



# RAFEHA ASIF

## NUTRITIONIST / DIETITIAN

### Profile

Clinical Dietitian with experience helping hospital patients handle chronic medical problems through effective nutrition. Successfully educated patients and families, planned menus and completed assessments. Dedicated to using evidence-based nutrition to improve patient lives.

 03318957762

 rafeha640@gmail.com

 Kharian

## EXPERIENCE

### NUTRITIONIST AND DIETITIAN

Rural Health Centre

**Sep 2022 - Oct 2023**

- Completed detailed nutritional assessments of each patient based on health history, medical conditions and energy requirements. Planned nutritious meal options for individuals with various health needs

### MEDCARE HOSPITAL GUJRANWALA

**March 2022 - May 2022**

- Worked as internee with the team of nutritionist in promoting better nutrition. Provided appropriate medical nutrition education to the patients and their caregivers

### HAMEED LATIF HOSPITAL LAHORE

**July 2021**

- Worked as internee on different case studies
- Prepared personalized diet plans for clients

## EDUCATION

### MATRICULATION

Jinnah Public School

**2015**

### IINTERMEDIATE

Punjab College Gujrat

**2015 - 2017**

### DOCTOR OF DIETETIC AND NUTRITIONAL SCIENCES

University of Lahore

**2017 - 2022**

## SKILLS

- Nutrition needs Assessment
- Diet Modification
- Menu Development
- Therapeutic Diet
- Microsoft Word
- Powerpoint
- Article Writing