

CURRICULUM VITAE

Personal Information:

Name: Munirah Jamal Albeajan

Nationality: Kuwaiti

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Birth date: 27 June,1985

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Education:

- M.Sc. in Nutrition and Food Science, Kuwait University (2017).
- B.S in Nutrition Science, June 2008, Kuwait University, CLS, (2008)
- Breastfeeding Counselor, Certificate of WHO/UNICEF (2017)

Current Position:

- Teaching Assistance, Kuwait University, College of Life Science, at department of Nutrition and Food science since Sep 2018.

Skills/Abilities

- Excellent written and oral communication, Arabic & English.
 - High leadership and communication skills.
 - User of SPSS; statistical software for Window.
 - User of WHO AnthroPlus Software.
 - Proficient in “Carb Counting”, Food Exchange System for Diabetes.
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Experiences & Qualifications

- Clinical dietitian at Mubarak Al-Kabeer Hospital, Department of Food & Nutrition. Area of specialty is Pediatrics, Diabetes, Food Allergy, and ICU (2009-2018).
- Member of Birth Kuwait Consultation’s Center, Breastfeeding and Nutrition-related consultations (2021).
- Supervising the training of new employees from the MOH Training Nutrition Department.
- A committee member of the National Accreditation Standards Committee) at Mubarak Al-Kabeer Hospital (Pediatric Dept.) since March 2012.
- A committee member of the Parenteral Nutrition Team at Mubarak Al-Kabeer Hospital, (May 2017).

- Supervising the public Health school camping arranged by Kuwait Food Bank in collaboration with Ministry of education. (Feb.2018).
- Attended the Pediatric Mini Medical School organized by Developmental Pediatric League of Kuwait & Consultation & Training Office Faculty of Medicine – Kuwait University (March 5th to April 2nd, 2014).
- Attended the Family CPR & First Aid Course, MOH (April 2014).
- Attended the Joslin Dasman Education Program (Part 1 and Part 2): An education and training course for primary health care professionals in diabetes management (Feb 2012).
- Attended the Training program on Insulin Pump Therapy, organized by Diabetic Unit- Mubarak Al-Kabeer Hospital (Apr. 2010).

Professional and training courses specialized in teaching:

- Scientific Writing Workshop, Kuwait University (March 2023).
- Introduction to research: Principles, Processes and Practices Workshop, Kuwait University (2023).
- Support group Sessions, online workshop at Virtual Medical Academy, accredited by the Saudi Commission for Health Specialties (May 2023).
- "Critical Evaluation of Research" Online workshop, organized by The General Secretariat of the National Nutrition Committee at the Saudi Food and Drug Authority (SFDA), Riyadh (2021).
- Scholarly Communication Workshop “Ensure Your Publications’ Quality and Excel”, organized by the Kuwait Institute for Scientific Research (KISR), KUWAIT (Feb 2020).

Training & Certificates:

- Laboratory Assessment of Nutrition Significance Webinar, CATALYST: The Training Lab, Online, 3 CPEUs, CPE Level: Professional, Accredited by the CDR: the credentialing agency of the Academy of Nutrition and Dietetics, USA (Mar 2022).
- Thyroid Nutrition Triangle, CATALYST: The Training Lab, Online, 2 CPEUs, CPE Level: Professional, Accredited by the CDR: the credentialing agency of the Academy of Nutrition and Dietetics, USA (Jun 2020).
- Course Certificate of the Academy of Nutrition & Dietetics on (NFPA, PCOS, Initiative eating, Pediatric, Bariatric surgery), Courses program organized by Catalyst Training (2019-2021).
- Course Certificate of the ESPEN Life-Long Learning program on Clinical Nutrition & Metabolism accredited by EACCME, Dubai, UAE (Feb. 2019).
- Course Certificate on Assessing and Managing Enteral & Parental Nutrition organized by ASPEN, Dubai, UAE (Oct. 2018).
- Course Certificate of the ESPEN Life-Long Learning program on Clinical Nutrition & Metabolism accredited by EACCME, Dubai, UAE (Oct. 2018).
- Course on Nutrition Care Process organized by MOH (Jun. 2018).
- Course on Pediatric Renal Nutrition organized by MOH (May. 2018).
- Course on Enteral Feeding course organized by MOH (Feb. 2018).

