

**ALMA IRSHAID**  
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A registered Public Health Nutritionist with a clinical background, and a teaching portfolio. I am interested in teaching and research while maintaining alongside an engagement with community nutritional issues and wider related fields.

### **Education**

#### **MSc in PUBLIC HEALTH NUTRITION, 2014.**

UNIVERSITY OF WESTMINSTER – LONDON, UK.

Dissertation titled “Barriers to breastfeeding, between guidelines and reality in Jordan”

#### **BSc in HUMAN NUTRITION & DIETITICS, 2012.**

UNIVERSITY OF JORDAN – AMMAN, JORDAN.

Graduation Seminar “Vegetarian diets in different life stages, a sustainable dietary approach”

### **Relative work experience:**

#### **INSTRUCTOR – AN-NAJAH NATIONAL UNIVERSITY, PALESTINE**

January 2016 - Present

- Teaching in the department of Nutrition and Food Technology of various nutrition related modules including; Fundamentals of Nutrition, Human Nutrition, Diet Therapy, Nutrition related diseases, Nutrition Counselling, Nutrient Metabolism, Nutritional Assessment and Human Physiology”.
- Graduation Project & Seminar Supervisor

#### **DIETITIAN – DAWSAT MENA WELLNESS**

March 2015 – November 2016

- Leading weight loss groups for adults & children.
- Preparing special diet-plans.
- Recipe analysis.
- Formulating new recipes that are culture sensitive.
- Reporting groups progress on CRM.
- Writing nutrition related articles for media publication in both Arabic & English.

### **Other experiences:**

#### **Clinical Nutrition Internship in Federico II University – Naples, Italy.**

January 2018

- Trainee in Clinical Nutrition including; Nutritional Assessment, Eating Disorders, Nutrition Education for obesity and Diabetes and Artificial Nutrition Support.

**Sales intern, Future Health BioBank.** - Amman, Jordan.

December 2014 – January 2015.

- Attending deliveries for cord blood tissue and blood collection. <sup>[1]</sup><sub>[SEP]</sub>
- Introducing the concept of stem cells banking for health care professionals and prospective clients.

**Pediatric Clinic Intern, MPC Private Clinic.** RAK, UAE.

December 2011 – February 2012

- Assisting in measuring children “Height, Weight, Head Circumference” and interpreting growth charts.
- Nutrition Counselling.

**Licenses:**

- **Registered Nutritionist** – Jordanian Ministry of Health, 2012  
Palestinian Ministry of Health, 2015
- **IBCLC** – International Board of Certified Lactation Consultant, 2022

**Additional Qualifications:**

- **Accredited courses by ESPEN;** Nutrition Support in Paediatric Patients, Nutrition Support in Peri-operative period, Nutritional Support in the ICU, Nutrition in Obesity.
- **Child Nutrition & Health Wellbeing** –American Academy of Nutrition & Dietetics
- **Weight Management: Nutritional Intervention** – American Academy of Nutrition & Dietetics
- **Nutrition for pregnancy & babies;** American Academy of Nutrition.
- **Basic HACCP System-** Infinity Integrated Mgt. system.
- **Female Talent “Enhancing Gender Awareness in Academic Context”** - Maastricht School of Management

**Published work:**

1. Prevalence of underweight, overweight and obesity among Palestinian school-age children and the associated risk factors: a cross sectional study

<https://bmcpediatr.biomedcentral.com/articles/10.1186/s12887-019-1842-7>

2. Malnutrition and its association with functional, cognitive and psychological status among Palestinian older adults in long-term care houses

<https://www.tandfonline.com/doi/abs/10.1080/03601277.2019.1690282>

3. Sarcopenia prevalence and its correlations with age-related disorders among community-dwelling Palestinian older adults

<http://www.jgerontology-geriatrics.com/article/view/226>

### **Current projects**

1. **Health lessons of COVID-19: E-learning in a Palestinian university - A cross sectional study.**

This paper investigates the relationship between e-learning during lockdown in a developing country like Palestine that had very little experience with it, and the implications for anxiety rates, insomnia, physical pain, and social impact at both student and staff levels.

2. **Impact of social media influencers on disordered eating behaviors amongst Palestinian female university students: mixed-method study.**

The purpose of this study is to investigate the impact of social media influencers on disordered eating symptoms in a sample of female university students using a mixed-method approach.

3. **Factors affecting the Palestinian Consumers' preferences toward Local Food Products Consumer Awareness and Preferences.**

This project aims to evaluate Palestinian consumers' perception, behavior, and motivations for buying local foods in addition to identifying the sociodemographic characteristics of consumers who buy local foods which can aid to provide information that could improve marketing strategies for the value enhancement of local food products.

### **Awards**

1. Research award - 2019
2. Community based learning award for Diabetes Project / Asia region - 2019.

### **Volunteer work:**

- CDC Mentoring program for University of Westminster. – 2017 till present
- Administrative board member at Seeds for development and culture. 2021- present