



NADA ALMOHAISEN

Personal Data

Nationality | Saudi

Date of Birth | 04/08/1987

Department | Clinical Nutrition

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Language Proficiency

Language	Read	Write	Speak
Arabic	X	X	X
English	X	X	X
Others			

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
December 2013	Master	United Kingdom	Oxford City, United Kingdom (Brookes Oxford University)
May 2011	Bachelor	Saudi Arabia	Riyadh, Saudi Arabia (King Saud University)

PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	
Master	Effect of Cooked and Uncooked Porridge Oats on Glycemic Response and Glycemic Index
Fellowship	

Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Lecturer		December 2013-present
Demonstrator		November 2011



Scientific Achievements

Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	Alhanouf Saad Alassaf, Fai Ibrahim Albahussain, Haya Fahad Alhmli, Nada Adnan Almohaisen, Sara Muteb Alotaishan	Prebiotic Effect on Bone Health among Female Students, University of Dammam, Saudi Arabia	International Journal of Scientific Research. Volume: V, Issue: X, October 2016

Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
1	Aqdar Alaklabi, Juman Alshammary, Nad Adnan AlMohaisen, Raghad AlHuthayfa, Rawan Alraimi, Sarah AlShibil	The Effect of Milk Consumption on The Severity of Asthma in Saudi Adult Asthmatic Patients	May 2016
2	Alhanouf Saad Alassaf, Fai Ibrahim Albahussain, Haya Fahad Alhmli, Nada Adnan Almohaisen, Sara Muteb Alotaishan	Prebiotic Effect on Bone Health among Female Students, University of Dammam, Saudi Arabia	June 2015

Membership of Scientific and Professional Societies and Organizations

- Member in HDN club by Saudi Diabetes & Endocrine Association
- Shaper in Khobar Hub by Global Shapers (World Economic Forum)

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Basics of Human Nutrition	NUTR 213	
2	Nutritional Counseling	NUTR 327	
3	Medical Nutrition therapy (1)	NUTR 312	
4	Fitness & Sport Nutrition	NUTR 424	
5	Malnutrition Diseases	NUTR 316	



6	Nutritional Assessment Status	NUTR 326	
7	Medical Nutrition Therapy application (1)	NUTR 412	

Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

1	Medical Nutrition therapy (1)/ NUTR 312: This course is designed to introduce the students to acquire the necessary skills to work with the health care team as a successful dietitian. Students will know how to obtain the information from the medical record, analyze it, and how to write a nutritional report. Students will apply their training in the hospital at the nutritional department and at different clinical units like medical, surgery, pediatric, cardio, renal analysis, and ICU unit.
2	Basics of Human Nutrition / NUTR 213: This course will focus on basic concepts in human nutrition to maintain health and prevent diseases. It will describe the role and function of macro and micronutrients essential for human health. Also it will study the main sources, the effects of their excess or deficiency, recommended dietary allowances and energy balance.
3	Nutritional Counseling / NUTR 327: This course is designed to provide students with conceptual basis for patient centered nutrition counseling to develop non-verbal and verbal skills to understand nutrition related problems, focusing on the acquisition of nutrition counseling knowledge and development of interpersonal skills.
4	Malnutrition Diseases/ NUTR 316: Studying the main diseases resulting from deficiency, over nutrition, and from imbalance of nutrients and energy. More focus will be provided into the prevalence of the diseases, their clinical and biochemical signs, etiology and factors contributing to these diseases, and the nutritional management of these diseases.
5	Nutritional Assessment Status/ NUTR 326: In this course students learn various methods applied in the assessment of nutritional status. The course will focus on the (ABCD) approach which discuss the anthropometric, biochemical, clinical, and dietary assessment, and the use of results to evaluate the individuals and community nutritional status. Also, the course trains the student on the usage of new technology including dietary analysis software
6	Fitness & Sport Nutrition/ NUTR 424: The main focus of this course will be the role of nutrition in sport and fitness. How nutrition can maximize muscle strength and flexibility through building muscle and reducing fat. Appropriate nutritional and physical weight loss strategies for obese, overweight and athletes.
7	Medical Nutrition Therapy application (1)/ NUTR 412: This course is designed to introduce the students to acquire the necessary skills to work with the health care team as a successful dietitian. Students will know how to obtain the information from the medical record, analyze it, and how to write a nutritional report. Students will apply their training in the hospital at the nutritional department and at different clinical units like medical, surgery, pediatric, cardio, renal analysis, and ICU unit.

Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date
1	Pulmonary Rehabilitation/ RECP 414	COPD and Diet	College of Applied Medical Nutrition/ Respiratory Care Department	27/10 /2015



Student Academic Supervision and Mentoring

#	Level	Number of Students	From	to
1	Senior	Five	Sep 2015	May 2016
2	Senior	Four	Sep 2014	June 2015

Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

Administrative Responsibilities

#	From	To	Position	Organization
1	2016	Present	Academic Advisor	Academic Affairs
2	2016	Present	Coordinator	Academic Affairs
3	2016	Present	CAMS female Alumni Coordinator	Academic Affairs

Committee Membership

#	From	To	Position	Organization
1	2014	Present	Member	Research Committee
2	2014	present	Member	Laboratory Committee
3	2015	Present	Chairman	CAMS Sport Committee

Volunteer Work radiological science

#	From	To	Type of Volunteer	Organization
1	November 2016	November 2016	Participating in Lecture educating geriatrics	On behalf of Rahma Center in Mashail alkahir Hall, Dammam ,Saudi Arabia
2	June 2016	June 2016	Participating in educating children about healthy eating.	On Belhalf of Rahma Center in Dhahran School, Khobar, Saudi Arabia
3	2016	2016	Participating in Diabetes and Nutrition Education corner	On behalf of Rahma Center in Female College, University of Dammam
4	2015	2015	Participate in Introducing Clinical Nutrition Major to 1 st year college students	University of Dammam, Saudi Arabia
5	November 2015	November 2015	participating in organizing Ceremony Honoring Students	University of Dammam, Saudi Arabia.



6	2/3/2016	2/3/2016	Gave workshop initiative presenting "Healthy Life Style"	Edugo Arabia, Khobar, Saudi Arabia
7	10/6/2015	10/6/2015	Gave lecture "Healthy habits in Ramdhan"	Hamra District Center, Dammam, Saudi Arabia
8	19/4/2015	19/4/2015	Participate in Pro BONO Program	University of Dammam, Saudi Arabia
9	19/11/2014	19/11/2014	Gave lecture "Healthy Breakfast" to Intermediate students	Healthy Cities Programme, Intermediate School in Rakkah, Saudi Arabia
10	April 2013	April 2013	participating in organizing Ceremony Honoring Students	University of Dammam, Saudi Arabia.
11	30/4/2012	3/5/2012	participating in organizing 3 rd Scientific Conference of Highly Educating in Saudi Arabia	University of Dammam, Saudi Arabia
12	24/4/2012	27/4/2012	participating in organizing Career Day	College Applied Science, University of Dammam
13	4/4/2012	4/4/2012	Organizing 2 nd Together to Thank Them	University of Dammam, Saudi Arabia.
14	3/4/2012	3/4/2012	participating in organizing Ceremony Honoring Students	University of Dammam, Saudi Arabia.
15	21/2/2012	22/2/2012	organizing Kids Carnival for Orphans and handicaps	University of Dammam, Saudi Arabia
16	January 2012	January 2012	participating in open day of Al-Dabal Private School	Khobar, Saudi Arabia.
17	April 2011	April 2011	participating in Book World Day	Sultan Bin Abdulaziz Science & Technology Center
18	Feb 2011	Feb 2011	Participate in Teach me to Protect me Campaign Health	Safety and Environment Campaign, Drilling and Work over Aramco Department, Khobar, Saudi Arabia
19	2011	2011	Participate in Technical Dinner Meeting	American Society of Safety Engineers-Middle East Chapter(ASSE-MEC) Executive Board, Khobar, Saudi Arabia
20	2010	2010	Participate in Swain Flu Education	King Saud University, Riyadh, Saudi Arabia.
21	2010	2010	Participate in Health Mental Campaign	Saudi Aramco Medical Services Organization, Khobar, Saudi Arabia
22	October 2010	October 2010	Participate in Breast Cancer Activity	Saudi Aramco Medical Services Organization, Khobar, Saudi Arabia
23	2007	2007	Participate in World Day for Diabetes (2007)	King Saud University, Riyadh, Saudi Arabia.



Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

1	Possess good managing and organizational skills.
2	Capable of managing several projects at a time.
3	Ability to perform office tasks and interact effectively using good written and oral communication skills.
4	Capable of learning new skills in a short time.
5	Competent in typing, editing, and/or proofreading reports, letters, memos and other business forms.
6	Possess good office administration skills.
7	Proficient in using MS Office (Word, Excel, Power Point and etc).

Last Update

30/12/2016