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Google scholar *h* index of 17

PROFESSIONAL SUMMARY

Motivated lecturer and researcher with an extensive 15-year teaching portfolio and fledging research experience in the field of Nutrition and Dietetics. Good knowledge in documenting academic programs accreditation in the field of nutritional sciences. Developed strong communication and analytical skills through my practice in teaching and research in the UAE and Lebanon. Research interest (Early life nutrition, Clinical nutrition, nutrition & oxidative markers and dietary patterns).

EDUCATION AND QUALIFICATIONS

Universiti Sains Malaysia, School of Health Sciences, *Malaysia* **2021**
(UAE Ministry of Higher Education Equivalency)

PhD in Human Nutrition. Research title: THE ROLE OF MATERNAL NUTRITIONAL STATUS AND INFLAMMATORY MARKERS ON POSTNATAL WEIGHT RETENTION AND INFANT GROWTH FROM A MOTHER INFANT STUDY COHORT (MISC) IN UNITED ARAB EMIRATES

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 Nutrition Society, UK
- Member of the Lebanese Association for Nutrition and Food Sciences (LANFS).
- UAE Ministry of Health Licensed Dietitian
- Lebanon Ministry of Health Licensed Dietitian

WORK EXPERIENCE

• **Lecturer and Clinical Training Coordinator** **September 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 many courses of Nutrition, Dietetics and food science domains.
- Coordinating and supervising the clinical practicum programme in the hospitals across different Emirates.
- Participated in updating the Bachelor's and the Master programs study plans.
- Participated in preparing accreditation file for the Bachelor's program.
- Initiated external collaboration with hospitals in Kingdom of Bahrain and the state of Kuwait for accommodating undergraduate students training.
- Courses Taught:
 - Department level: (Introduction to Nutrition, Macro & micronutrients, Diet Planning & Disease 1&2 (course coordinator), 3 Clinical Nutrition Practicum courses (clinical and community domains), Nutrition assessment lab., Food Service Management) and Nutrition projects.
 - University level: Health Awareness & Nutrition.
- (Further details are listed under “committee membership” section)

• **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.

