

American University of Beirut | School of Nursing

# Annual Report 2007-08

School of Nursing  
American University of Beirut

PO Box 11-0236, Riad El Solh 1107 2020, Beirut, Lebanon

Tel: +961-1-350000, Ext. 5952 or 5950 | Fax: +961-1-744476 | E-mail: [schnsg@aub.edu.lb](mailto:schnsg@aub.edu.lb)





American University of Beirut School of Nursing

# Annual Report 2007-08

## Preface

The 2007-08 academic year (AY) was the occasion for another important milestone in the history of the School of Nursing (SON) at AUB. The Commission on Collegiate Nursing Education (CCNE) in the United States granted the SON's Bachelor of Science in Nursing (BSN) and Master of Science in Nursing (MSN) programs unconditional accreditation for a five-year term, which is the maximum term that the CCNE gives for initial accreditation. The SON accepted an invitation to become a member of the American Association of Colleges of Nursing (AACN) and attended its first meeting in March 2008. The AUB School of Nursing is the first nursing school outside the US territories to be accredited by CCNE and to become a member of AACN.

In June 2008, His Excellency Mr. Saad Hariri made a gift to AUB to name and endow the Rafic Hariri School of Nursing. The gift is being used to renovate and equip the new home of the Hariri School of Nursing and to establish several endowed funds to support the directorship of the school, to provide scholarships for nursing students, and to endow a faculty chair. Additionally, the Hariri Foundation sponsored a post-basic course in community nursing which was offered Fall and Spring AY 2007-08 and funded five MSN student residencies at Johns Hopkins University's School of Nursing.

As part of a Comprehensive Evaluation Plan, the SON administered BSN and MSN exit surveys, BSN and MSN satisfaction surveys, an alumni satisfaction survey, and an employer satisfaction survey. The school also developed and implemented a leadership survey. In addition to analyzing the data collected from these surveys, the school is also using Clinical Evaluation Tools in all its nursing courses. In July 2008, the school organized a faculty retreat to discuss how best to evaluate learning outcomes.

In June, the SON hosted a national conference on "Capacity Building in Nursing: Challenges and Opportunities" with the World Health Organization (WHO), the Order of Nurses, the Ministry of Health/Italian Corporation, and the AUB Medical Center (AUBMC) Nursing Services. The conference attracted participants from AUB

and Lebanon. The school mailed the conference recommendations to policy makers, administrators, and nurses. More than 70 nurses from Lebanon and the region attended the SON annual Summer Nursing Institute in 2008.

One of the school's priorities is to increase the diversity of its student body. Toward that end, the school has launched an extensive recruitment effort that includes visits to a number of high schools, electronic distribution of information on all SON academic programs, and distribution of informational booklets and posters to high schools, nurses, hospitals, Ministries of Health, and Schools and Colleges of Nursing in Lebanon and the region.

We are proud of what we accomplished this year. In the pages that follow you will find additional details of our activities and our achievements related to education, research, and public and professional service.

Huda Abu-Saad Huijjer RN, PhD, FEANS  
Director, School of Nursing

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## 1. Organization of the School of Nursing

## Faculty and Staff

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### Director of the School of Nursing from January, 2003

Huda Abu-Saad Huijjer, RN, PhD, FEANS, Professor

### Faculty Members

Marina Adra, RN, MS Physiology, Clinical Assistant Professor

Mary Arevian, RN, MPH, Clinical Associate Professor, BSN Coordinator

Nuhad Azoury, RN, MSN, Clinical Assistant Professor

Sossy Balian, RN, MPH, Clinical Assistant Professor

Jouhayna Bejjani-Gebara, RN, MSN, Clinical Instructor, until January 2008

Keith Cash, PhD, MSc, BA, RGN, RMN, Professor, since January 2008

Hani Dimassi, PhD, Assistant Professor, until January 2008

Myrna Doumit PhD, RN, BSN, Diploma in Educational Management and Leadership, MPH, Assistant Professor

Nuhad Dumit, RN, BSN, MA, PhD, Clinical Assistant Professor, RN-BSN Coordinator

Laila Farhood, PhD, CS, RN, Professor and Clinical Associate, Psychiatry Department, Faculty of Medicine,

May Khoury, RN, BSN, MSN, Clinical Assistant Professor

Dina Madi, RN, BSN, MA Education, Clinical Instructor

Sana Marini, RN, BS, BSN, MPH, Clinical Assistant Professor

Samar Noureddine, PhD, RN, CNS, Associate Professor, MSN Coordinator

### Visiting Faculty

Keith Cash, PhD, MSc, BA, RGN, RMN, Professor of Nursing, World Health Organization. September - December 2007.

Jason Farley, RN, CNP, Assistant Professor, Johns Hopkins University School of Nursing, July 2008

Souhad Shbeir, RN, MSc, PhD, Assistant Professor, Virginia Polytechnic Institute and State University, June 2008

Hussein A. Tahan, DNSc, RN, CAN, Executive Director of International Health Services New York Presbyterian Hospital, April 2008 and July 2008

### New Appointments

Michael Clinton, PhD, Dean University of Calgary, Visiting Professor, since September 2008

Souhad Shbeir, RN, MSc, PhD, Assistant Professor, since September 2008

### Research Assistants

Sarah Abboud, RN, MSN

Rana Bachir, MPH

### Clinical Preceptors

Sarah Abboud, RN, MSN

Sana Daouk, RN

Laila Kazan, RN

Reine Nicodene, RN

### Graduate Assistants

Mira Abi Saad

Nisrine Abu-Fakhr

Nour Alayan

Farah Alwan

Wahid Al-Kaissi

Faten Badran

Dany Badreddine

Elizabeth Dyer

Rebecca El-Asmar

Rasha Hamzeh  
Janane Hanna  
Layal Hmayed  
Imtithal Kiserwan  
Angala Massouh  
Rachelle Nassar  
Samar Nassif  
Farah Salha

### **Administrative Staff**

Ghassan Afram, Executive Officer  
Lynn Berbary, Student Services, Recruitment, and Career Planning Officer  
Rabih Daher, Clerk/Messenger  
Suzy Garabedian, Secretary  
Ilham Rustom, Clerk/Stenographer  
Jeanette Zeinati, Clerk/Stenographer

## **II. Faculty Activities**



## A. Teaching Assignments

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### Marina Adra

Fall.....NURS 400 Critical Care Nursing, Theory, 3 cr., Co-coordinator  
 NURS 401 Critical Care Nursing, 3 cr., Practicum  
 Spring.....NURS 302 Nursing Care of Adults II, 3 cr., Co-Coordinator  
 NURS 303 Nursing Care of Adults II, 3 cr., Practicum, (2 sections)  
 Summer.....NURS 310 Pathophysiology, 2 cr., Coordinator

### Mary Arevian

Fall.....NURS 200 Introduction to Nursing, 2 cr., Co-coordinator  
 Hariri Post basic Community Nursing Course, 6 cr., Coordinator  
 Spring.....NURS 407 Community Health Nursing, 3 cr., Coordinator  
 NURS 408 Community Health Nursing, 3 cr., Coordinator  
 NURS 314 Community Health Nursing, for RN-BSN  
 Summer.....NURS 202 Health Assessment, 2 cr., Co-coordinator

### Nuhad Azoury

Fall.....NURS 300 Nursing Care of Adults I, Theory, 3 cr., Co-coordinator  
 NURS 301 Nursing Care of Adults I, 3 cr., Practicum Assisted with  
 Student Recruitment  
 Spring.....NURS 302 Nursing Care of Adults II, 3 cr., Coordinator  
 NURS 303 Nursing Care of Adults II, 3 cr., Coordinator  
 NURS 303 Nursing Care of Adults II, 3 cr., Practicum (2 sections)  
 Summer.....NURS 202

### Sossy Balian

Fall.....NURS 200 Introduction to Nursing, 2 cr., Coordinator  
 NURS 304 Nursing Care of the Expectant Family, 3 cr.,Coordinator  
 NURS 305 Nursing Care of the Expectant Family, 3 cr.,Coordinator  
 NURS 305 Nursing Care of the Expectant Family, 3 cr., Practicum  
 Spring.....NURS 306 Nursing Care of Children, 3 cr., Co-coordinator  
 NURS 307 Nursing Care of Children, 3 cr., Practicum, (2 sections)

Summer.....NURS 202 Health Assessment, 1 cr., Practicum  
 NURS 308V Nursing Care of Adults, 2 cr., Coordinator

### Jouhayna Bejjani-Gebara

Fall.....NURS 402 Mental Health & Psychiatric Nursing, 3 cr., Co-coordinator  
 NURS 403 Mental Health & Psychiatric Nursing, 3 cr., Practicum  
 NURS 403 Mental Health & Psychiatric Nursing, 3 cr., Coordinator

### Keith Cash

Fall.....NURS 500 Nursing Theories, 2 cr., Coordinator  
 NURS 507 Role Development in Nursing Administration, 4 cr.,  
 Coordinator  
 NURS 598 Project  
 Spring .....NURS 509 Role Development in Nursing Education, 3 cr., Co-coordinator  
 NURS 520 Managing Quality with Teams, 3 cr., Co-coordinator  
 NURS 511 Health Care Ethics, 1 cr., Coordinator  
 NURS 407 Community Health Nursing, 3 cr., Co-coordinator  
 Summer.....NURS 511 Health Care Ethics, 1 cr., Coordinator

### Hani Dimassi

Fall.....NURS 406 Nursing Research, 3 cr., Coordinator  
 NURS 511C Sample Size calculations and procedures, 1cr., Coordinator  
 NURS 502 Advanced Nursing Research, 2 cr., Co-coordinator  
 NURS 598 Project

### Myrna Doumit

Fall.....NURS 300 Nursing Care of Adults I, 3 cr., Coordinator  
 NURS 301 Nursing Care of Adults I, 3 cr., Clinical Coordinator  
 NURS 301 Nursing Care of Adults I, 3 cr., Practicum  
 NURS 500 Nursing Theories, 2 cr., Co-coordinator  
 NURS 598 Project  
 Spring .....NURS 409 Leadership and Management in Nursing, 3 cr., Co-coordinator  
 NURS 410 Leadership and Management in Nursing, 3 cr., Practicum  
 NURS 520 Managing Quality with Teams, 3 cr., Coordinator

NURS 313 Leadership and management in Nursing for RN-BSN, Co-coordinator

Summer.....NURS 511N Qualitative Research Methods, 1 cr., Coordinator

#### **Nuhad Dumit**

Fall.....NURS 400 Critical Care Nursing, 3 cr., Coordinator

NURS 401 Critical Care Nursing, 3 cr., Coordinator

NURS 401 Critical Care Nursing, 3 cr., Practicum

NURS 405 Critical Care Nursing for RN-BSN, 2 cr., Coordinator

Spring.....NURS 409 Leadership and Management in Nursing, 3 cr., Coordinator

NURS 410 Leadership and Management in Nursing, 3 cr., Clinical Coordinator

NURS 410 Leadership and Management in Nursing, 3 cr., Practicum

NURS 313 Leadership and Management in Nursing for RN-BSN

NURS 509 Role Development in Nursing Education, 3 cr., Coordinator

Summer.....NURS 202 Health Assessment, 1 cr., Practicum

NURS 205 Foundations of Professional Nursing RN-BSN, 2 cr., Coordinator

#### **Laila F. Farhood**

Fall.....NURS 402 Mental Health & Psychiatric Nursing, 3 cr., Coordinator

NURS 403 Mental Health & Psychiatric Nursing 3 cr., Practicum

NURS 501 Foundations of Advanced Nursing Practice, 3 cr., Coordinator

NURS 598

Spring.....NURS 502 Advanced Nursing Research, 4 cr., Co-coordinator

NURS 516 Psychopathology and Human Behavior, 3 cr., Coordinator

Sick leave May/June

Summer.....Sick Leave

#### **Huda Abu-Saad Huijer**

Fall.....NURS 508 Nursing Administration Practicum, 5 cr.

