



UNIVERSITY OF
BALAMAND
FACULTY OF HEALTH SCIENCES

**eat
right** PRO[®] Academy of Nutrition
and Dietetics

BEYOND THE CLINIC

Ethical, Professional & Technological
Perspectives in Dietetics Practice

WORKSHOP

Organized by the
Department of Nutritional Sciences

2 CPEU
CREDITS

Welcome Notes



Dr. Huda Abu-Saad Huijer RN, PhD, FEANS, FAAN
Dean Faculty of Health Sciences
University of Balamand

Welcome to the workshop “Beyond the Clinic: Shaping the Future of Dietetics Practice”. We are delighted to gather today with practitioners, educators, preceptors, interns, and students to reflect on the evolving landscape of dietetics and the opportunities and challenges shaping your profession. This workshop is an opportunity to exchange ideas, strengthen collaboration, and recognize the essential role of mentorship in the further professional development of practice. We would also like to extend our sincere appreciation to our preceptors for their dedication and continuous support in guiding and inspiring the next generation of dietitians.

Thank you all for attending, and we wish you an engaging and enriching conference.



Dr. Maud Rizk, LD, PhD
Head of Department of Nutritional Sciences
University of Balamand

It is my great pleasure to welcome you to this workshop, which brings together professionals, educators, preceptors, interns, and students in the field of dietetics. This event provides a valuable opportunity to explore current challenges and emerging perspectives in contemporary dietetics practice, while highlighting the importance of continuous professional development, innovation, and mentorship. We are also honored to recognize the essential role of preceptors, whose dedication and guidance are instrumental in shaping the next generation of dietitians and advancing our profession.

Program

2:00 - 2:30

Registration

2:30 - 3:00

Welcome Address

- **Mira Daher, LD, PhD,**
Nutritional Sciences Department, University of Balamand
- **Maud Rizk, LD, PhD,**
Nutritional Sciences Department, University of Balamand
- **Huda Abu-Saad Huijer, RN, PhD, FEANS, FAAN,**
Dean FHS, University of Balamand

3:00 - 3:20

From Passion to Pressure: The Reality of Dietetic Practice

- Dr. Mira Daher, LD, PhD, University of Balamand

3:20 - 3:40

From Code to Care: Applying Ethical Principles in Dietetic Practice

- Dr. Krystel Ouaijan, RD, CNSC, PhD,
American University of Beirut

3:40 - 4:00

Ethics in Dietetics: Social Media Conduct

- Ms. Hind Dakhil Abboud, MPH, RDN, CNSC, LD,
BBA, American University of Beirut Medical Center

4:00 - 4:30

Break

4:30 - 4:50

Exploring the applications, benefits and challenges of Artificial Intelligence in Nutritional Sciences

- Ms. Rawaa Chedid, BSc., Masters Student, American
University of Beirut

4:50 - 5:10

Artificial Intelligence in Dietetics: From Hype to Real-World Implementation

- Dr. Antoine Saab, MEng, Ph.D,
Lebanese Hospital Geitaoui- University Medical Center
LIMICS laboratory, Sorbonne University

5:10 - 5:30

The Vital Role of Dietetic Preceptors

- Ms. Rita Younes, LD, MSc., Saint George University
Medical Center

5:30 - 6:00

Preceptors appreciation and trophy ceremony

Group photo and closing remarks

Speakers Biographies



Speaker: Dr. Mira Daher, LD, PhD

Dr. Mira Daher is a post-doctoral fellow at the University of Balamand where she teaches nutrition courses and coordinates the Clinical and Dietetics Internship Program. She earned her PhD from the Holy Spirit University of Kaslik, Lebanon with a focus on the effect of non-nutritive sweeteners consumption on body weight, Type 2 diabetes risk and gut microbiota composition. Dr. Daher is a clinical dietitian with more than 10 years of experience, and has served as a part-time lecturer at several universities. Her research interests include nutrition, metabolic disorders and microbiology where she has several publications in these fields. During her postdoctoral fellowship, her research focus evolved from being primarily clinical to becoming more practice-oriented and workforce-focused, reflecting a growing commitment to bridging research with real-world professional challenges in the field of nutrition. Dr. Daher has participated in multiple interdisciplinary collaborations in nutrition and public health and is actively engaged in academic service, curriculum development, and professional leadership, and serves as a member of the disciplinary council at the Lebanese Order of Dietitians.

