience preparing graduate programs, undergraduate programs, and field training in hospitals.
- Teaching at the master's level.

EDUCATION

Monofia University

2006 : 2010

Ph.D. Nutrition and Food Science

Helwan University

2000 : 2005

M.D Nutrition and Food Science

Helwan University

1997 : 2000

B.Sc Nutrition and Food Science

WORK EXPERIENCE

Assistant professor in Clinical Nutrition department - Applied medical Sciences faculty- Umm Al Qura University-Makkah – 2011- 2021.

Clinical Nutrition consultant at Al Aziziya Hospital (part time)- Saudi Arabia – 2011 - 2021

Clinical Nutrition Consultant Khalid Medical Polyclinic. Jeddah - 2007-2011.

Clinical Nutrition Consultant at SehaPracto WebSit (part time) November 2023 – till now.

Clinical Nutrition Consultant at women web site - Saudi Arabia - 2002-2011.

Nutrition Consultant at Juiza's Mother & Child Association – Cairo – 2002 : 2007.

AWARDS:

Scientific Research Excellence
Award -2019

Awards:

Scientific Excellence Award at Umm AlQura University -2019.

SUPPORTED RESEARCH AND DEVELOPMENT PROJECTS RELATED TO SPECIALIZATION:

Project title: A comparative study of the dietary habits, living conditions , lifestyle and economical status among the students of Umm Al Qura University and Prince Sattam bin Abdulaziz University

Amount of funding: 30.000 SR.

DATE : 10/3/2019.

ACADEMIC EXPERIENCE:

1. Teaching nutritional assessment course in the Department of clinical Nutrition, Faculty of Applied Medical Sciences
2. Teaching community nutrition course in the Department of clinical Nutrition, Faculty of Applied Medical Sciences
3. Teaching clinical Nutrition course in the Department of Clinical Pharmacy, Faculty of Pharmacy
4. Teaching MNT1 course in the Department of clinical Nutrition, Faculty of Applied Medical Sciences
5. Teaching MNT2 course in the Department of clinical Nutrition, Faculty of Applied Medical Sciences
6. Teaching the advanced nutritional assessment course for the master's degree in the Department of Clinical Nutrition, Faculty of Applied Medical Sciences
7. Teaching the drug and food interaction course in the Department of Clinical Nutrition, Faculty of Applied Medical Sciences
8. Supervisor of general nutrition laboratory.
9. Supervisor of Microbiology laboratory.
10. Teaching Applied Nutrition Course

PUBLICATION ID:

- Researcher ID:
2119574791
- Google Scholar :
<https://scholar.google.com/citations?user=d430GocAAAAJ&hl=ar>
- Scopus:
ID=57193335053
- ORCID ID:
<https://orcid.org/0000-0001-8783-7134>

LICENSES:

(RD) Saudi Commission for Health Specialties (KSA)
NO.: 17-M-A-0052591
Valid till: Feb 2022

Clinical Nutrition from Science Foundation – Egypt.

EDUCATION :

Monofia University
2006 : 2010

TRAINING PROGRAMS:

1. World Diabetes Day subsidiary of the Saudi Red Crescent 1436, (Participation).
2. Assessing the nutritional status of infants 1436, (Participation).
3. First aid 1435, (Attendance).
4. Nutrition care process model: pediatric logbook guidelines 1436, (Participation).
5. Safety in the laboratory 1436, (Attendance).
6. Basics of firefighting 1436, (Attendance).
7. Health awareness about obesity 1436, (Participation).
8. Balanced nutrition and healthy eating guide 1436, (Participation).
9. Anthropometric measurements for infants 1435, (Participation).
10. Eating well grow up true 1434, (Participation).
11. Your food is art and science 1434, (Participation).
12. Makkeyat 3 1434, (Participation).
13. The world day of osteoporosis 1434, (Participation).
14. Obesity and side effects 1434, (Participation).
15. The ethics of scientific research 1437, (Attendance).
16. Google Scholar 1437, (Attendance).
17. Submit a research proposal to a successful 1437, (Attendance).
18. Perform scientific research between institutional accreditation and program indicators 1437, (Attendance).
19. Up to date-EBM to answer clinical questions 1436, (Attendance).
20. Cardiopulmonary Resuscitation 1436, (Attendance).

EMPLOYMENT QUALIFICATIONS:

1. Secretary of the Quality and Academic Accreditation Committee
2. Coordinator of the Examination Committee and preparation of study schedules

Ph.D. Nutrition and Food Sciences

Helwan University

2000 : 2005

M.D Nutrition and Food Sciences

Helwan University

1997 : 2000

B.Sc Nutrition and Food Sciences

3. Member of the Laboratory Committee
4. Member of the Graduate Studies Committee
5. Member of the Security and Safety Committee
6. Member of the Activities Committee
7. Member of the Skills Development Committee
8. Alumni Committee Coordinator
- 9- Alumni Committee Principle
9. Participate in the description of the master's courses and pre-graduation courses
10. Preparing the department's Annual Report

PUBLICATIONS:

1. Effect of some levels from ginseng, barley and carob on lipid profile and kidney functions of rats fed on high fructose diet (2012).
2. Comparative study of the effect of soybean flour and sesame seeds on diabetic rats and acute renal failure rat (2013).
3. Prevalence and Risk Factors of Irritable Bowel Syndrome in Female Students of Faculty of Applied Medical Sciences from Umm Al Qura University (2015).
4. Antiulcer Activities of Commiphora molmol (Myrrh) Extract in Male Rats (2016).
5. Assessment of Fresh Fruits and Vegetables Consumption among Patient and Healthy People (2016).
6. Protective Effect of Vitamin E in Combination with Vitamin D and Calcium against Osteoporosis in Ovariectomized (2017)
7. Factors and Common Conditions Associated with Consumption of Nutritional Supplements among Adolescents in Makkah, Saudi Arabia (2018).
8. The Effect of Some Dietary Habits on Body Mass Index Among Umm Al-Qura University Female Students and Employers (2018).
9. Antiobesity and Hypolipidemic of Commiphora molmol (Myrrh) Extract in Male Rats (2018).
10. Biological effect of calcium and vitamin D dietary supplements against osteoporosis in ovariectomized rats (2018).

