



Jumanah Saleh Mohammed Dakhil Al-Awfi

Lecturer

Personal Data

Nationality | Saudi
 Date of Birth | ——— (Private)
 Birth location | Al-Madinah Al-Munwara , The Kingdom of Saudi Arabia.
 Department | Clinical Nutrition
 Official UoD Email | jsalawfi@iau.edu.sa
 Office Phone No. | Not applicable.

Language Proficiency

Language	Read	Write	Speak
Arabic	√	√	√
English	√	√	√
Others			

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
09\2022	Master of Sciences (MSc) in Human Nutrition; grade Merit	University of Surrey	Surrey, England
Dec 2021	Presentational English course 8 weeks; online. Grade: distinct (70)	University of Surrey	Surrey, England. Was online because of COVID-19 crisis
05 \ 2018	Bachelor's degree in Clinical Nutrition, Faculty of Applied Medical Sciences. Grade : First degree honors	Taibah University	Al-Madinah Al- Munawara, Kingdom of Saudi Arabia.

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

PhD	
Master	The anthropometric and metabolic impact of prebioites,probiotics and synbiotics for non-alcoholic fatty liver disease (NAFLD) and non-alcoholic steatohepatitis NASH; systematic review



Fellowship

Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Lecturer	Imam Abdulrahman Bin Faisal University, Dammam, KSA.	12/2022
Students Ambassador	The Nutrition Society, London, UK.	Feb to Sep 2022
A Visitor Clinical Dietitian (volunteered)	Sokar (diabetic charity association, the section of Clinical Nutrition clinic) Madinah, Saudi Arabia	06\2021
Demonstrator	Imam Abdulrahman Bin Faisal University, Dammam, KSA.	12\2019
Clinical Dietitian	Madinah Medical Center MMC	12 \ 2019
Clinical Nutrition intern	Taibah University, Al- Madinah	2018-2019
Clinical Nutrition Student	Taibah University, Al- Madinah	2014-2018
Associate Nutritionist (ANutr) رخصة اخصائي تغذية مشارك	Association of Nutrition, UK.	Dec 2022
Clinical Dietitian (RD) رخصة اخصائي تغذية علاجية	Saudi Health Committee, Saudi Arabia هيئة التخصصات الصحية	July 2019

Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date

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	Jumanah S.Al-Awfi	Review article. 'Zinc may have a potential role in taste	Integrative Food, Nutrition and Metabolism. OAT open access text. 21 st December 2020.



		malfunctions treatment for COVID-19 patients' .	
2	Ahlam Badreldin El Shikieri1, Walaa Mohammed Mohammed Saeed2*, Amal Alharbi, Buthyna Badhawi, Jumanah AlAwfi, Mashael Alrwaythi and Aseel Omar	Nutritional Status and Associated Risk Factors amongst Older Adults in Al Madinah Al Munawarah	EC Nutrition August 06, 2019.

Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date
	Jumanah S.Alawfi & Lasmis Alghamdi	The Effect of Carbohydrates Intake, Free Sugars, and Ketogenic Diet on Cancer Development; Critical Review of the literature.	Majmaa Journal for Health Scinces	July 2022

Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date
1	<u>Jumanah Alawfi</u> & Lamis Alghamdi	The Effect of Carbohydrates Intake, Free Sugars, and Ketogenic Diet on Cancer Development; Critical Review of the literature.	September 2022 Austria, ESPEN. (Accepted May 2022 , conference hold in Sep 2022).
2	Jumanah Alawfi and Denise Robertson	The anthropometric and metabolic impact of prebiotics, probiotics and synbiotics for non-alcoholic fatty liver diseases NAFLD , and Non-alcoholic statrohepatitis NASH ; systematic review	Winter conference of the Nutrtrion Socitey (the research is under review by the committee – still did not recive a verdict for acceptance or rejection ; date for this October 2022) London,UK
3	Jumanah Alawfi, <u>Reem Ragea</u> , Sadeem Al-Rubuian	TUMOUR SEEDING AMONG TUBE FED PATIENTS; THE RARE CLINICsAL OBSERVATION; A SYSTEMATIC SCOPING REVIEW	KAIMRC-ER 10th Research Day at KSAU-HS Convention Center, King Saud Bin Abdulaziz University for Health Scinces – Al AHSA, Saudi Arabia.



Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
1	Data collector	Knowledge, attitude and practices towards Breast Self-Examination (BSE) and awareness of Breast Cancer symptoms among Women in Al-Madinah Al-Munawara	30 \ 1\ 2017 – 13 \ 2 \ 2017
2	Data collector	Knowledge and attitude of pregnant women toward group B Streptococcus screening in Al-Madinah	May to July 2018
3	Data collector	Prevalence of Snoring and Obstructive Sleep Apnea and Their Association with Poor Academic Performance among Health Science Students at Taibah University.	٣١/٧/٢٠١٨
4	Corresponding author	Tumor seeding and tube feeding; a scoping review	Dec 2022
5	Co-author	Body composition systematic review for SDFa	2021-2020
6	Co-author	Neonatal research	2021-2020

Current Research

#	Research Title	Name of Investigator(s)
1	Tumor seeding and tube feeding; scoping review	Jumanah Alawfi, Reem Ragea and Sadeem Alrubaan
2	Bariatric surgery and psychiatrics complications	Jumanah Alawfi, Yasmin Al-Gindan, Naweed Alzaman and Ghalia AlShamlan
3	The knowledge of physicians for tumor seeding post tube feeding	Jumanah Alawfi, (still the team is not completed)
4	The Nutritional status of call shift workers	Jumanah Alawfi, Arafat Goja , Foziayh AlQahtani , Randa Alsomali , Asia Jamal, Sadeem Alrubain, Alanood, Wejdan Alghamdi

Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	Dubai Nutrition conference 2016	Dubai, UAE, Nov \ 2016	Listener
2	Pediatrics and other specialties	\2018 Madinah, KSA	Listener
3	Saudi 7 th conference for food and Nutrition	October \ 2018 Riyadh, KSA	Listener



4	Dubai's International Nutrition Conference DNIC 2020	22-24 th October 2020, Online due to COVID-19 crisis.	Listener
5	European Society for Enteral and Parenteral Nutrition	3-6 th September 2022, Austria Vienna	Poster presentation
6	The Nutrition Society	July 2022, Sheffiled the UK.	Listener

Membership of Scientific and Professional Societies and Organizations

- Collaborative Clinical Dietitian in Rofaida Women's health organization. (Riyadh, KSA) **ended in 2020**
- Previous member of Taibah women society for social development. (Madinah, KSA)
- Member of the Saudi oncology society for GIT (Riyadh, KSA)
- Member of the Saudi society for hematologic disease (Riyadh, KSA)
- Member of the Nutrition Society (London, UK)
- Member of the Special Interest group (SIG) about workplace nutritional status with the Nutrition Society. The head of this group is Dr. Rachel Gibson at Kings College in London, UK.

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Enteral and parenteral nutrition	NUTR 325	Demonstrator.
2	Nutritional assessment	NUTR 326	Demonstrator.
3	Meal planning and nutritional requirements	NUTR 224	Demonstrator.
4	Community nutrition	NUTR 324	Demonstrator.
5	Basics of Human Nutrition	NUTR 213	Demonstrator.
6	Food processing and preparation	NUTR311	Demonstrator.
7	Food service and quality	NUTR 313	Demonstrator.
8	MNT Application 1	NUTR 412	Demonstrator.
9	Nutritional Education	NUTR421	Demonstrator
10	Malnutrition Diseases	NUTR 316	Lecturer 2022
11	MNT-1		Lecturere 2022

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



1	Enteral and parenteral nutrition, NUTR 325, the course aims to give the rationale and criteria necessary to support appropriate nutrition, focuses on intestinal and intravenous nutrition, formulation formulation, drug administration, complications monitoring and nutritional support at home care settings.
2	Nutritional assessment, NUTR 326, this course gives listeners to choose the best direct or indirect methods of nutritional evaluation for people, whether in clinics or in social gatherings, and focuses on collecting data and then analyzing, understanding and nutritionally evaluating it.
3	Meal planning, NUTR 224, knowledge in planning and calculating energy and daily needs of macronutrients and micronutrients for healthy people of all ages.
4	Community Nutrition, NUTR 325, implement the knowledge of the nutritional patterns of different societies, focusing on the immediate surrounding community which is the Arabs and Muslims, and the focus and knowledge of food transmission in the current era and its impact on the health of individuals.
5	Basics of Human Nutrition NUTR213, his course will focus on basic concepts of human nutrition to maintain health and prevent disease. The course will enable the students to describe the roles and functions of macro and micronutrients in human health. Also, students will realize the main natural sources, the effects of excess or deficiency, and recommended dietary intakes of essential nutrients.
6	Food preparation and processing NUTR 311, This course represents information related to food science and nutrition, such as food selection, sensory and physical evaluation.
7	Food service and quality NUTR 313, The course provides a general knowledge of the health specifications needed to guarantee high quality throughout the entire food chain.
8	Medical Nutrition Therapy Application I This course provides the students with required skills to work with the health care team as a qualified dietitian. Students will learn how to apply all steps of nutrition care process (NCP) in hospitals.
9	The student will learn theories that enhance their communication skills in planning and implementing nutritional education programs to improve the dietary habits of individuals and target groups.
10	This course focuses on studying the main diseases resulting from specific nutrients deficiency, excessive or imbalance of certain nutritional intake. Focus will be on the prevalence, clinical and biochemical signs, vulnerable groups, contributed risk factors, health consequences along with worldwide suggestions of nutritional intervention to overcome these diseases.

Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1			
2			



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

Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	To
1	Malnutrition Diseases NUTR316	Dec 2022		Yes	Null	Dec 2022	Feb 2023

Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date

Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To

Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date



Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1	BSc in Clinical Nutrition	Review & online survey: What do we know about preterm infant's nutrition in Saudi Arabia: a scoping review	Clinical Nutrition Department, Collage of Applied Medical Sciences, IAU.	September\ 2020- May 2021.
2	BSc in Clinical Nutrition	The risk Factors for diarrhea diseases among children in Eastern	Clinical Nutrition Department, IAU	Dec 2022

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

Administrative Responsibilities

#	From	To	Position	Organization
1	Sep 2022	Present	Supervisor for CN newsletter (community committee member).	CN department, IAU
2	Nov 2022	Present	Consultant in alumni committee for CN graduates	CN department, IAU

Committee Membership

#	From	To	Position	Organization
1	September 2020	Now	CN – Community Service Team Member	Clinical Nutrition Department, Collage of Applied Medical Sciences, IAU.
2	October 2020	Now	Member of alumni Committee	Clinical Nutrition Department, Collage of Applied Medical Sciences, IAU.
3	December 2022	Now	Member	Clinical Nutrition Council, Collage of Applied Medical Sciences, IAU.



Scientific Consultations

#	From	To	Institute	Full-time or Part-time
	Sep 2022	Oct 2022	Journal of Human Nutrition & Deictics. Wielly publishing	Peer review for a paper. (single paper deadline was on 15 th October)

Volunteer Work

#	From	To	Type of Volunteer	Organization
1	٢٠١٨\٨	٢٠١٩\٨	Member	Taibah Women's society for social development
2	11 \ 2019	Now	Collaborator	Rofaida Women's health organization
3	7\ 2019	9 \ 2019	Lecture in the course of nutrition for the woman's health and child	Marifaa platform , Rawaq plateform
4	10 \ 2019	04\2020	Writer	Al-Joharha Magazine
5	8 \ 2019	10 \ 2019	Volunteered clinical dietitian	Sukar diabetic association in al Madinah
6	25 \7\1440	25\7\1440	Lecturer about bad food choices	Fifth Elementary School for the Memorization of the Qur'an, Medina, Saudi Arabia.
7	20 \ 8 \ 2017	20 \ 8 \ 2017	Nutritional education about diabetes	SCAD , Saudi Diabetes Charitable Association, Medina, Saudi Arabia.
8	8 \ 3 \ 2017	9 \ 3 \ 2017	Activate World's Kidney Day	Dayfarm Dialysis Center, Medina, Saudi Arabia.
9	February 2020	February 2020	Lecturer for My health Campaign	Eastern Province Chamber of Commerc
10	12\2020	12\2020	Zoom lecture for immunity+Covid19 and nutrition	Public high School in Al-Madinah Al-Munawarah.
11	11 JamadII	6 Rajab 1442	Future enrichment program for talented students.	Ministry of Education, Khobar education office.
12	17\08\1442	17\08\1442	Coffee and Caffeine	Al-Fosha Private School. Madinah Al-Munawara.



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

1	Cambridge IT skills certificate
2	Sport nutrition diploma and advanced sport nutrition E-diploma
3	Child nutrition E-diploma
4	Introduction for health and foods, Stanford Medical Education
5	Photography
6	Presentations (giving lectures, stories, etc.)
7	Philanthropist focusing on children and women, orphans on the National Saudi level.
8	Journalism, writing
9	Microsoft

Last Update

...04... / ...12... /2022