



# Sara Muteb Alotaishan

Lecturer

## Personal Data

Nationality | Saudi

Department | Clinical Nutrition

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Office Number | 013-333-1332

## Language Proficiency

Language	Read	Write	Speak
Arabic	√	√	√
English	√	√	√
Others			

## Academic Qualifications (Beginning with the Most Recent)

Date	Academic Degree	Place of Issue	Address
2022	Master of Science in Clinical Nutrition	Rush University	Chicago, United States of America.
2015	Bachelor of Science in Clinical Nutrition	Imam Abdulrahman Bin Faisal University	Dammam, Saudi Arabia.

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

PhD	
Master	Correlation between Muscle Cross-Sectional Area at Third Lumbar and Twelfth Thoracic Regions among Intensive Care Unit Patients
Fellowship	



### Professional Record: (Beginning with the Most Recent)

Job Rank	Place and Address of Work		Date
Lecturer	Imam Abdulrahman Bin Faisal University	Dammam, Saudi Arabia	2024 – present
Demonstrator	Imam Abdulrahman Bin Faisal University	Dammam, Saudi Arabia	2018 – 2024
Clinical Dietitian	King Fahd Hospital of the University	Alkhobar, Saudi Arabia	2016 – 2018

### 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	Alhazmi Shmookh, Alshehri Lamya, Alyahya Manal, AlMadani Reema, Aboalrasheed Rose, Metwally Reham, Alotaishan Sara, AlSheikh Rasha, Abdalla Ahmed, Abuzaid Omar, Sebastian Tunny, and Goja Arafat	The Association between Iron Deficiency Anemia and Cognitive Abilities among Female University Students	Electronic Journal of General Medicine, 2024
2	Almohammadali Nirjis, Alawami Layla, Alsukairi Zahra'a, Alfaraj Zainab, Hassan Eman, Goja Arafat, Khattab Rabie, Abuzaid Omar, Sebastian Tunny, and Alotaishan Sara	Effect of Soy Isoflavones on Bone Health among Female University Students: A Pilot Study	Emirates Journal of Food and Agriculture, 2023
3	Alalwy Shimaa, Alateeq Taef, Alhwiesh Reema, Alsaeed Batool, Altuwairish Mezoun, Alrubaian Sadeem, Khattab Rabie, Goja Arafat, Abuzaid Omar, Sebastian Tunny, and Alotaishan Sara	COVID-19 Pandemic Afflicts Lifestyle and Dietary Habits of Female University Students	International Journal of Community Medicine and Public Health, 2022



4	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
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#### 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
1	Almohammadali Nirjis, Alawami Layla, Alsukairi Zahra'a, Alfaraj Zainab, Hassan Eman, Goja Arafat, Khattab Rabie, Abuzaid Omar, Sebastian Tunny, and Alotaishan Sara	Effects of Soy Isoflavone on Bone Health among Saudi Female Students Imam Abdulrahman Bin Faisal University	The 2 <sup>nd</sup> International Conference of Saudi Society for Clinical Nutrition 26/10/2020

#### Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
1	Althawad Mudawi, Alhilal Luluwah, Alshahrani Raghad, Altarouti Rawan, Metwally Reham, Goja Arafat, Abuzaid Omar, Sebastian Tunny, and Alotaishan Sara	Post-Operative Complications of Sleeve Gastrectomy in Saudi Arabia: A Pre-Operative Assessment Tool	2023



2	Alotaishan Sara and Peterson Sarah	Correlation between Muscle Cross-Sectional Area at Third Lumbar and Twelfth Thoracic Regions among Intensive Care Unit Patients	2022
3	Gareeb Mai, Alshehri Shaheer, Aldubaisy Zainab, Alhajji Zainab, Alsalah Abrar, Alasbly Ghada, Alarafat Fatima, and Alotaishan Sara	Ameliorative Effect of Yogurt and Pumpkin Seeds Oil on the Severity of Gastrointestinal Symptoms and Behavior of Autistic Children	2020

