



FACULTY FULL NAME: Wesam Alyahya

POSITION: Assistant professor

Personal Data

Nationality | Saudi

Date of Birth |

Department | Clinical Nutrition

Official IAU Email | waalyahya@iau.edu.sa

Office Phone No. | Direct +966133331397

Language Proficiency

Language	Read	Write	Speak
Arabic	Excellent	Excellent	Excellent
English	Excellent	Excellent	Excellent
Others			

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2019	Doctor of philosophy in clinical nutrition	University of Glasgow	Glasgow-UK
2009	Master in clinical nutrition	University of Glasgow	Glasgow-UK
2007	Bachelor in clinical nutrition	King Saud University	Riyadh- KSA

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

PhD	Investigation of the use and outcomes of feeding very preterm infants with fortified donated and mother's own milk
Master	How successful is TPN provided in neonatal intensive care units? Standard or individualized?
Fellowship	-

Professional Record: (Beginning with the most recent)



Job Rank	Place and Address of Work	Date
Assistant professor	Imam Abdulrahman bin Faisal University	2020 to present
Senior clinical dietician	Imam Abdulrahman bin Faisal University Clinical Facilities	2020 - Present
Lecturer	Imam Abdulrahman bin Faisal University	2012 to 2020
Senior Pediatric and Neonatal Clinical Dietician	Saad Specialist Hospital	2007-2012

Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Chair of departmental internship committee	Clinical nutrition department	2023-present
Chair of departmental scientific research committee	Clinical nutrition department	2020-2023
Department coordinator	Clinical nutrition department	2012-2014

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
	For updated publication record	Google Scholar Link	
1	Alyahya, Wesam A. , Rayhana H. Alsharfa, Noor A. Alduhbaki, Batool N. Al-Zahir, Marwa A. Alqalaf, Hussah M. Altwejry, Hanoof A. Alessa, Jumanah S. Alawfi, and Shakil A. Ahmad	Preterm Infant Enteral Feeding Practices in Saudi Arabia: A Scoping Review	Saudi Journal of Medicine & Medical 2024
2	Alyahya, Wesam , Rayhana AlSharfa, Noor Alduhbaki, Batool Al-Zahir, Marwa Alqalaf, Jumanah Alawfi, Hussah Altwejri, Hanoof Alessa, Tunny Purayidathil, and Rabie Khattab	Enteral nutrition practices among very preterm infants in neonatal units: a cross-country comparative study	Nutrition & Food Science 2024
3	Alyahya, W. , Simpson, J., Garcia, A. L., Mactier, H., Young, D., & Edwards, C. A	Association between early feeding patterns and neonatal outcomes in very preterm infants: a retrospective cohort study	Neonatology 2023



#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
	For updated publication record	Google Scholar Link	
4	Alyahya, W. , Simpson, J., Garcia, A.L., Mactier, H. and Edwards, C.A.,	Early versus Delayed Fortification of Human Milk in Preterm Infants: A Systematic Review	Neonatology 2019
5	Alyahya, W. , Barnett, D., Cooper, A., Garcia, A.L., Edwards, C.A., Young, D. and Simpson, J.H.,	Donated human milk use and subsequent feeding pattern in neonatal units.	International Breastfeeding Journal 2019

Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date
1	Maha Mahdi Abumadini ; Shakil Ahmad ; Wesam Alyahya ; Christopher Amalraj ; Yasmin AlGindan.	Clinical Uses of Nigella Sativa in Pediatric: A Systematic Review and Meta-Analysis of Randomized Controlled Trials	The Journal of Pediatric Pharmacology and Therapeutics	21 Oct 2024

Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date

Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
1	Wesam Alyahya , Sara Aldossary, Tunny Sebastian, Mohammad Elsadany ,Roa Alghamdi, Fatima Alsaeed, Alzahra Slais, Ola Almarhoon, Fahad Al-Alyani	Maternal milk feeding rates in two neonatal intensive care units at initiation and discharge	November 2024
2	Roqaya Al-Ali, Bayan Dhaif, Tunny Sebastian, Wesam Alyahya	Effect of Introducing Standardized Feeding Protocol on Growth and Morbidities in Neonatal Intensive Care Unit in Saudi Arabia	September 2024
3	Hanan Alqahtani, Wesam Alyahya , Tunny Sebastian	Neonatal outcomes after applying new feeding protocol	August 2024
4	Farah Alibrahim, Kholoud Althobaiti, Razan Bader, Reem	Nutritional risk factors of Pediatric patients with cystic fibrosis	July 2024



