

Mona Hashim Zein

PO Box 27272 Sharjah, United Arab Emirates
Mobile: 00 971 50300211 – Email: mhashim@sharjah.ac.ae
<https://orcid.org/0000-0002-3494-4718>
Scopus Author ID: 56399041700
Research ID: Q-3724-2018

PROFESSIONAL SUMMARY

Licensed dietitian with multidisciplinary work experience in the field of Nutrition and Dietetics. I was part in establishing 2 nutrition departments in 2 different universities, and developed strong communication and analytical skills through my extensive practice of teaching and research in UAE and Lebanon. Imminently completing my PhD in Human Nutrition while teaching at the University of Sharjah.

EDUCATION AND QUALIFICATIONS

Universiti Sains Malaysia **2015 - Present**
Malaysia

PhD in Human Nutrition. Research title: "Infant feeding patterns, anthropometry and inflammatory markers and their relationships with maternal anthropometry and serum and milk Adipocytokines among Arab Women in the United Arab Emirates"
Expected completion 2019

American University of Beirut **1988 - 1993**
Lebanon

MSc in Nutrition, Master Thesis Title: "Nutritional Assessment of Bedouin children age 6-10 years"
BSc in Nutrition & Dietetics

American University Medical Centre **1989**
Lebanon

Diploma of Instruction and Practice in Dietetic

Memberships and Qualification

- Member of the International Affiliate of the Academy of Nutrition (IAAND).
- Member of the Lebanese Association for Nutrition and Food Sciences (LANFS).
- Member of UAE Nutrition Group
- UAE Ministry of Health Licensed Dietitian
- Lebanon Ministry of Health Licensed Dietitian

WORK EXPERIENCE

• **Lecturer and Clinical Training Coordinator** **August 2008 - Present**
Department of Clinical Nutrition & Dietetics, College of Health Sciences
University of Sharjah, UAE

Took part in establishing the department by developing and teaching the courses of Nutrition and Dietetics in addition to co-ordinating and supervising the clinical training programme in hospitals across the UAE.

• **Lecturer and Training Program Coordinator** **2005 - 2008**
School of Arts & Sciences, Department of Nutrition & Dietetics
LEBANESE INTERNATIONAL UNIVERSITY (LIU), South Campus

Developed and taught nutrition courses as a part timer, as well as co-ordinating and supervising the clinical training programme in hospitals across the Saida, Lebanon.

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- **Clinical Dietician**

2004 - 2008

Rite Bite Clinic

Tyre, Lebanon

Private clinic for nutrition consultations: Overweight, Diabetes, Hyperlipidemia, Hypertension and digestive nutrition related disorders.

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PUBLICATIONS

1. Radwan, H., **Hashim M**, Obaid R. S., Hasan H, Naja F., Al Ghazal H. Hamid JM. Rizk R., Al Hilali M., Rayess, R, Izzaldin, G. (2018) The Mother-Infant Study Cohort (MISC): Methodology, challenges, and baseline characteristics. PLOS One 13(5).
2. Attlee, A., Haider, A., Hassan, A., Alzamil, N., Hashim, M., & Obaid, R. S. (2017). Dietary Supplement Intake and Associated Factors Among Gym Users in a University Community. Journal of Dietary Supplements, 1(15), 2018. doi/full/10.1080/19390211.2017.1326430.
3. Attlee A., Altunaji, S., Muayyad, M., Ali, Z., Hashim M., Shaker R. R., (2016) Assessment of Body Composition, Endurance and Nutrient Intakes among Females Team Players in Sports Club. Arab Journal of Nutrition and Exercise, 1(3), 203-219.
4. Attlee A., Kassem H., Hashim M. & Obaid R. (2015). Physical status and feeding behavior in children with autism. Indian Journal Pediatrics, 82(8), 682-687.
5. Attlee A., Hashim M., Shaker R. R., Nasrullah A. & Eqbal, R. Polycystic Ovary Syndrome in University Students: Occurrence and Association with Body Composition. Int J Fertil Steril, 8(3), 261-266.
6. Khatabiah J, Attlee A., Hashim M., Al Rosan W. M. and Shaker R. (2012). Efficacy Of Benzoate And Sorbate On The Growth Control Of Total And Psychrotrophic Yeasts In Labneh. Egyptian J. Dairy Sci., 40, 35-43.
7. Alkitbi S. M., Alshowab A. A., Alkusayer A. M., Hashim M. S., Attlee A. and Obaid R. S. (2012). Keeping Food Safe during Picnics. 7th Dubai International Food Safety Conference, Dubai UAE.
8. Herzallah H., Abu-Qiyas S., Abuseedo H., Kimah A., Al-Moussli M., Attlee A, Hashim M. and Obaid R. S. (2012). Food Safety Awareness and Practices among Students at University City of Sharjah. 7th Dubai International Food Safety Conference, Dubai UAE.
9. "CHS External Examiner Booklet", March, 2014, (contributor)
10. "CHS Clinical Practice Manual" March, 2011, (contributor)
11. Baba N., Hamadeh S., Hashim M. & Adra N. (1993) Effect of settlement and production type on Nutritional status of Bedouin children aged 6-10 years in Lebanese Beqa'a Valley. Ecology of Food and Nutrition (30), 293-307

