

Asma Saleh, Associate Teacher Assistant, Consultant Dietitian
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Education/ CME:

- Fit for cancer surgery – Impact of Prehabilitation (oncology and nutrition) by Fresenius Kabi **(2021)**
- the 11th IVPN-AR: "Clinical Scenarios in Parenteral and Enteral Nutrition." **(2021)**
- 20th IVPN-AR: "Dyslipidemia: Navigating Horizons from Prevention to Treatment" **(2021)**
- CATALYST: Celiac Disease and Non-Celiac Gluten Sensitivity Live Webinar **(2020)**
- Medical Nutrition Therapy for Cardiovascular Disease- 5th annual clinical nutrition seminar at AMIRI HOSPITAL **(2020)**
- MNT: COVID-19 patient: Worldwide experience from ICU to discharge- Fresenius Kabi **(2020)**
- How to optimize nutrition on the road to recovery? WEBINAR by Fresenius Kabi **(2020)**
- The 5th Dubai International Nutrition Congress, DINC **(2019)**
- LLL Advance Course (ESPEN) Nutritional Support in Gastrointestinal Disease **(2019)**
- Personalized Cognitive Behavior Therapy for Obesity (CBT-OB) **(2019)**
- Bariatric Surgery, Nutritional managements, Catalyst- The training lab **(2019)**
- Gastrointestinal Disorder, Nutritional managements, Catalyst Training Lab **(2019)**
- Advanced Critical Care Nutrition Course, Bahrain **(2018)**
- 3rd International Clinical Nutrition Seminar, in Collaboration with King's College UK **(2018)**
- Scientific Poster Day for scientific colleges and KISR **(2019)**
 - Coffee culture: assessment of coffee-based beverage consumption trends, factors influencing consumer choice and nutritional knowledge among young adults in Kuwait
- Gulf Obesity Summit and Regional Congress, ADNEC- ABU DHABI, UAE **(2018)**
- Scientific Poster Day for scientific colleges and KISR **(2018)**
 - **Won first place (Teaching Assistant Level)**
 - **Topic: Restrictive versus Nonrestrictive Weight Management Practices among dietitians in Kuwait**

- 5th Amiri Diabetes conference: integrated approach in the management of DM May **(2017)**
 - **CARB restriction in type 1 diabetes workshop**
 - **Management of complex patients with Diabetes Gastroparesis- case studies workshop**
- The 3rd Nutrition and Health Conferences and Exhibition/ FNA (Kuwait) Nutrition for NCD **(2017)**
- Teaching Excellence workshop **(2017)**
- Speaker at the 5th Nutrition Week / Kuwait, Amiri Hospital **(2017)**
 - Lactose intolerance post BS, beyond lacto free diet
- Nutritional Guidelines pre/post Bariatric Surgery workshop **(2017)**
- Malabsorption after Gastric Bypass Surgery **(2017)**
- Scientific Poster Day for scientific colleges and KISR **(2017)**
 - **Topic: Dairy Products Consumption among Children in Kuwait**
- Sport nutrition program at Amiri Hospital **(2016)**
- Pediatric Diabetes ketoacidosis managements **(2015)**
- Interal Tube feeding, prescription, dose, and managements **(2014)**/ Amiri hospital
- Breast feeding promotion and support, continue education and staff development program **(2010)**
- JCI Accreditation, joint committee for international accreditation **(2010)** – Control of Infection, patient education committee, environmental team
- Accreditation Canada- Enhancing Quality Service, and Patient Safety Coaching- **(2009)**
- Community nutrition in GCC countries- Arab Center for Nutrition **(2009)**

Education/ diplomas:

- **Post graduate Thesis: Vitamin D and Darker skin Population living in northern climates (2008)**
- Master's in clinical nutrition and Health, Glasgow Caledonian University/ UK **(2008)**
- Food Security and Hygiene Certificate (Glasgow Caledonian University) **(2008)**
- Thesis: Vitamin Intake and Osteoporosis in Darker Skin Population Living in Northern Climates **(2008)**
- Bachelor of science in Clinical dietetics and Nutrition, University of Pittsburgh/ USA- QPA: 3.77 **(2007)**
- Minor in economics/ University of Pittsburgh/ USA **(2007)**
- Emerging Leaders, management and leadership certificate, University of Pittsburgh **(2006)**

- CPR (2006)

Work Experience:

