



# Sara Muteb Alotaishan

Demonstrator

## Personal Data

Nationality | Saudi

Date of Birth | 02/04/1993

Department | Clinical Nutrition

Official IAU Email | smotaishan@iau.edu.sa

## Language Proficiency

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

## Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2015	Bachelor	Imam Abdulrahman Bin Faisal University	Dammam

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

PhD	
Master	
Fellowship	

## Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work		Date
Demonstrator	Imam Abdulrahman Bin Faisal University	Dammam, Saudi Arabia	2018 – present



Clinical Dietitian	King Fahd Hospital of the University	Alkhobar, Saudi Arabia	2016-2018
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#### Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date

#### 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
1	Alotaishan Sara, Alassaf Alhanouf, Albahussain Fai, Alhmli Haya, Almohaisen Nada.	Prebiotic Effect on Bone Health among Female Students, University of Dammam, Saudi Arabia	IJSR, 2016

##### Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date

##### 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

### Current Researches

#	Research Title	Name of Investigator(s)
1	Effects of Soy Isoflavone on Bone Health among Saudi Female Students	Almohammadali Nirjis, Alawami Layla, Alsukairi Zahra'a, Alfaraj Zainab, Hassan Eman, Dangol Arafat, Abuzaid Omar, Alotaishan Sara.

### Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	Advances in Pediatric Nutrition a Multidisciplinary Approach - Childhood Obesity -	Imam Abdulrahman Bin Faisal University, Dammam. March 13 - 14, 2019	Organizer and moderator of the symposium
2	Carbohydrates Counting	Warwick Hotel, Alkhobar. November 10, 2018	Organizer and moderator of the workshop
3	Advanced Critical Care Nutrition Conference	King Fahd Hospital of the University, Alkhobar. March 2 - 3, 2018	Attendee
4	Virtual ASPEN 2018 Nutrition Science & Practice Conference	Caesars Palace, Las Vegas. January 22 - 25, 2018	Attendee
5	Surgical Resident Fellowship Workshop	King Fahd Hospital of the University, Alkhobar. November 26 - 30, 2017	Speaker
6	Dubai Nutrition Conference	Intercontinental Hotel, Dubai. October 26 - 28, 2017	Attendee
7	11 <sup>th</sup> Hot Topics in Pediatrics	King Fahd Hospital of the University, Alkhobar. March 1 -2, 2017	Attendee



### Membership of Scientific and Professional Societies and Organizations:

- Representative of the continuing education and training committee, eastern province at the Saudi Society for Clinical Nutrition
- Member of American Society for Parenteral and Enteral Nutrition
- Previous member of Dietitian of Canada

### Teaching Activities

#### Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Medical Nutrition Therapy Application 2	NUTR. 422	All lecture and clinic and course coordinator
2	Enteral and Parenteral Nutrition	NUTR. 325	Lab and Course coordinator
3	Medical Nutrition Therapy Application 1	NUTR. 412	All clinic and course coordinator
4	Medical Nutrition Therapy 1	NUTR. 312	Lab

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

1	<b>Medical Nutrition Therapy Application 2 - NUTR. 422:</b> This course provides the students with required skills to work with the health care team as a qualified dietitian. Students will learn how to apply all steps of NCP in hospitals.
2	<b>Enteral and Parenteral Nutrition - NUTR. 325:</b> This course establishes the rationale and the criteria for appropriate nutrition support. It will focus on enteral and parenteral nutrition, formula composition, medication administration, monitoring and complications. Also, it will discuss nutritional support in home setting.
3	<b>Medical Nutrition Therapy Application 1 - NUTR. 412:</b> This course provides the students with required skills to work with the health care team as a qualified dietitian. Students will learn how to apply all steps of NCP in hospitals.
4	<b>Medical Nutrition Therapy 1 - NUTR. 312:</b> This course is designed to introduce the students to acquire the necessary skills to work with the health care team as a successful dietitian. Students will know how to obtain the information from the medical record, analyze it, and how to write a nutritional report. Students will apply their training in the hospital at the nutritional department and at different clinical units like medical, surgery, pediatric ,cardio ,renal analysis, and ICU unit.



### Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1			
2			

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

1	
2	

### Course Coordination

#	Course Title and Code	Coordin ation	Co- coordination	Undergra d.	Postgrad.	From	To
1	Medical Nutrition Therapy Application 2 (NUTR. 422)			√			
2	Enteral and Parenteral Nutrition (NUTR. 325)			√			
3	Medical Nutrition Therapy Application 1 (NUTR. 412)			√			

### Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date

### Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To



### Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date

### Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1	Bachelor	Effects of Soy Isoflavone on Bone Health among Saudi Female Students	Imam Abdulrahman Bin Faisal University	2018-2019

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

#### Administrative Responsibilities

#	From	To	Position	Organization

#### Committee Membership

#	From	To	Position	Organization
1	29/08/2018	Present	Secretary	Curriculum development committee
2	29/08/2018	Present	Secretary	Internship and training committee
3	29/08/2018	Present	Member	Website committee
4	29/08/2018	Present	Member	Community committee
5	29/08/2018	Present	Member	Alumni committee

#### Scientific Consultations

#	From	To	Institute	Full-time or Part-time



### Volunteer Work:

#	From	To	Type of Volunteer	Organization
1	2018	Present	Representative of the continuing education and training committee	Saudi Society for Clinical Nutrition, Eastern Province
2	2018		Presented pancreatitis and nutrition support lecture	King Fahd University Hospital, Alkhobar
3	28/2/2017		Presented nutrition assessment and reassessment for critically care patients	King Fahd University Hospital, Alkhobar
4	2017		Presented nutrition support lecture	King Fahd University Hospital, Alkhobar
5	2017		Judge of the senior projects.	Dhahran Ahliyya Schools, Aldhahran
6	2017		Speaker at the career forum "Achievement Speak"	Dhahran International Exhibition, Dammam
7	2016		Represent clinical nutrition department at the career forum	Dhahran International Exhibition, Dammam
8	18/09/2016	12/10/2016	Clinic consultation for bariatric patients	Somna Care Advanced Laparoscopic & Bariatric Center Procure Hospital, AlKhobar



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

1	Teamwork
2	Responsibility
3	Efficiency
4	Commitment
5	Capable of learning new skills in short duration
6	Microsoft office

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Last Update

16/04/2019