Title: From Passion to Pressure: The Reality of Dietetic Practice

Abstract: Lebanese licensed dietitians are employed in various practice settings; however, little is known about their job satisfaction, particularly in Lebanon. This presentation highlights the results of a cross-sectional study conducted to determine job satisfaction among a sample of Lebanese female dietitians working in different professional fields, and sectors. Job satisfaction was measured with Spector's Job Satisfaction Survey as a validated tool. In the population under study, dietitians were found to be satisfied with their job with those working in hospitals being the most satisfied. Participants reported moderate satisfaction in the domains of promotion, supervision, operating conditions and co-workers. They expressed satisfaction with the nature of their work, but dissatisfaction with communication. No significant differences were identified in the facets of payment, fringe benefit and contingent rewards. Additionally, dietitians working in the private and public sectors experienced significantly different levels of satisfaction across the nine facets, with the exception of fringe benefits. Despite the generally positive attitudes towards

practicing the profession, the findings have provided a deeper understanding of the factors influencing job satisfaction among dietitians. For this reason, regular job satisfaction assessments are recommended to support the well-being of dietitians and to guide policy-and strategy-makers in improving workplace environments and professional practice conditions.



Speaker: Dr. Krystel Ouaijan, RD, CNSC, PhD

Dr. Krystel Ouaijan, Assistant Professor in Community Nutrition at the American University of Beirut, has a rich expertise in nutrition and global health, refined over a decade. With a PhD in Global Health, her research focus is towards food security, child malnutrition, and the economic impacts of health policies. From a solid foundation as a Clinical Dietitian, Krystel was the chief dietitian of Saint George Hospital Dietitian leading the nutrition support team in the critical care units. Ascending in her career, she has headed different consultancy initiatives, working on health policies to fight malnutrition more expansively. She has initiated the first national study on hospital malnutrition and the economic ramifications of nutrition screening. She is currently working on developing the national guidelines on wasting in children and building a capacity building training program. Active founding members within governmental technical committees, she plays a vital role in framing emergency nutrition and health strategies. Beyond research and policy-making, Krystel is engaged in multiple public service initiatives, serving as a founding member and General Secretary of the Lebanese Order of Dietitians and as nutrition expert in the technical committees of the Lebanese Standard Institution.

Title: From Code to Care: Applying Ethical Principles in Dietetic Practice

Abstract: Ethical practice is a cornerstone of the nutrition and dietetics profession, guiding professional conduct, clinical decision-making, and the protection of public trust across diverse practice settings. This conference presentation, organized by the Lebanese Order of Dietitians (LOD), aims to enhance ethical competence among dietitians by integrating foundational ethical principles with practical, real-world application in clinical care. The presentation begins with an overview of the Code of Ethics for the Nutrition and Dietetics Profession, adopted by the LOD, emphasizing the four core ethical principles: autonomy, beneficence, non-maleficence, and justice. Participants are introduced to the scope, accountability mechanisms, and professional obligations outlined in the Code, including evidence-based

collaboration. Building on this foundation, the presentation explores common ethical dilemmas encountered in clinical consultations through structured case studies. These scenarios address challenges such as managing controversial dietary practices, ensuring patient safety, navigating scope of practice boundaries, responding to financial and resource constraints, handling conflicts of interest, and determining appropriate referral to other health professionals. Ethical reasoning frameworks are applied to each case to support reflective practice, balanced judgment, and ethically sound decision-making. By combining ethical theory with applied clinical scenarios, this presentation equips dietitians with practical tools to identify, analyze, and resolve ethical challenges in everyday practice. The session promotes ethical accountability, patient-centered care, and professional responsibility, strengthening dietitians' capacity to deliver safe, respectful, and ethically grounded nutrition care across clinical and community settings.



