

CURRICULUM VITAE



NEESHMA KARUNAKARAN

DIETITIAN

MOH NO: 168682

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OBJECTIVE

A well presented, self motivated and confident dietitian with DHA license and MOH eligibility with experience of assessing patients' nutritional needs, then developing and implementing nutrition programs for them. Possessing the ability to communicate complex and sensitive information about dietary matters in an understandable form to patients. Having a proven track record of successfully promoting healthy eating habits to communities and suggest diet modifications to individuals.

Now looking to further an already successful career by working for a caring, reputable and ambitious organization.

PROFESSIONAL MEMBERSHIP:

- **MOH eligibility as Dietitian**
- **DHA License**
- **Life time member in Indian Dietetic Association**

TOTAL WORK EXPERIENCE: 6years 7 months

WORK EXPERIENCE:

Currently working as DIETITIAN with VLCC INTERNATIONAL LLC, MIDDLE EAST from February 2017 till date

- ❖ **Worked as Dietitian at Medical Trust Hospital in Cochin, Kerala, from 02 July 2015 to 12 July 2016**
- ❖ **Worked as Dietitian at Aster MIMS Hospital Kottakkal in Malappuram District, Kerala, from March 2014 to June 2015**

- ❖ Worked as **safety and hygiene assistant** in Ascot& Royal Ascot Hotel Dubai,UAE from April 2012 to October 2013
- ❖ Worked as **Dietitian intern** at **Christian Medical College, Vellore**, Tamil Nadu ,from August 2011 to February 2012
- ❖ Worked as **Dietitian** at **Dhathri ABS fitness clinic Trivandrum & Kottayam** From June 2009 to July 2010

Job Responsibilities

- To give diet counseling and guidance to patients referred by medical consultants or self-referral according to their conditions
- Undertaking comprehensive assessment of a patients' nutritional condition
- Planning Therapeutic tube feeds for critical care patients
- Specialty nutritional care for nuero, pulmo, gastro, nephro and criticare care patients
- In patient ward visit and active follow up
- Therapeutic Menu planning
- Kitchen rounds and sample checking
- Instruct and supervise activities and work of all trainees and interns
- Client service & maintain good relationship with clients
- Collecting patient data for surveys, analysing it and producing reports
- Liaising with nursing & catering staff to provide special therapeutic diets and feeds. Handling client interviews, framing packages and client conversion
- Supervising the preparation and serving of meals and tube feeds
- • Helping clients to make informed & practical choices about their food & health. •
- Advising healthcare professionals, catering staff & nurses on nutritional matters.
- Ensuring that each patient has an individually tailored care plan to meet their needs
- Instructing patients and carers clearly on what to eat and when.
- Managing the weight of overweight patients
- Contacting patients on an outpatient basis to ensure compliance of diet.
- EMR Documentation of patient handling.

EDUCATIONAL QUALIFICATION:

- **PG diploma in Dietetics-2010-2012** (from Christian Medical College ,Vellore)
- **BSc. Nutrition & Dietetics-2006-2009** (from RVS College Coimbatore under Bharathiar University) with 74% marks.
- **Plus Two-2006** (from Sacred Heart HSS Chalakudy, Board of Public Examination Kerala)with 80% marks
- **S.S.L.C -2004**(from Sacred Heart HSS Chalakudy , Board of Public Examination Kerala) with 92% marks

Additional Qualification

- Completed Advanced diploma in Bio Informatics
- Completed Honors diploma in computer application
- Won the award of gold medal for best out going student of the batch of 2011 from Christian medical college, Vellore

KEY SKILLS AND COMPETENCIES:

- Clinical knowledge of specialised prescribable dietetic products
- Experience of trialing and evaluating new and existing dietetic products.
- Experience in both hospital and community settings.
- Dealing with complex situations.
- Knowledge of infection prevention and control policies.
- Experience of working with the elderly, children, and individuals with special needs.

AREAS OF EXPERTISE:

- Weight Loss and weight gain
- Therapeutic tube feeding
- Medical nutritional therapy for Nephrology, gastrology, neurology ,cardiology and pulmo patients
- Eating disorders
- Dietary Management of lifestyle diseases
- Health promotion
- Nutritional calculations
- Menu analysis
- Developing nutritional care plans
- Nutrition screenings

LANGUAGE:

English, Malayalam, Hindi, Tamil

HOBBIES:

Traveling, cycling, Hearing Music and cooking

PERSONAL DETAILS

Address	: Kuttikkatil House,North Chalakudy, Thrissur,Kerala, India, Pincode: 680307
Nationality	: Indian
Date of birth	: 25-02-1989
Place of Birth	: Chalakudy, Kerala
Religion	: Hindu
Marital status	: Married

Passport number : N7627781
Visa Status : Job Visa

DECLARATION

I hereby declare that all the statements made above are true to the best of my knowledge and belief.

Neeshma K K