**CURRICULUM VITAE**

NAME :   Faith Jebiwott  Rotich

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DATE OF   BIRTH:  18th May 1980

SEX   :  Female

NATIONALITY:  Kenyan.

ID NO: 22019381

LANGUAGES: English, Kiswahili, Kalenjin

RELIGION: Christian.

MARITAL STATUS: Widowed

**CAREER OBJECTIVE**

To be actively involved in health activities related to human nutrition in order to prevent, treat and save generations from diseases resulting from nutritional imbalances and other pathologies, through research, nutrition education and community involvement. 

**ACADEMIC QUALIFICATIONS**

May 2012- Date **Jomo Kenyatta University of Agriculture and Technology**

Master of Science, Public Health

January 2000 - June2004:       **University of Eastern Africa, Baraton**

Bachelor of Science Home Economics:

Major in Foods and Nutrition.

January 1995 -November 1998**:  Moi High School-Kabarak**

January 1991- November 1994**:   Moi Primary school –Kabarak**

January 1985 - November 1990**:   Tenges Primary School**

**PROFFESSIONAL EXPERIENCE**

**I. May 2010- Date**

**Station: The Nairobi Hospital**

**Position: Dietician**

**Duties and Responsibilities**

**Responsibilities.**

* Assess, plan, implement and evaluate patient’s nutritional needs in the hospital with a view of improving nutritional care to meet individual requirements.
* Develop menus for different vulnerable groups in the hospital to facilitate coordination with food preparation.
* Educating and counseling in and out patients on therapeutic diets.
* Co-ordinate with the food service supervisors and their staff for improved food service.
* Participating in departmental and hospital internal audits.
* Continuous Quality Improvement Champion for the Nutrition Department at the Nairobi Hospital.
* Attending nutrition seminars and conferences
* Writing departmental monthly reports
* In service training through Continuous Medical Education sessions to medical staff within the hospital on nutrition
* Giving out nutrition health talks within the hospital and other organizations
* Tutoring students at the Cicely Mc Donald school of nursing on nutrition topics
* Supervise and offer training to students on attachment.
* Planning and calculating suitable supplementary feeds for patients on specialized nutritional support such as tube feeds and Total Parenteral feeds and all patients that are critically ill in ICU and HDU
* Writing comprehensive report on the monthly nutritional activities.
* Giving Nutrition Counselling, education, nutrition review to cancer patients at The Nairobi Hospital Cancer and Oncology Centre.

**Competencies developed**

* Proven leadership and decision making
* Ability to take up more responsibilities
* Learnt to always take initiative and appreciate further the importance of team work in goal attainment.
* Working well with minimum supervision in a multi-cultural multi-ethnic entity

**II. July 2005 – April 2010:**

**Station: Moi Teaching and Referral Hospital.**

**Position: Nutrition Officer.**

**Duties and Responsibilities**

* Assessment and identification of patient’s nutritional needs by comprehensive nutritional assessment including body mass index, waist to hip ratio and instituting appropriate therapeutic diet.
* Nutritional counseling to patients suffering from various conditions like diabetes mellitus, renal failure, liver cirrhosis, HIV/AIDS, tuberculosis, anemia, protein energy malnutrition, cancer, obstructive jaundice, among others.
* Formulation of therapeutic diet (Total Parenteral Nutrition and Nasogastric tube feeds)
* Individualized diet planning taking into consideration the amount of kilocalorie required by each client / patient.
* Supervision and preparation of special diet for pediatric patients. These preparations include F75, F100, and lactose free.
* Ensuring hospital policies on nutrition and conformation to ISO certification are maintained.
* Participation in routine and teaching ward rounds; supervision of nutrition students and interns.
* Participation in research studies at the hospital.
* Analysis, compilation and presentation of monthly nutrition reports.

**Competencies developed**

* Refined interpersonal and communication oral/verbal
* Experience in making presentations to different audience from diverse cultures and backgrounds.
* Demonstrated ability to plan, organize, coordinate and execute events.
* Ability to work independently, and as part of a group, to handle assignments and communicate progress effectively.
* Strong judgment and refined communication skills.
* Learnt to take up responsibility in absence of colleagues and performing delegated duties on time.
* Developed negotiation and influential skills
* Professionalism: proven competence in dealing with different situations in providing solutions to client needs***.***

**III. August 2003 – September 2003:**

**Station: Kenyatta National Hospital**

**Position: Student Intern in Nutrition Department**

**Duties:**

* Educating pre-natal and postnatal mothers on breast feeding and its importance to the baby.
* Special diet planning for patients on total parenteral nutrition and nasogastric tube feeding.
* Diet planning with focus on the amount of kilocalorie requirement for each patient.
* Nutritional counseling to patients suffering from different diseases e.g. diabetes, HIV/AIDS, renal failure, Cancer and other medical cases including protein energy malnutrition, obesity, etc.
* Demonstrating to mothers on how to prepare a well-balanced diet using locally available and affordable foods.
* Growth monitoring and evaluation for children under five year

**Skills developed**

* Ability to work and produce reasonable output with minimal resources.
* Ability to make independent decisions in problem solving
* Refined interpersonal skills
* Proficient and fast learner.

