

# Curriculum Vitae

## **Personal information**

- Name: Lamis Abdullah Al-Sayyari
- Date of birth: 28/4/1984
- Nationality: Saudi
- Marital St.: Married
- City: Riyadh
- E-mail: lamis\_a.s@hotmail.com
- Telephone:0096614914256
- Mobile phone:00966555474855
- Language: Arabic, English.

## **Education:**

- **1989-2002 Riyadh Schools**
  - Graduated with an overall percentage of 90.00
- **2002- 2007 King Saud University, K.S.A**
  - Bachelor Degree in Applied Medical Sciences with a specialty in Community Health Education
  - "Very Good" Grade with a Cumulative G.P.A of 4.36

## **Work:**

- **April.2009-November.2010:** Lecturer at International Academy For Health Sciences  
Under Supervision of Saudi Commission For Health Specialties
- **January 2011 until now:** Demonstrator Teaching Assistance in Community Health Sciences Department-Health Education at King Saud University.

## **Experiences:**

### **Training:**

- **July.2007 –August.2008:** One year of internship, in four different hospitals:
  1. **July-October.2007:** Training at the Health Education Department at Security Forces Hospital.
  2. **October-December.2007:** Training at the Health Education Department at King Abdulaziz Medical City- National Guard Affairs.
  3. **January-March.2008** Training at the Health Education Department at King Khaled Eye Specialist Hospital.
  4. **March-August.2008:** Training at the Health Education Department at Prince Salman Kidney Disease Center.

## **Activities:**

- **2011 May.** Participated in the Organization of Breast Cancer and Nutrition Symposium in the Four Seasons Hotel.
- **2008** Participated in the activities of the diabetes day at King Abdulaziz Medical city National Guard Health Affairs.
- **2008** Participated in the activities of the world kidney day at Prince Salman Center for Kidney Diseases.
- **2008** Attended a lecture named Amazing Kidneys at Prince Salman Center for Kidney Diseases.
- **2008** Attended the 1<sup>st</sup> scientific symposium of the Charitable Association for Health Education at Prince Salman Social Center.
- **2008** Became a member in the Charitable Association for Health Education.
- Participated in the health education Campaign for eyes' protection at King Khaled Eye Specialist Hospital.
- **2007** Participated in the Organization of Health Education Program "Your Health in Ramadan" at Security Forces Hospital.
- **2004.** Participated in the 3<sup>rd</sup> Health Education Seminar at King Khaled Eye Specialist Hospital.

## **Community Services:**

- **February 2011.** Presented a lecture titled: Group Teaching of Diabetic Patients in the National Diabetic Center for the Health Educators' course
- **March 2011.** Presented a lecture titled: Empowerment of Diabetic Patients in National Diabetic Center for the Health Educators' course
- **May 2011.** Presented a lecture titled: Determinants of Health Behaviors at Zahra Breast Cancer Association for the Health Educators' course.
- **May 2011.** Presented a workshop titled: Woman's Beliefs of Breast Cancer and its Treatment for the Health Educators' course
- **March 2011.** Organizing and presenting the health education club's corner in the World Kidney Day titled:"Protect your Kidneys, Save your Heart" at King Fahad Medical City (KFMC).
- **May 2011.** Organizing and Presenting the "Vitamin D Deficiency" Corner in the (Bone Health) Event in the collage's hall.
- **May 2011.** Organizing and Presenting the "Vitamin D Deficiency" Corner in the (Bone Health) Event at The Kingdom Schools.

## **Projects:**

- A research study on the **Physicians' Needs for Continuous Medical Education About Nutrition Counseling and Management**

## **Interests:**

- **Reading** (Arabic and English).
- **Writing** (Arabic and English).
- **Community Services Activities.**

## **Skills**

- MS Word and PowerPoint.
- Research skills.
- Presentation skills.
- Typing skills
- I can work under pressure
- Great team worker
- Express things well, great use of words
- I love getting things done
- I love teaching.

## **Published Articles:**

- رسالة الجامعة نشرت مقالة لي بعنوان (أجل شرب فنجان القهوة لساعة أو ساعتين) في عددها 924
- A research I've done about "Osteoporosis". You can check it on Google ☺