

Paula HAGE BOUTROS, PhD, LD, MSc

phage@mubs.edu.lb
Tel: +961 70 671 032

EDUCATION

McGill University-Montreal Ph.D. in human nutrition	2019-2024
Notre Dame University Master of Science in Human Nutrition	2015-2017
Lebanese American University Bachelor of Science in Nutrition and Dietetics	2008-2012

WORK EXPERIENCE

Modern University for Business and Science Chairperson/Full-Time Nutrition Instructor <ul style="list-style-type: none">• Offer a variety of courses including: Advanced Human Nutrition, Basic Nutrition, Food Hygiene, Food Microbiology, Medical Nutrition Therapy, Senior Study, Special Topics in Nutrition, Community Nutrition, Nutrition Assessment, Communication skills for Health Professionals, Food Safety Management, and Food Processing• Coordinate and supervise the dietetic internship• Train Senior students for the Colloquium• Organize seminars, webinars and health events• Supervise Nutrition instructors (part-time and full-time)• Update Lecture Material and Curriculum• Member of the University Council Committee• Member of the Student Recruitment Committee• Member of the Research Committee• Engage in research activity	2022-present
Notre Dame University of Lebanon Nutrition Instructor <ul style="list-style-type: none">• Offer Nutrition courses including Basic Nutrition and Human Nutrition for undergraduate students	2021-2022
McGill University Ph.D. Candidate <ul style="list-style-type: none">• Conduct a prospective cohort study on pregnant women in Lebanon	2019-2024

- Assessment of diet, behavioral and psychological factors and their relation with maternal and infant outcomes
- Train undergraduate and graduate students on data collection, medical chart data extraction and data entry

Nutrition Clinic (self-employed)

2016-2020

Clinical Dietitian

- Provide nutrition counseling for children, adults, and elderly patients as well as medical nutrition therapy for patients with acute or chronic diseases
- Administer individualized nutrition plans for pregnant and lactating mothers
- Conduct research on the latest nutrition topics

Forever Slim Diet Center

2013-2016

Clinical Dietitian

- Conduct in-depth nutritional assessment and individualized diet plans for patients
- Supervise kitchen staff and ensure application of HACCP and food safety guidelines in the food production area
- Demonstrate computer knowledge with programs such as invoice P.O.S and digital oasis through charting, billing and coding

Middle East Institute of Health

2012-2013

Dietetic Intern

- Assess nutrition status of patients in hospital units including pediatrics, cardiac care, renal disorders, bariatric surgeries, intensive care, diabetes, maternity, obesity, cancer, and general medicine.
- Collaborate with doctors and nurses to provide optimal interdisciplinary care for patients.
- Provide individualized meal planning for patients and apply food safety measures.

Private Home Tutoring

2008-2012

- Plan and deliver effective lessons for elementary, middle school and high school students in biology, chemistry and English

KEY SKILLS

- | | |
|--|---|
| • Nutrition assessment and medical nutrition therapy | • Advanced Human Nutrition |
| • Analytical and research skills | • Team work and interpersonal skills |
| • Teaching | • Fluent in English, Arabic, and French |
| • Nutrient Metabolism | |
-

RESEARCH PUBLICATION

1-Exposure assessment of the consumers living in Mount Lebanon directorate to antibiotics through medication and red meat intake: A cross-sectional study.

“Bou-Mitri, C., Boutros, P. H., Makhlouf, J., Jaoudeh, M. A., Gerges, N. E., Fares, J., Yazbeck, E. B., & Hassan, H. (2019). *Veterinary world*, 12(9), 1395–1407”

<https://doi.org/10.14202/vetworld.2019.1395-1407>

2-Does Adherence to the Lebanese Mediterranean diet protect against the risk of hypertensive disorders of pregnancy?

“Hage Boutros, P., Bassil, M., El Hayek, J., Koski, K. (under review)

3- Predictors of impaired glucose tolerance and gestational diabetes mellitus in a Lebanese pregnant population.

“Hage Boutros, P., Bassil, M., El Hayek, J., Koski, K. (under review)

4- Predictors of Infant Birth Weight for Gestational Age (SGA and LGA) in a Lebanese Pregnant Population

“Hage Boutros, P., Bassil, M., El Hayek, J., Koski, K. (under review)

5- Association of Mediterranean Diet on Mental Well Being among Healthy Lebanese Adults (in progress)

6- Impact of Mediterranean diet on Sleep Quality among Healthy Lebanese Adults (in progress)

WORKSHOPS, AWARDS, AND CONFERENCES

MUBS	Symposium on National Health Emergencies	July 2024
MUBS	Conference on Diet and Mental Health	May 2023
MUBS	Gave training courses in Food Safety and Security <ul style="list-style-type: none">• Food Safety Program for the Youth Empowerment	Jan-Mar 2023
MUBS	Talk on Intuitive Eating	Nov-2022
MUBS	Webinar on Diabetes/Published in the IDF	Nov-2022
MUBS	Seminar on Stress and Its Impact on Health	Mar-2023
McGill University	Course Design Workshop by Tomilson Project <ul style="list-style-type: none">• Course design and course plan• Assessment, grading and feedback	Oct-2020

- Active teaching strategies

McGill University	Workplace Hazardous Materials Information System Training	Jan-2019
McGill University	Tri-Council Policy Statement: Course on Research Ethics	Jan-2019
McGill University	Graduate Seminar Research Modules <ul style="list-style-type: none"> • Endnote Essentials • Graduate Research Tools • Search Strategies • Research Publication 	Mar-2019
Lebanese University	International Scientific Conference <ul style="list-style-type: none"> • Presentation of MS thesis project 	Oct-2017
LAU	Symposium on Nutritional Genomics and DNA	Nov-2016
Boecker	High Field International Accreditation. Level 3 Award with merit in Supervising HACCP for Catering	Aug-2015
LAU	Communication Skills for Health Professionals Workshop	Jun-2012
LAU	Ethics Workshop	Jun-2012
LAU	Inter-Professional Education Workshop	Jun-2012

References:

Dr. Maya Bassil: mbassil@lau.edu.lb 03/921 185

Dr. Hussein Hassan: Hussein.hassan@lau.edu.lb 71/191 445

Dr. Jessy Hayek: jelhavek@ndu.edu.lb 76/307 370