#	Name of Investigator(s) (Supported by)	Research Title	Report Date
	Aljunaid, Wesam Alyahya , Rabie Khattab		
5	Fatimah Alsada, Tunny Sebastian, Zainab Alzayer, Hawraa Alabbas, Narjis Alhaddad, Hawraa Abu Shaheen, Atheer Alghamdi, Haya F. Alhmly, Malek J. Baassiri, Budoor Alkhaleefa, Antonina N. Mutoro , Wesam A. Alyahya .	Determinants of infant feeding practices in Saudi Arabia	May 2024
6	Alyahya, Wesam , Rayhana AlSharfa, Noor Alduhbaki, Batool Al-Zahir, Marwa Alqalaf, Jumanah Alawfi, Hussah Altwejri, Hanoof Alessa, Tunny Purayidathil, and Rabie Khattab	Enteral feeding practices in Saudi Arabia	2024
7	Wesam Alyahya , Dr Shakil Ahmed, Hussah Altwejri, Jumana Alowfi , Noor Aldhubaiki Batool Alzaher Rayhana Alshurafa Marwa Alqallaf Atheer Alghamdi	Enteral feeding practices in very preterm infants in middle east: Scoping review	2022
8	Wesam Alyahya , Judith Simpson, Ada Garcia, Helen Mactier, Christine Edwards	Timing of human milk fortification in very low birth weight infants: a scoping review	2019
9	Wesam Alyahya , Judith Simpson, Ada Garcia, Helen Mactier, Christine Edwards	Early versus delayed fortification of human milk in preterm infants: a systematic review	2019
10	Wesam Alyahya , Judith Simpson, Ada Garcia, Christine Edwards	Donated human milk use and subsequent feeding pattern in neonatal units	2019
11	Wesam Alyahya , Judith Simpson, Ada Garcia, Helen Mactier, Christine Edwards	Fortified MOM and DHM: effect on growth and health outcomes at discharge in preterm infants in Scotland	2019



Current Researches

#	Research Title	Name of Investigator(s)
1	Risk factors related to attention-deficit hyperactivity disorder	Fatima Alibrahim, Wesam Alyahya , Mohammad Hayyan, Reham Metwally
2	Sex specific nutrition in preterm infants admitted to neonatal intensive care units	Sara Almosaed, Omar Abuzaid, Seddiqa Aljishi, Hadeel Abdulrahman, Ohoud Almuwallad, Wesam Alyahya
3	Anthropometric predictor to metabolic syndrome in children and relationship between ultra processed food and metabolic indicators	Wesam Alyahya , Tunny Sebastian, Yasmin Aljindan, Hussah AlTwejri, Shirin Alzuraigi, Zain Alalwan, Rabab Al-Ali, Sara Alhussain, Mariam Alabyad, Fatima Almotakhaffi, Furaiha Almotakhaffi, Zahra Aljanabi, Jamila Hazzazi

Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	2nd Pediatric Nutrition Conference: "Emerging Concepts in Pediatric Nutrition Related to Metabolic Disorders."	21 February 2024 Qatar University Qatar	Oral presentation 'Infants and Young Children Feeding'.
2	Neonatal Society Spring Meeting	4 March 2021 UK (Online)	Oral presentation 'Early Feeding with Fortified Mother's Own, Donor Milk and Formula in Very Preterm Infants, Cohort Analysis'
3	Evidence and Excellence Conference organised by BAPM and Evidence-Based Neonatology (EBNEO)	11 to 13 September 2019 Newcastle, UK	Poster presentation 'Experience of using the National Neonatal Research Database for research: lessons to be learnt'
4	Nutrition and Nurture in Infancy and Childhood: Bio-Cultural Perspectives Conference organized by the Maternal and Infant Nutrition and Nurture Unit (MAINN), University of Central Lanarkshire,	10th to 12th June 2019, Grange-over-Sands, Cumbria, UK	Poster presentation 'Volumes of initiating human milk fortification in very low birth weight preterm infants: a systematic review'



#	Conference Title	Place and Date of the Conference	Extent of Contribution
5	Glasgow pediatric research day	10th November 2017 Queen Elizabeth Teaching and Learning Centre, organized by the University of Glasgow and National Health Service (NHS), Glasgow, UK	Oral presentation 'Early versus delayed introduction of human milk fortifier in very low birth weight infants: a systematic review'
6	Annual Conference & Scientific Meeting organized by the British Association of Perinatal Medicine (BAPM)	21st and 22nd September 2017, in the Studio, Birmingham, UK	Poster presentation 'Who gets donated human milk in Glasgow?'
7	Annual Conference & Scientific Meeting organized by the British Association of Perinatal Medicine (BAPM)	21st and 22nd September 2017, in the Studio, Birmingham, UK	Poster presentation 'Has establishment of a Scotland wide milk bank influenced donor milk usage?'