• **Clinical Dietician** **2004 - 2008**
Rite Bite Clinic
Tyre, Lebanon

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

PUBLICATIONS

1. **Hashim, M.**, Radwan, H., Ismail, L. C., Faris, M. E., Mohamad, M. N., Saleh, S. T., ... & Al Kitbi, M. (2024). Determinants for Mediterranean diet adherence beyond the boundaries: a cross-sectional study from Sharjah, the United Arab Emirates. *Journal of Translational Medicine*, 22).
2. Saleh, Sheima T., Tareq M. Osaili, Ayoub Al Jawaldeh, HAYDER A. HASAN, **Mona Hashim**, Maysm N. Mohamad, Salma Abu Qiyas et al. "Adolescents' Use of Online Food Delivery Applications and Perceptions of Healthy Food Options and Food Safety: A cross-sectional study in the United Arab Emirates." *Frontiers in Nutrition* 11: 1385554. (provisionally accepted).
3. Radwan, H., Naja, F., Abbas, N., Kharma, J. A., Obaid, R. S., Al Ghazal, H., ... & **Hashim, M.** (2024). Influence of maternal characteristics and infant feeding patterns on infant growth from birth till 18 months: The MISC study. *Pediatric Obesity*, e13106.
4. Naja, F., Abbas, N., Khaleel, S., Zeb, F., Osaili, T.A., Obaid, R.S., Faris, M., Radwan, H., Ismail, L.C., Hassan, H. and **Hashim, M.**, 2024. Beyond pillbox: a national cross-sectional study on the attitudes, practices, and knowledge of community pharmacists regarding complementary and alternative medicine. *BMC Complementary Medicine and Therapies*, 24(1), p.107.
5. Determinants for adherence to the Mediterranean diet beyond the boundaries: A cross-sectional study from Sharjah, United Arab Emirates". **Mona Hashim**, Hadia Radwan, Leila Cheikh Ismail, Moez Allslam Ezzat Faris, Maysm N Mohamad, Sheima T. Saleh · Bisan Sweid, Raghad Naser, Rahaf Hijaz, Rania Altaher, Eman Rashed, Eman Turki; Mahra Al Kitbi. (*Accepted Under production for Journal of Translational Medicine*).
6. Cheikh Ismail, L., **Hashim, M.**, Osaili, T. M., Faris, M. E., Naja, F., Radwan, H., ... & Obaid, R. S. Exploring Sustainable Food Choices among Adults in the United Arab Emirates: A cross-sectional study. *Frontiers in Sustainable Food Systems*, 7, 1307758.
7. Naja, F., Hassan, H., Radwan, H., Kellany, F., Ismail, L. C., **Hashim, M.**, ... & Alameddine, M. (2024). Intention to quit and its correlates among dietitians residing in the United Arab Emirates during the COVID-19 pandemic: A cross-sectional survey. *Plos one*, 19(1), e0295904.
8. Osaili, Tareq M., Fayeza Hasan, Dinesh K. Dhanasekaran, Azeema Arasudeen, Leila Cheikh Ismail, Hayder Hasan, **Mona Hashim** et al. "Preservative effect of pomegranate-based marination with β -resorcylic acid and cinnamaldehyde on the microbial quality of chicken liver." *Poultry Science* (2023): 103285.
9. Cheikh Ismail, L., Kassem, H., Osaili, T. M., **Hashim, M.**, Obaid, R., Radwan, H., ... & Al Dhaheri, A. S. (2023). Public's calorie literacy and perceived effectiveness of restaurant menu calorie labeling in the United Arab Emirates. *Plos one*, 18(10), e0293387.
10. Faris, M. E., Al Gharaibeh, F. M., Saif, E. R., Zeb, F., **Mona S. Hashim** Turki, E. A., Kitbi, A., ... & Bettayeb, F. Z. Caffeinated energy drink consumption among Emirati adolescents is associated with a cluster of poor physical and mental health, and unhealthy dietary and lifestyle behaviors: A cross-sectional study. *Frontiers in Public Health*, 11, 1259109.
11. Falak Zeb, Sumbal Ali, Shumaila Bakht, Atta Ullah, Iftkhar Alam, Ali M. Almajwal3, Tareq Osaili, Reyad Obaid, MoezAllIslam E. Faris, Leila Cheikh Ismail, Farah Naja, Hadia Radwan, Hayder A. Hasan, **Mona S. Hashim**, Sharifa Alblooshi, Bismillah Sehar. An Innovative State-of-the-Art Health-Storytelling Technique for Better Management of Type 2 Diabetes. *Frontiers in Public Health*
12. **Hashim, M.**, Ismail, L. C., Abbas, N., Ali, J., Saeed, F., Mohamed, A., ... & Naja, F. (2023). Sustainable diets among youth: Validity and reliability of a questionnaire assessing knowledge,

attitudes, practices, and willingness to change. *Journal of Human Nutrition and Dietetics: the Official Journal of the British Dietetic Association*.

