



PROFESSIONAL SKILLS

Collaborates with doctors to understand medical conditions and dietary restrictions.

Adept at talking to people of different experiences and backgrounds.

Expert to educate people about their disease condition and dietary modifications.

Extensive knowledge of nutritional values and food items.

Experience in creating adequate meals plans.

PERSONAL STRENGTH

Creativity, Initiative, Hardworking, Sincerity, Independence, Curiosity to learn and grasp as much of any situation, Quick learner, Self-Motivated and getting job done right, Positive Attitude and adaptable to changes.

PERSONAL DETAILS

Name of Father: Narayanan P

Name of mother: Santha P

Date of Birth: 17-05-1996

Sex: Female

Marital Status: Single

Nationality: Indian

Passport Number: U8222466

ADDRESS

Akhila P

Parappurath (H) Pookoottur (Po)

Malappuram

Kerala-676517

AKHILA P

DIETICIAN

Mobile -8137082559

Email:akhilapnarayanan@gmail.com

CAREER OBJECTIVE

To work in a vibrant environment while working as a team member in a reputed organization and to give the best I can do, to achieve the goals and objectives of the organization with full loyalty and zeal.

EXPERIENCE

1. **IMBICHIBAVA MEMORIAL CO-OPERATIVE HOSPITAL 2020 DECEMBER TO TILL NOW. (PERSUING)**

Designation: DIETICIAN

2. **ENDODIAB CLINIC LLP, (SUPER SPECIALTY CENTRE FOR ENDOCRINOLOGY AND DIABETES), CALICUT. (JULY 2019-NOVEMBER 2020).**

Designation: CLINICAL DIETICIAN

3. **SREE UTHRADOM THIRUNAL (SUT) HOSPITAL, PATTOM, TRIVANDRUM (2018 DECEMBER-JUNE 2019).**

Designation: DIETICIAN TRAINEE

4. **KOVAI MEDICAL CENTRE AND HOSPITAL LIMITED, COIMBATORE**

Designation: DIETICIAN INTERNSHIP TRAINEE (1 AND HALF MONTH).

5. **CHRISTIAN MEDICAL COLLEGE, VELLORE, CHENNAI.**

Designation: DIETICIAN INTERNSHIP TRAINEE (1 AND HALF MONTH).

QUALIFICATIONS

MSc. Nutrition and Dietetics from St.Joseph's college for Women, Alappuzha-2018 (Kerala University).

BSc. Family and Community Science from KAHM Unity Woman's College Manjeri, Malappuram-2016 (Calicut University).

Plus 2 from Govt.Girls Higher Secondary School, Malappuram (Board of Higher Secondary Education, Kerala).

ORGANIZATION PROFILE

IMBICHIBAVA MEMORIAL CO-OPERATIVE HOSPITAL AND RESEACH CENTRE
Society Ltd M 841 is a Super specialty Hospital with all facilities.

JOB PROFILE

- From my knowledge and experience, **myself started the Clinical Nutrition and Dietetics Department.**
- Developed all **Nutritional related documents as per NABH**

Nutritional assessment forms, Maternal nutritional assessment, Pediatric nutrition assessment form, Diet charts, Ryle's tube feed chart, Diet service check list, All registers which is mandatory in dietary.

- Develop, document and implement the process for **patient's nutritional screening, nutritional assessments and reassessments, and dietary care services.**
- Develop nutritional care plans.
- Nutritional care plan for critically ill patients.
- **Diet counseling** for patients/bystanders.
- Special nutrition care for vulnerable patients.
- Consultation for all physiological stages.
- **Monitoring the therapeutic foods for inpatients.**
- Conducting public **Awareness Class** on Nutritional management of Life style diseases
- Establishes and maintain **standards of food production and service, sanitation, safety and security.**
- Plan, develops, control and evaluate food service system.
- **Diet counselling for inpatients and out patients.**
- Develop **menu patterns and evaluate Patients acceptance.**
- Develops specifications for the procurement of food, equipment and supplies.
- Consult with the health care team concerning the nutritional care of Patient.
- Working with individuals, groups, workplaces and media to provide dietary advice for healthy living.

ORGANIZATION PROFILE

ENDODIAB CLINIC, CALICUT is the first super specialty endocrine and diabetes clinic in North Kerala and Mangalore.

JOB PROFILE

- Identifying **nutrition problems and assessing the nutritional status** of patients in a clinical setting.
- Developing **diet plans** and counseling patients on special diet modifications.
- Individualized **diet consultation and reassessment.**
- **Weight reduction diet** chart preparation.
- Calculating nutritive value of different food groups.
- Conducting public **Awareness Class** on Nutritional management of Life style diseases.
- Conducting **health camp in rural areas.**
- Developed **Leaflets and other diet related charts.**

CERTIFIED COURSES

DIABETIC EDUCATOR FROM CHRISTIAN MEDICAL COLLEGE (CMC), VELLORE (16-SEP-2019-26-SEP-2019).

- Educate people with diabetes.
- Counseling patient with type 1 diabetes.
- Educating Insulin administration procedure.

ONLINE CERTIFICATE COURSE IN ADVANCED BARIATRIC NUTRITION FROM SIR VITHALDAS THACKERSEY COLLEGE OF HOME SCIENCE (AUTONOMOUS), SNDT WOMEN'S UNIVERSITY, MUMBAI (COMPLETED ON 19-11-2021).

REFERENCE

Preethi R Nair, Chief Clinical Nutritionist

SUT Hospital, Pattom Trivandrum, Ph-9961602576

Shuaib Ali, Managing Director

IMCH Hospital, Tirur, Ph-9446301884

DECLARATION

I hereby declare that the statements given above are true to the best of my knowledge and belief.

Place:

signature

Date: