



QEEFAL IJAZ ASLAM

DIETITIAN

As an accomplished dietitian, **certified** from UVAS, Slr Ganga Ram Hospital, Mayo Hospital, Doctors Hospital Lahore and THQ Burewala, with over two years of experience in weight management and related disorders, I am dedicated to making a positive impact on the lives of individuals seeking to improve their health and well-being. Through my comprehensive knowledge, compassionate approach, and evidence-based practices, I have consistently delivered exceptional results and fostered long-term relationships built on trust and support. Seeking to expand my professional horizons, I am excited to leverage my skills and expertise in a new opportunity where I can continue making a meaningful difference in the field of nutrition and weight management.

Contact

Phone

+92 310 630 2325

Email

qeefal.ijaz@gmail.com

Address

81-D Block, Burewala

Education

- 2017-2022
Doctor of Nutrition and Dietetics
UVAS, Lahore, Pakistan
- 2023
Diabetes - The Essential Facts
University of Copenhagen, Coursera
- 2021
Introduction to Food and Health
Stanford University, Coursera
- 2021
Weight Management
Emory University, Coursera
- 2021
Nutrition Focused Physical Exam
Abbott Nutrition Health Institute

License

- RD (HCPC. UK)

Experience

Oct 2023 - Present

Bin Khalid Medical and Skincare Complex, Burewala

Clinical Dietitian

Clinical Dietitian to provide nutrition consultation and dietary management to general adult population including patients of broader range i.e. Diabetes, Renal dialysis, fatty liver, exzema, skin allergies, hair problems, weight management, arthritis, joint pain, muscle and back problems, IBD, IBS, GERD, SBS, respiratory problems etc.

Oct 2023 - Present

Barani Institute of Sciences, Burewala

Supervisor Dietitian

Provide supervision, technical knowledge and experience as well as a smooth clinical nutrition experience for students to learn in a more practical hands-on way. Conduct visits, rotations and practical exams and vivas for better learning of a clinical as well as hospital dietitian, its duties as well as the protocols and knowledge involved.

Nov 2022 - Present

Marham, Lahore

Dietitian

Online based Dietitian practicing to provide clients from all over Pakistan nutrition consultation and advises based on their body needs and nutritional requirements. Providing the clients a better image of their health and how much they can improve it by simple dietary practices and a daily routine of specific exercise.

Jan 2023 - Oct 2023

Skinology Pk, Lahore

Clinical Dietitian

Providing clients and patients with nutrition consultation as well as dietary and exercise management to help them reach their target weight and fitness goals. Treat patients of related disorders like diabetes, renal insufficiency, fatty liver, PCOS, infertility, hair loss, skin conditions and much more, by helping them manage their weight and fitness level to reduce or remove the complications.

Dec 2022 - Feb 2023

Pharmasol Pvt Ltd

Product Manager (Intern)

Internee as a Product Manager at the the pharmaceutical company's head office. Learnt the responsibilities of a product manager in the success of a certain drug. Starting from the study of the market and consumer needs for the launch of a new drug, its chemical composition, studying its evidence based results to its launch, marketing, sale and statistical analysis of the product in the market, a product manager is basically responsible for the success of the drug.

Language

English (C1 - Advanced)

Urdu (Native)

Skills

- Computer
- Communication
- Writing
- Data Entry and Analysis
- Photography

Expertise

- Weight Management
- CKD, Renal Failure
- Hypertension
- PCOS, Infertility, Obesity
- Diabetes & Pre-diabetes
- Steatosis

Dec 2021 - Sept 2022

FrieslandCampina Engro Pakistan

Research Volunteer (Nutrition)

Volunteer in a 10 month long research on the "Effect of milk on the health of school going children" in the districts of Sheikhpura and Attock. Undertook physical exams and total body compositions of the children and measured the positive effect of milk on them over a 10 month long period. Analyzed data, performed data entry and result formations according to basic research methods using statistical tools.

Oct 2021 - Aug 2022

Sir Ganga Ram Hospital Lahore.

Dietitian (Intern)

Dietitian for the patients of general ward, pulmonary ward, endocrinology ward, cardiac ward, gynecology ward, neurology ward, surgery ward, oncology ward, orthopedic ward, the diabetes clinic as well as the human nutrition clinic in UVAS. Diagnosis of nutritional problems in the patients and planning a Medical Nutritional Therapy for the patients for their speedy recovery and removal of nutritional deficiencies. Counsel the patients for strict nutritional management and following of the diet plans. Recommend appropriate exercise regimes according to the patient's condition as well as needs.

Jan 2021 - May 2021

Mindbridge

Customer Care Executive

Customer care executive for the high profile branch of the company. Provide excellent customer care and resolve customer's concerns and problems with effective communication and multitasking. Outstanding typing and communication skills needed to resolve customer's problems in a timely and effective way while documenting the whole process with multitasking.

Sept 2020 - Nov 2020

Mayo Hospital Lahore

Dietitian (Intern)

Intern in the nephrology, cardiology and general medicine wards, accompanying the Dietitian supervisor to observe the hospital based practices and documentation. Preparing Medical nutrition therapy for specific patients handed by the supervisor, presenting the diet plan to the supervisor for marking and providing evidence based facts for nutritional approach.

Jun 2019 - July 2019

THQ, Burewala

Dietitian (Intern)

Observe the senior dietitian in the hospital as she manages the nutrition requirements of the admitted patients as well as the consultation she provides for the emergency and out-ward patients for their nutritional needs and requirements. Make notes of the practices of dietitian and provide insights and questions to the supervisor for better understanding of the hospital duties of a dietitian.

Reference

Dr. Sanaullah Iqbal

Professor, Uvas Lahore

Phone: +92 333 8981489

Dr. Sana Naz

CEO Skinology Pk.

Phone: +92 321 2349268

Dr. Bilal Khalid

CEO Bin Khalid Hospital

Phone: +92 334 1700414