NURS 598 Project

Spring.....NURS 508 Nursing Administration Practicum, 5 cr.

NURS 598 Project

Summer.....NURS 508 Nursing Administration Practicum, 5 cr.

NURS 598 Project

#### **May Houry**

Fall.....NURS 304 Nursing Care of the Expectant Family, 3 cr., Co-coordinator

NURS 305 Nursing Care of the Expectant Family, 3 cr., Practicum

Spring.....NURS 306 Nursing Care of Children, 3 cr., Coordinator

NURS 307 Nursing Care of Children, 3 cr., Coordinator

NURS 307 Nursing Care of Children, 3 cr., Practicum (2 sections)

Summer.....NURS 202 Health Assessment, 1 cr., Practicum

NURS 308V Nursing Care of Children for RN-BSN, 1 cr., Co-coordinator

#### **Dina Madi**

Fall.....NURS 305 Nursing Care of the Expectant Family, 3 cr., Practicum (2 sections)

Spring.....NURS 307 Nursing Care of Children, 3 cr., Practicum

NURS 201 Introduction to Nursing Practice, 2 cr., Co-Coordinator

NURS 201 Introduction to Nursing Practice, 1 cr., Practicum

Summer.....Personal Leave

#### **Sana D. Marini**

Fall.....NURS 404 Nursing Informatics, 2 cr., Coordinator

NURS 401 Critical Care Nursing, 3cr., Practicum

Spring.....NURS 201 Introduction to Nursing Practice, 2 cr., Coordinator

NURS 201 Introduction to Nursing Practice, 1 cr., Clinical Coordinator

NURS 201 Introduction to Nursing Practice, 1 cr., Practicum

NURS 410 Leadership and Management in Nursing, 3 cr., Practicum

Summer.....NURS 202 Health Assessment, 1 cr., Practicum

#### **Samar Noureddine**

Fall.....NURS 503 Advanced Health Assessment, 3 cr., Coordinator

NURS 504 Advanced Pathophysiology, 4 cr., Coordinator

NURS 506 Advanced Practice in Adult Care II, 4 cr., Coordinator  
 NURS 598 Project  
 Spring.....NURS 502 Advanced Nursing Research, 2 cr., Coordinator  
 NURS 505 Advanced Practice in Adult Care I, 4 cr., Coordinator  
 NURS 598 Project  
 Summer.....Research Leave

## B. Summer Nursing Institute / Special Topics Courses

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For the second year in a row, the SON organized a Summer Nursing Institute in collaboration with the Johns Hopkins University School of Nursing. The purpose of the Summer Nursing Institute is to offer a number of courses that are of interest to our students and to others in the community both in Lebanon and the region. A number of courses are taught by internationally recognized nursing faculty. Due to unforeseen circumstances, we were only able to offer four of the six courses that we had originally planned for summer 2008. In the section that follows, we provide a description of the courses, the names of the teaching faculty, and the total number of MSN students and non-AUB participants.

### Evidence-Based Practices in Infection Control and Hospital Epidemiology

**June 30 – July 4, 2008**

Description: The course applies infection control and epidemiologic evidence-based principles to the prevention of nosocomial and community acquired infections. Case studies illustrate epidemiologic investigations of new and re-emerging infectious diseases affecting Lebanon and the region.

In collaboration with AUBMC Infection Control Program  
 Jason E. Farley, PhD(c), MPH, NP

The Johns Hopkins University School of Nursing  
 Adult Nurse Practitioner and Infection Control Consultant  
 Johns Hopkins University, School of Nursing  
 and  
 Souha Kanj-Sharara, MD, FACP  
 Head, Division of Infectious Diseases  
 Chairperson, Infection Control Program  
 American University of Beirut Medical Center, AUBMC

Total number of participants: 20; 9 MSN students and 11 other participants

### Therapeutic Communication

**July 7 – 11, 2008**

Description: This course explores aspects of therapeutic relationships and communication skills in the nurse-patient relationship. The goal is to achieve a therapeutic outcome and bring about insight and behavioral change.

Laila Farhood, PhD, CS, RN  
 School of Nursing, AUB

Total number of enrolled participants: 6; 2 MSN students and 4 outsiders  
 Course was cancelled due to illness

### Evidence-Based Practice Methods

**July 14 – 18, 2008**

Description: This course provides an overview of concepts and practical applications in evidence-based practice methods. Emphasis is placed on translation of the best available evidence into practice within organizations and the steps involved in conducting an evidence-based practice project. Key topics covered include: the Johns Hopkins Evidence-Based Practice Model, guidelines for implementation, searching for evidence, appraising evidence, summarizing the evidence, and translation strategies.

Cheryl R. Dennison, RN, ANP, PhD  
 Johns Hopkins University School of Nursing

Total number of participants: 21; 8 MSN students and 13 other participants  
 Course was postponed due to death in the family

## **Practical Applications of Budgeting in Nursing**

**July 21 – 25, 2008**

Description: This course provides practical applications of concepts in nursing budgeting and finance. Emphasis is placed on development of nursing budgets for a patient care unit and for a department/division. Key concepts relevant to nursing such as staffing, nursing care hours, hours per patient day, patient acuity, direct and indirect hours of care, productive and unproductive time are defined. In addition, tools for calculating and evaluating budgets as well as strategies for maintaining a balanced budget are also discussed.

Hussein A. Tahan, DNSc, RN, CNA

Executive Director of International Health Services

New York-Presbyterian Hospital, New York, USA

Total number of participants 29; 19 MSN students and 10 other participants

## **Qualitative Research Seminars**

**July 28 – Aug 1, 2008**

Description: This course offers nurse researchers an introduction to qualitative research methods. Design and analysis strategies in qualitative research are discussed including the use of software for data analysis.

Myrna A. A. Doumit, RN, PhD

School of Nursing, AUB

Total number of participants 8; 3 MSN students and 5 other participants

## **Health Care Ethics**

**August 4 – 8, 2008**

Description: This course introduces ethical concepts and issues relevant to the practice of the health professions. Areas of emphasis include the nature of autonomy, justice and the distribution of health resources, the quality of life, and

the foundations of professional ethics. The course will be based on the use of case studies and class exercises.

Keith Cash, RN, PhD

School of Nursing, AUB

Total number of participants 17; 13 MSN students and 4 other participants

## **Special Courses Taught**

**Post-Basic Community Health Nursing**

**Offered to community nurses at the Rafic Hariri Foundation**

**Fall 2007 and Spring 2008**

Description: This course builds upon the theories of nursing and public health, applied to promoting, preserving and maintaining the health of populations through the delivery of personal health care services to small groups, including the family and its individual members, and the larger groups including the community. Intervention focuses on promotion and maintenance of high level of health and well being; the prevention of illness and disability; the provision of health care; and rehabilitation.

Clinical experiences are designed to enhance collaborating effectively with interdisciplinary team members in organized settings.

Total number of participants 20 nurses from Rafic Hariri Community Centers

Mary Arevian, RN, MPH

School of Nursing, AUB

## **Case Management**

**April 1 – 5, 2008**

This course explores the implementation and evaluation of case management models and the various roles of case managers. The focus is on model design, implementation, evaluation, clinical pathways/case management plans, outcomes management, and performance improvement.

Hussein A. Tahan, DNSc, RN, CNA

Executive Director of International Health Services

New York-Presbyterian Hospital, New York, USA

Total number of participants 20; 18 MSN students and 2 other participants

## C. Faculty Development

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- Nuhad Dumit completed PhD study at the University of Colorado, USA.
- Sana Marini continued her PhD studies at the University of Amsterdam, the Netherlands.
- Dina Madi continued her PhD studies at the University of Manchester, UK.
- Marina Adra continued her PhD studies at the University of Manchester, UK.
- The SON organized a Faculty Retreat on Evaluation Methods of Learning Outcomes, July 25, 2008.

## D. Faculty Recruitment/Appointments

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- Twenty-nine candidates applied for faculty positions and were reviewed by the SON Search Committee. The committee interviewed four applicants. A number of files are pending.

The SON made the following appointments;

- Dr Keith Cash, Professor, effective January 2008
- Dr Michael Clinton, Visiting Professor, effective September 2008
- Dr Souhad Shbeir El-Dika, Assistant Professor, effective September 2008.

## III. Educational Activities

## A. Educational Programs

### BSN

1. A Comprehensive Evaluation Plan has been put in place and is currently being implemented.
2. Theory and clinical nursing courses were combined and evaluation methods developed and are being implemented.
3. Standardized Clinical Evaluation Tools are being used in all clinical nursing courses. A monitoring system was discussed for future implementation.
4. General education courses were designated based on AUB general education criteria.
5. Workshops on measuring learning outcomes were given and a monitoring system was put in place to evaluate effectiveness.

### RN-BSN

1. Results of RN-BSN curriculum evaluation were used for program and course revisions.
2. Recruitment is ongoing to enhance RN-BSN enrollment.

### MSN

1. Three tracks are offered: Adult Care, Nursing Administration, and Psychiatry and Mental Health Nursing. A new track - Community and Public Health Nursing - will be launched AY 2008-09.
2. Ten students completed their residencies at the Johns Hopkins University School of Nursing in the United States; nine were fully sponsored by the Rafic Hariri Foundation.
3. An Advanced Pharmacology Course was offered for the first time in June 2008.
4. A total of 5 Special Topics Courses were offered in Spring and Summer 2008.

## B. Student Enrollment

### Student Statistics AY 2007-08 compared to 2006-07

	BSN	BSN	MSN	MSN
	2006-07	2007-08	2006-07	2007-08
Applied	148	187	20	41
Accepted	97	132	19	39
New Enrolled	47	45	9	20
Yield	48%	34%	47%	51%
Total Enrollment	128	124	41	40
Female	75%	76%	86%	88%
Male	25%	25%	14%	13%
Lebanese	85%	85%	97%	78%
International	15%	15%	3%	23%

There has been a dramatic increase in the number of applicants for the MSN program—from 20 in 2006-07 to 41 in 2007-08—and in the number of new students who enrolled in the program – from 9 to 20. There has also been a rise in the number of non-Lebanese MSN students at the SON from 3 percent in 2006-07 to 23 percent in 2007-08, which is a reflection of the fact that our MSN program is attracting increasing attention—and students—from the region. Although most BSN graduates choose to work at the AUB Medical Center, an average of 37 graduates per year apply for jobs primarily in Canada and the United States.

