

# RAMSHA EJAZ AHMED

Registered Clinical Dietitian | DHA Eligible

Dubai, United Arab Emirates | **Visa Status:** Resident Permit



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## PROFESSIONAL SUMMARY

Dedicated and DHA-eligible Clinical Dietitian with nearly three years of professional experience delivering medical nutrition therapy in hospital and outpatient settings. Skilled in enteral and parenteral nutrition management, individualized therapeutic diet planning, and patient counseling across diverse clinical conditions. Proven ability to collaborate with multidisciplinary healthcare teams, ensure adherence to clinical guidelines, protocols, and focus on patient-centered care.

## CORE COMPETENCIES

- Enteral and Parenteral Nutrition Management
- Clinical Nutrition for Specialized Conditions
- Dietary Counseling & Menu Planning
- Inpatient and Outpatient Nutrition Care
- Medical Nutrition Therapy
- Multidisciplinary Team Collaboration
- Weight Management

## WORK EXPERIENCE

**Tabba Heart Institute, Pakistan | Jan 2023 – Jan 2025**

### Clinical Dietitian

- Conducted individualized nutritional screening and assessments for inpatients and outpatients.
- Developed and implemented personalized diet plans aligned with medical goals and cultural preferences.
- Initiated and managed enteral and parenteral nutrition for critical care patients in coordination with physicians.
- Introduced and monitored oral nutrition supplementation for at-risk patients.
- Collaborated with interdisciplinary teams to enhance patient outcomes and standardize clinical documentation.
- Supported and responsible for quality improvement initiatives, departmental KPI reviews, internship program, and patient education programs.

### Trainee Dietitian

- Delivered medical nutrition therapy under supervision, integrating patient medical goals with dietary plans.
- Assisted in monitoring daily tray line, menu selection, tray delivery ensuring quality control.
- Attended patient care and departmental meetings supporting department referral growth.

## Various Hospitals, Pakistan | Sep 2022 – Dec 2022

### Dietetic Intern

- **Dow University Hospital** – Assisted senior dietitians during regular rounds in critical care units.
  - **Tabba Heart Institute** – Supported daily dietitian visits, contributing to dietary planning for patients.
  - **Aiwan-e-Tijarat Hospital** – Assisted in medical nutrition therapy with a focus on gynecology and maternal health cases.
  - **Cancer Foundation Hospital** – Assisted oncology-specific diet planning and counseling.
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## EDUCATION

### Dow University of Health Sciences, Pakistan | 2019 – 2022

Bachelors of Science in Nutrition | CPGA 3.95

### New Middle East International School, Saudi Arabia | 2016 – 2018

GCE A Levels & IGCSE

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## CERTIFICATIONS & MEMBERSHIPS

- Registered Dietitian, Allied Health Professional Council
  - Permanent Member, Pakistan Nutrition & Dietetic Society
  - Basic Life Support (BLS) – American Heart Association
  - DHA Eligibility Letter – In Process
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## TECHNICAL SKILLS

- Electronic Medical Record (EMR) Systems
  - Patient Education Content Design
  - Telehealth Consultation Platforms
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## ACHIEVEMENTS & PROFESSIONAL OUTREACH

- Awarded “Rising Star” of the department at Tabba Heart Institute.
  - Nominated for “Employee of the Month” at Tabba Heart Institute.
  - Achieved overall excellence score of 9/10 based on KPIs and patient feedback.
  - Presenter at Eid-ul-Fitr Diet Session (150+ attendees).
  - Co-presenter at Breast Cancer Awareness Session sponsored by Lucky Group.
  - Guest Speaker: “Role of Diet in Heart Diseases” – Jinnah University for Women.
  - Co-organizer: “Exploring Nutrition Careers & Nutrition Gap in Pakistan” (100+ students).
  - Media Coordinator, Health Association of Nutrition & Dietetics.
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