


## Short CV

<b>Name:</b>	<b>Wafaa Abdul-Meguid Wafy</b>	
<b>Date of Birth:</b>	<b>24/2/1966</b>	
<b>Last University Degree – Faculty - University – Country - Graduation Date</b>	<b>M.D. in Nutrition (Public Health) High Institute of Public Health HIPH, Alexandria University, 2006</b>	
<b>Affiliation:</b>	<b>Clinical Research Section, Laboratory of Public Health, Theodor Bilharz Research Institute</b>	
<b>Current Position:</b>	<b>Lecturer of Nutrition and Public Health</b>	
<b>Contact information:</b>	<b>E-mail: wafywafa@yahoo.com Tel.: 01001640084</b>	
<b>Experience and Research interest:</b>	<ul style="list-style-type: none"> <li>• <b>Clinical consultancy in Therapeutic Nutrition and dietetics for inpatients and out-patient clinics; including drawing and follow up of nutritional plans and dietary management for hepatic, renal, diabetic, cardiac and operative cases. As well as nutrition education of patients and their families.</b></li> <li>• <b>Public Health Research concerned with malnutrition problems in Egypt and its relation to endemic diseases; Schistosomiasis, HCV</b></li> <li>• <b>Nutritional Study aiming to provide technical support for development and implementation of national policy/plan in the direction of elimination or substantial reduction of undernutrition and micronutrient malnutrition in Egypt; 2000-2005:</b></li> <li>• <b>Development &amp; Evaluation of a Nutrition Manual for Health Team Members of PHC Units in Egypt (physicians, nurses and lab technicians).</b></li> <li>• <b>Intending at upgrading nutrition activities and improving quality and coverage of the nutrition services provided through PHC facilities, According to WHO-UNICEF-MOHP Policy as well as parallel to previously produced manuals by MOHP-UNICEF-WHO, namely; management of Diarrheal diseases in practice, Poliomyelitis eradication in practice, immunization in practice and Breastfeeding promotion in practice, which had distinguished assets in reducing their incidences and prevalence, alongside raising technical level of PHC team members and services provided by PHC units.</b></li> <li>• <b>Production of the Nutrition Manual is to be as simple, user friendly and operational as possible to guide for all nutritional services and activities currently provided by PHC Units as planned by MOHP, namely;</b> <ol style="list-style-type: none"> <li>1. <b>Prevention and control of IDA and iron supplementation for preschool children, pregnant and lactating women.</b></li> <li>2. <b>Prevention and control of VAD and vitamin A supplementation for preschool children and lactating mothers.</b></li> <li>3. <b>Promotion of exclusive breastfeeding.</b></li> <li>4. <b>Proper complementary feeding.</b></li> <li>5. <b>Growth monitoring for preschool children.</b></li> </ol> </li> </ul>	

