

DANIEL MENSAH OPPONG RD, MS

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RESEARCH INTERESTS

Strong interest in collaborative research to enhance preventive strategies, clinical care, and health outcomes for long term conditions such as diabetes, cardiovascular diseases, and cancers. I am passionate about how to improve program delivery, implementation, assessment and evaluation of community-based public health interventions in resource poor setting. I have a strong interest in maternal and child health nutritional research.

EDUCATION

PhD.	Nutrition Science	University of Alabama at Birmingham	2020-Present
M.S.	International Public Health	Liverpool John Moores University, UK	2018-2019
B.S.	Dietetics	University of Ghana.	2009-2013

LIST OF PUBLICATIONS

A Journal publication on 'Cardiovascular disease among international travellers- a narrative review': accepted for online publication in the International Journal of Travel Medicine and Global Health. Accepted date: 06 April, 2021.

An Article on "Safety of Sachet and Bottled Water" -University of Ghana. Department of Nutrition and Dietetics. April, 2013.

ADDITIONAL RESEARCH EXPERIENCE

Field Enumerator; Ghana Population and Housing Censors-2021. Activities includes: Visiting residents, completing survey questionnaire, obtaining pertinent data, interpreting and explaining interview questionnaires.

Field co-ordinator "Ghana Micro- Nutrient Survey. Collaborative Research Survey between, Ghana Health Service, University of Ghana, UNICEF and Groundwork Sweden. May, 2017. Activities includes: Field supervision, data collection and Nutritional Assessment.

PRESENTATION

Mensah DO, 'Dietary management of anaemia". Clinical Research Presentation. Sampa Government Hospital. June 2021.

Mensah DO, "The effect of vitamin D supplementation on the development of Type 2 Diabetes within BAME population": Dragon's Den Presentation. Public Health Institute-Liverpool John Moores University, UK. April 2019.

Mensah DO, "The Blood Group Diet- Fact Vrs Fiction". Clinical Research Presentation. Sampa Government Hospital. September 2017.

SELECTED TRAINING CERTIFICATION

Course certificate: Outbreaks and Epidemics- authorised by Johns Hopkins University offered through Coursera: June, 2021.

Course certificate: Surveillance systems: Analysis, Dissemination, and Special System- authorised by Johns Hopkins University offered through Coursera: May, 2021.

Course certificate: Starting a successful Project -authorised by Google and offered through Coursera: May, 2021.

Course certificate: Foundation for Project Management -authorised by Google and offered through Coursera: May, 2021.

A Two Day-Webinar on the Micro-Nutrient-Directed Nutrition-Focused Physical Exams for Ghana Dietitians by University of Florida and University of Ghana. January, 2021.

Certificate in Civil leadership- (Young Africa Leadership Initiative (YALI))- USAID in collaboration with GIMPA and Master Card Foundation. April, 2018.

Certificate in Basics in Health Economics-(World Bank Group)- August, 2020.

Training certificate in Healthcare Assistance and Support work-Labbels recruitment-Liverpool. January, 2019.

Workshop on Nutritional and Logistical Challenges in the management of Covid-19: Ghana Academy of Nutrition and Dietetics: August, 2020.

Workshop on Infection Control and Prevention organised by Ghana Health Service in collaboration with USAID: September 2017.

Yalinetwork certificate certificate course- Strategies for personal growth and development: October, 2017.

Yalinetwork certificate certificate course- Workforce collaboration and Development: October, 2017.

Infants and Young Child Feeding Program organized by UNICEF in collaboration with Ghana Health Service: September 2016.

TEACHING EXPERIENCE

AUGUST 2015 to AUGUST, 2022

I was the resource person and preceptor for students on internship at Sampa Government Hospital-Ghana. As a preceptor, I have been influential in empowering students in the area of Nutrition through seminars, workshops, and educational fairs.

TEACHING EXPERIENCE

SEPTEMBER 2013 to AUGUST, 2014

Teaching assistant for Nutrition and Dietetics student on clinical placement at Komfo-Anokye Teaching Hospital-Ghana. Trained students on nutritional management of diet-related diseases such diabetes and hypertension.

HONORS AND AWARDS

Fulbright Foreign Student program- 2022-2027: selected out of a pool of 521 applicants to undertake a PhD program in Nutrition Science at the University of Alabama at Birmingham.

Blazer Research Fellow -University of Alabama at Birmingham, 2022-2023.

Recipient of the Commonwealth Shared Scholarship award- 2018: selected out of a pool of 3000 applicants for an MSc programme at the Liverpool John Moores University, UK.

Distinction in MSc. International Public Health program. Liverpool John Moores University- 2018/2019.