## Nursing Students' Projects

BSN IV students conducted workshops on a number of health promotion and disease management topics for nurses working in community centers, nursing homes, and hospitals. Topics covered included:

1. Physical and psychological changes that occur during old age.
2. Psychiatric problems commonly seen among the elderly such as dementia, Alzheimer.
3. The importance of family support for institutionalized older adults.
4. Osteoporosis and its prevention.
5. Immunizations with emphasis on disease prevention.
6. Leadership and shared governance in nursing.

## Final Year Project/Poster Exhibit during the Nursing Conference

BSN IV students presented health promotion posters prepared for the community health nursing course as well as projects for the nursing leadership and management course at the "Developing the Nursing Workforce in Lebanon: Challenges and Opportunities" conference, which was held on June 20, 2008 at AUB Issam Fares Hall.

MSN students exhibited their projects and thesis work during the conference as well.

## C. Student Recruitment Strategy

- Two faculty members assisted the SON Student Services Officer in all student recruitment efforts during AY 2007-08. They visited 37 high schools where they presented information on SON programs. The SON compiled a data base with information on all the students who attended SON recruitment sessions so that it can follow-up and monitor these young men and women.
- The SON developed unique materials for the BSN, RN-BSN, and MSN programs that it then disseminated electronically and through regular mail in Lebanon to high schools, hospital and nursing service administrators, schools of nursing,

vocational and technical nursing programs, and to all nurses registered at the Order of Nurses in Lebanon. Similar documents were developed for electronic dissemination to Ministries of Health, hospitals, schools of nursing, and alumni in the region. They included SON posters, brochures, and a list of Frequently Asked Questions.

- The SON also organized Open Houses in January and June for all accepted students to the BSN program. SON posters, brochures, and lists of Frequently Asked Questions were sent to all directors of hospitals, schools of nursing, and nursing services in the Arab region.

## D. MSN Students Projects and Theses

Name	Type	Title	Committee Members	Defense Date
Suha Ballout	Thesis	Psychometric Evaluation of the Arabic Brief Pain Inventory on a sample of Lebanese Cancer Patients	Dr. Samar Nouredine (Chair) Dr. Huda Abu-Saad Huijer, Dr. Ghassan Kanazi (members)	October 24, 2007
Nina Al-Khatib	Thesis	Self-care in a Sample of Lebanese Heart Failure Patients	Dr. Samar Nouredine (Chair) Dr. Huda Abu-Saad Huijer, Dr. Samir Arnaout (members)	October 29, 2007

Sarah Abboud	Thesis	Quality of Life in HIV/ AIDS Patients in Lebanon	Dr. Samar Nouredine (Chair) Dr. Huda Abu-Saad Huijjer, Dr. Jocelyn De Jong (members)	October 30, 2007
Nariman Iskandaran	Project	Nurses Readiness For E-Learning in Continuing Education at AUBMC	Dr. Laila Farhood (Chair) Ms. Nuhad Dumit (second reader)	October 31, 2007
Dareen Hajj-Hassan	Thesis	Comparing Sudden Cardiac Arrest Management at AUBMC with the American Heart Association Guidelines	Dr. Samar Nouredine (Chair) Dr. Hani Dimassi, Dr. Ghassan Jamaledine (members)	January 23, 2008
Rola Farah	Project	Mapping Patient Discharge Journey at St. George Hospital	Dr. Myrna Doumit (Chair) Dr. Keith Cash (second reader)	May 27, 2008
Wahid El Kaissi	Project	Creation of Heart Failure Clinic in Lebanon	Dr. Huda Abu-Saad Huijjer (Chair) Dr. Samar Nouredine (second reader)	May 29, 2008
Angala Massouh	Project	A Heart Failure Clinic in Lebanon: Proposal and Recommendations	Dr. Samar Nouredine (Chair) Dr. Huda Abu-Saad Huijjer (second reader)	June 4, 2008
Rania Bou-Diab	Project	Evaluating Strategy of Health Campaign in Lebanon	Dr. Keith Cash (Chair) Dr. Myrna Doumit (second reader)	June 4, 2008

## V. Accreditation



## A. CCNE accreditation

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- During its meeting on October 13, 2007, the Commission on Collegiate Nursing Education (CCNE) Board granted the SON's BSN and MSN programs for a five-year term, which is the maximum term given by CCNE for initial accreditation. AUB's BSN and MSN programs are the first CCNE accredited nursing programs outside the US territories.
- The AUB School of Nursing was invited to become a member of the American Association of Colleges of Nursing (AACN) making it the first school of nursing outside the United States to achieve this status.
- Dr. Abu-Saad Huijer attended the AACN Deans' Meeting in Washington, DC in March/April 2008.

## B. Strategic Planning

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- The SON Strategic Planning Management Review Team chaired by the director and assisted by the executive officer monitors the implementation of initiatives based on KPIs every six months.
- Survey tools which were developed as part of the SON Comprehensive Evaluation Plan and the Accreditation Self-Study are currently being used. They include BSN and MSN Exit Surveys, BSN and MSN Satisfaction Surveys, Alumni Satisfaction Survey, and Employer Satisfaction Survey.
- A Leadership Questionnaire was developed and results analyzed.

## V. Research and Scholarly Activities

Current programs of research in the School of Nursing include:

- Stress Research. Lead researcher Dr. L. Farhood.
- Pain Management and Palliative Care. Lead researcher Dr. H. Abu-Saad Huijjer.
- Health Beliefs and Behavior: Health-seeking behavior among the chronically ill. Lead researcher Dr. S. Noureddine.

## A. Current SON Faculty Research

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### Quality of Life for Nursing Home Residents in Lebanon: Perceptions and Perspectives

The purpose of this project is twofold:

- To evaluate the quality of life of the elderly living in nursing homes in Lebanon.
- To explore the perceptions of the elderly living in nursing homes about the meaning and constituents of quality of life.

Principal Investigator: Ms. Marina Adra

Status: Ongoing

### Collaborative Project: Training Trainees to Conduct Awareness Campaigns to Prevent Substance Abuse Among Lebanese/Armenian young people

The purpose of this project was to train trainees and to prepare them to conduct awareness campaigns about abuse and to suggest healthy alternatives for relieving stress.

Principal Investigator: Ms. Mary Arevian.

Collaborators: The project was initiated by the Armenian Relief Cross in Lebanon (ARCL), and implemented in collaboration with stakeholders in the Armenian community and Oum El Nour organization.

Funding: Oxfam Canadian Fund for Social Development

Status: Completed

Results: Thirty young activists were trained and offered awareness sessions to a total of 5,200 young people, policemen, and parents. Results indicated that workshop objectives were met. Awareness campaigns were evaluated positively by ARCL, stakeholders, activists, and parents. Continued collaboration is recommended especially to evaluate the impact of the awareness campaigns on knowledge, attitude, and behaviors of adolescents and young people.

### Beliefs about Breast Cancer, Breast Self Exam, and Mammography Among Lebanese/Armenian Women

The purpose of this study is to describe beliefs related to breast cancer and to provide baseline data to guide the development of educational programs to promote early detection and early treatment of breast cancer.

Principal investigator: Ms. Mary Arevian

Other researchers: Dr. Samar Noureddine

Funding: Armenian Red Cross

Status: Ongoing

### Perception of Health Related Quality of Life and Adherence to Therapeutic Regimen of Diabetics

The purpose of this study is to describe the relationship between the perception of health related quality of life of diabetics and their adherence to diabetic therapeutic regimen.

Principal investigator: Ms. Mary Arevian

Other Researcher: Ms. Taline Bakalian

Funding: Armenian Red Cross

Status: Ongoing

## **Nursing in Lebanon and the Middle East: A Historical Perspective**

The purpose of the study is to examine the history of nursing in the Middle East

Principal Investigator: Ms. Sossy Balian

Status: Ongoing

## **Agent Based Modeling and the Nature of Compassion in Health Care**

A novel approach to applied health care ethics will be utilized to investigate the characteristics of compassion. The latter would seem to be foundational for the ethical delivery of health care. A computer simulation using Agent Based Modeling techniques has been developed to investigate complex systems involving compassionate behaviors.

Principal Investigator: Dr. Keith Cash

Status: Ongoing

## **Game Theory and Chronic Illness, Especially Among Type II Diabetes Patients**

The project is to develop a model of adaptation to chronic illness taking a new approach based on the insights of game theory applied to situations of both cooperative and non-cooperative games. The model is based on viewing the interactions of health care consumers and providers through the lens of a series of negotiations. The results are currently being written up.

Principal investigator: Dr. Keith Cash

Other researchers: Dr. Alan White (LMU, UK), Dr. Robin Lewis (Sheffield Hallam, UK)

Status: Ongoing

## **The Strategic Self Management of Men with Newly Diagnosed Type II Diabetes**

Type II diabetes is now pandemic. Controlling blood sugar is essential to prevent the occurrence of complications such as kidney failure, blindness, and compromised tissue viability. Control is generally very poor. The perceptions of men with newly diagnosed T2DM are examined in light of a model based on game theory where negotiations, both cooperative and non-cooperative, are examined. The results are currently being written up.

Principal investigator: Dr. Keith Cash

Other researchers: Dr. Alan White (LMU, UK), Dr. Robin Lewis (Sheffield Hallam, UK)

Status: Ongoing

## **Living With a Breast Cancer Diagnosis**

The purpose of this qualitative phenomenological study is to provide in-depth understanding of the experience of Lebanese women living with a diagnosis of breast cancer. Results will provide significant information on women's lived experience and will contribute to a better understanding of their needs.

Principal Investigator: Dr. Myrna A. A. Doumit

Other researchers: Dr. Nagi El Saghir, Dr. Huda Abu-Saad Huijjer, Dr. Jane Kelley,

Ms. Nada Nassar

Funding: MPP

Status: Ongoing

## **The Lived Experience of Lebanese Family Caregivers of Cancer Patients**

The purpose of this study was to explore, through in-depth semi-structured interviews, the lived experience of Lebanese family caregivers of cancer patients, and to acquire a better knowledge of the meaning and interpretation of their experience.

Principal Investigator: Dr. Myrna A. A. Doumit

Other researchers: Dr. Huda Abu-Saad Huijjer, Dr. Jane Kelley, Ms. Nada Nassar

Status: Completed

Results: Eight core themes describing participants' lived experience emerged from the interviews: living with fears and uncertainty; loss of happiness; feeling of added responsibility; living in a state of emergency; sharing the pain; living the dilemma of truth telling; disturbed by being pitied; and reliance on God. The results of this study challenge nurses to be conscious of the nature and difficulties that family caregivers are encountering.

Publications:

Doumit, M, Abu-Saad Huijjer, H, & Kelley, J, Nassar, N (2008). The lived experience of Lebanese family caregivers of cancer patients. *Cancer Nursing*. 31(4), 1-13

## The Lived Experience of Cancer Patients Receiving Palliative Care

The purpose of this study was to uncover the lived experience of Lebanese oncology patients receiving palliative care.