13. Osaili TM, Dhanasekaran DK, Zeb F, Faris ME, Naja F, Radwan H, Ismail LC, Hasan H, **Hashim M**, Obaid RS. A Status Review on Health-Promoting Properties and Global Regulation of Essential Oils. *Molecules*. 2023; 28(4):1809. <https://doi.org/10.3390/molecules28041809>.
14. Zeb F, Osaili TM, Obaid RS, Naja F, Radwan H, Ismail LC, Hasan H, **Hashim M**, Alam I, Sehar B, Faris M. Gut Microbiota and Time-Restricted Feeding/Eating: A Targeted Biomarker and Approach in Precision Nutrition. *Nutrients*, 15(2), 259.
15. Osaili, T. M., Al-Nabulsi, A. A., Hasan, F., Dhanasekaran, D. K., Ismail, L. C., **Hashim, M.**, ... & Holley, R. (2022). Inhibition of spoilage bacteria on marinated chicken by essential oils under aerobic and vacuum packaging. *Journal of Food Science*.
16. Al Daour, R., Osaili, T. M., **Hashim, M.**, Savvaidis, I. N., Salim, N. A., Al-Nabulsi, A. A., ... & Cheikh Ismail, L. (2022). Food safety knowledge among pregnant women in the United Arab Emirates amid the COVID-19 pandemic. *Plos one*, 17(12), e0279810.
17. Bataineh, M. F., Mohamad, M. N., Al Dhaheri, A. S., Rawashdeh, M., Al-Nawaiseh, A. M., Asali, F. F., **Hashim, M.**, Jarrar, A., Abu Jamous, D. O., Stojanovska, L., Daour, R. A., Saleh, S. T., Osaili, T. M., & Cheikh Ismail, L. (2022). Impact of coronavirus 2019 pandemic on post-traumatic stress disorder symptoms among pregnant women in Jordan. *Women's Health*. <https://doi.org/10.1177/17455057221112935>.
18. Ismail, L. C., Qiyas, S. A., Mohamad, M. N., Osaili, T. M. I., Obaid, R. R. S., Saleh, S. T., ... & **Hashim, M. S.** (2022). Nutrition knowledge of caregivers working in health and education centers for children with special healthcare needs. *Advances in Biomedical and Health Sciences*, 1(3), 144.
19. L.C. Ismail, T.M. Osaili, M.N. Mohamad, **M. Hashim**, L. Stojanovska, R. Al Daour, D. Nader, H. Alrayis, N.S. Alzaabi, L. Elbarag, S. Binkhadim, A.H. Jarrar, A.S. Al Dhaheri, H. Hasan, Psychosocial Factors Affecting Dietary Habits of University Students: A Cross-Sectional Study, *HELIYON*, <https://doi.org/10.1016/j.heliyon.2022.e09768>
20. Hasan, H., Faris, M.A.I.E., Mohamad, M.N., Al Dhaheri, A.S., **Hashim, M.**, Stojanovska, L., Al Daour, R., Rashid, M., El-Farra, L., Alsuwaidi, A. and Altawfiq, H., 2021. Consumption, attitudes, and trends of vending machine foods at a university campus: a cross-sectional study. *Foods*, 10(9), p.2122.
21. **Hashim, M.**, Abdelrahim, D.N., Ahmed, S., Tahir, B., Youssef, M., Mousannef, J., Almazrouei, M., Naja, F., Al-Yateem, N., Rahman, S.A. and Faris, M.A.I.E., 2022. Knowledge, Awareness, and Practices of University Students Toward the Role of Dietary and Lifestyle Behaviors in Colorectal Cancer: A Cross-Sectional Study from Sharjah/UAE. *Asian Pacific Journal of Cancer Prevention*, 23(3), pp.815-822.
22. Ismail, L.C., Osaili, T.M., Mohamad, M.N., Al Marzouqi, A., Habib-Mourad, C., Jamous, D.O.A., Ali, H.I., Al Sabbah, H., Hasan, H., Hassan, H. and Stojanovska, L., **Hashim, M.**, 2022. Assessment of dietary and lifestyle responses after COVID-19 vaccine availability in selected arab countries. *Frontiers in nutrition*, 9.
23. Osail, T.M., Obaid, R.S., Alqutub, R., Akkila, R., Habil, A., Dawoud, A., Duhair, S., Hasan, F., **Hashim, M.**, Ismail, L.C. and Al-Nabulsi, A.A., 2022. Food Wastage Attitudes among the United Arab Emirates Population: The Role of Social Media. *Sustainability*, 14(3), p.1870.
24. Naja, F., Radwan, H., Cheikh Ismail, L., **Hashim, M.**, Rida, W.H., Abu Qiyas, S., Bou-Karroum, K. and Alameddine, M., 2021. Practices and resilience of dieticians during the COVID-19

