

## MIRA BOUTROS

Kornet Chehwan, Street 7, Bldg. 6, 3<sup>rd</sup> Floor, Beirut, Lebanon

**Mobile:** +961 70 050540; **Landline:** +961 4 911818; **E-mail:** miraboutros92@gmail.com

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Highly dedicated and conscientious Entry Level Dietitian with an excellent patient service record and work ethic. Looking for an employment position in a caring, reputable and essentially ambitious organization that promotes nutrition and helps people develop healthier diets and lifestyles. Highly interested in expanding my knowledge about nutrition and dietetics and the medical field.

### EXPERIENCE

- Currently employed at LAUMC-RH as a Junior Clinical Dietitian (as of December 1<sup>st</sup>, 2016).
- Currently enrolled at USJ: Master Nutrition Humaine.
- Volunteered as a Dietitian at LAUMC-RH (July 15, 2016 – November 11, 2017).
- 9 month Coordinated Program Dietetic Internship at LAUMC-RH (2015-2016, *July 2016 Colloquium holder*) including:
  - 1 month community internship at the Ministry of Economy & Trade, Lebanon (January 2016).
  - 1-week observership at Clemenceau Medical Center (May 2016).
- World Diabetes Day Awareness campaign at ABC Dbayeh Mall (November 14, 2015).
- IPE Awareness Campaign: Diet Pills and Steroids at Souk of Jbeil (April 2016).
- Undergraduate Senior Study Project: Detox Diets: Short-term effects of a modified detox diet on body weight regulation, appetite, quality of sleep and stress (2015).
- Community Project: A comparison of eating habits of male and female LAU Byblos dorm students with respect to the MyPyramid and MyPlate recommendations (2014).
- Innovation in Food Control (IFC2014) Project Proposal: Establishing a Food Safety Training Center in Lebanon (along with Dr. Hussein Hassan, LAU).
- Volunteered in the LEAP program – Learn Enrich Achieve Perform in Los Angeles, California, USA (February 2015 – May 2015).

### EDUCATION

**Lebanese American University**

*Graduated: Spring 2016*

Bachelor of Nutrition and Dietetics, Coordinated Program.

**International College, Beirut, Lebanon**

*Graduated: 2010*

French Baccalaureate, Option: Sciences de la Vie et de la Terre.

### PROFESSIONAL DEVELOPMENT

#### Continuing Education – CPE Activities

- **Nutrition Care Process Tutorial (NCP09)**, August 25, 2017. 2 CPEUs, CPE Level: 2, approved & accredited by CDR: the credentialing agency of the Academy of Nutrition and Dietetics, USA.

- **Diabetes Management & Prevention**, CATALYST: The Training Lab, Beirut, December 12, 2015. 3.5 CPEUs, CPE Level: Professional, approved & accredited by CDR: the credentialing agency of the Academy of Nutrition and Dietetics, USA.
- **Nutrition & Diabetes Complications**, CATALYST: The Training Lab, Beirut, April 16, 2016. 4 CPEUs, CPE Level: Professional, approved & accredited by CDR: the credentialing agency of the Academy of Nutrition and Dietetics, USA.
- **Eating Disorders – Nutrition Interventions**, CATALYST: The Training Lab, Beirut, May 21, 2016. 7 CPEUs, CPE Level: Professional, approved & accredited by CDR: the credentialing agency of the Academy of Nutrition and Dietetics, USA.
- **Inter-Professional Education Certificate - IPE** (LAU, 2014 – 2016, Beirut, Lebanon).
- **Human Milk & Lactation Symposium** (NDU, September 28, 2015, Beirut, Lebanon).
- **Gastro Intestinal Symposium** (CMC in collaboration with Johns Hopkins, September 17, 2015).
- **Nutrition and Food Research Conference** (LAU, April 12, 2016, Beirut, Lebanon).
- **Nutrition and Food Research Day** (LAU, April 25, 2015, Beirut, Lebanon).
- **Cook & Chill, The Advanced Food Safety Workshop**, CATALYST: The Training Lab, Beirut, October 15, 2016. 8 CPEUs, CPE Level: Professional, approved & accredited by CDR: the credentialing agency of the Academy of Nutrition and Dietetics, USA.
- **International HACCP Implementation Training level 3** (certification by Boecker, 2013, Beirut, Lebanon).
- **Consumer Service Protection, Emphasis on Food Safety Training** (Lebanese Ministry of Economy & Trade, February 5 and 6, 2016, Beirut, Lebanon).

#### Computer Literacy

MS Office (Word, Excel and Power Point).

#### **PERSONAL PARTICULARS**

DOB: June 19, 1992

Nationality: Lebanese

Languages Known: French, English, Arabic

#### **REFERENCES**

- Dr. Nadine Zeeni- Assistant professor and coordinator of the nutrition program at LAU  
Contact information: nadine.zeeni@lau.edu.lb / ext 2317
- Dr. Maya Bassil- Assistant professor and co-coordinator of the nutrition program at LAU  
Contact information: mbassil@lau.edu.lb / ext 2469
- Dr. Hussein Hassan- Assistant Professor of Food Science and Technology at LAU  
Contact information: hussein.hassan@lau.edu.lb
- Miss Sandra Akiki- Head Clinical Dietitian at LAUMC  
Contact information: sandra.akiki1@umcrh.com / ext 5063
- Mrs. Joelle Abi Kharma- Faculty of LAU as well as part of the head staff for the internship program at LAUMC  
Contact information: joelle.abikhurma@lau.edu.lb / +9613142751
- Miss Sandra Karnaby- Faculty of LAU and head staff for the internship at LAUMC  
Contact information: karnabysandra@gmail.com / +96171885151
- Mrs. Carrie Norred- LEAP program – Learn Enrich Achieve Perform, Los Angeles, CA, USA.  
Contact information: cnorred@mac.com / +18183780387