

Richa Jaiswal

Registered Dietician

Department of Surgical Disciplines

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Speciality Interest: “Surgical Nutrition, Holistic Obesity Management, Bariatric Nutrition, Trauma & Burn Nutrition, Sports Nutrition”

Richa Jaiswal is a Senior Dietician (RD) at All India Institute of Medical Sciences (AIIMS), New Delhi. She has completed her master's degree in MSc. Food and Nutrition from Banasthali Vidyapith, Rajasthan. She is a PhD Scholar of Surgical Disciplines at AIIMS, New Delhi. She got her professional training at St. Stephen's Hospital. She has over 25 years of working experience as a Dietician in different healthcare setups. She has been recognized as a hardworking and reliable employee throughout her services. She has developed the AIIMS Trauma Centre Dietetics Division and shown her solid administrative skills during COVID time, for which she has received appreciation from AIIMS management, ministry and NGOs. She has been internationally recognized for her excellent contribution to Bariatric Nutrition. She is handling a very busy surgical discipline - dietetics unit and is an active member of Medical Nutrition Therapy for indoor and outdoor patients. She has worked extensively for indoor and outdoor patients in very busy units of surgery, trauma surgery, critical care, cancer division, nephrology, and gastrointestinal surgery departments during her departmental rotation in AIIMS. She has been invited as a nutrition expert at government organizations, such as “The Indian Coast Guard”, Doordarshan, Rajyasabha TV, and Loksabha TV. She has also delivered nutrition talks at many forums.

Educational Qualifications

Year	Degree	Institution
Viva Pending	PhD	AIIMS-Surgical Disciplines, New Delhi
1994-1996	MSc Food and Nutrition	Banasthali Vidyapith, Rajasthan
1991-1994	BSc Honors Food and Nutrition	Banasthali Vidyapith, Rajasthan

International Collaboration:

- She is a course director for The International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO) endorsed "Certification in Integrated Care of Obesity (CICO)" Course, an initiative of the Obesity and Metabolic Surgery Society of India (OSSI).

Previous Academic Positions:

- 1996- 2001, Nutritionist at R.K. Bodybuilding Club and freelancer
- 2001-2002, Nutritionist at VLCC, Daryaganj, New Delhi and intern at St. Stephen's Hospital, Tis Hazari, New Delhi
- 2002-2005, Junior Dietician at St. Stephen's Hospital, Tis Hazari, New Delhi
- 2005 June – 2015 June, Asstt. Dietician at AIIMS, New Delhi
- 2015 June-Till Date Dietician at AIIMS, New Delhi

International Scholarship:

- She received an IFSO-IH scholarship in 2023 to present her scientific work at the XXVI IFSO World Congress (Napoli – Italy)

Academic Achievements:

- She is a teaching faculty for MBBS and nursing students at AIIMS, New Delhi.
- She is teaching faculty for an online advanced Bariatric Nutrition course an initiative of Sir Vithaldas Thackersey College (SVT), S.N.D.T Women's University, Mumbai.
- She is teaching faculty for the online "Advanced Bariatric Nutrition Course." endorsed by IFSO, TUGSS, OSSI and University of Sunderland
- AIIMS Intramural Project: "Continuous Feeding in Critically Ill Patients: A Survey of Nurse's Satisfaction Scores at a Tertiary Care Trauma"
- AIIMS Intramural Project: The Impact of Nutrition Feeding Delay on Neuro Trauma Patients: An Investigation into Clinical Outcomes and Neurological Recovery
- ICMR Project: "Micronutrient Deficiency in Moderate to Severe Traumatic Brain Injury in Children"
- She has cleared the Lifelong Learning Course with distinction organized by the European Society of Enteral and Parenteral Nutrition.
- To upgrade her knowledge in Nutrition, she has attended many workshops and international courses on type-I diabetes, ketogenic diet, sports nutrition, nutrition supplements, surgical, enteral, and parenteral Nutrition, etc.
- She has also developed a low-cost, indigenously prepared drink for the Enhanced Recovery After Surgery (ERAS) protocol of the Gastrointestinal Surgery (GIS) department, AIIMS, New Delhi.

Expert Positions:

- Member of an ICMR task force meeting on "School-Based Interventions for prevention of CVD"

Scientific Committee Membership

- She is one of the founding members and secretary of "The Foundation for Obesity Research and Metabolic Surgery (FORMS)"
 - She is a bonafide member (AM 698) of the Obesity Surgery Society of India (OSSI)—Integrated Health (IH) and IFSO. She has been elected as OSSI-IH Convener for 2022-2026.
 - She is a bonafide member (LM 419) of the Indian Dietetic Association, Delhi Chapter, and IDA, Delhi Chapter Co-Convener.
 - She is a member Life Member of the IAPEN India Association for Parenteral and Enteral Nutrition (LM-2023-1083).
- National Executive Member for the recently notified association for Dieticians "Bharat Dieticians Association"

Knowledge Share Activities

- Organized several workshops and scientific meetings to spread knowledge and share skills.
- She was the organizing secretary for the first National Bariatric Postgraduate CME (BARIME-2017) hosted at AIIMS, New Delhi.
- National and International Conferences on Bariatric Surgery (AIIMS BARICON 2017, 2019 and 2022), (OSSI-2022,2023,2024)
- She has organized many national nutrition conferences as an organizing secretary from AIIMS, New Delhi and the Indian Dietetic Association, Delhi Chapter Platforms.