- pandemic: a national survey in the United Arab Emirates. *Human Resources for Health*, 19(1), pp.1-12.
25. Cheikh Ismail, L., **Hashim, M.**, Mohamad, M. N., Hassan, H., Ajab, A., Stojanovska, L., ... & Al Dhaheri, A. S. (2021). Dietary Habits and Lifestyle During Coronavirus Pandemic Lockdown: Experience From Lebanon. *Frontiers in Nutrition*, 606.
 26. **Hashim, M.**, Coussa, A., Al Dhaheri, A. S., Al Marzouqi, A., Cheaib, S., Salame, A., ... & Ismail, L. C. (2021). Impact of coronavirus 2019 on mental health and lifestyle adaptations of pregnant women in the United Arab Emirates: a cross-sectional study. *BMC Pregnancy and Childbirth*, 21(1), 1-11.\
 27. Radwan, H., **Hashim, M.**, Hasan, H., Abbas, N., Obaid, R. S., Al Ghazal, H., & Naja, F. (2021). Adherence to the Mediterranean diet during pregnancy is associated with lower odds of excessive gestational weight gain and postpartum weight retention: results of the MISC cohort. *British Journal of Nutrition*, 1-34.
 28. Dietary Habits and Lifestyle during Coronavirus Pandemic Lockdown: Experience from Lebanon . Leila Cheikh Ismail , **Mona Hashim**, Maysm N Mohamad, Hussein Hassan, Abir Ajab, Lily Stojanovska, Amjad H Jarrar, Hayder Hasan, Dima O Abu Jamous, Sheima T Saleh, Rameez Al Daour, Tareq M Osaili and Ayesha S Al Dhaheri. doi: 10.3389/fnut.2021.730425
 29. Karavetian, M., **Hashim, M. S.**, Ayesh, W., Ismail, L. C., & El Khoury, C. F. (2021). Identification of malnutrition upon hospital admission using the Global Leadership Initiative on Malnutrition criteria. *Current Nutrition & Food Science*, 17(8), 883-890.
 30. Farha, Rand J. Abu, **Mona H.** , and Sausan Al Kawas. "Introducing integrated case-based learning to clinical nutrition training and evaluating students' learning performance." *Journal of Taibah University Medical Sciences* . <https://doi.org/10.1016/j.jtumed.2021.03.005>.
 31. Al Dhaheri, A. S., Bataineh, M. A. F., Mohamad, M. N., Ajab, A., Al Marzouqi, A., Jarrar, A. H., . H., Carla Habib-Mourad, Dima O. Abu Jamous, Habiba I. Ali, Haleama Al Sabbah, Hayder Hasan, Lily Stojanovska, **Mona Hashim**,... & Cheikh Ismail, L. (2021). Impact of COVID-19 on mental health and quality of life: Is there any effect? A cross-sectional study of the MENA region. *PloS one*, 16(3), e0249107.
 32. Cheikh Ismail, L., Mohamad, M. N., Bataineh, M. A. F., Ajab, A., Al-Marzouqi, A. M., Jarrar, A. H. Lily Stojanovska, **Mona Hashim**... & Al Dhaheri, A. S. (2021). Impact of the coronavirus pandemic (COVID-19) lockdown on mental health and well-being in the United Arab Emirates. *Frontiers in Psychiatry*, 12, 265.
 33. Cheikh Ismail, L., Osaili, T. M., Mohamad, M. N., Al Marzouqi, A., Jarrar, A. H., Abu Jamous, D. O., H.I. Ali, H., Al Sabbah, H, Hasan, L. R., Rashid , AlMarzooqi, L., Stojanovska, **M., Hashim, R.R.** Obaid, & AlMarzooqi, L. M. (2020). Eating Habits and Lifestyle during COVID-19 Lockdown in the United Arab Emirates: A Cross-Sectional Study. *Nutrients*, 12(11), 3314. doi:10.3390/nu12113314.
 34. Cheikh Ismail, L., Osaili, T., Mohamad, M., Al Marzouqi, A., Jarrar, A., Zampelas, A., . . . Al Dhaheri, A. (2020). Assessment of Eating Habits and Lifestyle during Coronavirus Pandemic in the MENA region: A Cross-Sectional Study. *British Journal of Nutrition*, 1-30. doi:10.1017/S0007114520004547

