

# Ohoud Mohammed AL-Musiened

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## Personal Information

- **Nationality:** Saudi
- **Languages:** Arabic as a mother language and English as a second language.
- **Marital Status:** married
- **Place of Birth:** Riyadh
- **Contact Info:** Home:01\*\*\*\*\*  
Mobile: 05\*\*\*\*\*  
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## Position

Lecturer, King Saud University ,Sciences College of Applied Medical Sciences  
Department of Community Health  
Clinical Nutrition

## Objective

- Looking forward to be an active woman in the community.
- To serve my community and country by providing high standards of health services in relation to health and nutrition.

## Education

- School of medicine, Southampton University, Southampton, United Kingdom.  
MSc in Public Health Nutrition  
(Graduation, 2010)
- King Saud University, Riyadh, Saudi Arabia.  
Bachelor of Science in Clinical Nutrition, Class of 2005  
**GPA 4,24**  
(Graduation, October 2005)

## Hospital Training

- 10/9/2005-26/10/2005 in King Khalid University Hospital.
- 9/4/2005-18/4/2005 in King Abdul-Aziz University Hospital (Diabetes center).
- 12/3/2005-6/4/2005 in Ministry of Health Hospital.
- 25/12/2005-2/3/2005 in King Khalid Eye Specialist Hospital.
- 25/9/2004-22/12/2004 in Sultan bin Abdul-Aziz Humanitarian City.
- 24/7/2004-22/9/2004 in King Abdul-Aziz University Hospital.

## **Recommendations**

Recommendation from Sultan bin Abdul-Aziz humanitarian city.

Recommendation from University of Southampton, United kingdom.

Three recommendations from King Saud University, Riyadh.

## **Qualifications**

- MSc Degree in Public Health Nutrition, School of Medicine – University of Southampton, Year 2010.

- English for Academic Study Course-Pre-Sessional course achieved an IELTS equivalent level of 7, Center for Language Study, University of Southampton, United Kingdom.

(August 2009- September 2009)

- INTERNATIONAL ENGLISH LANGUAGE TESTING SYSTEM (IELTS) Academic, level of 6, Riyadh, Saudi Arabia.

( JUL 2009)

- INTERNATIONAL ENGLISH LANGUAGE TESTING SYSTEM (IELTS) Academic, level of 5.5, Portsmouth, United Kingdom.

( MAY 2009)

- English for Academic Study Course , achieved an IELTS equivalent level of 6, Center for Language Study, University of Southampton, United Kingdom

(OCT 2008-MAR 2009)

- English Course, Center for Language Study, University of Southampton, United Kingdom

(MAR 2008-SEP 2008)

- Certificate of Completion of One Year Internship, 2005.
- Bachelor Degree in Clinical Nutrition, Applied Medical Sciences, Community Health Sciences, King Saud University, Year 2005.
- Courses of Basic Cardiac Life Support (C.P.R).
- Diploma in neurological Linguistic Programming (NLP),2005.

- Computer skills.
- Speed reading course,2011.

## **Participation**

- Organized and presented an educational health program for school kids, April 2004.
- Charity work involving nutritional assessment for the public, organized by Al-Ruwad Schools, February 2004.
- Preparation of Nutrition related brochures and Posters.
- Participated in awareness day about breast cancer in the lobby of the college 17/10/2011 – 19/11/1432
- Participated in event "seha mtjdedh" at Prince Salman Social Center 19/12/2011 – 24/1/1433
- Participated in the Alzheimer symposium at King Abdulaziz City for Science and Technology 20-22/2/2012 – 28-30/3/1433
- Participated in the first conference of the applied medical sciences 10-11/3/2012 – 17-18/4/1433
- Participated in the world kidney day at prince Salman Center for Kidney Diseases 10-12/3/2012 – 17-19/4/1433
- Participated in event "sehatk tajek" at Prince Salman Social Center 7/4/2012 – 15/5/1433
- Educational programs at different school 2012-1433
- Lecture at the university diabetic center in the 8<sup>th</sup> diabetic diet course

## **symposium attended:**

- 2004 attended the activities of the 9<sup>th</sup> International Diabetic Day " Obesity and Diabetes Mellitus" Conducted at the king Fahd Medical City, (3 CME hrs)
- 2004 attended the activities of the 3<sup>rd</sup> International Symposium on Updates in Clinical and community Nutrition Military Hospital,.
- 2004 attended the activities and workshop of the Being a Participant in the Update on Clinical Nutrition Symposium at Security Forces Hospital , (10 CME hrs)
- 2002 attended the activities of the 2<sup>nd</sup> international on updates in clinical and community nutrition Military Hospital , (14 CME hrs)
- 2012 attended the Pediatric symposium . SDA, at four season hotel , 12/5/2012

## **Hobbies**

Reading and computer .