

**GREAT LAKES UNIVERSITY OF KISUMU**

**Faculty** : **Tropical Institute of Community Health and Development**  
**Course** : **Bachelor of Science in Community Nutrition**  
**Department** : **Nutrition**



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**Title** : **Essay of a Nutritionist**  
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I am Maureen Nancy Adhiambo studying Bachelor of science in community nutrition at Great Lakes University of Kisumu, am in 4<sup>th</sup> year and I have the aspiration of furthering my education by doing masters in nutrition in public health and later on PhD. I accept with pleasure your offer for giving me this wonderful opportunity to write an essay for the above profession. First and foremost I wasn't the healthy one when it came to diet, I had excess weight which was very alarming, it was giving me worries and this was one of the reasons why I chose to do this course among other reasons. By studying nutrition, it will help me to achieve my health goals, losing weight and getting the right nutrients, and also be able to work in various sectors: work for the government, In Industry (private sectors), for charities involved in health, in the field of weight loss, in a self employed capacity, for example giving nutritional guidance to individuals and companies in public health roles, internationally in disadvantaged countries, in sports, in research and academia. I will be able to provide evidence-based information and guidance like areas e.g. Animal Nutrition, Food Nutrition, Nutrition Science, Pubic Health Nutrition, Sports & Exercise Nutrition and many more areas.

Chose nutrition as a profession, is that I have been interested in working in the public health sector as a Nutritionist and have that passion to know more about health and nutrition. To know the relationship between nutrition and health related conditions affecting human beings, therapeutic diet of various health conditions, the relationship between nutrition and weight loss, causes of health conditions and their management. Another reason is to be a public health nutritionist, so that I can develop, implement and evaluate nutrition policies, programmes and applying knowledge. Ensure that communities understand the impact nutrition has on human health and well being of all. Making sure that there's proper sanitation and use of safe clean water by food handlers.

I want to practice healthy living when it comes to diet and nutrition; I love the idea of helping others solve their nutritional challenges. Working as a consultant I will not depend on being employed because one may never know what the future holds. Also plan to start a business; sports & exercise nutrition centre (GYM) so that I can be providing tailored dietary advice to individuals and groups. Therefore with this nutrition knowledge I believe I will never lack employment or be self employed.

My experience so far: - I have worked / gotten an opportunity to have been attached at Nyahera Sub-district Hospital at Kisumu East in Kisumu County. During this period I was able to develop competencies in case identification and management of nutrition follow up of cases by conducting home visits and nutrition counseling, health promotion through micro-teaching, enhancing community participation in their own health, clinic organization, record keeping and report writing. I was attached at Moi Teaching and referral Hospital at Eldoret in Uasin Gishu County, where I actively took part in Community Based Service( MCH) Therapeutic Nutrition: - in all wards, Diabetic and Nutrition Clinic, Food Service Management in main and private wings kitchen. These included growth monitoring and promotion, ward rounds, nutrition counseling and follows-up, nutrition education, preparation and supervision of therapeutic diets, monitoring and serving food in the wards, report writing and calculating parenteral / enteral feeds.

With my skills, in the future I would like to train (if given an opportunity to work in the health sector) people on how to change and improve their nutrition habits and eating healthy foods. I will train the community so that they will be able to know the major food groups, and their roles in nutritional health, different nutrition needs for children, teenagers adults and the elderly. I will start out a personal trainer and thereafter I can run a training sports & exercise centre (GYM) business in order to work with clients of all kinds by teaching them about healthy foods, making sure that they achieve or reach their goals they had long since abandoned. I will improve health and sanitation of the community by making sure that food handlers are qualified people. I will assess the community during surveys in order to categorize types of malnutrition, those who are at risk, then do an intervention which will bring a impact to the community.