PROFESSIONAL TRAINING

1. Workshop on "**Practicalities of Assessing and Managing Nutrition Support Pharmaconutrition with Selenium in Intensive Care**". Accredited (3 CME) by *aspen* (American Society for parenteral and Enteral Nutrition). October 26th, 2017.
2. Dubai Nutrition Conference. (20 CME credits by DHA). October, 26^h-28, 2017.
3. Dubai International Food Safety Conference 2017. November 20th, 2017
4. Attending "**How to develop a research protocol**", Harvard Medical School Center for Global Health Delivery-Dubai, November, 27th, 2017. (6.25 CPD points, Dubai Health Care City Authority).
5. Workshop on "**Improving in-Class Communication**", by Institute of Leadership in Higher education, University of Sharjah. January 8-10 2018.
6. Attending a series of courses as part of Life Long Learning Program on Clinical Nutrition and Metabolism European Society for Clinical Nutrition (ESPEN) Life Long Learning Program on Clinical Nutrition and Metabolism. Each course is accredited 3 CME by the European

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Accreditation Council for continuing medical education (EACCME). 23-24 February , 2018. The courses are:

- Nutritional Support in the perioperative period)
 - Nutritional Support in Renal Disease
 - Nutritional Support in Diabetes & Dyslipidemia
 - Approach to oral & Enteral Nutrition
7. International Growth and Development Conference- (IGD-2018). March 13-15, 2018
 8. Attending a workshop on **“Scientific Writing for Publication Workshop”**, by Nutrition Society, UK during the “International Growth and Development Conference- (IGD-2018). March 13, 2018
 9. Attended “Writing and Publishing a Research Article of Excellence (AOE)”, Arab Health Congress 2016, 27th January, 2016.
 10. Attended “Critical Appraisal Advanced Workshop”, 15, 16 Dec. 2015, 12 CPD by(Dubai Health Authority Accreditation no., 0550/15)
 11. Attended Dubai Nutrition Conference 2015, 19-21 Nov. 2015 –JW Marriott Marquis Dubai. Awarded 16.5 CPD credit points (1316/15).
 12. Attended “Enteral Parenteral Nutrition Therapy Workshop”, (12.5 CME HAAD, Accreditation no. THTUS/02/4452/2015). June 5,6th 2015).
 13. Attended “Research Ethics Faculty Development Workshop”. University of Sharjah, Medical & Health Sciences Colleges, February 9th, 2015.
 14. Attended 1st American Society for Nutrition Middle East Congress, “Nutrition in Health & Diseases”, Feb 15-17, 2012, Istanbul, Turkey.
 15. Faculty Development Program, “Team Based Learning (TBL) in Higher Education Workshop”,(8CPD) University of Sharjah, Medical & Health Sciences Colleges, March 24 – 25, 2011
 16. Symposium on “Basics of Balanced and Sensible Nutrition”,(6.5 CME/CPD by HAAD) Abu Dhabi Food Control Authority and - Dubai Health Authority April 21st, 2011.
 17. Attended “Clinical Diabetes 2010”, Educational Activity by SKMC Diabetes & Endocrine Clinic, December 2010
 18. Attended “The A-Z Treatment of Obesity” Conference (6 CME, Health Authority, Abu Dhabi). October, 14th, 2009
 19. Team-Based Learning (TBL) in Medical & Health Science Education Workshop” November 14-15, 2009.
 20. Faculty Development Program-Learning, Teaching & Assessment in Clinical Settings”, University of Sharjah, Medical & Health Sciences Colleges, March 2009
 21. Attended “Update in Nutrition” (4.5 CME, CPD FMHS, approval Code 091117) Rashid Medical Library, Dubai, UAE, November,21st, 2009.
 22. HACCP Food Safety Course by Royal Institute of Health, UK. Beirut, Lebanon, January 4th -7th, 2005.

