

Curriculum Vitae

Alhanouf Salah M. Al Alsheikh

Personal Information

Full Name: Alhanouf Salah M. Al Alsheikh

Place of birth: Riyadh, Kingdom of Saudi Arabia

Sex: Female

Nationality: Saudi

Marital status: Single

Mobile: +966590769595

E-mail: al-hanouf-nutrition@hotmail.com

P.O.Box: 7524 Al-Olaya – Al-shaikh Hamad Al-Thani
Al-Riyadh 3850-12333

Academic Qualifications

2009 - 2010: King Saud University , college Of Applied Medical Science, Clinical Nutrition , Riyadh, KSA. **GPA=4.4** out of 5 (one of the top 5 students)

2004 - 2005: Manarat Al Riyadh School, Riyadh, KSA, Excellent grade (97 %)

In 2009 - 2010: Clinical Nutrition Department has chosen me the Ideal Student.

Professional Experience

- The internship started at the 20 of February 2010 .

Internship (Riyadh, Saudi Arabia 2010/2011)

2010	King Khaled Eye Specialist Hospital	(3 months)
2010	King Faisal Specialist Hospital and Research Center	(3 months)
2010	Military Hospital in Riyadh	(6 weeks)
2010 -2011	Prince Salman Center for Kidney Diseases	(9 weeks)
2011	Primary Care Center	(7 weeks)
2011	King Saud University.	(1 month)

Medical workshops and Conferences

Symposium	Place	CME	Date
1- The 1 st International Conference & Workshop on Childhood & Adolescent Obesity.	KKUH	17	1-4-2009
2-The Child Nutritional Care Symposium.	KFMH	7	3-11-2008
3- A new Vision In Medical Nutrition Symposium .	KFMH	15	30/11/2010 1/12/2010
4-Sport and Nutrition	Four season hotel		20/12/2011

Volunteer experience

Participated in Attention Deficit Hyperactivity Disorder (ADHD).
Participated in Zahra Breast Cancer Association.
Participated in Saudi Dietetic Association.
Participated in Obesity Chair.
Participated in Autism Day.
Participated in Obesity Awareness Day in King AbdulAziz Historical Center.
Participated in Kidney Awareness Day in Holiday Inn, Riyadh.
Participated in H1N1 Awareness Day in King Saud University.
Participated in Kayl Association.
Present lecture in Prince Salman For Kidney Diseases attend by doctors and nurses.
Participated in an awareness day entitled: functional food, held in King Saud University.

Work experience

- Start working in KSU in 16 November 2011.
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Education engagements

- 1- Summer Training in King Faisal Specialist Hospital and Research Center (2008).
- 2- Summer Training in Bank Aljazira (2009).

Researches

- Breast Cancer and Nutrition with Dr. Mona El-Shafei (graduation project)

Personal interests and skills

- Ability to work well and coordinate with other team members for the sake of accomplishing the assigned task.
 - Effectively developed computer skills (Windows – Microsoft Office – Internet).
 - Developed ability to work in a fast paced environment.
 - Brain puzzle solving.
 - Photography.
 - Reading.
 - Volunteering interest.
 - Research and Speech skills.
 - Travelling.
 - Exercises.
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Recommendations

- From Dr.May Almuammar (King Saud University , college Of Applied Medical Science, Community health, Riyadh , Saudi Arabia)
- From Dr.Saada M Al-Orf (King Saud University , college Of Applied Medical Science, Community health, Clinical Nutrition, Riyadh , Saudi Arabia)
- From Dr.Mona Mohamed El-Shafei (King Saud University , college Of Applied Medical Science, Community health, Clinical Nutrition, Riyadh , Saudi Arabia)
- From Teacher Dara Assad Al Disi. (King Saud University , college Of Applied Medical Science, Community health, Clinical Nutrition, Riyadh , Saudi Arabia)
- From Teacher Madawi M. Aldhwayan. (King Saud University , college Of Applied Medical Science, Community health, Clinical Nutrition, Riyadh , Saudi Arabia)
- From Clinical Dietitian In Prince Salman Center for Kidney Disease, Riyadh , Saudi Arabia.

Languages

1- Arabic: Fluent in spoken and written.

2- English: Good skills, writing, speaking and communicating.

Continues Medical Education (CME)

BLS (Basic life support)	19/3/2012
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