

Dr Soha Shafqat – Public Health Nutritionist / Clinical Dietitian

Personal Details

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Current resident – Islamabad.

Nationality – Pakistani.

Languages: English, Urdu, Hindko, Pushto, Punjabi, Arabic.

Gender – Female.

Domicile- Kohat KPK.

Objectives

To achieve the challenging position in a reputed and dynamic organization where I can best utilize my expertise in the healthy environment, work hard to enhance my imitative, analytical and managerial skills to make full use of my education in the field of Diet, Food & Nutritional Sciences & Public health and to work for an organization which would help me succeed in a competitive world ahead in return of my dedicated professional services.

Profile Brief

As a Public Health Nutritionist, I am dedicated to promoting health and well-being through evidence-based nutrition interventions. With a strong background in medical-nutrition & food science and public health, I have experience in **Diet, clinical nutrition** and **public health programs** to address community health needs.

In addition, I have hands-on experience in making reports, tools development for research, collaborating with health organizations, community resources, Interviewing the government and international stakeholders and providing Training sessions & preparing training materials for diverse audiences. I have effectively communicated complex concepts in a clear and engaging manner, ensuring that participants grasp key information and practical skills.

I possess a comprehensive understanding of **MNCH, IFA MMS, Adolescent health, CMAM, MAM, SAM, IYCF, Food science principles, food safety regulations, and food processing techniques, food technology, Meal Planning, Immunization, Vaccinations, Non-Communicable diseases, Food psychology, Health & wellness coach, Health Promotion & Planning, WASH**. My multifaceted experience equips me with the knowledge and tools necessary to address complex challenges and drive impactful change in public health strategies and implementation.

Core Areas

- Monitoring and Evaluation
- Supplementation
- CMAM, MAM, SAM, IYCF
- Stunting and wasting
- IFA & MMS
- Communicable Diseases
- Food Processing & Preservation
- Health Coach
- Qualitative & Quantitative Research
- Field Survey Coordination
- Community Engagement & Mobilization
- Project Management & Implementation
- Maternal Health & Nutrition RMNCH
- Public Health Research
- Medical Nutrition Therapy & diet plans
- Malnutrition
- Capacity building Trainings
- Non-Communicable Diseases
- Food Toxicology & Food Safety
- Immunization/ Vaccination
- Surveillance, WASH
- Data Collection and Entry
- Nutrition and Public Health Education
- Training and Capacity Building

Consulting Projects

S. No.	Projects	Donors
1.	Targeted Supplementary Feeding Program	World Food Program (WFP)
2.	OTP (outpatient therapeutic program)	UNICEF
3.	Cascade trainings on Maternal health and nutrition (IFA/MMS)	Nutrition International (NI)
4.	Scoping study on Improving ANC services in Pregnant Adolescent girls of Pakistan.	Nutrition International (NI)
5.	Formative research on Improving ANC services in Pregnant Adolescent girls of Pakistan.	Nutrition International (NI)
6.	Exploration of locally available proteins for sustainable food systems in Pakistan.	Global Alliance For Improved Nutrition (GAIN)
7.	Endline Survey – Pakistan Nourish MAA Campaign.	Nutrition International (NI)
8.	NIMS Survey, Zinc Intervention, Pakistan, 2024	Nutrition International (NI)
9.	M&E Kangro Mother Care & ANC/PNC-MNCH Battagram, Kpk.	JICA
10.	Polio Post Campaign Monitoring & LQAS in Mirpur/Bhimber, Jammu Kashmir-AJK.	WHO

11.	Free Medical camps at Bari Imam Islamabad.	SOS Foundation & HSA Islamabad.
12.	Free Medical camp in Rawalpindi.	Abida Parveen Medical complex.

Education

- **Post Graduate Specialization;**
MPH- Master`s in Public Health from Health services Academy (HSA) Islamabad (2023-2025)
- **Certifications;**
- **Post Graduate Diploma in Pediatric Nutrition** from Health services Academy (HSA) Islamabad. (2024-2025)
- **Post Graduate Diploma in Dietary supplements advisor (cert.) California USA** accredited by IAOTH & CPD (2022-2023).
- **RMNCH-** did a course in Reproductive Maternal Newborn and Child Health from HSA, Islamabad. (4th March 2024)
- **IYCF-** Infant and Young Child Feeding in Emergencies during Infectious Disease Outbreaks course from Kaya by USAID, READY, John Hopkins (20th July` 2024).
- **Digital Health-** did a course in Digital Health & Nutrition from Kaya by Save the Children (19th July` 2024).
- **Nourish Maa CME Training Certificate** on Maternal Nutrition by NourishMaa Campaign of Nutrition International & Government of Pakistan. (2ND July` 2024)
- **Joint Sector Review** WASH, Climate Change, Environment and DDR Khyber Pakhtunkhwa by PHED & UNICEF.
- **Multidisciplinary Approach in Cerebral Palsy** by STMU – Shifa International Hospital Ltd.
- **Organized a One Day Seminar on Safe Food-Healthy Nation** by UOL and National Alliance for safe food.
- **Bachelors:** 2021
Doctor of diet and nutritional sciences (DDNS) 5 years degree program University of Lahore, Islamabad campus, Pakistan.
- **Internship;**
at PAK EMIRATES MILITARY HOSPITAL, MH RAWALPINDI – 2019
- **Dissertation writing** on “Association of dietary habits and lifestyle modifications on Menstrual disorders in female students of university of Lahore, Islamabad campus”

Professional Experience

Experience – 5 years

Program Officer- Nutrition at Momentum Islamabad.

