**Marah Shakhshir**

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Nablus, West Bank, Palestine

**EDUCATION**

**Master of Science in Clinical Nutrition, School of Biosciences, University of Nottingham,** **UK**

**2018 – 2019 Distinction (71/100)**

**Project: Enhanced Recovery After Surgery ‘ERAS’**, an Audit performed at the University of Nottingham Hospital (NHS) as a part of Macmillan project to support cancer patients.

**Taught Courses:** Public Health Nutrition, Obesity Management, Pediatrics Nutrition, Research Skills, Diabetes, Gastroenterology.

**Bachelor of Science in Nutrition and Dietetics, Birzeit University, Palestine**

**2011 – 2015 Very Good GPA, ranked one of top 10 in class.**

**Graduation project:** Prevalence of Obesity among children with Down syndrome and related dietary factors.

**Taught courses:** Public Health, Meal Planning, Clinical Nutrition 1&2, Sports Nutrition, Lifecycle Nutrition 1&2, Anatomy and Physiology, Physics, Calculus**.**

**PROFESSIONAL EXPERIENCE**

**An-Najah National University Sep 2019 – Present**

**Nablus, Palestine**

An-Najah National University is a Palestinian non-governmental public university which is located in Nablus and is considered as the largest university in Palestine as it educates over 23,000 students from different faculties of both under and post graduates.

* **Lecturer** 
  + Teaching Nutrition course to students at the Faculty of Medicine and Health Sciences
  + Designing and auditing exams and coursework
  + Supervising undergraduate students’ research projects and seminars
  + Getting involved in research projects

**Saint Luke’s Hospital March 2016 – July 2018**

**Nablus, Palestine**

Saint Luke’s Hospital is a non-profit charitable hospital that has been established in in 1900 AD, which is considered as one of the most important private Palestinian medical institutions.

* **Clinical Dietitian**
* Lead in and outpatient dietitian, and the first dietitian hired since the establishment of the hospital.
* Formulated a set of guidelines to build a working system with the medical team
* Developing brochures and teaching nutritional materials for in and outpatients
* Outpatient dietitian to manage cases of either weight loss, non-communicable diseases, gout, weight gain, chronic and acute nutrition complications.
* Holding nutrition educational lectures focusing on breastfeeding, infant and children health and nutrition.

**Palestine Diabetes Institute June 2015- March 2016**

**Nablus, Palesitne**

* **Dietitian**
* Nutritional management of patients with diabetes and other related complications.
* Designed and provided educational lectures on diabetes for the public.

**ACCOMPLISHMENTS & ACTIVITIES**

**Nutrition Specialist**

**An-Najah National University, Swiss Tropical public health institute, World bank**

**2021-22 West bank, Palestine**

**An assessment of the bottlenecks of anemia among pregnant women and children in the west bank and Gaza Strip**

* Assessing the current anemia prevention and control programs and policies in West bank and Gaza.
* Data collection
* Data analysis
* Literature review

**Re-Audit of “Enhanced Recovery After Surgery (ERAS)’ program held by the NHS England and Macmillan.**

**University of Nottingham Hospital**

**2019 Nottingham, UK**

* **Auditor and Analyst**

An audit performed at the University of Nottingham Hospital and funded by Macmillan project

* A retrospective audit of patients who underwent elective colorectal surgery
* Audited the compliance of the medical team to ERAS protocols
* Collected Data from the medical records
* Completed Data analysis
* Report writing and interpretation of the outcomes into a poster

**Professional Development Training for Pre service Teachers**

**American Near East Refugee Aid (ANERA)**

**2017 Ramallah, West Bank, Palestine**

* **Dietitian**
* Developed evidence-based material of practical guidelines of child nutrition to teach pre service school teachers
* Held lectures on nutrition and lead discussions.

**PROFESSIONAL QUALIFICATIONS / CPE Activities**

* **Training the Trainer for Health Care Professionals’:** Certificate of training by the International Medical Education Trust Palestine – IMET 2000 Pal. December, 2019**.**
* ***Chronic Kidney Disease: Nutritional Interventions,***CATALYST: The Training Lab, Amman, Jordan, March 24, 2017.  6 CPEUs.

CPE Level: Professional, approved & accredited by the CDR: the credentialing agency for the Academy of Nutrition and Dietetics, USA

* ***Child Nutrition: Health & Wellbeing*,** CATALYST: The Training Lab, Amman, Jordan, August 21, 2016.  5 CPEUs.

CPE Level: Professional, approved & accredited by the CDR: the credentialing agency of the Academy of Nutrition and Dietetics, USA

* **Clinical Nutrition Internship:** Clinical Nutrition internship at Jordan University Hospital (JUH) s a part of the completion of the Bachelor degree of sciences in Nutrition and Dietetics. Amman, Jordan, June 2014.

**Publications**

* **Published**: Segura, J. Luis; Camacho, Salvador; Alkaiyat, Abdulsalam; Shakhshir, Marah Sameh; Jalambo, Marwan; Joudeh, Nagham Osama; Ghanim, Nesma; Anabtawi, Ola Jamal.

*Bottlenecks in Anemia Prevention and Control in the West Bank and Gaza Strip : Assessment Report (English).*Washington, D.C. : World Bank Group. <http://documents.worldbank.org/curated/en/099520202012244256/P1727390041c580c60aa9502e5d1d658991>

* **Published**: Segura, Luis; Camacho, Salvador; Alkaiyat, Abdulsalam; Shakhshir, Marah Sameh; Jalambo, Marwan; Joudeh, Nagham Osama; Ghanim, Nesma; Anabtawi, Ola Jamal.

*Recommendations to Improve the Implementation of Anemia Prevention and Control Interventions (English).*Washington, D.C. : World Bank Group

<http://documents.worldbank.org/curated/en/099520002012226350/P17273909d39e20bb08cdd049666c29eb99>

* **Published:** Hafi, E., Soradi, R., Diab, S., Samara, A., Shakhshir, M., Alqub, M. and Zyoud, S., 2021. Nutritional status and quality of life in diabetic patients on hemodialysis: a cross-sectional study from Palestine. *Journal of Health, Population and Nutrition*, 40(1).

**Scholarships**

* Fully Funded scholarship by the British Council for MSc Degree (**HESPAL 2018-19**)

**ADDITIONAL INFORMATION**

**Self-employed in a business startup ‘Simply Balanced pal” Jan 2020- Present**

* **Nutrition Specialist**
* Self- employed in an online nutrition consultation to follow up clients aiming to lose weight, manage chronic illnesses, gain weight and muscle mass... etc.
* Online nutrition consultation via WhatsApp and zoom
* Developing recipes and selling home made products
* Delivering the most recent evidence based clinical nutrition advice to the public using the social media platform (Instagram)

**Other Experiences**

* **(November, 2020**) Organized and participated in a webinar on Covid-19 and Nutritional Support
* (**June, 2015**) Volunteered to supervise school-age children at Tomorrow’s Youth Organization (TYO)
* (**March, 2013**) Attended the 1st International Health and Fitness Conference

**LANGUAGES**

* Arabic: Native
* English: Fluent

**PERSONAL INFORMATION**

* Year of birth: 1993
* Marital status: Single