

## SALMA AWADALLA

Egypt

Mobile: 01100777916 ▪ salmaawadalla@gmail.com

**Dear Sir/Ms.,**

As an accomplished professional with 8 years of industry experience, my skills and training would add value to your organization, and I am excited for the opportunity to be a valuable contributing member of the team.

In my current and previous roles as a health coach, clinical nutritionist, and clinical pharmacist, I gained the knowledge and experience I need to hit the ground running and start making an immediate contribution right away. The following are just a few highlights of my professional skills and achievements the main goal is to contribute to the maintenance of a client's healthy constitution thus delivering value to your organization by strengthening your reputation:

- Reviewing prescriptions to determine accuracy and suitability.
- Recording all relevant patient information to be cross-referenced with medical records to ensure safety and accuracy of prescriptions.
- Capable of speaking to customers, doctors etc. in a professional yet relatable way.
- Works closely with all healthcare professionals in the evaluation of patients' needs
- Clinical nutrition consultations
- Nutrition care plan's implementation and monitoring
- Confirming or modifying the daily amounts of calories provided
- Preparation of the sterile, stable, and compatible PN admixtures to the patients.
- Compounding of PN and are responsible for the logistical aspects and integrity of the PN product lines.

My resume will show you many others.

I would welcome the opportunity to speak with you to discuss how my background could make a major impact on your organization success. I look forward to hearing from you.

Sincerely,

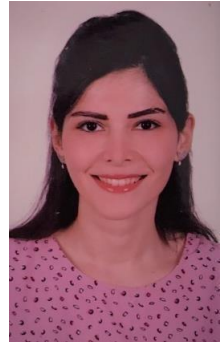
Salma Awadalla

# SALMA AWADALLA

Phone: 01100777916

Current Location: Misr ElGadida

Email: [salmaawadalla@gmail.com](mailto:salmaawadalla@gmail.com)



## PROFESSIONAL SUMMARY

A passionate clinical pharmacist, clinical nutritionist, and health coach, who is inspiring and helping people from all walks of life. I help people reach their health and fitness goals through the power of nutrition and healthier lifestyle modifications.

## SKILLS

- Assess patient's nutritional and health needs.
- Ability to work alongside physicians and nurses as part of a primary healthcare team.
- Ability to balance research and teaching responsibilities with patient care.
- Ability to work as part of multidisciplinary team.
- Exhibits effective communication skills for working with clients, their families, and their other healthcare providers.
- Ability to give clear and precise directions and explanations to elderly people.
- Shows the ability to resolve conflicts with clients and overcome their objections about their health and behaviors.
- Demonstrates a commitment to clients and a willingness to go above and beyond normal responsibilities to provide the best care possible.
- Demonstrates innovation and an acceptance of new ideas and concepts.

## EXPERIENCE

Feb 2023 – CURRENT

### Health Coach and Clinical Nutritionist

Body Fit EMS Clinics

- Evaluate the dietary needs of a client by assessing their health and exercise levels, sleep, and food habits etc.
- Create full and personalized nutrition plans that promote healthy lifestyles according to individual client's goal.
- Comprehensive evaluation of clients past & present medical conditions
- knowledge of EMS features, techniques, and benefits of EMS training.
- Demonstrate our EMS service features and benefits to clients and explain how it can serve their goals.

Sep 2022 – CURRENT

### Clinical Nutritionist

Star Care Clinics

- Provide personalize nutrition counseling to clients managing diabetes, lipid disorders, hypertension. & Obesity.
- Educating clients about the benefits of healthy eating habits and making recommendations about diet plans that meet their specific needs.

- Providing advice on how to make healthy food choices based on individual needs and preference

#### **Sep 2022 – CURRENT**

#### **Health Coach and Nutritionist**

##### **Freelance**

- Educating clients about the benefits of healthy eating habits and making recommendations about diet plans that meet their specific needs.
- Working with patients one on one or in small groups, educating them about good nutrition practices and helping them develop healthier lifestyles through simple changes in diet and exercise habits
- Teaching patients how to read food labels and choose foods that meet their nutritional needs while staying within their budget.

#### **JULY 2021 – April 2022**

#### **STRATEGIC ACCOUNTS ADVISOR**

##### **MEDMARK INSURANCE BROKAGE**

- Analyzed and serviced various product lines in the area (i.e., Administrative, Facility, Professional, Special Programs, Allianz/Complementary).
- Responsible for resolving specific group/member issues involving claims, billing, enrollment, eligibility, policies/procedures, product, and benefit design.

