



Annual Report 2018/2019

FACULTY OF HEALTH SCIENCES

I. REFLECTION

The Faculty of Health Sciences has always been and is always be striving to contribute to the achievement of the mission and vision of Beirut Arab University, thus the faculty is always diligent to provide high quality academic services such as e-learning/blended learning services and outreaching community services and high caliber scientific research. The Faculty of Health Sciences is keen on delivering high quality education and producing competent graduates, thus undergoing continuous enhancement and upgrade of course content at the undergraduate and graduate level to cover the need for evolving skills in the field. The faculty also works on strengthening the national and international relations with academicians and professional members of the Health education community, through mobility exchange of staff and students with universities like Pavia University in Italy, University of Glasgow in Scotland, Johns Hopkins School of Nursing and Maryland University, attending and being part of international conferences and multinational research projects.

During the academic year of 2018-2019, in addition to the already acquired AHPGS and WCPT accreditation, the Nutrition and Dietetics Department at FHS was recognized by the Global Evidence Synthesis Initiative (GESI) as an International center of Systematic Reviews in Lebanon, as well as acquiring the affiliation of the “European Association for the study of Obesity” (EASO), making the BAU Nutrition & Weight Management Clinics (NWM) serve the community with high quality care.

This year the faculty was able to accomplish multiple scientific, academic, community, and social activities. Students were incentivized to take part in all faculty committees as well as they were encouraged to be active members of the university community. Moreover, our students were encouraged to engage in international learning agreements and exchange programs.

II. TEACHING & LEARNING

The American Heart Association BAU Life Support International Training Center has added various disciplines to the list of courses provided to students, community and healthcare professionals to include:

- Advanced Cardiac Life Support (ACLS) –
 - Pediatric Advanced Life Support (PALS) –
 - Neonatal Resuscitation Program (NRP) –
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- A new graduate program was introduced in the Medical Laboratory Technology department (Master in Medical Laboratory Sciences (2 tracks): Microbiology & Immunology/ Haematology & Blood Banking.
 - Roehampton University has given a workshop about new teaching methods that were applied this year such as “teaching threshold concepts” that has proven to be very effective in enhancing student’s learning capacity.
 - Through the graduate program in MSc. in Nutrition; with purpose of developing research and clinical skills, students were provided with the opportunity to participate in hands on research activities as well as clinical work starting the academic year 2018 – 2019.
 - As part of the community nutrition course the Nutrition and Dietetics students participated with “Action against Hunger” in Awareness campaign targeting women in child bearing age. The students had the opportunity to escort the ACF team to informal tented settlement and take part in the awareness sessions.



III. HIGHLIGHTS

NURSING

- The Nursing Department organized the 1st BAU International Nursing Conference: “High Fidelity Simulation in Education and Practice”, where international speakers from John’s Hopkins University in



the US and Arctic University of Norway participated with valuable keynote sessions (March 26th 2019). The conference had more than 300 attendees from nursing professionals, academics, and students.



International Nursing Conference: “High Fidelity Simulation in Education and Practice” where national and international nurses attended.

- Dr. Mirna Fawaz delivered a workshop



titled “Preeclampsia in the Delivery Suite: A Simulation Scenario” at the 1st BAU

- International Nursing Conference: “High Fidelity Simulation in Education and Practice” where national and international nurses attended.
- Mr. Ibrahim Kadamani and Mr. Mohammad Itani delivered a workshop titled “Moulage in Simulation” at the 1st BAU International Nursing Conference: “High Fidelity Simulation in Education and Practice” where national and international nurses attended.
- Dr. Ahmad Tassi delivered a workshop titled “*High fidelity Human Patient Simulation (HF-HPS) Train The Trainer (TTT): Team Dynamics in Advanced Cardiopulmonary Failure Management Scenario*” at the 1st BAU International Nursing Conference: “High Fidelity Simulation in Education and Practice” where national and international nurses attended.
- Dr. Ahmad Tassi was a speaker at the Oncology hematology congress where she delivered a session about Elevating the Quality of Oncology Patient Care: A Team-Based, Patient- Centric Approach
- Dr. Mirna Fawaz was a speaker at the Erzurum 1st International Congress on Innovative Approaches in Nursing where she delivered a session about “Impact of High Fidelity Simulation on the Development of Clinical Judgment and Motivation among Lebanese Nursing Students”.
- The American Heart Association BAULS International Training Center in celebration of the Heart Saver Month have delivered Hands Only CPR training at the duty free at the Beirut

International Airport, in the Bekaa Area, at schools in Ajaltoun and Roumieh and have received recognition as one of the excellent training centers globally. That in addition to training multitude of health care professionals including the healthcare team of the Lebanese Military Hospital.