Membership of Scientific and Professional Societies and Organizations

- Saudi Society: Saudi Society for clinical nutrition
- United Kingdom Society: The Neonatal Society

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Nutrition through lifecycle	NUTR 223	Lectures
2	Pediatric nutrition	NUTR 413	Lectures + lab
3	Medical nutrition therapy 1	NUTR 312	Lectures + lab
4	Medical nutrition therapy 2	NUTR 322	Lectures + lab
5	Nutrition support	NUTR 325	Lectures + lab
6	Community nutrition	NUTR 324	Lectures
7	Nutrition counselling	NUTR 327	Lectures
8	Dietary requirement and meal planning	NUTR 208	Lectures + lab
9	Research project	NUTR 415	Lab
10	Clinical Rotation in Dietetics 1	NUTR 310	Clinic

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

Postgraduate



#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Pediatric Nutrition and Dietetics	NUTR 623	Lecture and clinical
2	Master Research thesis	NUTR 699	Lab

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

1	Pediatric Nutrition and Dietetics: This course focuses on expanding the knowledge in pediatrics normal nutrition and dietetics with emphasis on contemporary topics in pediatric nutrition.
2	Master Research thesis: Supervisor of postgraduate students during their research projects

Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	To
1.	Nutrition through lifecycle	✓		✓			
2.	Pediatric nutrition	✓		✓			
3.	Medical nutrition therapy 1		✓	✓			
4.	Medical nutrition therapy application 2	✓					
5.	Medical nutrition therapy 2		✓	✓			
6.	Enteral and parenteral nutrition	✓		✓			
7.	Community nutrition		✓	✓			
8.	Nutrition counselling	✓		✓			
9.	Dietary requirement and meal planning	✓		✓			
10.	Research project		✓	✓			
11.	Clinical Rotation in Dietetics 1	✓		✓			
12.	Pediatric Nutrition and Dietetics	✓			✓		

Guest/Invited Lectures for Undergraduate Students



#	Activity/Course Title and Code	Subject	College and University or Program	Date
1	Guest speaker in respiratory rehabilitation course (RESP 414)	Nutritional Support in Pulmonary Rehabilitation	Respiratory therapy department/ Collage of applied medical sciences/ Imam Abdulrahman bin Faisal University	2021, 2022, 2023, 2024

Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To
1	Undergraduate students	4	2023	Present
2	Postgraduate students	2	2022	Present

Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
1	Master of Science in Clinical Nutrition	Impact of Modified Feeding Protocol on Neonatal Outcomes	Imam Abdulrahman bin Faisal University	2023
2	Master of Science in Clinical Nutrition	Risk Factors of Malnutrition in Children with Cystic Fibrosis	Imam Abdulrahman bin Faisal University	2023

Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1	Master of Science in Clinical Nutrition	Investigation of Sex-Specific Characteristics of Nutrition and Related Outcomes among Preterm Infants.	Imam Abdulrahman bin Faisal University	2024
2	Master of Science in Clinical Nutrition	Investigation of Risk Factors and Health Outcomes among Attention Deficit Hyperactivity Disorder Children – A Cross Sectional Study.	Imam Abdulrahman bin Faisal University	2024
3	Master of Science in Clinical Nutrition	Exclusive enteral nutrition and Crohn's disease	Imam Abdulrahman bin Faisal University	2024

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



Administrative Responsibilities

#	From	To	Position	Organization
1	2023	Present	Chair of departmental internship committee	Clinical Nutrition Program at IAU
2	2020	2023	Chair of departmental scientific research committee	Clinical Nutrition Program at IAU
3	2012	2014	Department coordinator	Clinical Nutrition Program at IAU

Committee Membership

#	From	To	Position	Organization
1	2022	Present	Member in Postgraduate studies	Clinical Nutrition department at IAU
2	2023	Present	Member in scientific research committee	Clinical Nutrition department at IAU
3	2024	Present	Member in Examination committee	Clinical Nutrition department at IAU
4	2020	2022	Member in Curriculum Development Committee	Clinical Nutrition department at IAU
	2020	2023	Member in the electronic platform of the university	Clinical Nutrition department at IAU

Scientific Consultations

#	From	To	Institute	Full-time or Part-time



Volunteer Work

#	From	To	Type of Volunteer	Organization
1	4 Dec 2024	4 Dec 2024	Education about infant and toddler nutrition for caregivers and children	Clinical Nutrition department at IAU Activity done in local nursery
2	18 Nov 2024	18 Nov 2024	Nutrition clinic as part of diabetes world day	Clinical Nutrition department at IAU in collaboration with endocrinology unit in King Fahad University Hospital
3	April 2024	May 2024	Education on InBody body composition analysis during research project	Clinical Nutrition department at IAU
4	7 Nov 2023	7 Nov 2023	Guest in student dialogue "bright future"	Clinical Nutrition department at IAU
5	1 Feb 2023	1 Feb 2023	Meal planning booth in CAMS	Clinical Nutrition department at IAU
6	25 Feb 2023	26 Feb 2023	Contribute to department newsletter	Clinical Nutrition department at IAU

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

1	Microsoft Excel
2	SPSS BMI
3	Systematic reviews and meta-analysis
4	Database management

Last Update

03/12/2024