#### Current Researches

#	Research Title	Name of Investigator(s)
1	Impact of Enteral Feeding Strategies on Nosocomial Clostridium Difficile Infection-Induced Diarrhea	Alasbly Ghada, Khattab Rabie, Algindan Yasmin, Alotaishan Sara, Albahussain Fay, Alhani Entsar, and Alturkistani Nisreen
2	Effect of BMI and Early Nutritional Support on Clinical Outcomes of Critically Ill Septic Patients: A Retrospective Study	Abu Taki Alaa, Elsaadany Mohamed, Goja Arafat, and Tuwajiri Mashael
3	The Impact of Strain-Specificity and Intervention Duration on the Effectiveness of Probiotics Supplementation in Preventing Intensive Care Unit (ICU)-Acquired Infections: A Scoping Review	Alaklabi Aqdar, Khattab Rabie, Algindan Yasmin, and Alotaishan Sara
4	Dietary Patterns and Lifestyle Influences on Inflammatory Bowel Disease in Saudi Arabia: A Cross-Sectional Analysis	Khattab Rabie, Almohaisen Nada, Alkhawaher Genan, Mureet Kawthar, Alattooq Ethar, Jawad Dalia, Abu zaid Omar, Alhafid Ibrahim, and Alotaishan Sara
5	Study the Reliability and Validity of Mini Adolescents Dietary Pattern and Lifestyle	Metwally Reham, Khattab Rabie, Goja Arafat, Algindan Yasmin, Alrayes Saja, Alyahya Wesam, Althumairi Arwa, Algarni Razan, Altwejry Hussah, and Alotaishan Sara
6	Is Hypovitaminosis D a Risk Factor for COVID-19? A Retrospective Study in the Eastern Province Saudi Arabia	Metwally Reham, Rasha Alshaikh, Sabastian Tunny, Alotaishan Sara, Algarni Razan, Altwejry Hussah, Zabran Rawabi, and Alobaidi Reem

### Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	Introduction to Artificial Intelligence - Ministry of Communications and Information Technology	Virtual 01/09/2024	Attendee
2	Concepts of Innovation Creativity and the Latest Developments in Health Care	Virtual 30-31/07/2024	Attendee
3	Nutritional Assessment for Pediatrics	Virtual 27/12/2023	Moderator
4	Artificial Intelligence in Education	Deanship of E-Learning and Distance Learning 28/11/2023	Attendee
5	The First Forum for Nutrition Specialists and Technicians	Voco Hotel 18/10/2023	Speaker
6	Technological and Computational Evolution in Healthcare	Virtual 05-07/03/2023	Attendee
7	The Role of the Leader in Activating Design Thinking	Deanship of E-Learning and Distance Learning Day 1: 07/02/2023 Day 2: 14/02/2023	Attendee
8	Poster Presentation: Correlation between Muscle Cross-Sectional Area at Third Lumbar and Twelfth Thoracic Regions among Intensive Care Unit Patients	Research Day 17/03/2022	Speaker
9	Oral Presentation: Effects of Soy Isoflavone on Bone Health among Saudi Female Students Imam Abdulrahman Bin Faisal University	The 2 <sup>nd</sup> International Conference of Saudi Society for Clinical Nutrition 26/10/2020	Speaker
10	Advances in Pediatric Nutrition a Multidisciplinary Approach - Childhood Obesity -	Imam Abdulrahman Bin Faisal University, Dammam 13-14/03/2019	Organizer and moderator of the symposium



11	Carbohydrates Counting	Warwick Hotel, Alkhobar 10/11/2018	Organizer and moderator of the workshop
12	Advanced Critical Care Nutrition Conference	King Fahd Hospital of the University, Alkhobar 2-3/03/2018	Attendee
13	Virtual ASPEN 2018 Nutrition Science & Practice Conference	Caesars Palace, Las Vegas 22-25/01/2018	Attendee
14	Surgical Resident Fellowship Workshop	King Fahd Hospital of the University, Alkhobar 26-30/11/2017	Speaker
15	Dubai Nutrition Conference	Intercontinental Hotel, Dubai 26-28/10/2017	Attendee
16	11 <sup>th</sup> Hot Topics in Pediatrics	King Fahd Hospital of the University, Alkhobar 1-2/03/2017	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
- Member of the Academy of Nutrition and Dietetics (Eatright)

