FACULTY FULL NAME: Hussah Mohammad Abdullah AlTwejry

POSITION: Demonstrator

Personal Data

Nationality | Saudi

Date of Birth | 23 March 1994

Department | Clinical Nutrition

Official IAU Email | hmaaltwejry@iau.edu.sa

Office Phone No. | -

Language Proficiency

Language	Read	Write	Speak
Arabic	✓	✓	✓
English	√	✓	✓
Others			

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
10 July 2017	Bachelor of Clinical Nutrition	Imam Abdulrahman	Kingdom of Saudi
10 July 2017	Bachelor of Chinear Nutrition	Bin Faisal University	Arabia

PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	
Master	
Fellowship	

Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Domonstrator	Imam Abdulrahman Bin Faisal University – KSA,	3 October 2018
Demonstrator	Eastern Province, AlRakah	5 October 2018

Administrative Positions Held: (Beginning with the most recent)

Administrat	ive Position	Office	Date

Scientific Achievements

Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication

Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date

Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date

Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
1	 Dr. Mohammed ElSaadani Dr. Waleed Baker Ms. Hussah AlTwejry Ms. Sara AlShuraim Ms. Rawabi Zubran Ms. Wala'a AlShaia 	Anti-hyperglycemic Potential of Selected Plants on Type 2 Diabetes Mellitus: A Double-Blind, Placebo- Controlled Study at King Fahd University Hospital, Saudi Arabia	2016

Current Researches

#	Research Title	Name of Investigator(s)
		Dr. Mai Gharib
		 Dr. Omar Abuzaid
		 Dr. Norah AlQahtani
The Association Between Dietary Calcium Ir	The Association Between Dietary Calcium Intake and	and • Ms. Hussah AlTwejry
1	Dysmenorrhea among University students in Eastern	Amal Al-Zahrani
	Province of Saudi Arabia: Cross Sectional Study.	 Ashwaq Al-Amoudi
		Raghad Al-Blwi
		Linah Al-Homidan
		 Zahrah Aldeabel

Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	Advances in Pediatric Nutrition; A Multi-Disciplinary Approach: Childhood Obesity	KSA, Eastern Province, Imam Abdulrahman Bin Faisal University, AlRakah - 13 & 14 March 2019	 Organizing and planning the whole event. Communication with all speakers Conduct a workshop titled (Representing the multi-disciplinary approach of nonsurgical intervention by discussing case scenarios).
2	Autism Awareness	KSA, Eastern Province, Carlton AlMoaibed Hotel - 2 April 2015	 Volunteer (Organization Committee) for Community Service

Membership of Scientific and Professional Societies and Organizations

- Member in Saudi Society for Clinical Nutrition (2018).
- Member in Al-Rahma Medical Charity (2015-2017).
- Member in the Scientific Research Club at Imam Abdulrahman Bin Faisal University (2015-2017).

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Malnutrition Diseases Course	(NUTR 316)	Lectures (#7) and Tutorial (#1)
2	Medical Nutrition Therapy 2 Course (Practical Part)	(NUTR 322)	Case Studies (#4) and Hospital Visits (#4)
3	Dietary Requirements and Meal Planning Course	(NUTR 224)	General Assistance

Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

- 1- *Malnutrition Diseases Course (NUTR 316):* The course focuses on studying the main diseases resulting from specific nutrients deficiency, excessive or imbalance of certain nutritional intake. Focus was on the prevalence, clinical and biochemical signs, vulnerable groups, contributed risk factors, health consequences along with worldwide suggestions of nutritional intervention to overcome these diseases.
- 2- *Medical Nutrition Therapy 2 (NUTR 322):* During the course students will be learn how to apply basic nutrition science principles in the selection of the appropriate medical nutrition therapies and nutrition care process for patients with respiratory diseases, cancer, AIDS, metabolic disorders of amino acids, Fatty acids, and CHO, food allergy and intolerance, burns, surgery and intensive care units. This will be taught through lectures, case-studies, group presentations, and exams. A case-based approach will be utilized to foster analytical and critical thinking skills related to designing nutrition prescriptions and interventions as well as nutrition care plans.
- 3- Dietary Requirements & Meal Planning Course (NUTR 224): The student will be educated to use different methods, equations, and standards for estimating energy and nutrient requirements for individuals at different age groups, focusing on the dietary guidelines for healthy people, calculating dietary requirements and applying meal planning using computer programs.