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COMMITTEES MEMBERSHIP

- | | |
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| – Department Council, University of Sharjah (UOS). | 2008-Present |
| – CHS time table and Examination Committee, member | 2017-present |
| – College Council, UOS. | 2010-2012 |
| – Clinical Nutrition & Dietetics Society, Coordinator (UOS) | 2017-2018 |
| – Student Assessment Committee (College of Health Sciences, UOS) | 2013-2017 |
| – Student Clinical Training Committee (CHS) | 2008-2015 |
| – College of Health Sciences Student Scientific Association, Advisor (UOS) | 2010-2013 |
| – Clinical Nutrition Society, Facilitator (UOS) | 2009-2017 |
| – Professional Conduct (Medical & Health Sciences Committee) | 2012 |

RESEARCH GROUPS MEMBERSHIP

1. Mother and Baby Cohort Study: Feeding Patterns, Adiposity and Cognitive Development in Sharjah, United Arab Emirates. Funded by UOS Collaborative research Grant.
2. Assessment of Microbiological Quality of Organic and Conventional Fresh Leafy Green Vegetables Consumed in United Arab Emirates. Funded by UOS Collaborative research Grant.

PROFESSIONAL DEVELOPMENT & COMMUNITY CONTRIBUTIONS

1. Speaker for “Growth patterns during the first 12 months of life and feeding practices: Findings from MISC Cohort, UAE.” In International Growth and Development Conference (IGDC 2018). 15/3/2018
2. Moderator for a session in in Dubai Nutrition Conference 2018,. Dubai. Awarded 20.5 CPD credit points (DHA)
3. Dubai Nutrition Conference 2016- Dubai. Invited as presenter / speaker
4. Speaker for “Human Milk non obesigenic Promoting Factors; Beyond Energy and Nutrients”. In Al Qasimi Hospital 2nd Clinical Nutrition Pediatric Symposium. Training & Development Center – Sharjah - 19/12/2016
5. Speaker for Relationships of Gestational Weight Gain with Pre-pregnancy Body Mass Index and Maternal and Birth outcomes in MISC cohort Study” in Dubai Nutrition Conference 2016, 17-19 Nov. Dubai. Awarded 20.5 CPD credit points (DHA).
6. Moderator for a session in in Dubai Nutrition Conference 2016, 17-19 Nov. Dubai. Awarded 20.5 CPD credit points (DHA)
7. Speaker for “Human Milk: Non obesigenic Promoting Factors: Beyond Energy and Nutrients” in 5th Asian Obesity Specialists and Endocrinologists Annual Meeting, Kula Lumpur, July, 21-25, 2016.
8. Speaker for “Human Milk and Health Promoting Factors: Beyond Energy and Nutrients” in Solutions for a Better Life: World Future Leaders Conference. University of Sharjah. February, 21-25, 2016.

