



Dietitian Elsa Jreijiry

Address: Achrafieh, Lebanon

Mobile : +961 3 117286

Email : elsajreijiry@hotmail.com

LinkedIn : <https://www.linkedin.com/in/elsa-jreijiry/>

Summary

A highly motivated and hardworking licensed dietitian with strong team building, communication skills, and dedicated approach to working in a highly controlled working environment.

Education

Certified licensed dietitian from the ministry of public health (2021)

Holly Spirit University of Kaslik (2017 – 2020) Bachelor of Science in Human Nutrition and Dietetics

- Courses: Nutrition in the life cycle /Community nutrition/Therapeutic diet (1, 2 and 3) and human nutrition (1, 2 and 3)/ Physiopathology/Food service management/Food hygiene and quality control,sports nutrition.

College of “Soeurs des Saints Coeurs” Zahle Rassié (2002 – 2016)

Baccalaureate in Life Science

Relevant Work experience

Internship at Geitawi Hospital (December 2020 – july 2021)

- Exhibited a thorough acquaintance of the nutrition care process
- Construction of a proper ADIME note and developing a nutritional care program for patients
- Provided patient assessment and nutrition evaluation.
- Prepared therapeutic diets for individuals with weight imbalance, renal, diabetes, pregnancy, children, enteral and parenteral, stress, cardio, gastro-intestinal diseases.
- Supported individuals in their daily food choices to plan a healthy diet and provide discharge diets.
- Planed a HACCP system, audited the kitchen hospital and controlled the food safety and quality of the department.
- Managed floor round and the food line process.

Hotel Massabki Chtaura - Lebanon (February 2020 – June 2020)

- Elaboration and analysis of different types of menus.
- Applied the functions of managements from reception to service

- Followed up on the preparation of recipes to make sure that the kitchen staff are using the same usual ingredient with no changes (Standard Recipe procedure)
- Improved my overview on: marketing, human resources, leaderships

Monte Alberto hotel and restaurant (September 2019 – June 2020)

- Followed-up with staff in order to apply the rules, regulation and sanitation control for better quality and safety of food.
- Audited kitchen and staff of the hotel to make sure they follow the necessary regulation in order to obtain or renew licenses for the place (ISO).
- Planned and organized a Hazard Analysis Critical Control Point (HACCP) system in the kitchen

Internship at Rym Diet Clinics (Rim Hanna) Zahle – Lebanon (June 2019 – July 2019)

(An internship in Community Nutrition)

- Communications of the various nutritional problems of the community and their influencing factors (biological, behavioral, economic, socio-cultural).
- Developed relevant interventions to improve the nutritional health of the community.
- Provided nutritional prevention to different groups of communities (children, pregnant and breastfeeding women, men, the elderly and athletes).

Courses & Workshops

Abbott certificate of completion Subcutaneous fat and muscle loss (Sep - 2021)

- Review the prevalence of malnutrition and identification of adult malnutrition.
- Discuss how to evaluate muscle and fat losses in adult patients.
- Watch demonstrations on how to assess changes in body composition using the nutrition-focused physical exam (NFPE).

Abbott certificate of completion-Neonatal Fundamentals: Enteral Nutrition (Sep - 2021)

- During this course I learned about the four benefits of human milk, ways to initiate and advance enteral feedings in the NICU. In addition, the course included insights on what recommendations should be given for very low birth weight and preterm infant.

French Higher Education Institute (2018)

- DELF certification with a rank of B2 (Level B2: a degree of independence that allows me to construct arguments to defend his/her opinion, explain my viewpoint and negotiate. At this level, I have a degree of fluency and spontaneity in regular interaction).

Cambridge advanced English diploma (CAE) (2018)

Charity & Volunteer Work

Missionary (2014-2016)

- Performed ministries of service, such as education, literacy, social justice, health care, and economic development to support families in need.

Skills

- Microsoft software: PowerPoint, Excel, Word
- Leadership
- Communication
- Consultation
- Teamwork

Languages

- Fluent in Arabic and French
- Intermediate in English