Providing Technical Support and Focal person to the clients/personnels of INGOs & GoP MoHNHSR&C on all the projects related to Health and Nutrition led by different donors.

▪ **Projects led by Nutrition International;**

- **Cascade Trainings:**

Conducted and provided my technical support in designing and preparing and developing tools, training material/Modules and their translation into their local languages, Coordination, prepared final report reviewed consultant`s report and conducted trainings for Training of Trainers, Training of Master Trainers and Cascade trainings on Maternal health & nutrition MMS & IFA supplementation in Ziarat (Baluchistan), Lodhran (Punjab), Jamshoro & Khairpur (Sindh).

- **Scoping study** and

- **Formative research:** on Improving ANC services in pregnant Adolescents in Swabi (KPK) Pakistan.

High level Summary of Desk Review, KIIs, IDIs & FGDs, exit surveys, Observation checklist, Stakeholder mapping, Journey mapping Tools development & interview conduction from the health service delivery providers at Federal, provincial and district levels, Donors Ips, community & religious leaders, Adolescent girls, their guardians/parents, LHWs, LHVs, gyneacologists, school administration & teachers in district Swabi, kpk, Pakistan.

Training of data enumerators, Transcriptions, Data Analysis, Stakeholder Mapping, Coordination, PPTs & Report Writing.

- **Pakistan Nourish MAA Campaign:**

Baseline & end-line survey for measuring the knowledge, attitude, motivation, and practices of healthcare providers (HCPs) and frontline health workers (FHWs) on maternal nutrition as part of the Pakistan Maternal Nutrition Campaign - NourishMaa project in Karachi East, Larkana, Rawalpindi, Bahawalpur, Kambar Shahdadt, Karachi Korangi, Mardan, and Battagram.

Knowledge dissemination, training, and capacity building, IDIs, FGDs, behavior change communication (BCC), community engagement, Monitoring of collected data, policy advocacy, integration with health services, ppts and final report.

- **NIMS Survey**, Zinc Intervention, Pakistan, 2024.
Technical Support, Cross-sectional study, cluster sampling, IDIs, Questionnaires, reports in urban slums of KPK, Punjab & Sindh.

- **Project by GAIN;**

Exploration of locally available proteins for sustainable food systems in Peshawar, Islamabad, Rawalpindi, Faisalabad, Quetta, Karachi, Pakistan.

Team Lead, Technical support, inception report, data collection, market survey, FGDs & KII tools development, Training of Enumerators, Evaluation, Nutrition Analysis Report, consolidated report on functional properties, Final Exploration Report.

- **Projects led by Health Services Academy (HSA);**

- **JICA M&E** Kangro Mother Care & ANC/PNC-MNCH Monitoring & Evaluation field in Battagram, Kpk- 4th June` 2024.
- **WHO Polio Post Campaign Monitoring** & LQAS field in Mirpur/Bhimber, Jammu Kashmir, AJK. - 24th August` 2024.
- **SOS Foundation** Free Medical camps at Bari Imam Islamabad- 25th August` 2024.

- **Projects by Baluchistan Nutrition Directorate, Pakistan.**

- **TSFP Officer (Targeted Supplementary Feeding Program);**

- **WFP “World Food Program”** supported project. From May 18,2023 to October 14,2023.

Managed the targeted supplementary feeding program centre in which I did screening of children with **MAM**. Provided “**ACHA mum**” supplements according to the protocols. Providing “**MAMTA**” supplements to pregnant and lactating women. Screening MUAC.

- **Nutrition Assistant;**

- From May 8th, 2022, to May 8th, 2023

UNICEF supported OTP (outpatient therapeutic program)

Screening children if they are **SAM**. Providing RUTF supplements according to the protocol

Providing **MNP** supplements & **IFA** supplements to pregnant, lactating and adolescent girls.

- **Medical Nutrition Therapist at KM CLINICS Islamabad.** Working as a consultant dietitian at KM CLINIC Islamabad Pakistan. 2019-2024 on Clinic and online/e-consultations worldwide.

Skills

- Excellent at planning MNT medical nutrition therapy for patients according to their condition
- Can evaluate and assess patient's nutritional status.
- Excellent at Providing Trainings & Counselling patients as well as their family on healthy dietary options and alternatives, health fitness & stress management.
- Excellent interpersonal skills, verbal & communication skills
- Can treat and manage disease with specific nutrition care plans.
- Can deal Outpatient clients, Inpatient & Direct patient care.
- Proposal writing, Program design, implementation, networking & marketing.
- Qualitative Research, Conducting IDIs, KIIs & FGDs.
- Coordination, Monitoring, Management, Leadership & Team work.
- Report writing and compilation, Survey Tools development.
- Training Manuals & Material Development.

Computer Skills

- MS Office and Basic Excel
- MS – word
- Outlook
- Canva
- Microsoft Power point
- Statistical Package for the Social Sciences - SPSS (Data Entry and Data Analysis)
- kobo

References

- i. Muhammad Masoud ul hassan
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