



# AKHTARUNNISA S ANSARI

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**Nationality:** Indian

## SUMMARY

Accomplished Clinical Dietitian and Nutritionist with over 11 years of experience in providing medical nutrition therapy, developing patient education programs, and delivering nutritional care to patients with complex health conditions. Expertise in handling organ transplant patients and developing specialized diets for a range of clinical conditions including diabetes, renal, liver, cardiovascular diseases, and inborn metabolic errors. Proven ability to collaborate with interdisciplinary medical teams, lead nutrition-related quality improvement projects, and provide nutrition education to patients and caregivers.

## WORK EXPERIENCE

### **Clinical Dietitian, Emirates Specialty Hospital (JCI), DHCC, Dubai**

**October 2022 – Present**

- Provided Medical Nutrition Therapy (MNT), including TPN and enteral nutrition for ICU, surgical, bariatric, cardiac, oncology, endocrinology, and renal patients.
- Spearheaded a Diabetes Clinic in collaboration with an endocrinologist, offering tailored dietary programs for diabetic patients.
- Conducted comprehensive patient assessments, developed individualized nutrition care plans, and tracked patient progress.
- Actively participated in JCI audit preparations and contributed to various quality improvement initiatives across the hospital.
- Developed patient education materials for inpatients and outpatients, offering counseling on maintaining balanced diets.
- Conducted food service inspections, ensuring adherence to safety and hygiene standards in hospital kitchens.
- Coordinated with multidisciplinary teams to meet patient nutrition needs and mentored dietetic interns.
- Led nutrition awareness campaigns, including antenatal classes for expectant mothers.

### **Clinical Dietitian (Department Head), Sevenhills Hospital (NABH), Mumbai, India**

**May 2020 – October 2022**

- Managed the hospital's nutrition and dietetics department, overseeing the care of patients in ICU, oncology, rehabilitation, and geriatric units.
- Implemented TPN and enteral feeding protocols in critical care settings, contributing to enhanced patient outcomes.
- Created educational seminars and materials for staff development, including nutrition symposiums and in-services.

### **Dietitian (Online Consultant), Sentosa Covid Centre, Pune, India**

**July 2020 – September 2020**

- Provided online nutritional consultations for COVID-19 patients, addressing special dietary needs to support recovery and immune function.
- Developed and tailored nutrition care plans for patients based on their medical conditions, focusing on post-COVID nutrition and recovery diets.
- Advised on hydration, protein intake, and immunity-boosting foods to enhance patient recovery outcomes.

### **Clinical Dietitian (Department Head), Health Care Global Enterprises, Colaba Unit (NABH), Mumbai, India**

**October 2018 – August 2020**

- Directed nutritional care for ICU, surgical, cardiac, and oncology patients, ensuring compliance with dietary restrictions.
- Conducted food service audits and provided training to newly hired dietitians, ensuring high-quality patient care.

## EDUCATION

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### **M.Sc. Clinical Nutrition & Dietetics,**

Dr. B.M.N. College of Home Science (S.N.D.T.), Mumbai, India, 2012

### **B.Sc. Nutrition & Dietetics, L.J.N.J,**

College of Home Science (S.N.D.T.), Mumbai, India, 2010

## LICENSES & CERTIFICATIONS

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- **DHA-Dubai Health Authority Clinical Dietician License** (ID-50444991-001)
- **Certified Dietitian in Bariatric Nutrition**, IFSO, OSSI & University of Sunderland UK, 2021
- **Certified Diabetes Educator**, Mohan's Diabetes Education Academy (DMDEA), Mumbai, India, 2022
- **Nutrigenomic Counselor**, Gene Box Academy

## SKILLS

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- Medical Nutrition Therapy (MNT)
- Total Parenteral Nutrition (TPN) & Tube Feeding
- Patient Assessment & Counseling
- Diabetes & Bariatric Nutrition Management
- ICU Nutrition & Critical Care Support
- Nutrigenomics & Personalized Nutrition Plans
- Menu Planning & Nutritional Supplements
- Nutrition Research & Data Analysis
- Clinical Support & Multidisciplinary Collaboration
- Food Service Audits & Inspections
- Patient Education & Health Promotion
- Cultural Competency & Team Building

## PROFESSIONAL MEMBERSHIPS

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- **Indian Dietetics Association (IDA)** – Lifetime Member (1343, IDA/9536)
- **Association of Allied Health Professionals (AAHP)** – Registered and Life Member (OT881786)
- **Emirates Nutrition Association (ENA)** – Active Member

## CME & CONFERENCES

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- 7th International Symposium on Food Intolerance and Digestive Health, 2023
- Nutritional Role of Proteins in ICU Critically Ill Patients, CATALYST-The Training Lab, 2024
- Empower Health Connect: Nourishing the Future, 2024
- Nutrition and Health Symposium, NSH 2024

## ADDITIONAL INFORMATION

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**Languages:** English, Hindi, Marathi, Urdu, Arabic.

**Visa Status:** Employment Visa.