Postgraduate

Ŧ	#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)

Brief 1	Description	of Postgraduate	Courses	Taught: (C	Course	Title –	Code: 1	Description)
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Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	То

Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date

Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To

Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date

Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1	Undergraduate	The Association Between Dietary Calcium Intake and Dysmenorrhea among University students in Eastern Province of Saudi Arabia: Cross Sectional Study.	Imam Abdulrahman Bin Faisal University	2018-2019

Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

Administrative Responsibilities

#	From	To	Position	Organization
1	17/12/1439 H	Present	Member of CN Quality Committee	
2	17/12/1439 H	Present	Member of CN Website Committee	
3	17/12/1439 H	Present	Member of CN Curriculum Developmental Committee	Tenana Ab dalaahaana
4	17/12/1439 H	Present	Member of CN Community Services Committee	Imam Abdulrahman Bin Faisal University
5	17/12/1439 H	Present	Member of CN Internship Affairs Committee	
6	17/12/1439 H	Present	Member of CN Alumni Committee	

Committee Membership

#	From	To	Position	Organization
1	Beginning of 2016	Ending of 2016	Member	Student Symposium Committee at Imam Abdulrahman Bin Faisal University

Scientific Consultations

#	From	To	Institute	Full-time or Part-time

Volunteer Work

#	From	To	Type of Volunteer	Organization
1	October 2018	October 2018	Clinical dietitian in the 10th Early Detection Campaign of Breast Cancer.	Imam Abdulrahman Bin Faisal University at AlRashed Mall.
2	February 2018	February 2018	Clinical Dietitian and Educator in Healthy Food and BMI Calculation Activity in12th intermediate school.	Imam Abdulrahman Bin Faisal University (Clinical Nutrition Department) at 12 th Intermediate school - AlDammam.
3	October 2017	October 2017	Clinical Dietitian and Educator in Activate World Food Day.	Saudi Association of Specialist (SAOS) and Taibaat Company for Nutritional Supplement at several schools in Eastern Region - AlKhobar.
4	May 2017	May 2017	Clinical Dietitian and Educator in Healthy Nutrition in Ramadan Campaign.	Clinical Nutrition Department at King Fahd University Hospital.
5	December 2016	December 2016	Informative in Family Medicine Diabetic Day.	Medical Nutrition Therapy Department at King Fahad Specialist Hospital - Dammam.
6	October 2016	October 2016	Informative in the Early Detection Campaign of Breast Cancer.	King Fahd University Hospital.
7	August 2016	August 2016	Clinical Dietitian and Educator in Healthy School Campaign: Aware GenerationPromising Generation.	Clinical Nutrition Department at Dammam Medical Complex.

8	August 2016	August 2016	Clinical Dietitian and Educator in AlHajj Safe and Healthy Campaign.	Clinical Nutrition Department at Dammam Medical Complex.
9	June 2016	June 2016	Educator in Healthy Food Booth.	Al-Rahma Medical Charity at the Primary school in AlDhahran.
10	April 2016	April 2016	Representative in 3 rd Career Forum to represent Clinical Nutrition Department.	Imam Abdulrahman Bin Faisal University (Clinical Nutrition Department) at AlDhahran International Exhibitions.
11	February 2016	February 2016	Informative in Student Symposium Committee in a lecture titled "Save it to keep it".	Imam Abdulrahman Bin Faisal University.
12	December 2015	December 2015	Informative in Obesity and Associated Risks campaign.	Imam Abdulrahman Bin Faisal University (Clinical Nutrition Department) at Saudi Electronic University, Eastern Province, KSA.
13	2015	2015	Representative in Preparatory Year Exhibition to represent Clinical Nutrition Department.	Imam Abdulrahman Bin Faisal University (Clinical Nutrition Department).
14	April 2015	April 2015	Organizer in Autism Awareness Event	Global Shapers Community Al-Khobar
15	February 2014	February 2014	Informative in Healthy Buffet, a community activity.	Clinical Nutrition Department at Imam Abdulrahman Bin Faisal University.

Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

- 1 Computer skills in Microsoft Office Applications.
- 2 Public speaking and writing.
- 3 Volunteering and community services.
- Leadership ability, effective team member, punctual, organized, responsible, practical, hard worker.