

## SUGGESTIONS FOR PREPARING INTRODUCTORY PROFILE FOR PNDS ELECTION NOMINEES

Please note providing all the suggested information is not essential

Name: ZAINAB HUSSAIN

Current job title: DIET CONSULTANT (FOOD SERVICE DIETITIAN)

Institution: SAFE FOOD CATERERS (SFC) AT TABBA HEART INSTITUTE(THI)

Nutrition related Expertise	year completed	duration of study	Details that may be relevant to PNDS
Qualifications: BS in Nutrition & Dietitics (RLAK College of HE)	2012-2015	4 YEARS	<ul style="list-style-type: none"> <li>I was student member of PNDS since 2014 to 2015.</li> <li>Now, I am a regular member of PNDS from 2016 till date.</li> </ul>
Professional training (courses) <ul style="list-style-type: none"> <li>Trainee Dietitian at PNS Shifa Naval Hospital</li> <li>Internship in Food and Beverage Department(F&amp;B) at Movenpick Hotel Karachi</li> <li>Internship in Nutrition and Food Service Department(N.F.S .D) at AgaKhan</li> </ul>	(01 May 2016-31 January 2017)  (20 March 2015-30 April 2015)  (26 October 2015-03 December 2015)	8 Months  40 days  30 days	

University Hospital			
CPD activities	NONE		

**ATTENDED FOLLOWING SEMINARS TO INCREASE MY KNOWLEDGE:**

S. No.	Topic	Date	Venue
01.	Calcium And Vitamin D	May 31, 2013	RLAK college of HE
02.	Nutritional Management Of Critically ill Patient	January 25, 2014	The Kidney Center (PNDS)
03.	Nutrition Management in Autoimmune Disorder	April 26, 2014	The Kidney Center (PNDS)
04.	Does Nutrition Cause Stress?	August 16, 2014	A.Q Khan Centre
05.	Exercise 101: An Interactive Session	January 31, 2015	The Kidney Center (PNDS)
06.	Lead Your Life With Diet And Fitness	February 14, 2015	RLAK college of HE
07.	Diabetes Education Conference	February 21-22, 2015	Baqai Medical University
07.	FANS Refresher Course	September 1-3, 2015	RLAK college of HE
08.	Infant and young children feeding practices in Pakistan	October 31, 2015	The Kidney Centre (PNDS)
09.	Parental Nutrition: Managing Complications	April 30, 2016	The Kidney Centre (PNDS)
10.	Evidence Based Nutrition (By Dr Rubina Hakeem)	August 12, 2016	Held at 13 <sup>th</sup> AGBM of PNDS arranged at Regent Plaza Hotel
11.	International Diabetic and Endocrine Congress	August 19-21, 2016	Regent Plaza Hotel
12.	Therapeutic Communication with patients	August 20, 2016	Regent Plaza Hotel

13.	Diabetes: Total Nutrition Therapy	October 29, 2016	Arranged by Abbott Nutrition at Marriott Hotel Karachi
14.	Current and Future Nutrition Sensitive and Specific Interventions in Sindh Province	November 5, 2016	The Kidney Centre (PNDS)
15.	Nutritional Regimen in Acute and Chronic Renal Failure	February 18, 2017	Tabba Heart Institute (THI)
16.	1 <sup>st</sup> National Seminar on Clinical Nutrition	March 15, 2017	Aga Khan University Hospital (AKUH)
17.	Evidence Based Nutritional Management of patients with Acute Respiratory Distress Syndrome	April 08, 2017	Tabba Heart Institute (THI)

**Contributions to the field of nutrition through any of the following activities:**

	Summary of contribution	Year and duration of Involvement
Research	1. Conducted a research on the topic "Assessment of the nutritional status of bottle-fed infants and the prevalence of infections, allergy and diarrhea among bottle fed infants and its comparison with exclusively breast-fed infants aged 0-6 months" as part of my BS program.	2015-2016
And Publications	2. Wrote an article for college newsletter named "Healthy breakfast".	2016
	3. Wrote a short manuscript for a journal named BioAccent on "Break your fast with healthy breakfast".	15 <sup>th</sup> Nov 2016
	4. Wrote an opinion article for an international journal named MedCrave on "Losing weight: easier than before, better than before".	6 <sup>th</sup> January 2017

