



Sara Alrosan

جامعة عجلون الوطنية
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Irbid



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Personal Data

Date of Birth: September 18, 1986

Marital Status: Married, two Children

Citizenship: Jordanian

Languages: Arabic native
English- Excellent

EDUCATION

❑ **Ph.D.** Ph.D. in Human Nutrition and Dietetics, University of Jordan, Amman, Jordan

Field: Hydration, Obesity management

❑ **M.Sc.** in Nutrition Science
Jordan University of Science and Technology, Irbid, Jordan

Field: Nutrition Science

Granted: May 2013.

❑ **B.Sc.** in Clinical Nutrition and Dietetics
Hashemite University, Zarqa-Jordan

Granted: June 2008

Work experience

- ❑ **Nutritionist, Quality Coordinator, and Health Promotion Coordinator**
Nuyimeh Comprehensive Center, Ministry of Health, Jordan (Jan 2021-Oct 2025)
- ❑ **Researcher Assistance at Department of Clinical Pharmacy / University of Science and Technology, Irbid. Jordan (2016-2020).**
- ❑ **Researcher Assistance at Department of Clinical Nutrition and Dietetics/ Hashemite University, Zarqa, Jordan (2014).**
- ❑ **Teacher Assistance [Master Degree Teaching Scholarship] for four semesters [from the Second semester 2009/2010, to the First semester 2011/2012], Department of Nutrition and Food Technology, Jordan University of Science and Technology, Irbid-Jordan.**
- ❑ **Researcher Assistance at Department of Clinical Nutrition and Dietetics/ Hashemite University, Zarqa, Jordan (2008-2009)**



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Publication

1. • Alrosan, S., Al-Domi, H., & Alkhatatbeh, M. (2025). "Role of Hydration Status on the Pathogenesis and Management of Obesity". Jordan Journal of Agricultural Sciences, 21(2), pp. 80–93. doi:10.35516/jjas.v21i2.2748.
2. • Al-Domi, H., Al-Dalaeen, A., Al-Rosan, S., et al. (2021). "Healthy nutritional behavior during COVID-19 lockdown". Clinical nutrition ESPEN, 42, 132–137



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Workshop and conference

- Training course in clinical Nutrition, [2nd semester 2007/2008], Al-Hussein Medical city with supervision of Hashemite University, Amman-Jordan.
- Participating in the “Workshop on Updated Nutritional Issues on Diabetes Mellitus”, [2008], Hashemite University & Specialty Hospital, Amman-Jordan.
- Participating in “Recent Issues in Nutrition Workshop”, [April 28-29th, 2009], the Arabic Nutrition Center, in cooperation with Jordan University of Science and Technology, [By Dr. Musaiger], Irbid-Jordan.
- Training at the Department of Nutrition King Hussein Cancer Center, [Sep-Oct 2011], By the Training Center at King Hussein Cancer Center, Amman-Jordan.
- Participating in “Food Defense Awareness Workshop”, [May 16-17th, 2012], The United States government, in cooperation with Jordan Food and Drug Administration and the Jordan University of Science and Technology, Amman-Jordan.
- Participating in “Training staff to deal with COVID-19 patients in hospitals”, [Nov 23rd-Dec15th, 2020], by Ministry of Health, Irbid-Jordan.
- Participating in “Assessment of Health Centers' Readiness for corona”, [Nov 29th, 2021], by Ministry of Health, Irbid-Jordan.
- Participating in “Quality Improvement of reproductive health and maternal and child health services at points of care “[June 1st-2nd, 2022], by Ministry of Health, Irbid-Jordan.
- Participating in “Epidemic Response Plan in Health Centers”, [June 7th, 2022], by URC in cooperation with ministry of health Georgetown University, Durrat Almanal for development and training, health care accreditation council and Aljadara, Amman, Jordan.
- Participating in “The updated guide for promoting and enhancing health awareness”, [June 25-27th, 2022], by Ministry of Health, Irbid-Jordan.
- Participating in “Organizational Behavior”, [Sep 7th, 2022], by Ministry of Health, Irbid-Jordan.
- Participating in “Management of patients' financial affairs”, [Dec 4th, 2022], by Ministry of Health, Irbid-Jordan.
- Participating in “Voluntary counseling and testing for sexually transmitted diseases”, [Dec 5th, 2022], by Ministry of Health, Irbid-Jordan.
- Participating in “Communication skills between healthcare providers and patients”, [July 12th, 2023], by Ministry of Health, Irbid-Jordan.
- Participating in “Occupational Health”, [Aug 7th, 2023], by Ministry of Health,



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Continue Workshop and conference

- Participating in “Health promotion and community engagement”, [Aug 7th, 2023], by Ministry of Health, Irbid-Jordan.
- Participating in “New Employee Orientation”, [Nov 20th, 2023], Institute of Public Administration, online.
- Participating in “What a government employee must not be ignorant of regarding the Civil Service Bureau system.”, [July 23rd, 2024], by Ministry of Health, Irbid-Jordan.
- Participating in “Missing vaccinations and follow-up of those behind in the national immunization program”, [July 24th, 2024], by Ministry of Health, Irbid-Jordan.
- Participating in “Healthy behaviors from the perspective of healthcare providers”, [July 24th, 2024], by Ministry of Health, Irbid-Jordan.
- Participating in “The Basic Life Support”, [Nov 21st, 2024], by Ministry of Health, Irbid-Jordan.