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9. Speaker for “School-based Nutritional Intervention and Lifestyle Modifications program among Obese School Children-Sharjah Experience”, at Al Qassimi Hospital Pediatric Nutrition Symposium”, 28th Nov. 2015, Sharjah. 2 MOH CME Accreditation ID#15 / 1130).
10. Presenting a workshop entitled “Writing Nutrition Diagnostic Statements: Problem- Etiology-signs and Symptoms Format” in Dubai Nutrition Conference 2015, 19-21 Nov. –JW Marriott Marquis Dubai. Awarded 16.5 CPD credit points (1316/15).
11. Moderator for a session “Nutrition Support in ICU sessions ‘ in Dubai Nutrition Conference 2015, 19Nov. –JW Marriott Marquis Dubai. Awarded 16.5 CPD credit points (1316/15).
12. Participated as co supervisor for student poster competition in “10th Dubai International Food safety Conference” 27-28 October, for a poster titled “ Dubai Food Code 2014: Recent Regulations for Food Establishments and Food Industry” . 12 CPD point / Dubai.
13. Speaker for “Complimentary Feeding”, at Al Kalbaa Hospital first Nutrition Conference”, 21st Oct. 2015. Kalbaaa. 1 CME MOHCME Accreditation ID#0984-2015.
14. Speaker for “Kidney Diseases and Nutrition : what should we know?” at Kidney Disease Friends Forum. 29th Oct., 2015, University of Sharjah.
15. Chairperson for “Al Qassimi Hospital 1st Nutrition Forum” , Thursday 1st October 2015. Ajman
16. Preparing and presenting the CME awarded Workshop entitled “New Trends in Nutrition Care Process, Nutrition Diagnosis” at Albaraha Hospital, Dubai. (Accredited with 5 CME, MOH/15/0276) (26th March 2015)
17. Speaker for “Right Nutrition for Tight Skeleton” at “Awareness Program workshop” Kuwait Hospital., 1-11-2014. (Accredited with 4 CME, Ministry of Health #0633/2014).
18. Prepared the initial proposal for “Dietetic Internship Program (DIP)” of the CN&D department in collaboration with the Ministry of Health, Dietary dept., April 2016. The final proposal in the process to be approved by MOH, UAE.
19. Consultations about weight reduction management plans for the campaign “Generations free of Obesity (Ajayl Bela Sumna) addressed to obese school children aged (11- 16 years) from Sharjah public schools. (Sharjah Education Council) (Ongoing campaign since Spring 2014 till Spring 2014-2015).
20. Member of the department team for the “Collaboration with UNICEF” for implementation Phase 4 of Child Obesity Project in selected public schools in Sharjah (Fall-Spring 2014-2015).
21. Speaker for “ Meats Halal: health prospective” at “Conference of Food & Medicine in Light of Recent Developments: An Islamic Law Prospective” conducted in University of Sharjah, College of Shari’a and Islamic Studies 17/4/2014
22. Speaker for “Barriers to Oral, Enteral and Parenteral Nutrition”, at “10th Emirates Critical Care Conference”, Dubai, 5-7th April, 2014.
23. Speaker at Down’s syndrome conference conducted in University of Sharjah, Medical & health Sciences Complex , workshop entitled “Nutrition care for children with Down’s syndrome”. University of Sharjah, 21/3/2013.
24. Speaker at Ministry of Education School Health Workshop for a lecture entitled “Nutritional and food safety concerns in School Canteens; workshop which was organized by Sharjah Education Council” accredited with 15 CME. Sharjah,31 /12Dec. 2012
25. Speaker at “Preceptorship: an overview” organized by Department of Medical Education, DHA ,Feb, 6th 2011.(CPD awarded symposium)
26. Task Force Member in the National Coordination Team for the UAE National Nutrition Survey that will be launched in the country shortly.
27. Speaker for a CME awarded symposium, “2nd Clinical practice symposium” organized by CHS Student Training Committee, June, 2010.

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28. Academic year 2009-2012, Community services: participated in different events and school career fairs or health exhibitions, antismoking campaigns serving the community of Sharjah. (Details available upon request).
29. Rapporteur of the working sub group at WHO EMRO “Technical Consultation for Setting up guidelines for practicing dietician”, Sharjah. Presented the proposed draft for the scope of practice of clinical dietitians inside hospitals, clinics and health care centers (public and private sectors).
30. Preparing and presenting the 2nd Preceptor CME awarded Workshop entitled “New Trends in Nutrition Care Process, Nutrition Diagnosis” at University of Sharjah, College of Health sciences, (13th March, 2014).
31. Speaker for a CME awarded “Clinical Nutrition Workshop 2009” organized in collaboration with the Clinical Nutrition departments & Continuous Education Department at DHA.
32. Speaker at “First Clinical Nutrition Workshop (6 CME DHA Accredited) on 16th and 17th June 2009

ADDITIONAL INFORMATION

- IT Skills: Proficient in the use of Microsoft Office (Word, PowerPoint, Excel) and MS Project
- Languages: Fluent in English and Arabic.
- References available upon request