**Speaker: Ms. Hind Dakhil Abboud,
MPH, RDN, CNSC, LD, BBA**

Hind Dakhil Abboud is an American Board-Certified Clinical Dietitian at the American University of Beirut Medical Center (AUBMC), where she has practiced since 2006. She specializes in adult critical care nutrition, providing coverage for the Medical, Surgical, Coronary and Respiratory Intensive Care Units. She works closely with multidisciplinary teams to optimize patient outcomes through evidence-based nutrition therapy.

Mrs. Abboud holds a Bachelor of Business Administration from Saint Joseph University (2002), a Bachelor of Science in Nutrition and Dietetics (2004), and a Master of Public Health in Hospital Management and Policy (2008) from the American University of Beirut. She became a Licensed Dietitian in Lebanon in 2006, earned the U.S. Registered Dietitian Nutritionist (RDN) credential in 2024, and is Board Certified in Nutrition Support (CNSC, 2025–2030). In 2025, she completed the Duke University Fellowship in Critical Care Nutrition.

At AUBMC, she mentors dietetic interns in AUB's ACEND-accredited Coordinated Program and contributes to clinical research, quality improvement, and professional education. Her previous roles include Clinical Dietitian and Acting Head of Department at Clemenceau Medical Center (affiliated with Johns Hopkins Medicine) and collaboration with WHO-Lebanon on public health initiatives.

She currently serves on the Executive Board of the Lebanese Order of Dietitians as Chair of the Public Relations and Communication Committee

(2024–2026) and is a member of ASPEN’s Clinical Practice Committee – Education Subcommittee (2024–2027).

Mrs. Abboud is the co-founder of Sohat W Sahtein, a health awareness platform launched in 2016. Her recognitions include the AUBMC Service Excellence Award (2014) and the AUBMC Dean’s Award (2017).

Title: Ethics in Dietetics: Social Media Conduct

Abstract: The widespread use of social media has transformed communication, education, and professional engagement within nutrition and dietetics practice. Platforms such as blogs, social networking sites, and media-sharing applications provide dietetics practitioners with opportunities for public education, advocacy, professional networking, and practice promotion. However, ethical and professional standards governing dietetic practice apply equally to digital environments. According to the Academy of Nutrition and Dietetics’ Code of Ethics for the Nutrition and Dietetics Profession, practitioners are obligated to uphold integrity, transparency, competence, and accountability in all professional activities, including online interactions.

Academy guidance and practice papers emphasize that ethical social media conduct requires protecting client confidentiality, complying with legal and regulatory standards, disclosing conflicts of interest and sponsorships, respecting intellectual property, and ensuring that shared information is evidence-based and within the practitioner’s scope of practice.

Failure to adhere to ethical principles on social media may result in misinformation, breaches of confidentiality, damage to professional credibility, and potential legal or disciplinary consequences. This intervention aims to increase awareness of ethical responsibilities related to social media use among dietetics practitioners, promote alignment with Academy standards, and support responsible, professional, and ethical digital communication that safeguards both the public and the profession.



Speaker: Ms. Rawaa Chedid, BSc.

Rawaa Jalal Chedid graduated in 2024 with a Bachelor of Science in Nutritional Sciences, earning High Distinction, from the University of Balamand. During her undergraduate studies, she explored the applications of artificial intelligence in nutrition, developing a course presentation into a manuscript prepared for publication. She also contributed to additional research papers as a part-time research assistant. She completed her dietetic internship at Saint George Hospital University Medical Center,

gaining practical experience in clinical nutrition, food service management, and community nutrition.

Currently, Ms. Chedid is pursuing a Master's degree in Public Health Nutrition at the American University of Beirut, where she also supports undergraduate students as a graduate teaching assistant. Her work integrates research, clinical practice, and teaching, with a focus on evidence-based nutrition interventions and public health strategies. She is dedicated to translating scientific knowledge into practical solutions that enhance nutrition outcomes for individuals, communities, and populations, with particular emphasis on humanitarian efforts, promoting health equity, and addressing the broader social determinants of health.

