

**Name:** Dr. Ahlam Badreldin Ibrahim Mukhtar El Shikieri

**Sex:** Female

**Date of Birth:** 14/11/1972

**Nationality:** Sudanese

**Current address:** P.O. Box 4583, Postal code 41412, Al Madinah Al Munawarah, Saudi Arabia

**Current contact information** Tel: 00966569141837; [DN7SHIKI@HOTMAIL.COM](mailto:DN7SHIKI@HOTMAIL.COM)

**Associate Professor; Consultant Nutritionist as classified and registered by the Saudi Commission for Health Specialists; Previously a Registered Public Health Nutritionist with the British Nutrition Society**

**Education**

- 2006–2009** **MBA (Master in Business Administration) with Merit** University of Leicester, Leicester, UK The work included five modules: Foundation module (Strategic marketing, Accounting for managers and Management, people and organizations), Finance and growth strategies, Strategic analysis and choice, Implementing strategies, Strategies in Action, and two electives: Total quality management, Benchmarking. Dissertation topic: **Factors associated with occupation stress in the higher education institutes in Sudan: Effect on organizational performance**
- 1998–2002** **Ph.D. Human Nutrition** Queen Margaret University, Edinburgh, UK (previously Queen Margaret University College) Thesis title: **Dietary fat intake and CHD risk factors in the Sudan: A case–control study** The work involved designing questionnaires, measurements of fasting blood glucose and cholesterol levels using the Accutrend as well as the measurement of fasting blood cholesterol (total, HDL and LDL) and triacylglycerol; Blood analysis using enzymatic methods; Platelet fatty acid composition using capillary gas chromatography; Anthropometric measurements (weight, height, waist and hip); Dietary assessment methods including recipe collection, weighed intake records, 24–hr recall records and FFQ and validation of methods. The work also involved data analysis using EXCEL, SPSS and Dankost 2000
- 1997–1998** **Postgraduate Diploma Community Nutrition** Queen Margaret University College, Edinburgh, UK (previously Queen Margaret College) There were nine modules including Research methods (both quantitative and qualitative methods), Data collection and analysis using SPSS and EXCEL; Community nutrition; Changing health behaviour, empowerment; Health promotion; Quality and audit in healthcare system (including benchmarking, quality assurance and auditing); Famine, nutrition and health
- 1991–1996** **B.Sc. Honour Degree Human Nutrition and Dietetics, 2:1** University of Khartoum, Faculty of Education, Khartoum, Sudan. The fifth year dissertation project was **Dietary management of congestive heart failure in Khartoum State hospitals**. There were many courses including Curriculum and methods of teaching; Psychology and developmental psychology; Physiology; Biochemistry; Community nutrition; Advanced nutrition; Diet therapy; Food preparation; Microbiology; Physics; Chemistry; Organic chemistry, Genetics; Food technology; Nutrition policy and planning; Community health and development
- 1988–1990** **GCE O’Level Certificate** Khartoum Tutorial College, Khartoum, Sudan. The subjects included Mathematics; English and Classical Arabic languages; Physics; Islamic studies; Biology
- 1977–1988** **Primary & Intermediate Education** Sister’s School, Khartoum, Sudan. Subjects were taught in the English language except Arabic & Islamic religion