Principal Investigator: Dr. Myrna A. A. Doumit

Other researchers: Dr. Huda Abu-Saad Huijjer, Dr. Jane Kelley, Ms. Nada Nassar

Status: Completed

Results: The participants highlighted their distress from being dependent; their dislike for being pitied; concerns related to their families; their reliance on God and divinity; their dislike of hospital stays; their need to be productive; their fear of pain; and their need to communicate. Specific nursing actions related to the themes would include exploring patients' ideas, beliefs, and experiences regarding pain, and improved communication among patients, families, and health care providers.

Publications:

Doumit, M, Abu-Saad Huijjer, H, & Kelley, J (2007). The Lived Experience of Lebanese oncology patients receiving palliative care. *European Journal of Oncology Nursing*, 11, 309-319

Doumit, M. & Abu Saad Huijjer, H. (2008). Lebanese Cancer Patients:

Communication and Truth Telling Preferences. *Contemporary Nurse*. 28:1-2

## Nurse migration out and reasons for leaving: Case of Lebanon and implications for the Eastern Mediterranean Region

The objective of this study was to provide an evidence base for understanding the incidence of nurse migration from Lebanon, its magnitude, and causes.

Principal Investigator: Dr. Fadi Jardali

Co-investigator: Dr. Nuha Yazbik Dumit

Funding: World Health Organization

Status: Completed

Results: An estimated one in five nurses with BSN degrees migrates from Lebanon within 1-2 years of graduation. The majority of nurses migrate to countries in the Gulf. The main reasons for migration are shift work, high patient/nurse ratios, lack of autonomy in decision-making, lack of a supportive environment, and poor commitment to excellent nursing care. Financial and non-financial incentives were found to encourage nurses to return to practice in Lebanon such as educational and managerial support, better working conditions, utilization of best nursing practices, and autonomy.

Publications:

Jardali, F., Dumit, N.Y., Jamal, D., & Mouro, G. (2008). Migration of Lebanese nurses: A questionnaire survey and secondary data analysis. *International Journal of Nursing Studies*, 45(10), 1490-1500

## Developing Country-Specific Retention Strategies for Lebanese Nurses

The objective of this study is to identify and test effective retention strategies for nurses in Lebanon and to promote the understanding of the factors affecting nurses' intention to leave or remain employed in Lebanese hospitals.

Principal Investigator: Dr. Fadi Jardali

Other researchers: Ms. Diana Jamal, Dr. Mervat Merhi, Dr. Hani Dimassi, Ms. Gladys Mouro, Dr. Nuhad Dumit

Funding: World Health Organization

Status: Completed

## Perceptions of Cardiac Self-Care Among Lebanese Patients and their Family Members

The specific aims of this study were to describe the cultural context of self-care in Lebanon, and to explore roles of cardiac patients and caregivers to enhance self-care practices.

Principal Investigator: Dr. Nuhad Dumit (PhD dissertation)

Status: Completed

Results: Lebanese cardiac patients and family caregivers were unfamiliar with the term, concept, and meaning of self-care; although with the help of their families they took care of themselves and managed their illness. They demonstrated self-care practices such as taking medications on time and eating properly. Patients identified barriers to self-care, such as the socio-economic and political situation in Lebanon, and family responsibilities and facilitators such as support from children and spouses.

Publication:

Dumit, N.Y. (2008). Perceptions of cardiac self-care among Lebanese patients and their family members. PhD Dissertation, University of Colorado Denver, Health Sciences Center, College of Nursing

## Prevalence and Predictors for PTSD and Depression in General Population Sample from Six Villages in South Lebanon

The aim of the study was to determine the prevalence and predictors of Post

Traumatic Stress Disorder (PTSD), depression, and general health in a population from south Lebanon, to study the relationship between exposure and prevalence of mental health and to investigate the effect of mediating factors. The population has been living under the Israeli occupation for over twenty years. The study was conducted five years after Israeli withdrawal and prior to the July 2006 war.

Principal Investigator: Dr. Laila Farhood

Co-investigator: Dr. Hani Dimassi

Funding: US army Medical Research Acquisition Activity (USAMRAA) W81XWH-05-1-0320

Status: Completed

Publication:

Farhood, L., Dimassi H., Lehtinen T. (2006) Exposure to War-Related Traumatic Events, Prevalence of PTSD, & General Psychiatric Morbidity in a Civilian Population in South Lebanon. *Journal of Transcultural Nursing*. 17 (4) 333-340

## Psychiatric Morbidity in South Lebanon Post July 2006 War: Community Assessment & Cognitive Behavioral Therapy Randomized Group Intervention

The goal of this study is to assess the prevalence of psychiatric morbidity in citizens from south Lebanon post July 2006 war and compare it to pre-war results done on a sample from the same region. It also aims to test the effectiveness of Cognitive Behavioral Therapy in treating PTSD and depression in a post conflict region using a randomized group intervention.

Principal Investigator: Dr. Laila Farhood

Co-Investigator: Dr. Hani Dimassi

Funding: WHO # 526216

Status: Part I Completed, Part II (CBT group intervention) awaiting funding

## Quality of Palliative Care in Lebanon; the Perspectives of Patients with Cancer

The purpose of this study is to evaluate the quality of life, symptom management, functional ability, and the quality of palliative care in adult Lebanese cancer patients.

Principal Investigator: Dr. Huda Abu-Saad Huijjer

Other researchers: Dr. Myrna Doumit, Dr. Samar Nouredine, Dr. Miguel Abboud, Dr. Hani Dimassi, Dr. Michel Daher.

Funding: Submitted to NIH; Association for International Cancer research (AICR), and other funding agencies.

Status: Ongoing

## Quality of Palliative Care in Lebanon; the Perspectives of Children with Cancer

The purpose of this study is to evaluate the quality of life, symptom management, functional ability, and the quality of palliative care in Lebanese pediatric cancer patients from the perspective of children and their parents.

Principal Investigator: Dr. Huda Abu-Saad Huijjer

Other researchers: Dr. Myrna Doumit, Dr. Samar Nouredine, Dr. Miguel Abboud, Dr. Hani Dimassi.

Funding: Submitted to NIH; Oncology Nursing Society Foundation, and other funding agencies.

Status: Starting

## Chronic Pain in Lebanon; A Population-Based Epidemiological Study among Adults and Children

The purpose of this study is to determine the prevalence of chronic pain and its correlates in children, adolescents, and adults in Lebanon. The major goal of this

study is to enhance our understanding of the incidence, prevalence, and correlates of pain within the Lebanese population.

Principal Investigator: Dr. Huda Abu-Saad Huijjer;

Other researchers: Dr. H. Dimassi, Dr. G. Kanazi (AUBMC), Dr. G. Page (Johns Hopkins University), Dr. H. Breivik (University of Oslo, Norway), Dr. J. Passchier (Erasmus University, Netherlands).

Funding: Submitted to NIH, WHO and other funding sources

Status: Starting

## Palliative Care in Lebanon; Needs Assessment for Palliative Care Services for Children and Adults

The goal of this study was to determine the knowledge, attitudes and practices of health care providers towards palliative care in Lebanon, as well as to assess the need for palliative care and the best model to provide the services.

Principal Investigator: Dr. Huda Abu Saad Huijjer

Other researchers: Dr. Hani Dimassi.

Status: Completed

Results: Around 93% of nurses and 96% of physicians were able to identify the goals of PC. The majority (94% to 99%) believes terminally ill patients and their families should be informed of the diagnosis and prognosis. Only 19% percent of physicians routinely inform terminally ill patients about their diagnosis. Almost all of the respondents believe that PC services need to be developed in Lebanon warranting the need for continuing education in this field.

Publications based on study so far:

Abu-Saad Huijjer, H. & Dimassi, H. (2007). Palliative Care in Lebanon; knowledge, attitudes, and practices of physicians and nurses. *Lebanese Medical Journal*, 55(3):121-128

Abu-Saad Huijjer, H. Abboud, S., and Dimassi, H. (2008). Practices in pediatric palliative care in Lebanon. *European Journal of Palliative Care*, 15 (4): 190-192

Abu-Saad Huijjer, H. Dimassi, H., Abboud, S.(2008). Perspectives on palliative care in Lebanon. *Journal of Palliative Medicine*, 11(9): (In Press)

Abu-Saad Huijer, H. Dimassi, H., Abboud, S. Perspectives on Palliative Care in Lebanon; Knowledge, Attitudes and Practices of Medical and Nursing Specialties. *Palliative and Supportive Care*. (Accepted)

Abu-Saad Huijer, H. Dimassi, H., Abboud, S. Palliative Care in Lebanon: Knowledge, Attitudes and Practices of Nurses. *Journal of Palliative Care Nursing* (Accepted)

## Palliative Care for Infants, Children, and Young Adults; The Facts

The purpose of this project is to examine the state of the art and need for palliative care in children and to provide evidence for policy development in the field.

Principal Investigator: Dr. Huda Abu-Saad Huijer

Other Participants: Dr. Franca Benini (Italy), Dr. Finella Craig (UK), Dr. Paolo Cornaglia Ferraris (Italy), Dr. Leorra Kuttner (Canada), Dr. Chantal Wood (France), Dr. Boris Zernikow (Germany)

Funding: Fondazione Maruzza Lefebvre D'Ovidio, Italy

Status: Ongoing

## The role of Nurses in Euthanasia and Assisted Suicide in the Netherlands

The aim of the study was to investigate the role, perceptions, responsibilities, and problems of nurses in medical end-of-life decisions in order to advise the Dutch government in legislation and policy-making concerning the role of nurses.

Principal Investigator: Ms. A. van de Scheur

Other researchers: Dr. A. van der Arend, Dr. Huda Abu-Saad Huijer, Dr. R. ter Meulen

Funding: Ministry of Health, the Netherlands

Status: Completed

Results: In 37% of cases, the nurse was the first person with whom patients

discussed their request for euthanasia or physician-assisted suicide. Consultation between physicians and nurses during the decision-making process took place quite often in hospitals (78.8%) and nursing homes (81.3%) and less frequently in home care situations (41.2%). In some cases (12.2%), nurses administered the euthanatics.

Publications:

Van Bruchem-van de Scheur, G.G., van der Arend, A.J.G., Spreeuwenberg, C., Abu-Saad Huijer Abu-Saad, H. & ter Meulen, R.H.J. (2007). Euthanasia and physician-assisted suicide in the Dutch homecare sector: the role of the district nurse. *Journal of Advanced Nursing*, 58, 44–52

Van Bruchem-van de Scheur, G.G., van der Arend, A.J.G., Huijer Abu-Saad, H., Spreeuwenberg, C., van Wijmen, F.C.B. & ter Meulen, R.H.J. (2008). The role of nurses in euthanasia and physician-assisted suicide in the Netherlands. *Journal of Medical Ethics*, 34, 254–258

Van Bruchem-van de Scheur, G.G. & van der Arend, A.J.G., Huijer Abu-Saad, H., van Wijmen, F.C.B., Spreeuwenberg, C. & ter Meulen, R.H.J. (2008). Euthanasia and physician-assisted suicide in Dutch hospitals: the role of nurses. *Journal of Clinical Nursing*, 17, 1618–1626

Van Bruchem-van de Scheur, A., van der Arend, A., van Wijmen, F., Huijer Abu-Saad, H. & ter Meulen, R. (2008). Attitudes of Dutch nurses towards euthanasia and physician-assisted suicide. *Nursing Ethics*, 15, 186–198

Van Bruchem-van de Scheur, G.G., van der Arend, A.J.G., Huijer Abu-Saad, H., van Wijmen, F.C.B., Spreeuwenberg, C. & ter Meulen, R.H.J. (2008). Alleviation of pain and symptoms with a life-shortening intention. *Nursing Ethics*, 15, 682–695

## Design and Implementation of an Autonomous Multi-sensory Intervention Device for Persons with Dementia

The purpose of this project is to develop and test an Autonomous Multi-sensory Intervention Device for Persons with Dementia which will assist healthcare providers in the care of patients with agitation in dementia. The technology is intended to automatically detect the onset of agitation and administer stimuli that will mitigate

agitation and negative behavioral symptoms that result from undetected agitation. This is a collaborative project between the Faculty of Engineering and Architecture and the School of Nursing.

