

CURRICULUM VITAE

BELINDA AKOTH NYAKITI

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Email: Bnyakiti@yahoo.com

Profession: Nutritionist/Dietitian

Date of Birth: 29/04/1977

Nationality: Kenyan

Membership in Professional Societies:

- Kenya Nutritionist and Dieticians Institute member **1437/14**
- International Register of Certificated Auditors (IRCA) member **6529**
- International Board of Certified Lactation Consultant (IBCLC)

Key Competencies and Skills

I communicate effectively to varied audiences, including formal public speaking.

I set high standards for quality of work and consistently achieves project goals.

I have a good leadership and supervisory skills; co-ordinates group activities, ensuring that roles within the team are clear.

I am able to translate strategic direction into plans and objectives.

I am able to analyze and integrate diverse and complex quantitative and qualitative data from a wide range of sources.

I demonstrate, apply and share expert technical knowledge across the organization.

Education:

Cardiff University UK– 2018-2019 (DLM) - ongoing

Postgraduate Diabetes Diploma – Diabetes education on principles and management of diabetes.

Kenya Methodist University – 2019 Ongoing thesis approval

Master of Science in Human Nutrition and Dietetics (MIYCN)

Project: Effect of complementary feeding practices and nutritional status of children aged 6-23 months in Kenya (a case study of Mbagathi District Hospital).

Kenya Methodist University - July 2014

Bachelor of Science in Human Nutrition and Dietetics – 2nd Class Honors (Upper division)

Project: Nutritional knowledge of residents in Nairobi County

Blanes Secretarial College (January 1996- December 1997)

Diploma in Office Administration and Secretarial Duties

Butere Girls High School (1991-1994)

KSCE - Mean Score C+

TRAININGS

International Board of Certified Lactation Consultant (IBCLC) –January 2016

An International Board Certified Lactation Consultant (IBCLC) is a health care professional who specializes in the clinical management of breastfeeding.

Lead Auditor ISO 22000-2005 - 16-20th March 2015 – International Register of Certificated Auditors (IRCA) - Food Safety Management Systems (FSMS)

The course involved:

- Interpreting the requirements of ISO 22000 in the context of an FSMS audit.
- Being able to check and confirm the FSMS audit objectives and carry out Information risk assessment based on information security threats to assets, inherent vulnerabilities and corresponding impact on an organization.
- Applying the ISO 22000 standard clauses appropriately in an audit situation.
- Undertaking the role of an auditor to plan, conduct, report and follow up a FSMS audit in accordance with ISO 19011.
- Plan, conduct, report and follow up a food safety management system audit in accordance with ISO 19011.

5th March 2015- Ministry of Health Services

Attended a workshop and training on Maternal Infant and Young Child Nutrition (MIYCN) Policy and Guideline course

Consultancy Services:

Food Safety and Hygiene Specialist

Canteen audits: East Africa Breweries Limited, East Africa Maltings Ltd, ICIPE dudu Ville, Bamburi Cement, Kenya Wine Agencies Ltd

The duties and responsibilities include but not be limited to assisting the Group Executive Chef in:

- Conducting hygiene audits of all kitchen staff.
- Regular random spot checks on food, food storage items and transport equipment.
- Daily kitchen inspections of the personal, environmental and food hygiene conditions.
- Daily cleaning status in kitchens with respective kitchen managers and teachers in charge of catering.
- Developing on the job food safety training programmes, HACCP, SOPS, for all kitchen, service and stewarding staff.
- Coordinating microbial food tests with kitchens and laboratory in case of suspected food borne illnesses.
- Liaising with pest control companies and house-keeping for any pest issues.
- Maintaining and make improvements to hygiene standards.
- Maintaining documentation on all hygiene and food safety standards through the operation.
- Regular review of food safety standards of all food handlers with the institution.
- Developing reports on the operational hygiene gaps and creating action plans to address the same.

Nutrition and Dietetics Specialist:

Services provided for the following companies:

East Africa Breweries Limited, British America Tobacco, Console Glass Industries, East Africa Maltings Limited, Zamara Risk and Insurance Brokers and Care N Cure Medical services.

- I provide nutrition care to assigned patients/families of general and specialized adult and paediatric nutritional conditions/disorders, ages and developmental stages.
- Contributes to patient care decisions by using critical thinking and problem solving skills in the patient care setting.
- Assesses the nutritional needs of patients, develops and implements an effective MNT plan of care, recommends and implements effective interventions and monitors/evaluates nutrition care outcomes for patients in a timely manner. Follows standards of care and evidence-based practice guidelines applicable to assigned patients.
- Communicate pertinent nutritional data through established written record systems, in established format.
- Provide educational seminars for the faculty and staff wellness program and answer nutrition questions submitted by participants.
- Monitor and provide follow-up nutritional assessments and update care plans as needed as per established guidelines in standards of practice.