- Course on Conversation Map Facilitator Training (GCC Countries), with emphasis on conversation with people with diabetes. Organized by Dasman Diabetes Institute (Sep. 2012).
- Training program for dietitians on food & nutrition organized by MOH (Aug. 2009).
- Training Program on Infant & Young Child Feeding Counseling organized by MOH (May. 2009).
- Attended the Advanced Practice Training course on “Renal Dietetics” organized by MOH in collaboration with University of Nottingham (Nov 2012).
- Training Course on Nutrition Management in Kidney Diseases organized by Ministry of Health-the Nutrition & Food Department in MKH, Kuwait Nephrology Association, (Oct. 2012).

Scientific Conference Attendance

- THE 4th NUTRITION CONF CHILDHOOD OBESITY & NUTRITION By MOH (As Lecturer: Workshop on Nutritional Management of Food Allergy, (Feb 2023)
- Food System Summit Dialogue “TOWARDS SUSTAINABLE FOOD SYSTEMS IN KUWAIT”, Organized by The Public Authority for Food and Nutrition (PAFN), June 2021.
- Food System Summit Dialogue “Improving the Health and Nutritional Status of School Children in Kuwait”, Organized by The Public Authority for Food and Nutrition (PAFN), May 2021.
- The annual Clinical Nutrition Week ‘Medical Nutrition Therapy for Gastrointestinal Disease’, Organized by Al-Amiri Hospital, Kuwait (Dec 2022).
- The 6th annual clinical nutrition Conference ‘Medical Nutrition Therapy for Eating disorder Disease’, Organized by The Kuwait Nutrition Union (2022).
- The 5th annual clinical nutrition seminar ‘Medical Nutrition Therapy for Cardiovascular Disease’, Organized by The Kuwait Nutrition Union (Dec 2020).
- The 4th Dubai international Nutrition Congress organized by Dubai Health Authority (Oct. 2018).
Kuwait Birth and Breastfeeding Conference (Nov. 2018).
- World Diabetes Congress Dubai-UAE, IDF (4-8 Dec. 2011).

Membership & Activities & volunteer works

- Vice President of the Kuwait Nutrition Union (2022)
- Founder for the Public Health account in Instagram, @Healthykids_kw; specialized in Children and Maternal Nutrition Education (2013).
- Member of Birth Kuwait; Nonprofit organization specialized in moms and breastfeeding support (2017).
- Head of awareness & volunteering department at Kuwait Food Bank, KFB (2016).
- Member of Allergy Moms Kuwait; a volunteer group (Nov. 2015)
- Member in Blue Circle group – International Diabetes Federation (IDF)/ in Collaboration with Kuwait Diabetes Society since (2012).
- Member in Kuwait Food & Nutrition Association (KFNA).
- Organized public & private lectures and workshops in Nutrition and Public Health (universities, schools, children centers, and exhibitions).

Invited Speaker and oral Presentation:

Lecture and Workshop: Nutritional Management of Food Allergy, THE 4th NUTRITION CONF CHILDHOOD OBESITY & NUTRITION organized by MOH, Kuwait, Feb 2023.

Oral Presentation: Are Early Infant Feeding Practices impact development of Food Allergy? 4th Dubai International Nutrition Congress (DINC), organized by Dubai Health Authority, Clinical Nutrition Department, October 2018.

Oral Presentation: Immunoglobulin E -Mediated Food Allergies and the Associated Nutritional Factors among Children at the Pediatric Allergy Clinics in Kuwait. The 2nd Kuwait International Conference on Life Sciences (KICLS' 2016), Kuwait University, Kuwait, April 2016.

Workshops, Training Courses, and interest:

- **Online Course Training program:** Title 'Healthy eating for children and Maternal Nutrition' in collaboration with Tadarab.com; an online-based training company <https://www.tadarab.com/courses/healthykids/> (Sep. 2018)
- **Public workshops:** for schools, teachers, students, and parents.
- **Privet workshops:** planned for children and their parents in all age groups on different topics (Healthy Lunchbox, healthy eating, My Healthy plate, Healthy Habits Challenge, How to read Food Label).

Publications:

- Alkazemi D, **Albeajan M**, and Kubow S. (2018). Early Infant Feeding Practices as Possible Risk Factors for Immunoglobulin E-Mediated Food Allergies in Kuwait. *International Journal of Pediatrics*.
- Ahmed F, **Al-Beajan M**, Al-Radhwan L and Al-Azmi GZ. (2014). Association between Stress and Dietary Behaviors among Undergraduate Students in Kuwait Gender Differences. *Journal Of Nutrition And Health Sciences*,1(1).

Awards and Honors:

The Scientific Poster Day for Scientific Faculties and KISR, Kuwait University, Award for best science research, 1st Position (CLS), and 2nd position (KUNIV), March 2017.