**PRESENTATIONS DONE**

* Health talk presented to the Nairobi Hospital Cancer Support Group on Healthy eating and management of Cancer and the complications that come during and after treatment of Cancer. (2011,2012,2013,2014,2015,2016,2017,2018)
* Training of ICU student nurses on nutrition assessment and management of critically ill patients (2017,2018)
* Trained critical care nurse students at Cicely McDonnell school of nursing on Enteral nutrition for the critically ill patients (2015,2016)
* Presentation on diet management of the critically ill patients to nurses at the critical care units at The Nairobi Hospital (2016)
* GIST (Gastro intestinal stoma tumor) presentation on cancer and diet at The Nairobi Hospital (2015)
* Presentation on Cancer and Antioxidants to cancer support group meeting at the Nairobi hospital (2015)
* Presentation on the “Role of Diet, Nutrition in prevention of lifestyle diseases” to The Nairobi Hospital staff at Galleria Outpatient Centre (2015)
* Presentation on ‘CML Cancer and Nutrition’ to Henzo Kenya group
* Health talk presentations in various Corporate Organization

 **OTHER ACHIEVEMENTS:**

* Facilitated Fundamentals of cancer care for nurses on Nutrition and Cancer on 18th June 2019
* Participating in Hospital CSR (Corporate Social Responsibility) activities and giving health talks on nutrition, healthy eating and lifestyle modification during Medical camps held in different churches and companies.
* Attended Fresenius Advanced Nutrition Conference in Critical Care –Johannesburg South Africa (October 2018)
* Attended Fresenius Kabi Nutrition symposium on April 2018
* I have a certificate of Micro-research which was awarded upon successful completion of the International Clinical Micro-research Training Workshop at the Nairobi Hospital March 2017.
* Customer service champion and Brand ambassador for the nutrition department at The Nairobi Hospital from 2015-2017
* Attended Danone nutrition conference on ‘Nutrition in first 1000 days’ month of September 2015
* Training on Food Safety and Management Systems Lead Auditors Course in 2015 at The Nairobi Hospital ISO 22000:2005
* Training on Integrated Management System awareness (Quality ISO 9001:2008, Environment ISO 14001:2004 and Food and Safety ISO 22000:2005).
* Attended seminars on pediatrics gastrointestinal disorders, start healthy stay healthy as well as nutrition in the first 1000 days (2012)
* Participated in the Inaugural Staff Open Day 2012 at The Nairobi Hospital and was awarded with Certificate of Participation.
* Attended the launching of Scaling up Fortification of refined food in Kenya at The New Stanley Hotel Nairobi 0n 9/10/2012
* Attended a 3day seminar in practical childhood diabetes management at KNH
* Participated in Exclusive Breastfeeding campaign at Pumwani Maternity Hospital
* Training on Integrated Management Systems awareness course on Quality, Environment, Food and safety.
* Attended Pfizer nutrition scientific symposium on high protein diet in pediatrics on August 2011 at crown plaza
* Attended Milupa scientific symposium on prebiotics and gut health in pediatrics on March 2011 at the Intercontinental hotel
* Attended Danone scientific symposium on Gastro intestinal disorders in pediatrics and its management on February 2012 at the Laico Regency Hotel
* Participated in Nutrition and Emergency seminar and thereafter community service; identifying and treating malnourished children among the internally displaced in Eldoret in collaboration with UNICEF and Red Cross.
* Attended a 4 day seminar on management of diabetes mellitus.
* Conducted survey on the role of micro-nutrients in development of underweight children.
* Driving- Driving License
* Certificate in Microsoft office and Excel

**COMMUNITY AND MEDIA OUTREACH**

* Radio Presentation on Healthy eating habits at Radio Waumini
* Biashara Leo Magazine article on Nutrition and Lifestyle disease

**FUTURE CAREER AMBITIONS:**

1. To establish an epitome of nutritional excellence in the communities by implementing strategies that would reduce rampant cases of malnutrition in Africa.

**HOBBIES / SPECIAL INTERESTS:**

1. Traveling
2. Swimming
3. Playing Volleyball
4. Nature enthusiast, helping the needy

**REFEREES:**

1. DR. HELLEN NDIKU,

  UNIVERSITY OF EASTERN AFRICA, BARATON,

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ELDORET.

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2. MRS MONICA SITIENEI

   DEPUTY HOD NUTRITION DEPARTMENT,

   MOI TEACHING AND REFERRAL,

   P.O. BOX 3,

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3. MRS JANE MUTUKU,

DIETICIAN

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