Principal Investigator: Dr. Imad Hajj (Faculty of Engineering and Architecture)  
Co-Investigator: Dr. Huda Abu-Saad Huijjer  
Funding: URB, submitted to Alzheimer Foundation  
Status: Ongoing

### **Family Experiences with Palliative Care Services of Children with Cancer in Lebanon**

The purpose of the study is to explore the experiences of families living with a child with cancer and receiving palliative care in Lebanon.

Principal Investigator: Ms. May Khoury  
Co-Investigator: Dr. Huda Abu-Saad Huijjer and Dr. Myrna Doumit  
Status: Ongoing

### **Pain in Lebanese Children with Cancer**

The purpose of this project is to study pain and its characteristics in Lebanese children with cancer and to gain insight into the experience of children and the effectiveness of commonly used management practices.

Principal Investigator: Ms. Dina Madi  
Status: Starting

### **Information Technology for Medication Administration: Assessing Bedside Readiness Among Nurses in Lebanon**

The purpose of this study was to determine use and acceptance level of IT for medication administration in Lebanon.

Principal Investigator: Ms. Sana Daya Marini  
Other researchers: Dr. Arie Hasman, Dr. Huda Abu-Saad Huijjer  
Status: Completed  
Results: Around 47.5% of participants had never been exposed to nursing informatics (NI) and 45.3% were not aware of the importance of IT in decreasing medication errors.  
Publications:  
Marini, S. D., Hasman, A., and Huijjer, H. A. (2009). Information technology for medication administration: assessing bedside readiness among nurses in Lebanon. *International Journal of Evidence Based Healthcare*. 7(1). (Accepted)

### **Nurses' Attitudes Towards the Use of the BCMA System**

The purpose of this study was to determine nurses' attitudes towards the use of the Bar Coding Medication Administration system (BCMAs).

Principal Investigator: Ms. Sana Daya Marini  
Other researchers: Dr. Arie Hasman, Dr. Huda Abu-Saad Huijjer; Dr. Hani Dimassi  
Status: Completed  
Results: Results showed positive attitudes of nurses towards BCMA use and its positive impact on nursing practice. System improvements are needed to strengthen its usability and functionality in eliminating medication errors.

### **Postdoctoral Fellowship from the Cardiovascular Councils of Nursing of the American Heart Association and the European Society of Cardiology**

This is a program of research geared towards an intervention study on reducing delay in seeking health care for persons experiencing acute myocardial infarction. The aims of this mixed method study are to identify the decision making processes in a sample of Lebanese adults who experienced symptoms of acute myocardial infarction (AMI); to explore the influence of others present during the cardiac event on delays in seeking care for the symptoms of AMI; and to determine the



knowledge, attitudes, and beliefs of patients about symptoms of AMI and actions that must be taken when a heart attack is suspected.

Principal investigator: Dr. Samar Nouredine

Other researchers: Dr. Nuhad Dumit

Funding: Submitted to the Lebanese Council for Scientific Research

### **Illness Representations and Potential Responses to Acute Coronary Syndrome Symptoms in a Lebanese Community Sample**

The purpose of this study is to explore beliefs of Lebanese adults regarding the causes, symptoms, prognosis, curability, and controllability of heart disease and to identify the likely response to symptoms of a heart attack if they occur.

Principal investigator: Dr. Samar Nouredine

Other researchers: Dr. Erika Froelicher, Dr. Abla Sibai, Dr. Habib Dakik and Dr.

Huda Abu Saad Huijer

Status: Ongoing

### **In-Hospital Cardiopulmonary Resuscitation at AUBMC: A Retrospective Review**

The aims of the study are to assess the event variables of cardiopulmonary arrests in adults (collapse to CPR, collapse to first defibrillation, collapse to advanced airway management, and collapse to administration of first medication) and compare them to the American Heart Association guidelines; to assess the outcomes (survival rate, length of stay) of cardiopulmonary resuscitation at AUBMC.

Principal investigator: Ms. Hera Tashjian

Other researchers: Dr. Ghassan Jamaledine, Dr. Samar Nouredine

Status: Ongoing

### **Integrated Management of Obesity with/without Diabetes in Multi-Settings Clinics**

The aim of the study is to test a multicomponent biobehavioral obesity intervention in obese adults with and without diabetes in terms of weight reduction as well as physiologic and psychologic outcomes. Pilot testing of instruments and pilot data is collected from AUBMC and the Rafic Hariri University Hospital.

Principal investigators: Dr. Mona Nasrallah and Dr. Bassem Safadi.

Other researchers: Dr. Hafez El Zein, Dr. Asaad Soueid, Dr. Abla Sibai, Dr. Samar

Nouredine, Dr. Robin Heath and Dr. Ziad Mahfoud

Funding: Submitted to NIH for funding

### **Pediatric Obesity Integrated School Intervention and Clinical Management**

The aims of the study are to develop a standardized school-based intervention model for the prevention of childhood obesity in elementary school-age children and to develop and validate a culturally appropriate nutritional and physical activity curriculum for children grades 1 through 5. Nutrition curriculum development in progress.

Principal investigator: Dr. Mona Nabulsi

Other researchers: Dr. Hafez El Zein, Dr. Sana Ghaddar, Dr. Samar Nouredine and

Ms. Abeer Barhoumi

Funding: Submitted to NIH for funding

### **Ceramide Suppresses Cell Proliferation by Inducing Dab2 Expression Via Activation of PP2A**

The purpose of this study is to determine the importance of dab2 expression and ultimately  $\beta$ -catenin regulation by ceramide treatment in the normalization of cell growth as Dab2 down-regulation has been implicated as a causal factor in many

types of cancers including ovarian, breast, colon and others, and, to understand how ceramide regulates aberrant cell growth and apply this knowledge to cancer prevention and treatment.

Principal investigator: Dr. Suhad Shbeir

Other investigator: Dr. Ghassan Dbaibo

Funding: Submitted to URB

Status: Starting

## Hypothalamic Changes in Obesity

The purpose of this study is to determine the effect of postnatal high carbohydrate feeding on hypothalamic development.

Investigators: Dr. Malathi Srinivasan, Dr. Paul Mitrani, Dr. Gigani Sadhanandan, Dr. Catherine Dodds, Dr. Souhad Shbeir-Eldika, Dr. Shanthie Thamotharan, Dr. Hussam Ghanim, Dr. Paresh Dandona, Dr. Sherin U. Devaskar, and Dr. Mulchand S. Patel

Status: Completed

Results: Early life dietary modification with high carbohydrate diet instead of fat-rich mother milk predisposes to immediate hyperinsulinemia, adulthood obesity and permanent alteration of the appetite signaling in the hypothalamus favoring the orexigenic peptides (appetite stimulant) at the expense of the anorexigenic signalling.

Publication:

Malathi Srinivasan, Paul Mitrani, Gigani Sadhanandan, Catherine Dodds, Suhad Shbeir-Eldika, Shanthie Thamotharan, Hussam Ghanim, Paresh Dandona, Sherin U. Devaskar, and Mulchand S. Patel. (2008). A high carbohydrate diet in the immediate postnatal life of rats induces adaptations predisposing to adult-onset obesity. *Journal of Endocrinology*. 6; 197 (3):565-574

## B. Scholarly Publications

- Abu-Saad Huijjer, H. Dimassi, H., Abboud, S. (2008). Perspectives on palliative care in Lebanon. *Journal of Palliative Medicine*, 11(9): (In Press)
- Abu-Saad Huijjer, H. Abboud, S., and Dimassi, H. (2008). Practices in pediatric palliative care in Lebanon. *European Journal of Palliative Care*, 15 (4): 190-192.
- Abu-Saad Huijjer, H. White Paper, Fulbright Academy Workshop in Doha, March 23-25, 2008, Developing the Nursing Workforce: Challenges and Opportunities in Lebanon [www.FulbrightAcademy.org](http://www.FulbrightAcademy.org)
- Abu-Saad Huijjer H. (2008). Pediatric palliative care. State of the art. *Lebanese Medical Journal*, 2008; 56 (2): 86-92
- Abu-Saad Huijjer, H. & Dimassi, H. (2007). Palliative Care in Lebanon; knowledge, attitudes, and practices of physicians and nurses. *Lebanese Medical Journal*, 55(3):121-128
- Arevian, M. Chap. On Armenia, D'Avanzo, C. E. & Geissler (editors) 5th ed. (2008). *Cultural Health Assessment*. Mosby, USA
- Bejjani-Gebara, J, Tahshjian, H, Abu-Saad Huijjer, H. (2008). End-of-Life care for Muslims and Christians in Lebanon. *European Journal of Palliative Care*, 15(1); 38-43
- Van Bruchem-van de Scheur, G.G., van der Arend, A.J.G., Huijjer Abu-Saad, H., Spreeuwenberg, C., van Wijmen, F.C.B. & ter Meulen, R.H.J. (2008). The role of nurses in euthanasia and physician-assisted suicide in the Netherlands. *Journal of Medical Ethics*, 34, 254-258
- Van Bruchem-van de Scheur, G.G., van der Arend, A.J.G., Huijjer Abu-Saad, H., van Wijmen, F.C.B., Spreeuwenberg, C. & ter Meulen, R.H.J. (2008). Alleviation of pain and symptoms with a life-shortening intention. *Nursing Ethics*, 15, 682-695
- Van Bruchem-van de Scheur, A, van der Arend, A, van Wijmen, F, Huijjer Abu-Saad, H, Ter Meulen, R. (2008). Dutch Nurses' Attitudes towards Euthanasia and Physician-Assisted Suicide. *Nursing Ethics*; 15; 186-198
- Van Bruchem-van de Scheur, GG, van der Arend, AJG, Huijjer Abu-Saad, H, van Wijmen, FCB, Spreeuwenberg, C, & ter Meulen, RHJ. (2008). Euthanasia

and assisted suicide in Dutch hospitals: the role of nurses. *Journal of Clinical Nursing*, 17, 1618–1626

