

# YASSMIN AHMED EBIDO

## Clinical Dietitian

### CONTACT

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Nationality: Egyptian

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### SUMMARY

A dedicated nutritionist and dietitian with extensive experience in program development, health and wellness consultations, and patient education. She is highly skilled at designing individualized plans to help clients achieve their nutrition and weight loss goals, manage chronic diseases, and enhance their personal health. That's why I chose to study nutrition and dietetics at the undergraduate level and then continue my research at MSc level

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### WORK EXPERIENCE

#### Physiofit Clinic.

I previously worked as a clinical nutritionist at a private medical clinic, focusing on therapeutic nutrition for chronic conditions and weight management (2024-2025)

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#### Dama Clinic

Developed personalized therapeutic nutrition plans for patients with various medical conditions. Conducted Regular follow-ups and provided continuous nutritional education. Collaborated with physicians and other healthcare professionals (2023-2024)

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#### Application Telehearts

work as a clinical nutritionist, as one of my job duties is to follow up on patients' nutritional status, give them nutritional advice, and provide a suitable diet for each case according to their nutritional needs and their sick condition. (2023-2024)

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#### Badr University hospital

I trained at Badr University Hospital as a clinical nutritionist. I was responsible for prescribing appropriate diets for various medical conditions, meeting their nutritional needs and matching their medical condition. I conducted comprehensive patient assessments, including medical history, made differential diagnoses, and interpreted laboratory test results. I also developed and implemented individualized treatment plans, including medication reviews and nutritional interventions. I monitored patients' progress, adjusted care plans based on results, informed patients about their conditions, and provided appropriate care. I was also involved in supervising food quality and health care. (2022-2023)

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#### Al-Nas children Hospital

I trained Understanding the hospital dietary system and meal organization, Preparing special dietary plans for various patient conditions, Ensuring food quality control and safety standards, Recording and monitoring patient food intake, Managing time effectively to ensure meals are served on schedule. (2022-2023)

Training in City of scientific Research and Technological Application (2021)

Training of Al-Nas children Hospital(2022-2023)

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## **EDUCATION**

Master's Preliminary Degree in Nutrition Science (Helwan University )

Starting October 2024

Bachelor's Degree in Nutrition :Faculty of Dietetics Program, Home Economics, Helwan.

September 2019 – May 2023

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## **SKILLS**

### **Technical Skills**

- Proficient in Microsoft Office Word, PowerPoint, Excel
- Data analysis&research interpretation(SPSS, EndNote, PubMed navigation)
- Graphic design USA Canva

### **Personal Skills**

- Nutrition Assessment
  - Clinical dietary Management
  - Patient Care and Counseling
  - Managing diabetes, obesity ,malnutrition
  - Communication skills
  - Empathy & Compassion
  - Cultural Awareness
  - Problem-Solving:
  - Adaptability
  - Team work
  - Work under pressure
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## **CERTIFICATION**

- attended a medical nutrition therapy course at the Diet Institute in the United Arab Emirates(2021)
  - attended the winter healthy food workshop at United Arab Emirates University (2021)
  - attended middle East pediatric conference (2021)
  - attended in the 4 International conference pulmonary and Nutritional Disorders (2021)
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## **LANGUAGE**

- Arabic
- English