35. Radwan, H., Hasan, H., Hamadeh, R., **Hashim, M.**, AbdulWahid, Z., Gerashi, M. H., ... & Naja, F. (2020). Complementary and alternative medicine use among patients with type 2 diabetes living in the United Arab Emirates. *BMC Complementary Medicine and Therapies*, 20(1), 1-12.
36. Itani, L., Radwan, H., **Hashim, M.**, Hasan, H., Obaid, R. S., Ghazal, H. A., ... & Al Rifai, H. (2020). Dietary patterns and their associations with gestational weight gain in the United Arab Emirates: results from the MISC cohort. *Nutrition journal*, 19, 1-12.
37. H Radwan, **M Hashim**, S Mustafa, S Idris, L Al Shalabi, NM Madan. Knowledge, Attitude, and Intention of Breastfeeding among Male and Female University Students). *EUROPEAN JOURNAL OF PEDIATRICS* 178 (11), 1682-1682.2019.(Conference paper).
38. **Hashim, M.**, Radwan, H., Hasan, H., Obaid, R. S., Al Ghazal, H., Al Hilali, M., ... & Naja, F. (2019). Gestational weight gain and gestational diabetes among Emirati and Arab women in the United Arab Emirates: results from the MISC cohort. *BMC Pregnancy and Childbirth*, 19(1), 463.
39. McJarrow, P., Radwan, H., Ma, L., MacGibbon, A. K., **Hashim, M.**, Hasan, H., ... & Fong, B. Y. (2019). Human Milk Oligosaccharide, Phospholipid, and Ganglioside Concentrations in Breast Milk from United Arab Emirates Mothers: Results from the MISC Cohort. *Nutrients*, 11(10), 2400
40. **Hashim, M. S.**, Obaideen, A. A., Jahrami, H. A., Radwan, H., Hamad, H. J., Owais, A. A., ... & Al-Yateem, N. (2019). Premenstrual Syndrome Is Associated with Dietary and Lifestyle Behaviors among University Students: A Cross-Sectional Study from Sharjah, UAE. *Nutrients*, 11(8), 1939.
41. Knowledge, Attitudes and Practices toward Dietary Supplements among College Students: A Cross-sectional Study from Sharjah/UAE. **Mona Hashim**, Hadeel Ghazzawi, Fatema Salah, Jawaher Al-Dossary, Maram Jamal, Sharifa AlAmiri, Haitham Jahrami and Mo'ez Al-Islam Faris. *Asian Journal of Clinical Nutrition*. DOI: 10.3923/ajcn.2020
42. Cheikh Ismail, L., **Hashim, M.**, H Jarrar, A., N Mohamad, M., T Saleh, S., Jawish, N., & S Al Dhaheri, A. (2019). Knowledge, Attitude, and Practice on Salt and Assessment of Dietary Salt and Fat Intake among University of Sharjah Students. *Nutrients*, 11(5), 941.
43. 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).
44. 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.
45. 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.
46. 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.
47. 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.
48. 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.
49. "CHS Clinical Practice Manual" March 2011, (contributor).

50. 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. Attended **Middle East Nutrition Leadership Program**, Istanbul, Turkey (21st September to 24th, 2022).
2. Attending **“Emerging trends in hybrid learning (UOS)”** workshop by UOS Information Technology Center. 26/8/2021
3. Attending **“Health Research writing Master class”** workshop by Elsevier 7/9/2021.
4. Attending a virtual webinar on **“Bariatric Surgery Nutrition: Clinical Management”** accredited by Academy of Nutrition & Dietetics. 11/12/2021
5. Attended Training sessions on **“Quality in Smart Education and Technology-Enhanced Education”** 3 days, 9 hours diploma .(Hamdan Bin Mohammed Smart University), 15 June to 17 June, 2020) الجودة في التعليم الذكي والتعليم المعزز بالتكنولوجيا.
6. Attending a series of workshops on **“Use of Information Technology (Blackboard Collaborate Ultra)”**, on line exams, by Academic Computing Section.
7. Attending a workshop on **“Research ethics and Applications Seminar”** by College of medicine , University of Sharjah. Fall 2019- 2020.
8. Presented **“Knowledge, Attitude and Intention of Breastfeeding Among Male and Female University Students”**. Dubai Nutrition Conference. October 24-26th, 2018 (20 CME credits by DHA).
9. Attending a workshop on **“Medical Manuscript writing; Enhancing different Parts of a paper”**, Universiti Sains Malaysia, Malaysia on 26 & 27th June, 2018.
10. 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.
11. Dubai Nutrition Conference. (20 CME credits by DHA). October, 26h -28, 2017.
12. Dubai International Food Safety Conference 2017. November 20th, 2017.
13. 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).