- Daher M, Estephan E, Abu-Saad Huijjer H, Naja Z. (2008). Implementation of palliative care in Lebanon: Past, present, and future. *Lebanese Medical Journal*, 2008; 56 (2): 70-76
- De Jong, N, Kester, ADM, Schouten, HC, Huijjer Abu-Saad, H, Courtens, AM. (2008). Course of Fatigue between Two Cycles of Adjuvant Chemotherapy in Breast Cancer Patients, *Oncologica*, 3: 26-39
- De Jong, N, Kester, ADM, HCS, Huijjer Abu-Saad, H, Courtens, AM. (2007). Ergebnisse einer Untersuchung von Fatigue bei Brustkrebspatientinnen mit adjuvanter Chemotherapie: Die ersten vier Tage nach dem Zyklus sind am belastendsten (2007) (Results of a study on fatigue in breast cancer patients receiving adjuvant chemotherapy: The first four days after treatment are the worst), *Pflegewissenschaft (Nursing Science)* 11: 620-625
- Doumit, M. & Abu Saad Huijjer, H. (2008). Lebanese Cancer Patients: Communication and Truth Telling Preferences. *Contemporary Nurse*. 28:1-2
- Doumit, M, Abu-Saad Huijjer, H, & Kelley, J, Nassar, N (2008). The lived experience of Lebanese family caregivers of cancer patients. *Cancer Nursing*. 31(4), 1-13
- Doumit, M, Abu-Saad Huijjer, H, & Kelley, J (2007). The Lived Experience of Lebanese oncology patients receiving palliative care. *European Journal of Oncology Nursing*, 11, 309-319
- El-Jardali, F., Dumit, N.Y., Jamal, D., & Mouro, G. (2008). Nurse migration out and reasons for leaving: Case of Lebanon and implications for the Eastern Mediterranean Region. *International Journal of Nursing Studies*. In Press
- El Sadr, C. B., Noureddine, S., & Kelley, J. Concept Analysis of Loneliness with Implications for Nursing Diagnosis. *International Journal of Nursing Terminologies and Classifications*. In Press
- Karam, E., Mneimneh, Z., Dimassi, H., Fayyad, J. Karam, A. N., Nasser, S., Chatterji, S., Kessler, R. (2008). Lifetime Prevalence of Mental Disorders in Lebanon: First Onset, Treatment and Exposure to War. *PloS Med*. 5(4), 579–86
- Karam, E., Fayyad, J., Nasser, K. A., Cordahi, T., C., Melhem, N., Mneimneh, Z.,

and Hani Dimassi, H. (2008). Effectiveness and specificity of a classroom-based group intervention in children and adolescents exposed to war in Lebanon. *World Psychiatry*; 7(2), 103-9

- Marini, S., Huijjer Abu Saad, Hasman, A., Dimassi H. (2008). Nurses' attitudes towards the use of Bar Coding Medication Administration System. *Computers in Nursing*. In Press
- Marini, S. Huijjer Abu Saad, Hasman, (2008). Information technology for medication administration: assessing bedside readiness among nurses in Lebanon. *International Journal of Evidence-Based Healthcare*. In Press
- Naifeh Khoury, M. (2008). Palliative care education in Lebanon: past endeavors and future outlook. *Lebanese Medical Journal*. 56(2): 83-85
- Noureddine, S., Arevian, M. & Adra, M. (2008). Responses to signs and symptoms of acute coronary syndrome: differences between Lebanese men and women. *American Journal of Critical Care*. 17, 1, 26-35
- Noureddine, S., & Stein, K. (2008). Healthy Eater Self-Schema and Dietary Intake. *Western Journal of Nursing Research*. In Press
- Shu-Chen Wu, A., White, A. and Cash, K. (2008). Nursing home care for older people in Taiwan: A process of forced choice. *Journal of Clinical Nursing*. In Press

## Reports

- Arevian, M., Cash, K., Huijjer, H., Noureddine, S., and Al-Sayah, F. (2008). Educational Needs Assessment of Nurses Working in the Rafik Hariri Foundation Primary Health Care Centers. January 2008

## C. Completed PhD Dissertations supervised

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### Huda Abu-Saad Huijjer

- Ada van Bruchem-van de Scheur. The role of nurses in medical end-of-life decisions. University of Maastricht. June 2008

## D. Editorial Positions

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### Mary Arevian

2006-now Reviewer, Journal of Transcultural Nursing  
 2006 Reviewer, Journal of Interprofessional Care

### Keith Cash

2007 Editorial Board member and reviewer, Nursing Philosophy

### Myrna Doumit

2007-now Reviewer, Collegian Journal  
 2007-now Reviewer, European Journal of Oncology Nursing  
 2008-now Reviewer, McMaster Online Rating of Evidence (MORE)

### Nuhad Dumit

2008 Reviewer, Journal of Nursing Management

### Laila Farhood

2000-now Reviewer, "Dirasat", a scientific publication of Jordan University  
 2006-now Reviewer, Journal of Transcultural Nursing  
 2006-now Reviewer, Journal of Interprofessional care  
 2007 Reviewer, Journal of Clinical Practice and Epidemiology in Mental Health  
 2007-now Reviewer, Social Science and Medicine

### Huda Abu-Saad Huijer

1994-now Member of Advisory Board, International Journal of Nursing Studies  
 1999-now Member of Advisory Board, Journal of Transcultural Nursing  
 2000-now Member, Editorial Board, Scandinavian Journal of Caring Science  
 2002-now Reviewer, Pain  
 2002-now Member of Editorial Board, the Suffering Child  
 2003-now Member of Editorial Board, Journal of Supportive Palliative and Cancer Care

2005-now Reviewer, Journal of Interprofessional Care  
 2005-now Reviewer Lancet  
 2005-now Member of Editorial Board, Journal of Nursing Scholarship  
 2006-now Member of Editorial Board, Japanese Journal of Nursing Science  
 2008 Reviewer, Journal of Cross-Cultural Gerontology  
 2008 Reviewer, Lebanese Medical Journal

### Samar Noureddine

2006-now Reviewer, Journal of Transcultural Nursing  
 2004-2007 Editor, Order of Nurses Newsletter

## E. Scientific and Research Grant Reviews

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### Huda Abu-Saad Huijer

- 2006-now Reviewer, Dutch Organization for Scientific Research, NWO, the Netherlands
- 2006-now Reviewer of International Association for the Study of Pain (IASP) Collaborative Research and other Grants; John J Bonica Trainee Fellowship: Scan/Design Bruun Foundation Fellowship: Patrick D. Wall Young Investigator Award (for Basic Science); Ulf Lindblom Young Investigator Award (for Clinical Science); Ronald Dubner Research Prize.
- 2007 International reviewer, Marsden Fund, New Zealand
- 2007 External Assessor; Personal Chair; School of Nursing and Midwifery, University of Dundee, Scotland, UK
- 2008 External Reviewer, appointments for professorship in Nursing Science, University of Tampere, Finland

### Myrna Doumit

- 2007 Reviewer of research proposals, URB, AUB

### Samar Nouredine

- 2007 Reviewer research proposals from Faculty of Engineering and Architecture and Faculty of Agricultural and Food Sciences, AUB.

## F. Scholarly Lectures

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### Mary Arevian

- Arevian, M. "Collaborative Venture: Training Trainees to Conduct Awareness campaigns About Prevention of Substance Abuse amongst Lebanese/Armenian Young People". 19<sup>th</sup> International Nursing Research Congress, focusing on Evidence-based practice, organized by honor Society of Nursing Sigma Theta Tau International, Singapore, July 7-11, 2008.

- Arevian, M. Governing an Organization. Workshop for preparing volunteer women for Armenian Relief Cross in Lebanon. Organized by the Regional Executive Committee of Armenian Relief Cross in Lebanon, Beirut. January 10, 2008. (Funded by Frederick Hebert Foundation).
- Arevian, M. "Prevention of Substance abuse among young people". Organized by National Gulbenkian Secondary School in Anjar. June 5, 2008.
- Arevian, M. "Prevention of Substance abuse" for secondary students and their parents of National Gulbenkian Secondary School in Anjar, June 5, 2008.
- Arevian, M. Invited to submit a slide presentation of publication on "Risk factors for coronary artery disease in Lebanese/Armenian women", on-line [www.slidesonline.org](http://www.slidesonline.org) by the managing editor, Jane Smith, MD.
- Arevian, M. Invited to promote paper on "Significance of a collaborative practice model in delivering care to chronically ill patients: a case study of diabetes mellitus in a primary health care center", for discussion on: <http://www.biowizard.com/pmabstract.php?pmd=16308168>

### Sossy Balian

- Balian, S. Commencement speaker of the Armenian Evangelical College, June 29, 2008.
- Balian, S. Lecture to female high school students at the Armenian Evangelical Central High School; "Changes during puberty and healthcare needs". April 18, 2008.
- Balian, S. Lecture to Armenian Relief Cross in Lebanon Zalka branch: "Roles & responsibilities in raising healthy children". March 18, 2008.

### Keith Cash

- Cash, K. Moderated two Zooming into Health Care Ethics sessions.
- Cash, K. Presented seminar on the use of software for scientific publishing.

### Myrna Doumit

- Doumit, M. "The lived experience of Lebanese family caregivers of cancer patients", 15<sup>th</sup> International Conference on Cancer Nursing, Singapore, August 17-21, 2008.

### Laila Farhood

- Farhoud, L. "Symptom Prevalence of PTSD, Anxiety, Depression, Level of Exposure and Mediating Factors on a Population from Southern Lebanon", The 19<sup>th</sup> Psychometric Medicine Congress, Quebec, Canada, August, 2007.
- Farhoud, L. "Symptom Prevalence of PTSD, Anxiety, Depression, Level of Exposure and Mediating Factors on a Population from Southern Lebanon", 3<sup>rd</sup> International Women's Mental Health, Australia, March, 2008.

### Huda Abu-Saad Huijjer

- Huijjer Abu-Saad, H. 'Standards of Pediatric Palliative Care in Europe'. Inaugural meeting of the Scientific Advisory Board for the Establishment of a Center of Excellence in Pediatric Pain Management and Palliative Care in Kuwait. January 14-15, 2008. Kuwait.
- Huijjer Abu-Saad, H. 'The nursing workforce in Lebanon; challenges and opportunities'. Human Health & Environmental Challenges in the Middle East. Conference organized by Fulbright Academy and Qatar Foundation. March 23-25, 2008. Doha, Qatar.
- Huijjer Abu-Saad, H. Workshop Co-Leader 'Regional priorities for nursing'. Human Health & Environmental Challenges in the Middle East. Conference organized by Fulbright Academy and Qatar Foundation. March 23-25, 2008. Doha, Qatar.
- Huijjer Abu-Saad, H. Chair Closing Session 'Action Plan, Recommendations & Reports. Human Health & Environmental Challenges in the Middle East. Conference organized by Fulbright Academy and Qatar Foundation. March 23-25, 2008. Doha, Qatar.
- Huijjer Abu-Saad, H. 'Health Care System in Lebanon'. Lecture presented at the University Of Michigan School Of Nursing, April 7-10, 2008. Ann Arbor, Michigan.
- Huijjer Abu-Saad, H. Welcome and Introductory Remarks. Developing the Nursing Workforce in Lebanon; Challenges and Opportunities. June 20, 2008. American University of Beirut, Lebanon.
- Huijjer Abu-Saad, H. Making a nursing career attractive for the youth of Lebanon. June 20, 2008. American University of Beirut, Lebanon.

