



SABINE MESSAYKE

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Lebanese, female, single
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OBJECTIVE

I am looking forward to join a prosperous organization that offers me a challenging position and provides me with the opportunities for a career progress and stability.

WORK EXPERIENCE

⇒ **International Orthodox Christian Charity (IOCC) Mkalles-Lebanon**

October 1st 2016 till November 2017

- Senior Health Officer-North Lebanon
 - Supervise and monitor the implementation of surveillance system for growth monitoring of children 0-59 months of age
 - Conduct training on screening, management and treatment of acute malnutrition for primary health care (PHC)
 - Supervise and monitor the ANC/PNC visits for pregnant women checked by our midwives

⇒ **Manar University of Tripoli- MUT**

October 4th 2016 till June 2017

- Instructor at the faculty of Public Health- Nutrition and Nursing Departments (Fall 2016-2017)
 - Teaching the following courses:

1) Introductory epidemiology: Measures of disease occurrence, Epidemiologic Study designs, Descriptive Epidemiology, Analytical Epidemiology (Cross sectional- cohort- case control), Experimental Epidemiology

2) Introductory Biostatistics: Measures of central tendency and variability, Probability and distributions, Confidence intervals and hypothesis testing, T-test and analysis of variance, χ^2 tests, Correlation and regression

⇒ **International Orthodox Christian Charity (IOCC) Mkalles-Lebanon**

March 14th 2016 till September 30th 2016

- Field Officer (WFP)-North Lebanon
 - Provide healthy snacks and beverages (Milk or Juice) for each student in the public schools chosen by the ministry of Education for both shift; morning and afternoon.
 - Organize the distribution in the school and manage with the health educator.

⇒ **International Orthodox Christian Charity (IOCC) Mkalles-Lebanon**

1st October 2015 till 31st December 2015

- Nutrition Mentor-North Lebanon
 - Build the capacity of designated health care staff on anthropometric measurements (MUAC, weight, height, and edema), referrals and management of acute malnutrition for children under 5, through the delivery of trainings.
 - Provide technical support where needed to designated healthcare staff on screening and management of potential cases suffering from acute malnutrition.

- ⇒ **International Orthodox Christian Charity (IOCC) Mkalles-Lebanon**
June 22nd 2015 till September 2015
- Community Health and Nutrition Field Officer-North Lebanon
 - Regularly reporting, monitoring and coordinating with the Health and Nutrition Program Coordinator, as well as coordinate all the Health and Nutrition projects in the area of operation.
- ⇒ **Miramar Hotel-Resort Tripoli-Lebanon**
May 12th 2014 to September 2014
- Head of the Dietitian Department at Nutridiet.
 - Orient the clients toward the proper sport activity that their body needs.
 - Explain to the clients about their body composition.
 - Prepare an assessment sheet for each client.
 - Prepare diet regimen for each client and orient them toward the proper type and the proper amount of food that their body needs.
- ⇒ **Private Lessons teacher**
September 2011 to May 2013
- Providing education for children under the age of 15, all kind of subject specially the scientific courses.
- ⇒ **Summer camp Tripoli-Lebanon**
June 2011 & June 2010 & June 2013
- Monitor the children at Plama Beach Resort, responsible to accomplish the interest of children and maintaining a calm atmosphere in the group.

TRAININGS

- ⇒ **Hospital Albert Haykel Tripoli-Lebanon**
September 2nd 2013 to February 27th 2014
- Observed the work of the dietitian.
 - Took care of the patients on the floor.
 - Checked the kitchen line.
- ⇒ **Saint George Hospital University Medical Center Beirut-Lebanon**
January 2nd to February 2014
- Diet aid rotation.
 - Dialysis orientation.
 - Floors orientation.
- ⇒ **Fondation d'agricole, Rene Mouawad Zgharta-Lebanon**
August 13th to August 31th 2012
- Control of the milk and dairy products production.
- ⇒ **Abdul-Rahman Hallab & Sons Tripoli-Lebanon**
June 2012 to July 2012
- Internship
- Six weeks training at "AbdulRhman Hallab & Sons".