Books and Chapters

- She has written chapters on Cancer and Nutrition and Surgical Nutrition.
- She also wrote a chapter on Liver Nutrition, published in the ISCCM Textbook of Critical Care Medicine,2023.
- She has prepared a write-up on "Challenges of nutritional management post-surgery: RYGB v/s Sleeve Gastrectomy v/s Duodenal switch (BPDDS)" published in the Journal of Indian Dietetic Association (JIDA)
- Prepared a write-up on "Nutritional Care after Traumatic Brain Injury."

Patient Education Booklets

She has developed a few booklets and reading materials for patient education and home nutrition care on the following topics:

1. The Patient Guide: Identification, Evaluation and Treatment of Overweight and Obesity in Adults
2. A pictorial pyramid on diet and exercise for obesity management.
3. Be your weight loss guide
4. Nutritional anaemia and bariatric surgery
5. Enteral feeding and bariatric surgery
6. Enteral Nutrition Support after Traumatic Injury.
7. Immunonutrition- Ancient Wisdom

Bariatric Related Publications

- Laparoscopic Sleeve Gastrectomy With and Without Staple Line Reinforcement: a Randomized Study, August 2011, [Obesity Surgery](#), Conference: 16th Congress of the International Federation for the Surgery of Obesity, Volume: 21, [S. Aggarwal](#), [Mahesh C Misra](#), [N. Ramaswami](#), [Richa Jaiswal](#).
- Laparoscopic Management of Acute Intestinal Obstruction Due to an Unusual Cause After Roux -En -Y Gastric Bypass, September 2012 [Obesity Surgery](#) Conference: 17th World Congress of International Federation for the Surgery of Volume: 22 Authors: [Sandeep Aggarwal](#), [Akshat Wahal](#), [Santhosh Anand](#), [Mahesh C Misra](#), [Richa Jaiswal](#), [Lokesh Kashya](#)
- “Change in Serum Level of Micronutrients After One Year Follow Up of Laparoscopic Sleeve Gastrectomy” September 2012 [Obesity Surgery](#) Conference: 17th World Congress of International Federation for the Surgery of Volume: 22 Authors: [Richa Jaiswal](#), [Sandeep Aggarwal](#), [Mahesh C Misra](#).
- Laparoscopic Sleeve Gastrectomy: One and Three Year Results: in Indian Population September 2012, [Obesity Surgery](#) Conference: 17th World Congress of International Federation for the Surgery of Volume: 22, Authors: [Sandeep Aggarwal](#), [Akshat Wahal](#), [Santhosh Anand](#), [Mahesh C Misra](#), [Richa Jaiswal](#), [Lokesh Kashya](#).
- Evaluation of micronutrient deficiency and bone health in morbidly obese patients undergoing laproscopic sleeve gastrectomy, August 2014 , [Obesity Surgery](#) Conference: 19th World Congress of the Volume: 24, [S. Aggarwal](#), [Santhosh Anand](#), [Mahesh C Misra](#), [Richa Jaiswal](#)
- Oral paper presentation on the Psychological aspects of Bariatric Surgery “Quality of Life (QOL) and weight loss assessment in patients with BMI≥35 kg/m²” in the annual conference of OSSI 2016, Richa Jaiswal, [Sandeep Aggarwal](#), Ashima Nehra, R.M. Pandey.
- Mid to long term outcomes of Laparoscopic Sleeve Gastrectomy in Indian population: 3–7 year results – A retrospective cohort study, Harshit Garg, Sandeep Aggarwal, Mahesh Chandra Misra, Pratyusha Priyadarshini, Ashish Swami, Lokesh Kashyap, Richa Jaiswal, [International Journal of Surgery Volume](#) 48, December 2017.

List of other Publications

- “Gall bladder cancer and the role of dietary and lifestyle factors” Dipanjan Panda, Atul Sharma, Nootan K. Shukla, Richa Jaiswal, Sadanand Dwivedi, Vinod Raina, Bidhu K. Mohanti, Surya V. Deo and Somdatta Patra, European Journal of Cancer Prevention , Vol. 22, No. 5 (SEPTEMBER 2013) Published By: Lippincott Williams & Wilkins.
- Evaluation of an indigenously prepared pre-operative carbohydrate drink for use in ERAS protocol, Indian Society of Clinical Nutrition 2016, Srinivasan Ramachandran, Peush Sahni, Richa Jaiswal , Madhusudhan KS.
- Adequate Nutritional Support and Monitoring in Post - Traumatic High Output Duodenal Fistula, world trauma congress, 2017, The Indian Society for Trauma and

Acute Care (ISTAC®), Authors: Richa Jaiswal, Vidisha Sharma, Amulya Rattan, Sushma Sagar, Subodh Kumar, Amit Gupta, Biplabh Mishra, Maneesh Singhal