### Sana Marini

- Marini, S. "Impact of Bar Coding Medication Administration System on Patient Safety" available online <http://www.medrecinst.com/tepr/08presentations.html> The Medical Records Institute's (TEPR) 2008 Florida, (could not travel, airport was closed). Presentation was posted on the website.

### Samar Nouredine

- El Zein, H., Nasrallah, M., Safadi, B., Barhoumi, A., & Nouredine, S. (2008). Integrated management of obesity with/without diabetes in multi-settings clinics. Poster presented at the Research Day of the Standing Committee on Research Exchange in Collaboration with Alpha Omega Alpha and Resident Staff Organization, Issam Fares Hall, AUB.
- Nouredine, S. (2008). The knots and bolts of a journal club in nursing. A grand round for nursing services presented at AUB Medical Center, March 6, 2008.
- Nouredine, S. Response to symptoms of acute coronary syndromes: the influence of past experience in a sample of Lebanese patients. 39th Biennial convention of the Sigma Theta Tau Honor Society in Baltimore, Maryland, November 7, 2007.

## VI. Professional Practice/Service

## A. Professional Practice

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### Marina Adra

- Completed the American Heart Association BLS – ACLS Instructor Course and is currently teaching BLS and ACLS provider courses in close collaboration with AUBMC staff development program.

### Mary Arevian

- Proposal submitted to the Japanese Embassy in Lebanon. Funding was granted for laboratory equipment, a dental unit and panoramic view x-ray machine for A. Boulghoudjian Socio-medical Center of Armenian Relief Cross in Lebanon, (\$83,000).

### Jouhayna Bejjani-Gebara

- Basic Life Support (BLS) provider.

### Keith Cash

- Developing community nursing in Lebanon. Ongoing development of the Master's track, liaising with the relevant agencies, locating sources of financial support for students.
- Chief Nurse Syria. Advice on the development of a master's of science in nursing management at the Strategic Centre for Management Studies in Syria. Advice on short management course for nurse managers in Syria.

### Laila Farhood

- Clinical Associate Department of Psychiatry, FM (one day per week). Clinical activities include psychiatric assessment and psychotherapy (individual, couple, and family therapy).
- Reappointed "WHO expert advisory panel on nursing" 2007- 2009

### Myrna Doumit

- School of Nursing representative to the National Colloquium Committee.
- Served on the Colloquium Examining Committee, June 2008.
- Organized cancer patients' support group at AUB-MC. Launch is pending.

- Member of the organizing committee of the 2008 Marathon for breast cancer patients in Lebanon.
- Seminar/workshop on Teaching Excellence, Iraqi group of nurses and paramedics.
- Two-day consultancy visit, MACHS, Al Khobar, May 2008.
- Two-day consultancy visit, MACHS, Al Khobar, September 2008.

### Nuhad Dumit

- Workshop on organizational communication. Hospital St. George, head nurses.
- Seminar/workshop on Teaching Excellence, Iraqi group of nurses and paramedics.
- Seminars, Teaching Portfolio, AUB faculty January 7, 2008 and April 11, 2008
- Three-day consultancy visit, MACHS, Al Khobar, September 2008.

### Huda Abu-Saad Huijer

- Chairperson scientific committee of Lebanese Society for the Study of Pain. Organized a scientific conference 'Update on Pain Management in Lebanon' November 2008.
- SON coordinator of the Mohammad Almana' College of Health Sciences (MACHS) developed in close collaboration with faculty members from SON, FM, FAS, and the REP Office. Meetings and consultations ongoing.
- Coordinator of other REP projects for the SON; namely Saudi Institute for Health Services (SIHS) and NESMA in Jeddah KSA.
- Co-Chair, Steering Committee Pediatric Palliative Care in Europe, and editor of booklet 'Palliative Care for Infants, Children, and Young Adults; The Facts' funded by the Maruzza Lefebvre Foundation.
- Appointed by the Minister of Health to serve on the Steering Committee of National Nursing Development Project (NNDP). Contributed to the development of the National Nursing Plan, the Scope of Nursing Practice, the Law governing the practice of nursing in Lebanon, and to the development of the nursing competencies for the assistant nurse, nurse, and advanced practice nurse.



**May Khoury**

- Zooming into Medical Ethics. Teaching Ethics: What movies offer? Member of a multidisciplinary group at AUB coordinating this effort.

**Samar Nouredine**

- Assisted in the preparation and write up of the results of the survey for educational needs assessment of nurses employed at the Rafic Hariri Health Centers. Results were used to plan a post basic community course offered at AUB.

**B. Committees 2007-08**

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**Standing Committees****Academic and Curriculum Committee**

Huda Abu-Saad Huijjer (Chair)  
 Nuhad Dumit (Acting Chair)  
 Mary Arevian (Ex-officio)  
 Jouhayna Bejjani-Gebara  
 Keith Cash  
 Myrna Doumit  
 Sana Marini

**Admission and Recruitment Committee**

Nuhad Azoury (Chair)  
 Jouhayna Bejjani-Gebara  
 Huda Abu-Saad Huijjer (Ex-officio)  
 May Khoury (SON Representative on AUB Joint Admissions Committee)  
 Dina Madi

**Advisory Committee**

Huda Abu-Saad Huijjer (Chair)

Nuhad Dumit

Laila Farhood

Samar Nouredine

**Graduate Studies Committee**

Samar Nouredine (Chair)

Keith Cash

Hani Dimassi, until January 2008

Laila Farhood

Huda Abu-Saad Huijjer (Ex-officio)

**Research and Continuing Education Committee**

Samar Nouredine (Chair)

Mary Arevian

Jouhayna Bejjani-Gebara

Hani Dimassi (Co-Chair) until January 2008

Laila Farhood

Huda Abu-Saad Huijjer (Ex-officio)

**Student Affairs Committee**

Mary Arevian, (Chair)

Marina Adra, Class Advisor BSN IV

May Khoury, Class Advisor BSN III

Dina Madi, Nursing Student Society Advisor

Sana Marini, Class Advisor BSN II

**SON BSC Management Review Committee**

Huda Abu-Saad Huijjer (Chair),

Ghassan Afram Executive Officer, BSC Coordinator

Mary Arevian, BSN Coordinator

Nuhad Dumit, RN-BSN Coordinator

Samar Nouredine, MSN Coordinator

## SON Task Force on By-Laws

Samar Noureddine (Chair)  
Marina Adra  
Sossy Balian

## SON Search Committee

Huda Abu-Saad Huijer (Chair)  
Nuhad Dumit  
Laila Farhood  
Samar Noureddine

## SON Social Committee

Myrna Doumit (Chair)  
Sossy Balian  
Dina Madi

## SON Catalogue Committee

Nuhad Dumit, RN-BSN coordinator (Chair)  
Mary Arevian, BSN coordinator  
Samar Noureddine, MSN coordinator

## SON Webmaster

Sana Marini

## SON Representatives on University, Faculty of Medicine, and Nursing Service Committees

Marina Adra; Documentation Committee, Nursing Service  
Mary Arevian; Library Committee  
Mary Arevian, Nuhad Azoury, and Samar Noureddine; Joint Committee SON/  
Nursing Service  
Sossy Balian; Commencement

Sossy Balian; Retention Strategy Committee-Recruitment Subcommittee, Nursing Service

Myrna Doumit; Standards of Care Committee, Nursing Service

Nuhad Dumit; Quality Committee, Nursing Service

Laila Farhood and Huda Abu-Saad Huijer; Senate

May Khoury; Health Ethics Committee

May Khoury; University Unified Admissions Committee

May Khoury; Staff Education Committee, Nursing Service

Sana Marini; New Student Orientation Program Committee

## Other AUB Committees

### Myrna Doumit

Accreditation Working Group One, Mission, Goals and Integrity, Member

### Nuhad Dumit

Accreditation Working Group 8, Institutional Assessment and Student Learning Assessment, Member

University Learning Outcomes Coordinating Committee, AUB, Member

### Huda Abu-Saad Huijer

Faculty of Medicine Strategic Planning Committee, Member

Faculty of Medicine Research Committee, Member

Faculty of Medicine Medical Affairs Committee, Member

AUBMC Nursing Service Magnet Advisory Committee, Member

Expanded Advisory Committees of Faculty of Health Sciences and Olayan School of Business; Appointed Member

Worldwide Alumni Association of AUB (WAAAUB), elected Council Member

### Samar Noureddine

Faculty of Medicine Graduate Studies Committee, Member

Institutional Review Board, Member

Professional Development Committee, Nurses Chapter, Alumni AUB, Member

Evidence-based Practice Committee, Nursing Services, AUBMC, Member

## Non-AUB Committees

### Marina Adra

Order of Nurses in Lebanon, Financial Committee, Member

### Mary Arevian

Public Health Committee, Boulgherdgian Socio-Medical Centre, Chair.  
Armenian Relief Cross in Lebanon; Member

### Nuhad Azoury

Board YWCA, President

Vocational Committee; YWCA, Chair

Community Services; YWCA, Member

Health Care Issues; Women's Prison, Baabda, Member

Lebanese Health Management Association, Member

### Sossy Balian

Breast Feeding-National Committee, Representative of Lebanese Nurses' Federation

Armenian Relief Cross: Member

Karageuzian Mother and Child Welfare Organization: Executive Secretary

Armenian Evangelical Educational Board, Chairperson

Armenian Evangelical Educational Council in Lebanon, Vice Chairperson

Armenian Evangelical Churches in Lebanon, Legal Council, Member

Lebanese Osteoporosis Prevention Society, Member

### Myrna Doumit

Order of Nurses in Lebanon, Member

Lebanese Osteoporosis Prevention Society, Member

Pain Relief and Palliative Care Group, Member

### Nuhad Dumit

Order of Nurses in Lebanon, Member

### Laila Farhood

Board of Trustees, Marjayoun National College, Member

Advisory Board NOUR: Book on 'Mental Health: A Guide for Arab

Women, Member

Order of Nurses in Lebanon, Member

Mental Health Coordinator for the IDP (Internally Displaced Persons), Appointed by WHO to coordinate mental health activities and propose a National Mental Health Plan

### Huda Abu-Saad Huijer

Lebanese Society for the Study of Pain (LSSP), Elected Board Member and President Elect and Chair of Scientific Committee

Lebanese Cancer Society (LCS), Elected Board Member

Pain Relief and Palliative Care Group of LCS, Member

National Nursing Development Project, Ministry of Public Health; Steering Committee, Appointed Member by Minister of Health

Lebanese Society of Family Medicine, Advisory Board, Member

Order of Nurses in Lebanon, Member

### May Khoury

Pain Relief and Palliative Care Group, Member

Order of Nurses in Lebanon, Member

### Dina Madi

Lebanese Health Association, Board Member

Lebanese Osteoporosis Prevention Society, Member

AUB Alumni Nurses' Chapter, Corresponding Secretary

Order of Nurses in Lebanon, Member

### Sana Marini

Order of Nurses in Lebanon, Member

Lebanese Healthcare Management Association, Member

## International Committees

### Mary Arevian

Sigma Theta Tau International, Lambda PI Chapter

### Sossy Balian

La Leche League International, Member

International Council of Women's Health Issues, Member, networking in the Middle East Region