Reduced death associated with Severe Acute Malnutrition (from 25% in 2016 to 0% in 2017)- Sampa Government Hospital.

Best hospital for world breastfeeding week celebration in the Brong –Ahafo Region of Ghana- (Team leader for promoting breastfeeding at Sampa Government Hospital)- 2017.

Best health program (Nutrition Corner: a daily radio series aired on Gye- Nyame FM in Jaman-North District of Ghana)-2017.

Among the top 10% best performing student of the graduating class (Department of Nutrition and Dietetics, University of Ghana (UG) - 2013.

Distinction in Nutrition in life Cycle, Microbiology, Basic Concept of Nutrition and Food Quality Processing and Preservation courses (University of Ghana, (UG) Department of Nutrition and Dietetics)-2013.

WORK EXPERIENCE

Head of Public Health and Nutrition Unit/Senior Dietician - Ghana Health Service (Sampa Government Hospital) - August 2015 -AUGUST, 2022.

Duties:

- Responsible for the day to day administration of the unit.
- Responsible for initiating, implementation, assessment and evaluation of public health programs in the hospital.
- Collaborate with other health care professionals and carries the major responsibility for nutritional care of patients and clients.
- Serve as a consultant on food and nutritional issues in the hospital.
- Run radio health education program.

Dietician/Health- Educator/ Medical laboratory Assistance- HealthClub@Jubilee House- Adum- Kumasi January, 2014 -September 2018.

Duties:

- Managerial duties, stocking of consumables, Reception.
- Organizing medical outreach programmes for corporate bodies, schools and churches.
- Conduct medical test for Hepatitis- B, Diabetes, Hypertension, Prostate Cancer, Haemoglobin levels, Pregnancy test etc.

National Service: Komfo Anokye Teaching Hospital (*Diet-therapy and Nutrition Unit*)
September 2013 – August 2014.

Duties:

- Formulation, planning and implementing appropriate therapeutic diets for clients/patients based on medical and physical condition by physician orders and general dietetics standard and rules.
- Organizing periodic workshops for health professionals and patients on diet therapy.
- Participation in surveys or research in the hospital.
- Educate patients/families and groups on nutritional care of medical conditions and healthy diets.

VOLUNTARY ACTIVITIES

Dietician/ Nutritionist- Kropo Charity Hospital- Suame- Ghana. January 2014- September 2015.

Dietician/ Nutritionist- Garden City Hospital- Ghana. April 2014 to February 2015.

Additional Duties:

Counselling on appropriate breastfeeding practices and complementary feeding.

Provide appropriate guideline to good nutrition for general nutritional cases like anaemia, weight loss, kwashiorkor, and marasmus.

Prepare, monitor, and supervise formula feeds for nutritional and rehabilitation on the ward.

Co-ordinate with other healthcare professionals on the healthcare team in the hospital.

Nutritional education and training of nutrition assistance.

ATTACHMENT AND INTERNSHIP OPPORTUNITIES

- KORLE-BU TEACHING HOSPITAL
 - 37- MILITARY HOSPITAL
 - TEMA GENERAL HOSPITAL
 - PRINCESS MARIA LOUIS CHILDREN HOSPITAL
- } AUGUST 2009- AUGUST 2013 AS DIETICIAN INTERN

PROFESSIONAL AFFILIATIONS

Ghana Dietetics Association.

Allied Health Professional Council-Ghana.

Ghana Academy for Nutritionist and Dieticians (GAND)

POSITION HELD

Electoral Commissioner (2012/2013): University of Ghana Dietetics Student Union.

Electoral Commission Secretary (2011/2012): Allied Health Student Union, University of Ghana.

Health Week Planning Committee Member (2011/2012): Allied Health Student Union, University of Ghana.

Financial Secretary: Deeper Life Student Union (2007/2008): Kumasi Anglican Senior High School.

REFERENCES

1. Mrs. Rose Khari, Program leader/ Senior Lecturer- Public Health Institute. Liverpool John Moores University, UK. Email: R.J.Khatri@ljmu.ac.uk
2. Dr. Anna Kuevi. Senior Lecturer. Department of Dietetics. University of Ghana. School of Allied Health Sciences, College of Health Sciences. Email; adkuevi@chs.edu.gh
3. Dr. Conan Leavey, senior Lecturer- Public Health Institute. Liverpool John Moores University, UK. Email: C.Leavey@ljmu.ac.uk
4. Mr. Asare Kwabenea Peprah, Human Resource Manager. Sampa Government Hospital (Ghana Health Service). Email: asareKwabenapeprah@gmail.com Mob: +233 244013526.