	<ol style="list-style-type: none"> <li>5. Wrote a short manuscript for a journal named Mathews Journal of Diabetes and Obesity on “Importance of standardized recipes in food service settings”.</li> <li>6. Got my thesis published in an international journal Journal of Pediatrics and NeoNatal Care on “Assessment of the nutritional status of bottle-fed infants and the prevalence of infections, allergy and diarrhea among bottle fed infants and its comparison with exclusively breast-fed infants aged 0-6 months”.</li> <li>7. Got my case study published in an international journal named Fortune Journals on “Anorexia nervosa in a Pakistani 14 years old boy”.</li> <li>8. Wrote an opinion article for a journal named BioAccent on “Growing foodservice business in hospitals: needs and challenges”.</li> </ol>	<p>10<sup>th</sup> March 2017</p> <p>11<sup>th</sup> April 2017</p> <p>2<sup>nd</sup> May 2017</p> <p>24<sup>th</sup> June 2017</p>
Teaching	<ol style="list-style-type: none"> <li>1. Gave lectures to BS (Nursing) on Weight Management, Parenteral and Enteral Nutrition, Cardiovascular Diseases, Liver Diseases, Kidney Diseases, Diabetes Mellitus II at PNS Shifa Hospital as a guest speaker.</li> <li>2. Gave lectures to LMT (Leading Male Technicians) on Nutrition For Health, Absorption of Food, Metabolism, Storage of Food, Daily requirements of Nutrients , Vegetarian Diets, Dietary Guidelines at PNS Shifa Hospital as a guest speaker.</li> <li>3. Was invited to gave lecture on Healthy Living to grade 5 at Beacon House School Clifton Campus as a guest speaker.</li> </ol>	December 2016
Community nutrition projects	<ol style="list-style-type: none"> <li>1. Organized stall for nutritional counseling at H.O.P.E.S Carnival</li> <li>2. Organized a workshop on “lead your</li> </ol>	2014

	life with diet and fitness” at RLAK College.	2015
	3. Did nutritional counseling of children and adults at EXPO center as a representative of Abbott Nutrition.	2016
Community nutrition education (face to face or through electronic or print media)	None	
Dietary counseling	At PNS Shifa during training period.	
Nutrition care of critically ill patients	At PNS Shifa during training period.	
Food service management	At SFC as diet consultant currently.	
Quality control of dietary or nutritional products	At SFC as diet consultant currently.	
Food/Nutrition related Policy making	None	
Food/Nutrition related legislation	None	

### Potential for contributing to PNDS:

<b>Vision for further development of PNDS:</b>	→	I have good writing skills and I am interested in writing short manuscripts for different journals. This can help me in developing the PNDS Newsletter in a more creative manner.
<b>Plans for making Contributions to PNDS:</b>	→	I want to be the part of PNDS NL Committee.
<b>Length of association with PNDS</b>	→	I was student member of PNDS from 2014-2015. Currently, I am the regular member of PNDS from 2016.

**Previous Participation in PNDS activities**



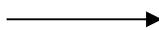
Volunteered in the membership committee of PNDS with Iqra Ghufan .

**Time available to work for PNDS during normal working hours (9-5, Mon-Fri.):**



I am available online as per requirement.

**Time available to attend PNDS meetings**



I can attend PNDS meetings flexibly.

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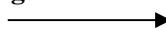
**Ease in commuting for EC meetings**



I have my personal conveyance, so I can attend the meetings easily.

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**Time available to work for PNDS during non working hours:**



I am available in evening time.

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**Ability to communicate through email:**

Yes (zainabhussain874@gmail.com)

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**Ability to communicate through Skype**

Yes (03323822275)

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**Ability to communicate through SMS:**

Yes (03323822275)

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## PNDS EC Elections 2017

### Nomination Form for Candidates

I ZAINAB HUSSAIN a regular member of PNDS and want to

contest for the PNDS Executive Committee Elections to be held on in August 2017.

Membership No: R-0374-16

Signature of the Nominee: \_\_\_\_\_

To be nominated by two PNDS Regular/Life Regular Members:

We the undersigned hereby certify that we are regular members of PNDS and we nominate

ZAINAB HUSSAIN to stand in the PNDS Executive Council Election 2017.

Nominated by (name) NAJEEHA KHAN

PNDS membership number R-0203-16

Signature \_\_\_\_\_

Seconded by (name) SYEDA SAMRINA

PNDS membership number S-0243-12

Signature \_\_\_\_\_

For office use

Nomination Accepted [ ] /

Nomination Rejected [ ] because..... \_\_\_\_\_

Signatures

Gen. Sec \_\_\_\_\_

Members Nomination committee

1. Name: \_\_\_\_\_

Signature \_\_\_\_\_

2. Name \_\_\_\_\_

Signature \_\_\_\_\_