### Keith Cash

Royal College of Nursing, Member

### Myrna Doumit

Arab Forum for Social Sciences and Health, Member

Sigma Theta Tau International, Epsilon Phi Chapter, Member

SIDIEF (Secrétariat International des Infirmières et infirmiers de l'espace Francophone) Canada, Member

Network of women trainers for the development of women trainers in the Mediterranean Basin in the fields of science and biotechnology, Member

### Nuhad Dumit

Sigma Theta Tau International Alpha Kappa, chapter-at-large, Member

Self-Management in Chronic Illness Interest Group, University of Colorado Denver, College of Nursing, Member

### Laila Farhood

Sigma Theta Tau International, Alpha Chapter, Member

Arab Forum for Social Sciences and Health, Member

### Huda Abu-Saad Huijjer

Research Network, European Association for Palliative Care (EAPC), Member

Task Force on Pediatric Palliative Care, European Association for Palliative Care (EAPC), Chair

Research and Collaborative Grants Committee of International Association for the Study of Pain (IASP), Member

Dutch Organization for Scientific Research (NWO) the Netherlands; Canadian

Institute of Health Research CIHR, Austrian Science Fund, and NZ Marsden Fund, International reviewer of research grant proposals

Personal Chair, School of Nursing and Midwifery, University of Dundee, Scotland, UK, 2006, External Assessor

Qualifications and merits of six applicants to Professorship of Nursing Science, University of Tampere, Finland, External Evaluator

Centre of Excellence in Pediatric Pain Management, Faculty of Medicine, Kuwait University, International Scientific Advisory Board

Congress of the European Association for Palliative Care (EAPC), and Research Forums, Scientific Committee, Member

Special Interest Group on Pediatric Pain, International Associational Association for the Study of Pain (IASP), Member

European Academy of Nursing Science (EANS), Fellow and Founding Member

Worldwide Alumni Association AUB (WAAAUB); elected Council Member

Sigma Theta Tau International, Phi Kappa Phi Chapter, Member

### Sana Marini

Capital Area Roundtable on Informatics in Nursing (CARING) Network, Member

Arab Forum for Social Sciences and Health, Member

Emergency Nurses Association ENA, Member

International Medical Informatics Association-Nursing Informatics Organization, Observer

### Samar Noureddine

Sigma Theta Tau International, Rho Chapter, Member

Midwest Nursing Research Society, Member

American Association of Critical Care Nurses, Member

American Heart Association, Member

Working Group on Cardiovascular Nursing of the European Society of Cardiology, Member

**Dina Madi**

Secrétariat International des Infirmières et Infirmiers de l'Espace Francophone  
(SIDIIEF), Montreal, Quebec, Member

Sigma Theta Tau International, 350 Xi Pi Chapter, Member

## VII. Third International Nursing Conference

- The conference on ‘Developing the Nursing Workforce in Lebanon; *Challenges and Opportunities*’, took place June 20, 2008 at the American University of Beirut, Lebanon.
- This conference was planned with a number of objectives in mind. We believe nursing is at the core of many health care professions and that its key role in health care is increasingly being recognized by other disciplines and policy makers in Lebanon, in the region and internationally. The nursing shortage and the migration of nurses have a number of global ramifications which span the economic, social, educational, and health systems in developing and developed countries.
- Organizing Committee: Dr. Huda Abu-Saad Huijer, Dr. Samar Nouredine and Dr. Myrna Doumit.

**The main issues addressed at the conference included:**

- *Government perspective about the status of nursing in Lebanon:* Dr. Mohammad Khalifeh, Minister of Public Health.
- *The impact of the global nursing shortage on health care:* Mr. Franz Wagner, First Vice President, International Council of Nurses (ICN).
- *Regional perspective on the nursing workforce:* Dr. Houssain Abou Zaid, World Health Organization (WHO) representative, Lebanon.
- *Achievements of the National Nursing Development Program (NNDP).* Dr. Amal Mansour, NNDP Coordinator and Director, Center for Mother and Child Health and Schools, Ministry of Public Health.
- *Regulating Nursing in Lebanon:* Ms. Ursula Rizk, President of the Order of Nurses in Lebanon.
- *What is the nurses’ contribution to health care: The physicians’ perspective?* Dr. Georges Aftimos, President of the Order of Physicians in Lebanon.
- *Nurses: the heartbeat of hospitals:* Mr. Sleiman Haroun, President of the Syndicate of Private Hospitals.
- *Capacity building in Community Nursing:* Dr. Nouredine El Koush, President of the Directorate of Health and Social Services, Hariri Foundation.
- *Impact of nurses’ migration on the health economy:* Dr. Nabil Kronfol, President of the Lebanese Health Management Association.

**Panel on nursing education in Lebanon: Recruitment and retention**

- *Making a nursing career attractive for the youth of Lebanon; challenges in nursing education.* Dr. Huda Abu Saad Huijer, Director, AUB School of Nursing.
- *Developing the Capacity for Nursing; Challenges and Opportunities: An Academic Leader’s View:* Dr. Martha Hill, Dean, Johns Hopkins School of Nursing.

**Panel on nurse staffing: Challenges and opportunities**

- *Nurse Migration, Intent to Leave and Job Satisfaction: A National Study on Lebanon.* Dr. Fadi Jardali, Assistant Professor, Faculty of Health Sciences, AUB.
- *Where have the Lebanese nurses gone? Why? Looking ahead, Strategies and challenges of the future.* Ms. Gladys Mouro, Assistant Hospital Director for Nursing, AUB-Medical Center.
- *Nursing shortage at Makassed Hospital:* Mr. Mohammad Ali Hamandi, Director of Nursing Services, Makassed General Hospital.
- *Nursing workforce in public hospitals: Challenges and opportunities; the experience of Rafic Hariri University Hospital:* Ms. Lina Choueiri, Director of Nursing Services, Rafic Hariri University Hospital.

**Forum discussion and recommendations**

**The conference resulted in the following recommendations:**

**Recommendations: National Level**

- Recognize nursing as an area of national need in Lebanon
- Create a nursing unit at the Ministry of Public Health
- Develop a collaborative strategy with input from educators, clinicians, administrators, and policy makers to meet the nursing workforce challenges
- Organize national campaigns to inform the public of the value of the profession
- Revise the nursing law that regulates the profession
- Improve working conditions for nurses (flexible scheduling, self scheduling...)
- Increase remuneration (salaries, benefits)
- Promote mandatory continuing education for nurses

- Develop a national strategy for nursing
- Involve nurses in development of health care policy

**Recommendations: Academic Nursing Education**

- Maximize opportunities to promote evidence-based nursing practice
- Promote core proficiencies for nurses
- Create clinical partnerships
- Create sponsored bridging programs for holders of technical degrees to promote their academic status
- Provide scholarships for nursing education
- Promote specialization in nursing

**Recommendations: Nursing Practice**

- Create an empowering and safe work environment for nurses
- Develop leadership skills at the nurse executive level
- Plan staffing (number and skill mix) that ensures quality and cost effective care
- Create innovative retention and recruitment strategies
- Ensure collaborative practice between nursing education and nursing services to promote evidence-based practice
- Develop career advancement programs
- Promote the role of nurses in the community (school health, primary care centers, home health...)
- Empower nurses in health care agencies e.g. board of directors to include a nurse
- Enhance collaborative relationships between physicians and nurses e.g. regular interdisciplinary staff meetings and multidisciplinary collaboration on projects such as quality improvement

## VIII. Regional External Programs/ Gulf Activities

- The Mohammad Almana' College of Health Sciences (MACHS) project in Al-Khobar KSA which includes the Divisions of Nursing, Pharmacy, and Medical Laboratory Technology, is ongoing. Activities include consultations on curriculum development and other curricular issues, assistance with faculty recruitment and selection, and the appointment on a secondment basis of a coordinator for the Division of Nursing effective September 2008 as well as offering a teaching excellence workshop in September 2008.
- An MOU was signed with the Saudi Institute for Health Services (SIHS) in Jeddah to provide technical assistance for program evaluation and recognition as well as teaching excellence workshops.
- Proposal submitted to King Fahd Medical City elaborating possible collaborative plans including a College of Nursing and a hybrid RN-BSN program is still pending.
- AUB entered a contractual agreement with NESMA group, a private company representing a consortium of parties in Jeddah reporting to Prince Khalid Al Faysal. The purpose of the agreement is to provide a business plan/feasibility study for the establishment of a Medical School/Hospital and a School of Nursing among others in Jeddah. The plan will draw the roadmap for the project including establishing colleges, developing curricula, and estimating financial costs.
- A number of delegations from Jordan, Dubai, and Saudi Arabia visited the SON.

## IX. Honors, Awards, & Recognitions



- Dr. Samar Nouredine received the Order of Nurses in Lebanon “Teacher of the Year Award”.
- Dr. Huda Abu-Saad Huijjer, Honorary Visiting Professor, Faculty of Health Sciences, Maastricht University, the Netherlands.
- Dr. Huda Abu-Saad Huijjer, Adjunct Professor, Johns Hopkins University, School of Nursing, United States, since 2006.
- Dr. Samar Nouredine, Adjunct Assistant Professor, Johns Hopkins University, School of Nursing, United States, since 2006.
- Dina Mahmassani, BSN IV student was the only graduating student chosen to participate in USAID’s “2008 – 2009 US Peace Scholarship Program.”

## X. Looking Ahead

- The SON plans to apply for independent Faculty status AY 2008-09. This has been one of the school's major strategic goals for many years. We believe that a number of recent developments provide strong evidence to support our application: the receipt of unconditional accreditation by CCNE, our success in attracting qualified students and PhD prepared faculty, as well as the announcement of a major gift that includes endowment funds for scholarships and the establishment of academic chairs as well as financial support for the SON's new building.
- The SON will submit its Accreditation Interim Report in 2010 based on the indicators listed in the SON Comprehensive Evaluation Plan.
- We are preparing to launch a number of new academic programs:
  - MSN/MBA dual degree in close collaboration with the Olayan School of Business scheduled for 2009-10.
  - Accelerated BS-BSN (second degree) to be launched in the near future.
  - Collaborative PhD program with the Johns Hopkins University SON is currently under discussion. We are working together to prepare a proposal that we plan to submit for approval and funding soon. PhD degrees would be granted by the Johns Hopkins University SON for the first five years.
- Student recruitment will continue to be a priority. The SON is currently working to establish additional endowment funds that would provide funding for scholarships for 50 BSN students on an annual basis.
- Collaboration with AUBMC/Nursing Services continues to be an important priority for the SON. We are currently discussing several collaborative projects.
- We will continue to be involved with the Al-Mana' College of Health Sciences in Al-Khobar Saudi Arabia and other REP projects based on the availability of human resources and SON priorities.
- The move to the new SON Building is expected to take place around December 2008. The work on the building is completed, furniture and state-of-the-art equipment and simulation labs have been ordered, and an official formal opening is being planned to celebrate this major milestone.