#### Teaching Activities

##### Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (No. of Lectures/Tutorials or Labs, Clinics)
1	Nutritional Status Assessment	NUTR 211	Coordinator, lecture + lab
2	Medical Nutrition Therapy 1	NUTR 302	Coordinator, lecture + lab
3	Nutritional Epidemiology	EPID 305	Coordinator, lecture
4	Enteral and Parenteral Nutrition	NUTR 308	Coordinator, lecture + clinic
5	Nutritional Pharmacology	PHARM 401	Lecture
6	Medical Nutrition Therapy Application 1	NUTR 412	Coordinator, lecture + clinic
7	Medical Nutrition Therapy Application 2	NUTR 422	Coordinator, lecture + clinic



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

1	<p>Nutritional Status Assessment (NUTR 211): This course will provide a comprehensive overview on methods and approaches of nutritional status assessment in individuals and community on the clinical and research-based settings. The nutrition assessment is structured into five domains of the nutrition care process (NCP): first anthropometric measurements, second nutrition-focused physical findings, third biochemical data, medical tests, and procedures, fourth food/nutrition related history, and fifth client history. Nutrition assessment data and findings are compared with references and standards to establish an appropriate NCP foundation. Moreover, students will utilize critical thinking skills in their assessment.</p>
2	<p>Medical Nutrition Therapy 1 (NUTR 302): 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, diabetes, cardio, renal, pancreas, and liver and gallbladder.</p>
3	<p>Nutritional Epidemiology (EPID 305): This course presents the foundation of epidemiological concepts and how to apply them during the conduct of epidemiological nutritional research. The course covers the major subjects of nutritional epidemiology through scientific articles. By bridging research and evidence-based practices, the course equips students to become competent dietitians capable of promoting optimal nutrition for disease prevention and improving population health.</p>
4	<p>Enteral and Parenteral Nutrition (NUTR 308): 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.</p>
5	<p>Nutritional Pharmacology (PHARM 401): Basic knowledge on pharmacotherapy, nutrient drug interaction will prepare dietitians for clinical practice in the hospital.</p>
6	<p>Medical Nutrition Therapy Application 1 (NUTR 412): 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.</p>
7	<p>Medical Nutrition Therapy Application 2 (NUTR 422): 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.</p>



### Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (No. of Lectures/Tutorials or Labs, Clinics)
1			

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

1	
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### Course Coordination

#	Course Title and Code	Coordination	Co-Coordination	Undergrad.	Postgrad.	From	To
1	Nutritional Status Assessment (NUTR 211)			√			
2	Medical Nutrition Therapy 1 (NUTR 302)			√			
3	Nutritional Epidemiology (EPID 305)			√			
4	Enteral and Parenteral Nutrition (NUTR 308)			√			
5	Nutritional Pharmacology (PHARM 401)			√			
6	Medical Nutrition Therapy Application 1 (NUTR 412)			√			
7	Medical Nutrition Therapy Application 2 (NUTR 422)			√			





#### 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

#### Administrative Responsibilities, Committee and Community Service (Beginning with the Most Recent)

##### Administrative Responsibilities

#	From	To	Position	Organization

##### Committee Membership

#	From	To	Position	Organization
1	15/11/2023	Present	Member	Study Plan and Curriculum Development Committee – College
2	04/09/2023	Present	Member	Quality Committee – Department
3	04/09/2023	Present	Member	Postgraduate Committee – Department
4	29/08/2018	Present	Member	Internship and Training Committee – Department
5	29/08/2018	Present	Member	Community Services Committee – Department
6	29/08/2018	2023	Member	Alumni Committee – Department



#### 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	Creativity and innovation
4	Efficiency
5	Commitment
6	Capable of learning new skills in short duration
7	Microsoft office

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Last Update

08/11/2024