14. Workshop on “**Improving in-Class Communication**”, by Institute of Leadership in Higher education, University of Sharjah. January 8-10 2018.
15. 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 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
16. International Growth and Development Conference- (IGD-2018) Netherlands . March 13-15, 2018.
17. 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
18. Attended “Writing and Publishing a Research Article of Excellence (AOE)”, Arab Health Congress 2016, 27th January 2016.
19. Attended Dubai Nutrition Conference 2015, 19-21 Nov. 2015 -JW Marriott Marquis Dubai. Awarded 16.5 CPD credit points (1316/15).
20. Attended “Enteral Parenteral Nutrition Therapy Workshop”, (12.5 CME HAAD, Accreditation no. THITUS/02/4452/2015). June 5,6th 2015).
21. Attended “Research Ethics Faculty Development Workshop”. University of Sharjah, Medical & Health Sciences Colleges, February 9th, 2015.
22. Attended 1st American Society for Nutrition Middle East Congress, “Nutrition in Health & Diseases”, Feb 15-17, 2012, Istanbul, Turkey.
23. Faculty Development Program, “Team Based Learning (TBL) in Higher Education Workshop”,(8CPD) University of Sharjah, Medical & Health Sciences Colleges, March 24 - 25, 2011
24. Attended “Clinical Diabetes 2010”, Educational Activity by SKMC Diabetes & Endocrine Clinic, December 2010
25. Team-Based Learning (TBL) in Medical & Health Science Education Workshop” November 14-15, 2009.
26. Faculty Development Program-Learning, Teaching & Assessment in Clinical Settings”, University of Sharjah, Medical & Health Sciences Colleges, March 2009

27. HACCP Food Safety Course by Royal Institute of Health, UK. Beirut, Lebanon, January 4th -7th, 2005.

1. Co-investigator: Evidence-based Policies to Improve the Uptake of Dietetics Services in Primary Care: The Case of Sharjah
2. Co-investigator: Effect of Smart Phone Delivered Health Based Educational Intervention to Improve Dietary Habits and Body Composition of School Children in the UAE.
3. Co-investigator: Examining the adherence to dietary and lifestyle guidelines among pregnant women with Gestational Diabetes in the UAE: Gaps and opportunities. UOS Collaborative research Grant.
4. Co-investigator: Promoting the role of community pharmacists in combatting the NCD epidemic in the UAE. UOS Targeted research Grant
5. Co investigators National Birth Cohort Study of Preterm Infants in the United Arab Emirates. UOS Collaborative research Grant.
6. Co-investigator: Mother and Baby Cohort Study: Feeding Patterns, Adiposity and Cognitive Development in Sharjah, United Arab Emirates. UOS Collaborative research Grant.

***PROFESSIONAL DEVELOPMENT & COMMUNITY
CONTRIBUTIONS***

1. **Moderator & Organizer** for Sharjah 1st International Conference on Fasting (Feb. 29, 2024).
2. **Organizing & conducting a workshop with Medical Education Center about " Nutritional Harmony: Planning for faculty Well-being".** 24.4.2024
3. **Prepared and presented** three (3) professional training workshops for Emirates Health Services EHS -Training Programs **Medical Nutrition Therapy (MNT)** in following topics: Nutrition in Critical Illness, Diabetes Mellitus and Upper Gastrointestinal tract. January 2022
4. **Invited speaker for Oncology in Excellence Care Conference, Dubai October 7th, 2023.** Nutritional strategies for Managing Treatment Side Effects”.

