

Curriculum Vitae

Personal Data /

FULL NAME	Ghadah Saleh Al-Medaimeegh
PLACE OF BIRTH	Riyadh –Saudi Arabia
GENDER / SEX	Female
NATIONALITY	Saudi citizen
MARITAL STATUS	Married with one child
OFFICE PHONE	#4355010 ex. 350
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OCCUPATION	Lecturer
UNIVERSITY	King Saud University, Applied Medical Science College, Riyadh
DEPARTMENT	Community Health science Department –Nutrition
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Education /

- 2003-2008 Msc., King Saud University –College of Applied Medical Sciences
Department of community Health Sciences - Clinical Nutrition Program -Riyadh
- Thesis Title (Effect of Folic Acid ,Vitamin B12 supplementation and protein
intake on homocystiene level in patients with Heart diseases at Security
Forces Hospital in Riyadh).
- 1998-2002 B.Sc, King Saud University - Department of community Health
Sciences - Clinical Nutrition Program -Riyadh

Position Held /

2009 - PRESENT

Lecturer

**King Saud University, Applied Medical Science -
Community Health Department – Clinical Nutrition
Riyadh, KSA.**

- Teaching courses for Community nutrition.
Nutrition education. Principles of nutrition and
free studies in nutrition.

*** 2005 -2009**

Demonstrator

**King Saud University, Applied Medical Science -
Community Health Department – Clinical Nutrition
Riyadh, KSA.**

- Preparing of educational material including Movies & power point presentation.
- Design of teaching aids.
- Participate in the preparation of seminars and lectures.

Educational Activities / Nutritionscience:

Nutrition Science, Nutrition Throughout Life, Nutrition for groups, Nutrition Assessment ,Food Constituents, Food Composition, Food analysis, Food additives, , Clinical Nutrition, Nutritional related diseases, Malnutrition, Overweight and obesity, Nutrition and exercise , Therapeutic diets, Food sensitivity, Application & Analysis, Natural and syntheses antioxidants, Antioxidant activities, Communication skills, foods supplements and functional foods.

Humanly skills:

- Art of dealing with people
- Skills of meeting management, concerts and conferences.
- Skills of committees management and interviews effectively.
- Planning and organizing conferences and exhibitions.
- The principals of etiquette and protocol skills.
- Effective negotiation skills.
- The field skills for public relations officers.
- Develop the secretary skills in dealing with others.
- Develop the skills to deal with different types of customers.
- Effective communication skills.
- Time management

Practical Skills in nutrition /

- Lecturing on:
 - Nutrition throughout life cycle
 - Nutrition during childhoods
 - Nutritional Assessment
 - Food Composition
 - Foods supplements and functional foods.
 - Nutrition Education
- Community activities:
 - Nutrition educator in the associations for mothers in the nursery.
- Community educational extracurricular activities and exhibitions.
 - Designing brochures
 - Learning materials for food and nutrition

- Organizing seminars
- Designing educational films and pictures

Administrative work /

- Organizer of the department's Master Programme (2009 to present)
- Member in two Quality Committee at my Department(2010 to present)
- Member of the Scientific Research Committee of community health science department.(2010 to present)
- Organizer of the department's final exam for the first and second semester(2008)
- Organizer in the workshop of Strategic Planning Project, King Saud University (12 & 19 March 2008).
- Chosen as a representative for the department in the Strategic Planning Project (May 2008).
- Internship advisor for clinical nutrition, College of Applied Medical Sciences, (May 2006)

Professional Affiliations /

- The Saudi society for food and Nutrition
- Saudi Dietetic Association

Personal Skills & Competences /

- Computer Skills
 - A full command of the use of windows and desktop applications (Word, Power Point, Excel)
 - Use of statistical programs & SPSS

Languages:

- Arabic (mother tongue)
- . Excellent command of English.

Training Courses /

4-5/1/2011	Communication skills	KSU. CAMS.
29-30/1/1432	(Black board) computer skills	KSU. deanship of skills developments.
30/4-1/5/2011	Multiple Intelligence for Developing Creative Thinking	KSU. deanship of skills developments

Training and Internship:

- One Year Internship at:
- Armed Forces Hospital (6 months) , Riyadh
- Security Forces Hospital(6 months) , Riyadh

Workshop and Activities Participate:

- Health Care Development for Elderly Research Chair exhibition - with Community Health department (20 December 2011)
 - Exhibition about Functional Food – with Community Health department (8 January 2011)
- Autism exhibition –held in Nayara hall for Conferences and Celebrations (April 10-11 2010)
- Obesity awareness exhibition within AL-Jenadriah Festival (20-22 March 2010)
- Swine Flue awareness day –held in the College of Applied Medical Sciences-King Saud University(November, 2009)
- World diabetic day activities – with University Diabetes Center (2 - 19 November 2009)
- World diabetic day activities – with University Diabetes Center (12-30 November 2007)

Attendance to conferences, seminars, workshop and symposiums:

- Pediatric Nutrition ,12 may 2012 , Saudi Dietetic Association
- Breast cancer and Nutrition , 24 May 2011, Saudi Dietetic Association
- Colon Disease and Nutrition ,28 February 2011, Saudi Dietetic Association
- Nutritional Management for critically *III* patients , 1st March 2010 , Saudi Dietetic Association.
- 1st International Symposium on Clinical Nutrition-held in Dr-Suliman AL-Habib Center medical group (2010)
- Nutritional Management for Critically Ill Patients – held in Prince Sultan hall for Conferences and Celebrations at the Saudi Health Specialties Council (1 March 2010)
- Child Nutritional Care Symposium – conducted at King Fahad Medical City (30 November 2008)
- 4th International Symposium on Update on Clinical and community Nutrition at Riyadh Military Hospital (26-27 May 2008)
- Seminar of Nutrition between Health and Disease (26-30 September 2005).

- Seminar of Communication of Deafness in the Community (10-12 April 2004)
- 3rd International Symposium on Update in Clinical Nutrition at Riyadh Military Hospital(2004)
- Update on Clinical Nutrition Symposium at Security Forces Hospital (2004)