#### **MAY 2021 – JULY 2021**

#### **PHARMACIST**

##### **HEALTH BUREAU HELIOPOLIS**

- Charged to dispense and decide which vaccine to be administered to the public according to Ministry of Health and population guidelines.
- Present important information on available COVID-19 vaccines, such as contraindications and precautions, considerations for special populations, counseling points, possible post vaccination symptoms and guidelines to deal with them.

#### **MARCH 2019 – MARCH 2020**

##### **LECTURER OF CLINICAL NUTRITION COURSE**

#### **CENTRAL ADMINISTRATION OF PHARMACEUTICAL AFFAIRS**

- Introduced the first Clinical Nutrition Course in the Training Administration of the Central Administration of Pharmaceutical Affairs.
- Lecturing and practicing fundamentals of Clinical Nutrition role in critically ill patients in ICUs, NICUs, post major elective surgeries as well as aseptic preparation techniques of sterile preparations.

#### **NOV 2018 – NOV 2019**

#### **HEAD OF CLINICAL NUTRITION DEPARTMENT**

##### **MAHD HOSPITAL FOR PREMATURE INFANTS AND NEWBORN**

- Nutrition consultations
- Assist physicians' members and others in designing patient specific NS regimens.
- Preparation of the sterile, stable, and compatible PN admixtures to the patients.
- Confirming or modifying the daily amounts of calories provided.

**NOV 2018 – NOV 2019**

**HEAD OF CLINICAL NUTRITION DEPARTMENT**

**MAHD HOSPITAL FOR PREMATURE INFANTS AND NEWBORN**

- Develop comprehensive assessment to defining nutritional status using medical, nutritional, and medication histories; physical examinations; anthropometric measurements; and laboratory data.
- Develop nutrition plan after patient assessment either enterally or parenterally, taking in consideration patient's disease state.
- TPN sterile preparation.

**JUN 2017 – OCT 2020**

**HEAD OF CLINICAL NUTRITION DEPARTMENT**

**MANSHEYET EL BAKRY GENERAL HOSPITAL**

- Develop comprehensive assessment to define nutritional status using medical, nutritional, and medication histories; physical examinations; anthropometric measurements; and laboratory data.
- Develop nutrition plan after patient assessment either enterally or parenterally, taking in consideration patient's disease state.
- TPN sterile preparation.

**AUG 2015 – JUL 2017**

**CLINICAL PHARMACIST**

**CAIRO MEDICAL CENTER (Cleopatra Group currently)**

- Communicated regularly with physicians, nurses, and insurance.
- Effectively prioritize tasks and organized workflow to increase efficiency.
- **Checked prescriptions for appropriate dosage, drug interactions, allergies, and contra-indications** before dispensing medications.
- Displayed patient- oriented and comprehensive clinical pharmacy services and pharmaceutical care.
- Established the hospital's inpatient and outpatient pharmacies.

**SEP 2014 – JAN 2015**

**COMMUNITY PHARMACIST**

**EZZABY PHARMACIES**

- Medication dispensing.
- Checked prescriptions for appropriate dosage, drug interactions, allergies, and contra-indications before dispensing medications.

**EDUCATION**

**2022**

**A.S.P.E.N certified Clinical Nutritionist**, American Board of Pharmacy Specialties/USA.

**2022**

**PN Level 1, Certified Health Coach and Nutritionist**, PN (Precision Nutrition)/Canada.

**2021**

**CERTIFIED PERSONAL TRAINER**, ISSA (INTERNATIONAL SOCIETY OF SPORTS ASSOCIATION)/USA.

**2018**

**CLINICAL NUTRITION DIPLOMA**, AIN SHAMS UNIVERSITY

**MAY 2014**

**J.D: CLINICAL PHARMACY**, CAIRO UNIVERSITY General grade (B-)

(Very good) with cumulative GPA (3)

## **CERTIFICATIONS**

- Successfully completed the training course of 'introduction to endoscopy' held by the National Training Institute- Cairo, Egypt.
- Completed patient voice training held by Trainer at Cleopatra Hospital Group.
- Successfully completed the training course at Egyptian National Cancer Institute under the license of Cairo University

## **ACTIVITIES**

**Summer 2012**

Participated in the global community development program on project 'I CAN 'a cancer and smoking awareness initiative by AIESEC Delhi University in New Delhi, India

## **SKILLS HIGHLIGHTS**

- |                        |                          |
|------------------------|--------------------------|
| • Leadership           | • Challenger             |
| • Presentation skills  | • Flexible in dealing    |
| • Interpersonal skills | • Highly self- motivated |