

HANADI FARHAN AL SHAMI

Mobile number (974) 66018092

Doha, Qatar

hanadifarhan13@gmail.com

Personal profile

Highly self-motivated and professional Dietitian, with a great passion for people's nutrition and general wellbeing; also great interest in food and nutrition research. I have received clinical training in a variety of settings from HMC, PHCC and other institutions in Qatar. Have excellent written and verbal communication skills as well as rapport with patients and other colleagues. I am able to work both, independently without constant supervision, but also as part of a diverse team.

Education

- Bachelor of science in Human Nutrition Qatar University. Doha, Qatar 2019
- Al-Andalus school for girls. Doha, Qatar 2013

Professional experience

- Start training at Alwakra health center from 19/1/2025.
- Trained at South Wakra health center(29/10/2024 till 29/12/2024)
- Food inspector at Qatar's Ministry of Municipality (2022)
- HMC 1 year Full-time supervised Dietetics Clinical training/practice program (2019) – *Hamad General Hospital departments* (Oncology, Fahd Bin Jasim Renal center, Long-term care, General Medicine, Food services, ICU, Cardiac Hospital, General Pediatrics, Pediatric metabolism, and Bariatric clinic), *PHCC Qatar University Health Center and Aspetar Hospital*
- Special needs assistant teacher at Soud bin Abdelrahman Independent School. Qatar, 2012
- Library assistant at Iqraa school. Qatar, 2009

Courses or Certifications

- Basic Principles of Food Safety. Doha, 2022
- Food safety and additional requirements course. Doha, 2022

- Qatar dietary guidelines workshop. Doha, 2020
- HACCAP awareness program. Doha, 2018

Volunteering

- Facilitator at QU IPE for health students. Qatar, 2022
- Facilitator at QU IPE diabetes day for health students. Qatar, 2022
- HMC World Anti-obesity day event. Qatar 2020
- HMC Participation in Academic Bridge program. Qatar, 2019
- HMC World diabetes day. Qatar, 2018
- Facilitator at QU 3rd annual IPE forum for healthcare students. Qatar 2018
- QU Kidney and women's health event. Qatar, 2018
- QU Blood pressure event. Qatar, 2018
- QU World Anti-obesity day event. Qatar, 2017
- QU Nutrition under the siege, Qatar, 2017
- QU IPE research day. Qatar, 2016
- QU World diabetes day. Qatar, 2016
- QU Breast Cancer Awareness. Qatar, 2016

Special Skills

Languages: Arabic (native), English (advanced)

Recognitions:

- Best Math and Biology Student Grade 9th (2005) at Mohamad khodr alshami School, and 10th (2006) In AlJalaa school.
- 3rd place Biology Student in the City of Homs, Syria 1999

Publications: Bachelor's Thesis work published in PubMed 2021.

Serum 25-hydroxyvitamin D concentrations are inversely associated with body adiposity measurements but the association with bone mass is non-linear in postmenopausal women.

<https://doi.org/10.1016/j.jsbmb.2021.105923>.

References will be provided upon request.

