

NABILA REHMAN

CONSULTANT NUTRITIONIST DHA LICENSED

nabilarehman711@gmail.com
Dubai, United Arab Emirates
+971555221409



PROFILE

As a licensed nutritionist, dietitian, and wellness consultant with over five years of experience, I specialize in developing personalized nutrition and wellness plans for individuals and groups. I hold a valid DHA license and am currently based in Dubai, UAE, on a freelance visa. My core competencies include conducting comprehensive dietary assessments, designing evidence-based meal plans tailored to individual needs, and offering continuous guidance to support clients in achieving their health and wellness goals. I am skilled at educating and motivating clients to adopt sustainable lifestyle changes that enhance long-term well-being. With a strong foundation in scientific nutrition principles and a commitment to staying current with the latest research, I aim to empower individuals to make informed dietary choices. My passion lies in promoting holistic health through balanced nutrition, practical wellness strategies, and compassionate client care.

WORK EXPERIENCE

Nutrition Consultant, Life Healthcare

2024- 2025

- Assisted patients with appointment scheduling and guided them to the appropriate medical professionals, ensuring smooth clinic operations and minimal wait times.
- Acted as a key liaison between patients, doctors, and pharmacists to facilitate coordinated and efficient healthcare services.
- Provided personalized dietary consultations based on individual assessments, including BMI, medical history, and clinical reports, to support targeted nutrition interventions.
- Recommend appropriate supplements to address nutritional deficiencies, support recovery, and improve overall patient outcomes.
- Conducted health education sessions to promote sustainable lifestyle changes and improve patient well-being.
- Organized and led healthcare events, training workshops, and wellness campaigns to raise awareness about preventive care and healthy living.
- Developed and implemented patient care protocols aimed at enhancing service delivery and optimizing treatment plans.
- Effectively handled patient concerns and escalations, ensuring timely resolution and maintaining a high level of patient satisfaction.
- Contributed to organizational revenue growth by identifying the needs of the target population and strategically upselling relevant products and services, including nutritional supplements and wellness packages.

Clinical Dietitian, V-Care Hospital

2023- 2024

- Conduct daily OPD and inpatient rounds to assess the nutritional needs of patients based on medical conditions, laboratory reports, and anthropometric data, ensuring timely and accurate dietary interventions.
- Formulate and implement individualized nutrition care plans, including enteral and parenteral nutrition support, in compliance with postoperative and clinical nutrition protocols to promote optimal recovery and patient outcomes.
- Coordinate and manage dietary operations within the hospital, ensuring consistency with therapeutic guidelines, while tracking key performance indicators such as patient follow-ups, clinical assessments completed, and nutrition therapy adherence.

Consultant Nutritionist, HealthifyMe

2021-2023

- Delivered personalized nutrition and wellness consultations to clients across diverse geographies through virtual platforms, leveraging Healthify's AI tools for data-driven recommendations.
 - Interpreted health data, including BMI, blood reports, lifestyle habits, and AI-generated assessments, to create customized diet plans aligned with client goals such as weight management, metabolic health, and disease prevention.
 - Collaborated with fitness coaches, mental health experts, and tech teams to offer holistic health solutions, ensuring continuity of care and improved client engagement.
 - Recommended appropriate nutritional supplements and behavioral strategies based on clinical indicators and user progress reports to support sustainable health outcomes.
 - Conducted regular follow-ups via app-based chats, calls, and video sessions to monitor progress, modify diet plans, and address barriers to adherence.
 - Utilized Healthify's AI dashboard and analytics tools to track client KPIs such as adherence rate, goal achievement, retention, and satisfaction scores, contributing to platform performance metrics.
-

EDUCATION

Bachelors in Science (B.Sc) In Nutrition Science and Dietetics

2018-2021

Mount Carmel College Autonomous

CGPA- 8

- Specialization in Food Science, Nutrition, and Clinical Dietetics.
-

CERTIFICATION

DHA licence : 76454853

Registration Title: Allied Health – Nutritionist – Clinical Dietetics and Nutrition

Issue date: 13-06-2025

Expiry date: 13-06-2026

Good Standing Certificate

Association of Allied Health Professionals

Membership No: OT008667

Certified Diabetes Educator (CDE)

Organisation: National Diabetes Education Programme (NDEP)

Certification ID: NDEP 9-20-2271

SKILLS

- Wellness Program Coordination
- Health Counselling
- Business development
- Medical Nutritional Therapy
- Client Relationship Management
- Operations Management
- Public Health Nutrition



Healthcare Professional Registration Certificate

شهادة تسجيل مهني صحي

13-06-2025

Issue Date

تاريخ الإصدار

Professional Name	نبيلة رحمن NABILA REHMAN	اسم المهني
Nationality	India	الجنسية
DHA Unique ID	76454853	الرقم التعريفي
Registration Title	المساعدين في الرعاية الصحية المهنية تقني تغذية التغذية والتغذية السريرية Allied Health - Nutritionist - Clinical Dietetics and Nutrition	مسمى التسجيل ملاحظات
Remarks	N/A	تاريخ انتهاء صلاحية التسجيل
Registration Expiry Date	13-06-2026	

This Registration is NOT considered a permit to practice. It must be activated into a license by a licensed health facility in order to commence clinical practice.

هذا التسجيل لا يعد تصريحاً لمزاولة المهنة. يجب تفعيل التسجيل إلى ترخيص من قبل منشأة صحية مرخصة لمباشرة العمل.

Notes:

- This is an electronically generated certificate, that doesn't require signature or stamp
- Any modifications will invalidate this certificate.
- To verify this document, Please visit the below link and enter the Barcode

ملاحظات:

يتم إصدار هذه الشهادة إلكترونياً ولا تتطلب توقيع أو ختم الهيئة
أي تعديل، يعتبر هذه الشهادة لاغية
للتحقق من هذه الوثيقة، يرجى زيارة الرابط أدناه وإدخال الرمز
التعريفي (الباركود)

<https://services.dha.gov.ae/sheryan/wps/portal/home/services-professional/online-verification>



PIN: 5841

Barcode: 1749835791977