

# Amal Bouhmame

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## Profile

*Highly driven, motivated, and analytical data professional. Current participant in Tech Talent Academy's Data Academy programme learning Python fundamentals, including key data science libraries such as NumPy, Pandas and Altair. In addition to this I am gaining a solid grounding in relational database management (SQL), data visualisation/business intelligence packages such as PowerBI, Tableau and Solidatas. I am a keen and adaptable worker looking for entry level data science positions that will utilise this skillset.*

## Training and education

### **TechTalent Academy, Data Science**

**Oct 2021 - Dec 2021**

An intensive 14-week course, focused on the fundamentals of data science delivered through a combination of interactive group learning and home learning tasks. During the course I built strong skills in the manipulation of data using NumPy and Pandas whilst being able to visualise the data using Python libraries including matplotlib, Altair and other software packages such as Power BI, Tableau and Solidatas.

**Amazon FBA private label masterclass 2019 on Udemy.**

**MSc sport and exercise nutrition Middlesex university 2018**

**BSc Children and Young People Nursing, Bournemouth University 2013**

## Skills

### ***Intellectual Curiosity***

*I have an inclination for knowledge and to know more with genuine interest in Data science hence my constant progress improving an IOs application which is called the LOOP that I've built to keep my blood sugar in a healthy range since I am type 1 diabetic. The application makes the insulin pump communicate with the blood sugar monitor to keep readings in a desired interval.*

## **Calm Under Pressure:**

*Being able to function in the heat of emergency/ life or death situation is necessary for a paediatric nurse while giving care under stressful circumstances*

## **Communication /team work:**

Direct communication with patients to absorb their fear, shock and fade their pain. Also, communication within the nursing team is paramount to deliver our care within the ICU making sure to not leave a stone unturned in all units i worked in Great Ormond Street Hospital and Evelina while being Employee of Thornbury Nursing Agency since March 2014.

## **Organisation and Planning**

- *Organising a care plan is crucial in delivering the care needed mainly by managing time effectively and know how to allocate hours in a day to prepare for, conduct and follow up on events and activities*
- *Reducing patients' risk of deterioration and readmission, and the associated health care costs proven to be achievable by a well-organized care management.*
- *Planning a diet and physical activity for type 1 diabetes based on their blood sugar readings that should be kept 70% of the time on a tight window of 4-10mmol in order to build muscle through powerlifting.*
- *Management of type 1 diabetes patients keto lifestyle by implementing fasting for long hours and restricting eating to a tight window of a couple of hours while keeping ketones under 3mmol in the absence of glucose in their blood.*

## **Leadership**

- took part in a challenge raised by Diabetes.uk to walk 1 Million steps in 3 months and managed to do it in only 6weeks and 4 days.*
- I managed to water fast for 11 days and convince a group of type 1 diabetics to reach a similar achievement by working together on their lifestyle.*

## **Commercial awareness**

- Active member of many online groups of Amazon sellers as I'm selling a product on the Amazon platform which is a patch that holds the glucose monitor sensor on the skin. The patch comes in different colours and patterns to suit Adult and Child wear.*

*- I am at the moment negotiating quotations with Chinese sellers on Alibaba platform for an insulin pump patch.*

## Work experience

### ***Thornbury Community services (2014-till present)***

*The role is working with paediatric cases with multiple complex conditions (ventilators / tracheostomy/ spinal/cough assist/jej and NG tubing...). delivering a high-level of patient care, both clinically and socially, building a rapport with the client to ensure they are comfortable throughout the whole day/night.*

### ***Enviva Complex Care(2018-till present)***

*offering care for babies, children and young people with learning disabilities, physical disabilities, neurological and other complex conditions. Examples of complex conditions where care packages are provided by my Agency include Broncho-pulmonary Dysplasia, Tracheostomy & Ventilation at home, Non-Invasive Ventilation, Cerebral Palsy, Epilepsy, Autistic Spectrum Disorders, Spinal Muscular Atrophy and Microcephaly*

### ***Personal trainer & nutrition/fasting coach mainly for type 1 diabetics (since 2018)***

*Interacting and picking clients through social media or in the gym to work closely on improving their blood sugar readings by implementing right timing for eating and exercising with introduction to use the LOOP app if they pump their insulin.*

## Interests and Hobbies

*Crossfit training,Biohacking, travelling, selling online...*

# Personal achievements

*Being named the Nurse of the Month by my Nursing agencies a few times and published in their newsletters.*

*Helping many type 1 diabetics improve their HB1Ac levels by using the LOOP app.*

# Languages

*Arabic, French and English.*