- Provide nutritional assessments and follow up service(s) for patients in need of medical nutrition therapy and individualized patient meal patterns to comply with the diet prescriptions and patient preferences.

Kenya Medical Training College (Nairobi/ Karen Campus) – External Lecturer

- Teach nutrition and dietetics to Certificate, Upgrading and Diploma students.
- Supervise clinical students in community health service
- Provide individual athlete and team nutritional counseling while collaborating with Sports Medicine to ensure safety, efficacy, and compliance in regard to dietary supplements and nutrition products available to student-athletes.
- Develop educational curriculum/material in order to teach nutrition, self-management, and medical nutrition therapy on an outpatient basis. Evaluate, review, and revise the curriculum/material as necessary.

AAR Healthcare Services – Nutrition/Dietetics Specialist

January 2014 – December 2015

Paediatrics and Adult nutrition

- Develops nutrition plan of care integrated with the patient's total health care needs and includes the psychosocial, ethnic, cultural and religious needs of the patient/family.
- Provides nutrition education to patients/families by identifying preferred learning style and then selecting technique, tools and materials which promote/enhance learning. Adapts teaching style to facilitate learning and behaviour modification for individual patients/families
- Documents nutrition care plans and recommendations accurately, concisely and adheres to documentation policies and standards. Ensures timely availability of information for inclusion in the interdisciplinary care plan.
- Serves the hospital, the community and other health care organizations as a resource for nutrition-related information. Participates in projects and activities that promote health and well-being of patients/families.
- Assumes personal accountability to enhance the patient experience by using high quality, patient satisfaction-directed interactions/tools/activities in the execution of duties. Interacts with patients and families in a compassionate and respectful manner at all times. Seeks out and supports new ways of satisfying patients/families through ideas and innovations.

Mbagathi District Hospital

January 2013 – December 2013

Nutritionist/Dietetics Advisor

- Daily examination, consultation and medical management of all the children admitted in Stabilization Centre as per the national guideline on in patient management.
- Ensure data collection and reporting on a daily/weekly/monthly and submitted to health records office.
- Together with the project officer ensure proper communication, coordination and harmonization of tools with the different stakeholders involved in food/nutrition activities (MOH, IRC, WVI, UNICEF).

- Participate in the delivery of training for health staff, capacity building and conduction of studies and surveys.
- Complies with dietary restrictions on special, modified diets to ensure optimal food preferences are met within guidelines of diet order limitations.
- Interacts with nursing to ensure patients' diet prescriptions are accurate, and patients' food needs are met.
- Develop and implement nutritional care plans based on established standards of practice for patients at high nutritional risk.

Specialised as a Lactation Consultant

- Supporting an adhering to protocols and guidelines of MIYCN.
- Extensively following up on appropriate and proper feeding of the neonates, pre-terms in the new born unit and offering advice on the progress to the paediatric doctor

Nutrition Projects

I was involved and oversaw the effective implementation of Micronutrient Powder programme (MNP) intervention for children 6-23 months who attended the Mbagathi District Hospital. I ensured the following:

- Provided the detailed work plan of MNP intervention and ensured that accomplishments of activities were in a timely manner;
- Worked with contracted partners from each county ensuring successful implementation at community level;
- In collaboration with the Ministry of Health, I conducted the training of MNP to the partners including health staff, NGOs staff and others;
- Ensured that the Behaviour Change Communication (BCC) strategy of MNP is in place;

Afrispac (Worldspace) Kenya Limited

January 2000 – January 2007 worked as a Customer Relations/Sales Supervisor

A Multi-Cultural organization that dealt in audio broadcasting and multimedia programs directly from satellite to compact, portable World Space receivers.

April 1998– January 2000 Amiran Kenya Limited

Company deals in importation of fertilizers, pesticides, greenhouses and irrigation equipment.

REFEREES

1. Dr. Phillip Kahenya

Care and Cure Medical Services

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TEL: 0791 338424 email: care2cure@gmail.com

2. Mr. Kelvin Oruko

Kenya Medical Training College

P O Box 30195-00100 NAIROBI

TEL: 0734 351904 email: kelvinoov@gmail.com

3. Mrs. Roseline Mugo

Zamara Insurance and Risks Brokers

P O Box 20725-0202 NAIROBI

Tel: 0722 844329 email: RMugo@forbes.co.ke