- Handling different functions concerning the Conception- Elaboration of menus, idea of administration, Organisation-and the processing of Quality Control, including checkups on the items present on this collectivity.

EDUCATION

⇒ **PhD Candidate at Paris Descartes University-1st year** **November 2017 till present**

- Inserm U1153 – Research center on epidemiology and biostatistics Sorbonne Paris Cité (CRESS)
- Thesis on: " Alimentation pendant la petite enfance et sommeil sur l'étude ELFE"

⇒ **MS in Public Health at the Lebanese University Fanar-Lebanon** **18th September 2014 till September 2015**

- Public health focused on the epidemiology and biostatistics
- Understand the epidemiology of selected communicable and non-communicable diseases
- Evaluate epidemiological studies
- Conduct epidemiological research
- Manage and analyze epidemiological data
- Synthesize, discuss and communicate epidemiologic findings
- Apply ethical principles in all stages of epidemiological research and professional practice

⇒ **MS in General Nutrition at the Lebanese University Tripoli-Lebanon** **5th March 2014 to 21th June 2014**

- Courses focused on different subjects taken during the BS years.
- Courses were discussed deeply in a way to orient the students to choose their Master 2 specialty.

⇒ **BS in Nutrition & Dietetics at the Lebanese University Tripoli-Lebanon** **October 2010 to June 2013**

- This three years program provides all the knowledge and skills needed in order to become a professional Nutritionist.

⇒ **College Sainte Famille Tripoli-Lebanon** **September 1996 to June 2010**

- Lebanese Baccalaureate with distinction-life science acquired on July 2010.

CONFERENCES

⇒ **Specialized Nutrition Support: Practice and Evidence** **21, 22th March 2014**

Lebanese University – Fanar

Topics discussed: Enteral feeding and its complications.

⇒ **The Second USEK International Nutrition Conference** **17,18th April 2013**

USEK –Kaslik

Topics discussed: Antioxydants and their effects. The effect of foods on different diseases.

⇒ **SQUAD Sécurité et Qualité Alimentaire** **26,27,28th April 2012**

Room of industry and commerce Tripoli-Lebanon

Topics discussed, the security and quality of food agriculture in order to increase their development.

PROJECTS

⇒ **Health Behavior among School Aged Children of Mount Lebanon: "A Focus on Obesity Correlates", October 2015**

Lebanese University-Fanar

- A cross-sectional survey was conducted, among a sample of adolescents aged between 11 and 20 years, from private schools located in Mount Lebanon region.
- The participants completed a multicomponent, self-administered questionnaire that inquired about the demographic characteristic, multiple behavioral risk factors including tobacco & alcohol use, physical activity, health and oral health, nutrition, bullying, weight status and BMI, body image, in addition to sexual behaviors.

⇒ **Cancer and Nutrition, June 2013**

Lebanese University-Tripoli

- Cancer treatment and recovery
- Nutrition and Food Choices
- Nutritional Issues in
- Special Foods or Supplements

FUTURE PROSPECTS

- PhD in public health and nutrition, in order to promote evidence-based practices through the application of rigorous methodology.

INTERESTS & ACTIVITIES

- Reading articles related to Nutrition & Health
- Swimming
- Nature
- Socializing
- Basketball

COMPUTER LITERACY

- Microsoft suite (Word, Excel, PowerPoint, SPSS:Statistical Package for the Social Sciences, SAS, Zotero)

LANGUAGES

- Fluent in Arabic , English and French (Good)

REFERENCES

- Dr. Hiba MAWLAWI- Dean of Public Health Faculty & Chief of department of Nutrition and Dietetics at the Lebanese University branch III- himawlawi@yahoo.com
- Dr. Nadine SALEH- Chief of Department of master's in Public health-Epidemiology & biostatistics at the Lebanese University branch II- nadeensh@gmail.com
- Dr. Sabine PLANCOULAIN-MD,PhD INSERM - U1153 - CRESS : "Centre de Recherche en Epidémiologie et Statistique Sorbonne Paris - Cité", Equipe 6 - ORCHAD : "Origines précoces de la santé et du développement de l'enfant"

