

HALIMA SADIA

Registered Clinical Dietitian DHA# 78057177 / MOH# 336666

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SUMMARY

A result oriented and professional licensed clinical dietitian having 6+ years of professional experience in well renowned organizations with exceptional counseling skill and ability to carry out accurate nutritional assessments, track record of developing and executing beneficial dietary plans.

EXPERIENCE

Clinical Dietitian & Nutritionist

Rehman Foundation - Pakistan

01/2018 - 05/2024 | Lahore, Pakistan

- Develop the personalized, age-specific and culturally appropriate meal plan with nutrition strategies
- Managed the diet plans for the dialysis and diabetes mellitus patients with advance carbohydrate counting formula
- Managed disease specific diet plans, NG feeds and Malnutrition patients
- Evaluate the effects of meal plans and change the plans as needed
- Complete the monthly and yearly assessments of clients and adapt nutrition plans
- Write reports to document patient progress
- Provide nutrition education and counseling for patients
- Managed the record of diabetes inpatient & outpatient
- Training and Supervision of Nutrition internees

Dietetic & Nutritional Trainee

Sheikh Zayed Hospital

09/2017 - 12/2017 | Lahore, Pakistan

- Assisted health care team in morning rounds for inpatients admitted to Pediatric Endocrinology and diabetes department
- Attended and managed nutrition consults referred by different departments across the hospital
- Follow-up the patients weaning meals

EDUCATION

BS (Hons) Nutrition and Dietetics

University of Veterinary & Animal Sciences - UVAS Lahore

08/2013 - 01/2017 | Lahore, Pakistan

- Note key learnings, experience and skills gained relevant to the job.

OTHM LEVEL 7 DIPLOMA IN HEALTH AND SOCIAL CARE MANAGEMENT

London College of Professional Studies

09/2023 - 08/2024 | Remote Study - London

LANGUAGES

English
Proficient



Urdu
Native



CONFERENCES & SEMINARS

Participated in International Conference & Expo 2014

RECENT DEVELOPMENTS IN HUMAN NUTRITION' from March 19-20, 2014 at Pearl Continental Hotel, Lahore organized by University of Veterinary & Animal Sciences, Lahore and Nutritionists Association of Pakistan

Food and Nutrition week

Organized by University of Veterinary and Animal Sciences, Lahore and Forman Christian College at November 3-7, 2015

Dietetics and Nutrition Education (CDNE) Workshop

Medical Nutrition Therapy for Heart Patients, April 23, 2016 at Nur International University

International Human Conference and Expo-2015

organized by Nutritionists Associations of Pakistan & University of Veterinary & Animal Sciences, at Pearl Continental Hotel Lahore at November 03-04, 2015

SKILLS

Health Coaching

Nutrition Therapy

Nutrition Assessment

Supplements Evaluation

Family Counseling

Strategic Communication

Client Motivation

Risk Management