

# NABILA REHMAN

## CONSULTANT NUTRITIONIST DHA LICENSED

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### 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.

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### 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.
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## 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.
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## 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

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## SKILLS

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