PERSONAL DETAILS:

DOB: 9-2-1980

Nationality: Egyptian

Iqama NO.: 2310066317

Marital status: Married

11. Assessment of Bone Density in Married and Non-Married Female Students of Umm al-Qura University (2018).
12. Assessment the Knowledge of the New Trends in Obesity Treatment among Female Students of Applied Medical Sciences in Umm Al-Qura University-Makkah (2018).
13. Antioxidant Effect of Royal Jelly on Immune Status of Hyperglycemic Rats (2018).
14. Determination of Body Fat Percentage by Body State Devices and Dual Energy X-ray Absorptiometry (2019).
15. A comparative study of the dietary habits, living conditions, Lifestyle and economic status among the students of Umm Al-Qura University and Prince Sattam Bin Abdulaziz University(2020).
16. Association among anthropometric measurements, Magnesium status, lipids profile and insulin resistance in offspring of diabetic patients (2020).
17. Assessment of Vitamin D Knowledge and Awareness among Female Students of Applied Medical Sciences Faculty, Umm Al-Qura University (2020).
18. The Biological Effect of Grape Leaves on Liver Disease Rats Induced by Carbon Tetrachloride (CCL4) (2020).
- 19- Ameliorative effect of *Taraxacum officinale* leaves on hormonal status of hyperglycemic rats (2021).
- 20- Study the practicing and behaviors of individuals in controlling the body weight during Corona Pandemic Quarantine (2021).
21. The Impact of Vitamin D Status on COVID-19 Severity among Hospitalized Patients in the Western Region of Saudi Arabia: A Retrospective Cross-Sectional Study (2022).

مؤسسة البعث العربية
جامعة المنوفية

قرار مجلس الجامعة منح رباح عبد الخالق عبده مصطفى
ابنة عبد الخالق عبده مصطفى

المؤرخة في القاهرة سنة ١٩٨٠ ميلادية

د. محمد دكتور الفلسفة في الاقتصاد المنزلي

تخصص التغذية وحلوى الأطعمة

في موضوع

(دراسة تأثيرات بعض مسئوليات المجتمع، النعير، الخبز على فترات تغذية علي وجبات عالية في
النظر (النور)

وفي ذلك بجلسته المنعقدة بتاريخ ٢٠١٠/١٠/٢٠ بناء على قرار مجلس

كلية الاقتصاد المنزلي بجلسته المنعقدة بتاريخ ١٠/١٠/٢٠١٠

رئيس الجامعة

د. أحمد حامد زغلول

د. / أحمد حامد زغلول

بناءً على

عبد الكلية

سجلت هذه الشهادة تحت رقم ٢٩

توقيع صاحب الدرجة



Postgraduate

Minufiya University
Faculty of Home Economics

P2/ 0003592



CERTIFICATE

To whom it may concern

This is to certify that **Riham Abdel Khalk Abdo Mostafa**

born on **9 / 2 / 1980** **Cairo**

was awarded **Ph. D. In Home Economics**

Specialization: **Nutrition and Food Science**

Thesis Title : (Effect of some levels from ginseng, barley and carob
pulp on rats fed on high fructose diets).

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By the Faculty Council on **10 / 10 / 2010**

Approved by the University Council on **25 / 10 / 2010**

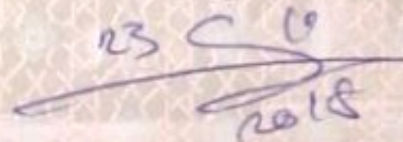
This certificate has been issued upon his/her request.

Vice Dean


Date :



Dean


2018

شهادة خبرة

رقم الملف ٤٣٠٤٤٢

الاسم	رهبام عبد الخالق عبده مصملى	سبب طلي القيد	إنعام عشر سنوات
الرتبة العلمية	أستاذ مساعد	بداية التعاقد	١٤٣٢/١٠/٠٦ هـ ٢٠١١/٠٩/٠٤ م
الجنسية	مصري	نهاية العقد	١٤٤٢/١٠/٣٠ هـ ٢٠٢١/٠٦/١٠ م

تشيد عمادة شؤون أعضاء هيئة التدريس والموظفين

بجامعة أم القرى بمكة المكرمة بأن الموضحة اسمها وبياناتها أعلاذ كانت إحدى منسوبات الجامعة

وتم إنهاء عقدتها حسب البيانات الموضحة أعلاذ وبناء على طلبها منعت هذه الشهادة بتاريخ ١٤٤٢/١٠/١٨ هـ لتقدمها إلى من يمه الأمر.

(دون أدنى مسؤولية على الجامعة)

عميد شؤون

أعضاء هيئة التدريس والموظفين

د. محمد بن علي عبد الغامدي

الختم