Title: Exploring the applications, benefits and challenges of Artificial Intelligence in Nutritional Sciences: A Review

Abstract: Artificial intelligence (AI) is rapidly reshaping how nutrition is approached, from dietary assessment to personalized nutrition and food safety. This presentation offers a practice-oriented tour through AI's most compelling and underexplored frontiers in nutritional sciences. The talk examines how AI is revolutionizing dietary assessment through wearable devices and image recognition, where a chest worn camera or even a pair of sunglasses can passively track intake. It explores personalized nutrition beyond generic meal plans, including 3D food printing that customizes nutrient density bite by bite and chatbots that attempt to meet dietary reference intakes. The discussion extends to predictive models for diet disease relationships, including AI powered malnutrition screening systems that have demonstrated improved cure rates in clinical trials, and food safety applications where machine learning detects pathogens faster than traditional methods while quality control systems anticipate sensory properties without relying on human panels. Alongside these innovations, the presentation confronts the critical tensions they raise: algorithmic bias that risks excluding certain populations, the black box problem



Speaker: Antoine Saab, MEng, PhD

Dr. Saab has a biomedical engineering background and has specialized in France in healthcare quality and performance improvement. He is head of the Quality and Patient Safety Department at the Lebanese Hospital He also holds a PhD in Medical Informatics from Paris Sorbonne University and is an Associate Researcher at the LIMICS (Laboratoire d'Informatique Médicale et d'Ingénierie des Connaissances en eSanté) affiliated to Sorbonne University in France. Antoine is currently

applying medical informatics and artificial intelligence techniques in multiple areas in the hospital, to improve detection of hospital adverse events, optimize infection control and offer decision support tools for healthcare management and clinicians. Dr. Saab is also a lecturer in medical informatics in several Lebanese universities including University of Balamand, Université Saint Joseph and Université la Sagesse.

**Title: Artificial Intelligence in Dietetics:
From Hype to Real-World Implementation**

Abstract: Artificial intelligence (AI) is rapidly transforming healthcare, yet its translation into dietetic practice remains uneven and often obscured by hype. This presentation provides dietitians and nutrition professionals with a structured, practice-oriented overview of AI, bridging foundational concepts with realistic implementation pathways. After introducing core AI paradigms (machine learning, deep learning, and generative AI) and situating them within current healthcare applications such as clinical decision support, risk prediction, and workflow automation, we will examine rapidly the state of AI in dietetics and nutrition across key domains: dietary assessment (image-based food recognition, automated nutrient estimation), personalized nutrition, clinical



Speaker: Ms. Rita Younes, LD, MSc.

Rita Younes is a licensed dietitian who has been serving in the Clinical Nutrition Department at St. George University Medical Center (SGUMC) since 1998. She currently holds the roles of Chief Dietitian and Dietetic Internship Coordinator overseeing clinical practice and professional training in dietetics. She earned her Bachelor of Science in Nutrition and Dietetics from the American University of Beirut (AUB) and completed her Master's degree in Human Nutrition at Notre Dame University (NDU), where her research focused on the prevalence of malnutrition among Lebanese toddlers. Since the launch of SGUMC's dietetic internship program in 1999, Rita has been actively mentoring and precepting dietetic interns. Her expertise spans across the multiple specialized hospital units, with a primary focus on pediatrics. She works extensively with patients managing inborn errors of metabolism and epilepsy, providing specialized nutritional care and guidance.

Title: The Vital Role of Dietetic Preceptors

Abstract : Dietetic precepting has been a vital component of nutrition

education since the early 20th century, evolving from informal hospital training to structured internships following the establishment of the American Dietetic Association (ADA) in 1917. Dietetic preceptors are practicing nutrition professionals who mentor students in clinical, community, and food service settings. Effective preceptors are characterized by being skilled, having professional knowledge and strong communication skills. Nonetheless, preceptors face a number of challenges mainly time constraints, workload pressures, limited institutional support and resources, high student-to-preceptor ratios and variability in student preparedness which contribute to precepting-related burnout. In Lebanon, dietetic preceptorship is regulated by the Lebanese Order of Dietitians (LOD), established under Law No. 284 in 2022, which enforces national standards and licensure. The LOD is seeking to unify training practices among academic institutions while aligning them with international benchmarks.