

# CLIFFORD ORWA

40300, Homa Bay, Homa Bay District Kenya • +254701457327 • orwacifford@gmail.com

## Professional Summary

Dedicated and detail-oriented Nutritionist with experience in clinical nutrition, dietary counseling, and patient-centered care. Skilled in developing personalized nutrition plans, providing education on therapeutic diets, and collaborating with healthcare teams to improve patient health outcomes. Passionate about public health nutrition and leveraging evidence-based interventions to promote wellness.

## Skills

- Dietary Supplementation & Fortification
- Food Safety & Hygiene Practices
- Nutrition in Maternal & Child Health
- Geriatric & Pediatric Nutrition Care
- Public Speaking & Health Advocacy
- Strong Communication & Interpersonal Skills
- Problem-Solving & Critical Thinking
- Empathy & Active Listening
- Malnutrition Screening & Intervention
- Weight Management & Obesity Prevention
- Chronic Disease Management through Diet
- Menu Development & Recipe Modification
- Nutrition Data Interpretation & Reporting
- Teamwork & Multidisciplinary Collaboration
- Time Management & Organization

## Work History

**Nutrition Assistant**, 08/2024 to 03/2025

**St. Paul's Mission Hospital** – Homa Bay, Kenya

- Conducted nutritional assessments and counseled patients on dietary modifications.
- Developed personalized meal plans for patients with chronic conditions such as diabetes and hypertension.
- Monitored and evaluated patient progress, adjusting dietary recommendations accordingly.
- Collaborated with medical teams to provide comprehensive patient care.
- Led community health education sessions on balanced diets and disease prevention.

**Nutrition Assistant**, 05/2024 to 05/2024

**Homa Bay County Referral Hospital** – Homa Bay, Kenya

- Provided nutrition education to patients and caregivers in both inpatient and outpatient settings.
- Advised on therapeutic diets for patients with conditions such as hypertension, obesity, and

gastrointestinal disorders.

- Assisted in meal planning and dietary counseling for recovering patients.
- Worked with hospital staff to ensure nutritional guidelines were implemented effectively.
- Participated in awareness campaigns on the role of nutrition in disease prevention.

**Nutrition Intern**, 01/2024 to 04/2024

**Homa Bay County Referral Hospital** – Homa Bay, Kenya

- Conducted comprehensive nutritional assessments and developed dietary intervention plans.
- Educated patients on healthy eating habits and the importance of balanced nutrition.
- Assisted in community outreach programs, advocating for improved dietary practices.
- Worked alongside dietitians and medical professionals to optimize patient care.
- Helped implement hospital-wide nutrition initiatives for patient well-being.

**Nutrition Intern**, 09/2021 to 11/2021

**Migori County Referral Hospital** – Migori, Kenya

- Assessed patient dietary needs and provided counseling on healthy eating habits.
- Collaborated with dietitians and healthcare teams to develop effective nutritional interventions.
- Participated in hospital-wide nutrition programs aimed at preventing malnutrition.
- Supported patients in adapting to new dietary habits for long-term health improvements.
- Assisted in data collection and reporting for patient progress tracking.

**Nutrition Intern**, 01/2020 to 03/2020

**Keumbu Health Center** – Kisii, Kenya

- Conducted community nutrition education programs, focusing on balanced diets and disease prevention.
- Assisted in malnutrition screening and intervention programs for children and pregnant women.
- Worked with public health teams to design and implement nutrition awareness campaigns.
- Provided individualized dietary counseling to patients with specific nutritional needs.
- Supported record-keeping and reporting on community nutrition projects.

## Education

**Diploma**: Clinical Nutrition & Dietetics, 12/2023

**RAM Medical Training College** - Kisii, Kenya

**Certificate**: Clinical Nutrition & Dietetics, 12/2021

**RAM Medical Training College** - Kisii, Kenya

## Languages

English:



Bilingual or Proficient (C2)

Swahili:



Advanced (C1)

## Certifications

Certificate in Computer Applications

## References

### Hillary Oracha

Head Nutritionist | HBCTRA

Phone: +254 724 771 092

### Lucy Amata

Nutritionist | St. Paul's Mission Hospital

Phone: +254 715 909 290

### Carolyn Maeri

Dean of Student Welfare | RAM Medical Training College

Phone: +254 710 233 030