	<ul style="list-style-type: none"><li>• The manual was produced in English and Arabic, in cooperation with MCH leaders and seeking for PHC team members brainstorming ideas and satisfaction by it.</li><li>• Technical support, nutrition education &amp; training sessions on the manual were carried up.</li><li>• PHC team members were evaluated for:<ol style="list-style-type: none"><li>1. Pre-training, interim &amp; final KAP.</li><li>2. Satisfaction.</li><li>3. Data recording improvement.</li><li>4. Indicators improvement (MOHP &amp; national health statistics).</li></ol></li><li>• Study was carried out on four PHC units in Cairo, namely; Masr El-Kadeema&amp;Bolak (intervention) with Zeinhom&amp; El-Galaa (control).</li><li>• The study was carried out over 200 PHC team members; 20 physicians, 20 nurses &amp; 10 lab technicians, were selected for the study inside each health facility.</li><li>• Supporting scientific research with nutrition science research according to the research plan of the Institute, in line with the modern global medical revolution that gave nutrition research the pivotal role in combating disease, whether by prevention or treatment.</li><li>• Cooperating with other departments of the Institute such as the Hepato-Gastroenterology, Urology, and Surgery Departments, Kidney Transplantation Unit, Laboratories, Biological Material Production Unit, and Animal Unit as well as in the field of Scientific Research and Patient Service.</li><li>• Providing nutritional services to the treated medical team and patients at the level of the outpatient department, the internal department or the primary health care (in the Institute or field research) by:<ol style="list-style-type: none"><li>1. Helping to develop and follow the appropriate treatment plan:</li><li>2. Evaluation of patients' nutritional status (clinical, anthropometric, and laboratory).</li><li>3. Plan, deliver, follow up and monitor specialized nutritional care and counseling for each individual case.</li><li>4. Supervising the planning of the hospital's nutrition program, and preparing and serving meals.</li><li>5. Training and nutrition education for the doctor, health team, patients and their families.</li></ol></li><li>• Produce dietary recipes for different patients, follow the economic treatment and the hospital pharmacy.</li><li>• Cooperating with research centers concerned with nutrition, such as the National Research Center, Nutrition Institute, and the Higher Institute of Public Health.</li><li>• Establishing the Institute of Nutrition in the Institute by adopting some young doctors from different departments who wish to complete their research future in the field of nutrition in their specialties.</li></ul> <p><b><u>Other Assignments in TBRI:</u></b></p> <ul style="list-style-type: none"><li>• Designing, implementing, monitoring, evaluating and upgrading basic Public Health situation – including endemic diseases, PHC services and activities – including nutritional –and taking over pilot studies in Geziret Mohammed Health Center (supervised by TBRI) and other Urban and Rural Health</li></ul>
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	<p><b>Centers covered by work projects. With main emphasis on:</b></p> <ol style="list-style-type: none"> <li>1. Training PHC health team members (physicians, nurses and lab technicians) on routine public health activities and correct health education message that health team members should transmit to PHC clients during delivering services.</li> <li>2. Health education and nutrition education seminars and sessions for PHC female client attendants along with outreach group campaigns in the catchment's area.</li> <li>3. Monitoring and supervision of quality of services provided.</li> <li>4. Carrying up situational analysis field and survey studies both on PHC health team members and population served by PHC.</li> </ol> <ul style="list-style-type: none"> <li>• Scientific educational lectures, seminars and training courses on therapeutic nutritional problems and its implications on endemic diseases for health team members (physicians, nurses and lab technicians) of TBRI as well as concerned candidates from outside TBRI.</li> <li>• Therapeutic Nutrition and Public Health Lectures and practical sessions for TBRI School of Nurses</li> </ul>
<b>Best Five Relevant Publications</b>	
<p>1. Sadek A, Alawam H, Fahmy A, <b>Wafy W</b>, Kasem M, Abd El Hady A, Hammam O, Mahmoud S, Sadek A A, Abd El Hady A A, Diab T. (2019): Effect of ozone/oxygen gas mixture on bilharzial hepatic fibrosis induced in infected mice. International Journal of Medical Science and Innovative Research (IJMSIR)4(6): 122-139</p>	
<p>2. Azza M. Fahmy, Rabab S Zalat, Amany M Hegab, <b>Wafaa A Wafy</b> (2019): Alterations in Oxidative Stress Activities and Trace Elements Levels on Experimental Blastocytosis. Journal of Gastroenterology and Hepatology. 8(6):3041-3048</p>	
<p><b>Other information:</b></p>	<p>Private Therapeutic Nutrition and Public Health related Activities</p> <ul style="list-style-type: none"> <li>• Official consultant for therapeutic nutrition and dietetics (Clinical Dietitian) practicing in my own private clinic for therapeutic nutrition and dietetics as well as obesity and overweight management.</li> <li>• Nutrition consultant in Abo El Reesh renal dialysis unit; providing nutritional and dietetic policy for treatment as well as nutrition education of patients' families and caregivers.</li> <li>• Training and consultancy for therapeutic nutritional care of Psychiatric patients with Prof. Dr. Adel El-Madany head of psychiatric Department, El Hussein Educational Hospital, Al Azhar University, since 2002.</li> <li>• Training for Therapeutic Nutrition and dietetics in Hospitals of New Kasr Al Aini Educational Hospital – Cairo, 2000.</li> <li>• Nutrition consultant in Mustafa Mahmoud NGO, Therapeutic nutritionist in health care and obesity clinics and inpatient hospitals; 2007 – 2008.</li> <li>• Weekly TV program on Al Hayat channel related to practical education of females about healthy lifestyle formed of physical activity and nutrition and its role in improving health of the whole family.</li> <li>• Television, Radio and web nutrition education programs, live and recorded about different topics in nutrition in Iqraa', Mehwar, Sehaty, Dream, MBC, El Nahar, El Hayat and</li> </ul>

	<p>Egyptian Space Channels; since 2003.</p> <ul style="list-style-type: none"><li>• <b>Written publications about nutrition and health, Food security, Healthy lifestyle and Nutrition guidelines of Islam, Guidelines of Islam in management of Obesity, Sanitary and nutritional guidelines of Islam in management of Bird's Flue epidemic. Published in Amr Khaled.net / World Health Forum, 2005.</b></li><li>• <b>Organizing and carrying up training courses in nutrition for medical team members as well as general population.</b></li><li>• <b>Volunteer nutrition education: Giving nutrition education lectures for general population and different specific age groups through NGO's, El Sawy cultural wheel, clubs, schools and other occasions, emphasizing on healthy nutrition behaviors, today's main nutritional problems, nutritional trend in Egypt, their health implications and how to manage.</b></li><li>• <b>Leader member in World Health Forum NGO, which is concerned with community-based management, nutrition and health education programs of priority health problems in Egypt and Arabian World; 2004 – 2006.</b></li></ul> <p>Computer and Language Skills</p> <ul style="list-style-type: none"><li>• <b>Mastering both spoken and written English and Arabic. Fair Knowledge of French, Beginner in Italian.</b></li><li>• <b>Proficient use of MS Office.</b></li><li>• <b>Excellent computer uses, ICDL.</b></li><li>• <b>Mastering Internet Research.</b></li><li>• <b>Training courses in SPSS.</b></li></ul>
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