- Kuwait University- Faculty Staff – **Associate Teacher Assistance (2016- current)**
- **Shaika Sabika Jaber Al Ali Home Care Team (Alarfaj Alsabah company) 2015 – current**
 - **Geriatric (POST CVA) - Menu planning and assessments / anthropometry / food intake counseling**
 - **In Medical Team with Dr. Khalil Shaheen, Consultant Family Physician, American Board**
- New Mowasat Hospital – NMH Head of Dietetics (Dietary service supervision/ Senior dietitian) – **(2009) -(2016)**
 - **Managing all aspect of dietary department that includes kitchen, inpatient, outpatients, staff, food functions, and the catering contract**
 - **Budget and invoices**
 - **Infection control committee**
 - **JCI fundamental**
 - **Lectures**
 - **Policy making**
 - **Nutrition assessment**
 - **Nutrition consultation**
 - **Menu development**
 - **Networking and conferences**
 - **Development of M café at NMH**
 - **MDMC (Mowasat Diabetes and Medical Center)**
 - **Diabetes consultation**
 - **Diabetes education**
 - **Lectures and awareness team**
 - **Continue of care team plan**
- **Intern ship programs and education**
- University of Glasgow Main hospital / Dietitian (2008)
- University of Glasgow research center Vitamin D analysis
- **UPMC Research center/ Dietitian (2007)**
- Diabetes and Obesity Research Study UPMC Research Center **(2007)**
- Information system and file managements – UPMC Research Center **(2006)**
- Website design (student base) University of Pittsburgh **(2003)**

Scientific Publications:

Alkazemi, D., Saleh, A., Shaban, L., & Al-Hilal, M. (2019). Intuitive Eating and Weight Restrictive Practices among Dietitians in Kuwait. *Arab Journal of Nutrition and Exercise (AJNE)*, 18-32.

Alkazemi, D. U. Z., & Saleh, A. (2019). Adequacy of dairy product intake among children in Kuwait using a short dietary assessment questionnaire. *Nutrition & Food Science*, 49(1), 112-128.

Allafi, A. R., Saleh, A., Aldughpassi, A., Al-Haifi, A. R., Hersi, A., Ahmad, F., & Aljlui, S. (2020). Culture, gender and coffee drinking in Kuwait. *Progress in Nutrition*, 22(2).

Training and Internship:

- Physical examination and nutrition assessment at UPMC Shady Side Hospital
- Magee Women Hospital, Lactation Program for education- Diabetic Educator Program
- South side senior adult center (Nutrition Assessment for aged population) (lectures, Dash Diet)
- UPMC- Shadyside Hospital – Dietetic General Practice
- WIC Program, The Woman, Infant, and children Care (Wilkinsburg Office) (Nutrition assessment, Evaluation, application)
- North Allegheny High school- Nutrition and sport program- education and lecturing
- Montour Football Team- nutrition education- physical examination- skin-fold- muscle and fat measurements
- UPMC- Research Center – Diabetes
- University of Pittsburgh child developing Center (Nutrition assessment- parent counseling and education)
- UPMC Shadyside Hospital (IC Unit)

Volunteer Experience:

- Assisted in teaching English at the University of Pittsburgh (ELI program) English as a second language **(2002)**
- Assisted in teaching statistics at the university of Pittsburgh **(2004)**
- Nutrition Education (community nutrition) for Preschool children at sunshine Daycare Canter **(2006)**
- Leading the Universal Academy of Pittsburgh Fund Raising Program and Participated in recipe Modification for disease cases (diabetes) for the same event **(2006)**
- Teaching Nutrition in Arabic at the Universal Academy of Pittsburgh
- Diabetes “walk in” Workshop (BMI, Insulin injection, fitting CARB to the diet) **(2006)**
- Disease case study exhibitions at Glasgow Caledonian University (Mediterranean diet- food guide pyramid) **(2008)**
- Career Services at Glasgow Caledonian University **(2008)**

- International Student tour guide and support Services (achieving your goals) **(2008)**
- Partnership with Kuwait university for student's internship and education with NMH **(2014)**
- Partnership with Kuwait university for student's internship and education with NMH **(2015)**
- Part of the KVCAT for patients with celiac disease education program **(2015 – current)**
- Member of Al Sidra association for psychological care of cancer patients **(2021)**

Membership and awards:

- Scientific Poster 2018 Award first place
- KVCAT Kuwait volunteer team for celiac education and awareness
- American Dietetic association
- American Diabetes Association
- PA Dietetic Association
- Golden Key Honor Society
- Honored student at the dean's list of the university of Pittsburgh
- Honored student at the high education ministry of Kuwait
- Honored certificate for emerging leaders
- Honored certificate for Nutritional issue Evaluation in the GCC countries from the Arab Center for Nutrition in Bahrain

Interests:

- Food and Nutrition, cooking, reading, mathematics, computer-video-picture and website designs, economics.

Skills:

- Cooking
- Food science and recipe modification for specific type disease
- Clinical skills for BMI, Skin fold, Nutrition assessments, and physical examination, lab analysis, BIA
- Advanced mathematics skills
- Good organization skills
- Interpersonal and leadership skills
- Management and leadership skills
- Open minded toward learning and experiencing
- Excellent communication, teaching, and counseling skills
- Cultural background knowledge
- Advanced computer skills- video and picture design- website design- office advanced knowledge
- Language: Arabic (native), and English (Fluent)