5. Invited speaker for “**Nutrition Support Before and After Adolescent Bariatric Surgery**”. Middle Eastern Alliance of Parenteral and Enteral Nutrition (MEAPEN) Congress 2023. Amman, Jordan.
6. Invited speaker for “**Stratifying nutrition interventions by inflammatory status**”. Middle Eastern Alliance of Parenteral and Enteral Nutrition (MEAPEN) Congress 2023. Amman, Jordan.
7. Invited speaker for **Oncology in Excellence Care Conference, Dubai October 21st , 2022**. Neutropenic Diets Efficiency for patients on Chemotherapy, What’s the update?
8. **Prepared and presented 12.5 CPD credit hours for the Diploma of Nutrition and Health Care.** Organized by “Center for Continuing Education and Professional Development” at UOS. The sessions topics involved: “*Planning normal and therapeutic Diets*” and “*Nutrition during pregnancy*”. 31st May and 1st , 7th of June 2022.
9. Invited speaker for Dubai 7h International Nutrition Congress, 2021. Dubai. 4-6 November 2021 (Lifestyle Factors and its association with adherence to the Mediterranean Diet among a cross-sectional sample from Sharjah).
10. Delivered a lecture titled “Cultural Food Habits” with Sharjah Supreme Council Family Affairs. 23.2.2021.
11. Delivered a workshop session titled “Protect yourself form Diabetes” 16 & 17 November, 2020). Workshop organised by Ministry of Education for the staff and students enrolled in the “Health Leadership Entrepreneurship” program.
12. Speaker for 2 lectures during the 12th Asia pacific Conference on clinical Nutrition (Virtual) “ Weight Retention (PPWR) and associated risk factors, pre-pregnancy BMI and gestational weight gain among mothers from (MISC)cohort UAE’ and Coinciding Prevalence of Malnutrition and Obesity/ Overweight Among Medical Inpatients in Public Hospital, Sharjah, UAE.12th Asia pacific Conference on clinical Nutrition” . 20.12.2020
13. Moderator for a session in Nutrition and Health Symposium -NHS. Dubai. September 26th, 2019
14. Moderator for a session in Dubai 5th International Nutrition Congress, 2019. Dubai. 24-26 October 2019
15. Conducted a workshop entitled “Implementation of The Nutrition Care Process and Model (NCPM) in MOHP hospitals”, Dubai, 13.6.2019. The aim is to apply

this nutrition care protocol as per the hospital Joint Commission for accreditation (JCA) standards requirements.

16. Speaker for “Knowledge, Attitude and Intention of Breastfeeding among Male and Female University Students” Dubai International Nutrition Congress 2018, 25th October, 2018.
17. 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
18. Moderator for a session in Dubai Nutrition Conference 2018,. Dubai. Awarded 20.5 CPD credit points (DHA)
19. 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).
20. Moderator for a session in Dubai Nutrition Conference 2016, 17-19 Nov. Dubai. Awarded 20.5 CPD credit points (DHA).
21. 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.
22. 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).
23. 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).
24. Moderator for a session “Nutrition Support in ICU sessions ‘ in Dubai Nutrition Conference 2015, 19Nov. Dubai. Awarded 16.5 CPD credit points (1316/15).
25. 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.
26. Speaker for “kidney diseases and Nutrition: what should we know?” at Kidney Disease Friends Forum. 29th Oct., 2015, University of Sharjah.

27. Chairperson for “Al Qassimi Hospital 1st Nutrition Forum”, Oct. 1st, 2015. Ajman
28. 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)
29. 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).
30. 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.
31. 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).
32. 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).
33. 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
34. Speaker for “Barriers to Oral, Enteral and Parenteral Nutrition”, at “10th Emirates Critical Care Conference”, Dubai, 5-7th April 2014.
35. 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.
36. 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
37. Speaker at “Preceptorship: an overview” organized by Department of Medical Education, DHA, Feb, 6th 2011.(CPD awarded symposium)
38. Task Force Member in the National Coordination Team for the UAE National Nutrition Survey that will be launched in the country shortly.

39. Speaker for a CME awarded symposium, “2nd Clinical practice symposium” organized by CHS Student Training Committee, June, 2010.
40. Rapporteur of the working subgroup 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).
41. 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).

University COMMITTEES MEMBERSHIP

- Available upon request.

RESEARCH GROUPS MEMBERSHIP

ADDITIONAL INFORMATION

- IT Skills: Proficient in the use of Microsoft Office (Word, PowerPoint, Excel), Exam Soft ®, and SPSS statistical package software.
- Languages: Fluent in English and Arabic.