

RASHIDA

BISMILLAH

DHA LICENSED

REG NO: 35353183

PROFESSIONAL SUMMARY

Experienced Clinical Dietitian with 17+ years of experience managing hospitalized patients handle chronic medical conditions through effective diet counseling.

Successfully educated patients and caregivers about dietary modifications, completed assessments, planned therapeutic diets (enteral as well as oral) diets and hospital menus. Strong communicator with outstanding active listening skills open to middle and entry level opportunities to further my career

WORK HISTORY

Clinical Dietician, Oct 2022 – till date

Amsa Renal Care, Dubai, UAE

- Managing 50 plus patients at the Dialysis Centre
- Planning & implementing therapeutic diets as per the clinical condition and latest biochemical parameters
- Counselling patients, relatives and care givers about dietary restrictions to follow during and after hemodialysis
- Documenting policies for the department as per DHA guidelines
- Automating the day to day functioning of department
- Listed dietary guidelines for various clinical conditions to be used in the clinic

Chief Dietician, Nov 2009 – Feb 2022

Prince Aly Khan Hospital, Mumbai, India

- Managed team (of 5 plus) interns and one dietitian, overseeing hiring, training, and professional growth of employee in the department, also managed the day to day functioning of the department.
- Handled 150 patients per day along with team of 5 including interns
- Increased departmental revenue from INR 3,00,000 to INR 15,00,000 year on year
- Managed internal audits for other departments, ISO & NABH audits
- Instruct patients in proper meal preparations and dietary restrictions
- Educate clients in OPD about long term health benefits of balanced diets
- Training and mentoring students for college internship
- Establish and maintain thorough nutritional records

SKILLS

- Self-Motivated
- Flexible and Adaptable
- Analytical and Critical Thinking
- Planning and Coordination
- Excellent Communication
- Nutrition needs assessment and Nutrition Care Planning and follow up
- Onco- Nutrition
- Diabetes Management
- Renal Nutrition
- Critical Care Nutrition
- Menu development
- Patient education
- Diet modification
- Training and Development
- MS Office



DUBAI (U.A.E)



+971-527007425



rashidabismillah1982@gmail.com

- Completed detailed nutritional assessments of each patient based on health history, clinical condition, anthropometric and biochemical data.
- Planned enteral feeding for cancer and critically ill patients in ICU as well as wards.
- Work one-on-one with patients to achieve targeted weight loss, glycemic goals in the OPD as well as in in patient department
- Design marketing materials/events to solicit awareness and promote the nutrition related activities of the department
- Plan cyclic menu for hospital patients and staff in liaison with kitchen department
- Created spreadsheets using Microsoft Excel for daily, weekly and monthly reporting
- Actively listened to customers' requests, confirming full understanding before addressing concerns
- Developed and maintained courteous and effective working relationships
- Prepared variety of different written communications, reports and documents to ensure smooth operations
- Used MS Office to create documents and other communications
- Collaborated with kitchen department to achieve smooth functioning of service to patients
- Composed and introduced two booklets on dietary management in tube fed cancer patients and chronic kidney disease in hospital for internal use

Dietician, July 2008 – Nov 2009

Jupiter Hospital, Mumbai, India

- Handled on an average 80 inpatients(ICU as well as ward) and 5 outpatients per day
- Planned nutritious meal options for individuals with various health needs
- Completed detailed nutritional assessments of each patient based on health history, clinical condition, anthropometric and biochemical data
- Held nutritional talks for staff on weekly basis as part of Journal Club
- In-charge to manage the diet department

Dietician, Oct 2005 – July /2008

Saifee Hospital, Mumbai, India

- Handled on an average 50 to 60 patients (ICU as well as ward) and 2 to 3 outpatients per day
- Completed detailed nutritional assessments of each patient based on health history, clinical conditions, anthropometric and biochemical data.
- Continually met with patients to assess progress and adjust the diet plan

Dietician, Jan 2005 – Sept 2005

Talwalkar Health Commune, Mumbai, India

- Handled 20 to 30 calls per day to address customer inquiries and diet plans
- Planned nutritious meal options in the diet plan for individuals with various health needs for gym weight loss and weight gain clients.
- Quickly learned new skills and applied them to daily tasks, improving efficiency and productivity

EDUCATION

PG Diploma in Dietetics & Applied Nutrition, Food And Nutrition,

04/2004

Nirmala Niketan - Mumbai

- Awarded 4th rank in the university

Bachelor of Science, Food And Nutrition, 04/2003

Nirmala Niketan College - Mumbai

- Awarded 1st rank in the university

CERTIFICATIONS

- DHA Registration Number 35353183
- Registered Dietitian by Indian Dietetic Association (R.D. No.02/06)
- Certified Diabetes Educator, since March 2015

LANGUAGES

English: Native language

English: C2



Proficient

Hindi: C2



Proficient

Gujarati: C2



Proficient

Marathi: B2



Upper intermediate