PHYSICAL THERAPY

- Four dry needling workshops were organized by Dr. Ibtissam Saab, Dr. Rami Abbas, and Dr. Ayman El Khatib in collaboration with Mr. Craig Smith (international instructor) targeting Lebanese physical Therapists, July 21th – 23rd, 2018; July 23rd-25th, 2018; April 8-10, 2019; and April 10-12, 2019.



- The Physical Therapy Department organized a symposium in BAU Tripoli branch entitled “Advanced Physical Therapy Practice”, where Dr. Ibtissam Saab gave a lecture entitled: “Shoulder Dysfunction: Biomechanical Approach of Intervention”; Dr. Ayman Khatib gave a lecture entitled: “Clinical Decision Making: the Myth and the Truth”; and Dr. Rami Abbas gave a lecture entitled: “Spasticity Management: from Theory to Practice” in October 30th, 2018



- Dr. Ibtissam saab, Dr. Ayman Khatib, and Dr. Khaled Takey presented three papers in the 1st International conference “Urban Health and Wellbeing 2018: Building Collaborative Intelligence for better lives in Cities”, organized by Faculty of Architecture – Beirut Arab University – Debbieh Campus. October 23th, 24th and 25th, 2018.
- Dr. Ayman Khatib moderated a session of four presentations related to neurological rehabilitation in the occasion of the official launching of the Lebanese Neurological Physical Therapy Society. Organized by the Order of Physiotherapists in Lebanon Lancaster Rotana – Hazmieh – Lebanon. May 2nd, 2019.



- The department of Physical therapy participated in BLOM Beirut Marathon organized by the "Beirut Marathon Association" as medical team. November 11th 2018.



- Dr. Ibtissam Saab participated in a three days' workshop on TECAR method, Kineo, and advanced electrophysical equipment organized by Globus corporation.-Treviso-Italy April, 11th to 14th, 2019.



MELT

- Dr. Said El Shamieh gave a talk entitled ‘Genetic and protein profiling of cancer tumors, a first step towards personalized therapy’ at the international conference “Systems Medicine and Personalized Health and Therapy”, held at Santorini Greece in September 2019.
- Dr. Fatima Saleh was **invited by Elsevier to write a chapter** entitled “Red Sour Cherry for the Treatment of Diabetes Mellitus.” In the book ‘ Bioactive Food as Dietary Interventions for Diabetes’, Elsevier, 509–514.

NUTRITION & DIETETICS DEPARTMENT

- In collaboration with the European Association for the Study of Obesity (EASO) the nutrition & dietetics Dept. organized the workshop entitled: Obesity Treatment: Lessons from the European Guidelines (15th of February 2019).
- One staff member from the nutrition Department was delegated under the “Teaching staff exchange within the Erasmus + agreement”, in the Master in Nutrition – University of Pavia – Italy.
- Ms. Hana Tannir and Ms. Dima Kriedieh participated as a moderator in the Second Conference of Nutrition & Food Technology. Saint Joseph University – October 2018.
- Prof. Marwan El Ghoch gave introductory talk on CBT-OB, organized by Middle East Eating Disorder Association (MEEDA) – 20 October 2018, Beirut, Lebanon.
- Ms. Dima Kriedieh participated as a speaker in the 1st International Conference entitled “Urban Health and Wellbeing 2018: Building Collaborative Intelligence for Better Lives in Cities” UHWB2018, 23 – 25 October 2018 – Debbieh Campus – BAU.
- Dr. Leila Itani and Prof. Marwan El Ghoch participated as invited speakers in the 4th Dubai international Nutrition Congress 24 – 26 October 2018 – Dubai – UAE.
- Dr. Nada EL DARRA presented a talk entitled “Co-occurrence of regulated mycotoxins in spices and herbs consumed in Lebanon” during the LFDCA (Lebanese Food, Drug & Chemicals Administration) second Conference at the Faculty of Pharmacy - Lebanese University on the 16th of April 2019.

- Dr. Nada El Darra participated in the 1st International Conference entitled “Urban Health and Wellbeing 2018: Building Collaborative Intelligence for Better Lives in Cities” UHWB2018, that was held on 23-25 October 2018 at Debbieh Campus - BAU. She presented two oral presentations.

Students' Corner

- The junior nursing student Jana Doughan has delivered a presentation about time management at the 2nd Annual Student Led Symposium "Nursing in the Lead" as part of her membership in the Lebanese Nursing Student Association.
- The Nursing Senior students delivered community services through health awareness campaigns for schools, Syrian refugee camps and various NGOs as part of their community activities. The campaigns included sessions in the Bekaa area, Dar Al Amal Orphanage, Dar Alajaza, multiple Lebanese schools, in addition to the Roumieh Prison where they delivered first aid and CPR training sessions, in addition to health awareness sessions



- MLT students had participated in the Cancer Awareness Village event hosted by Barbara Nassar Association in partnership with the Lebanese Ministry of Public Health. It took place at Forum de Beyrouth for three consecutive full days in 8th, 9th & 10th of February 2019. The MLT department chose the topic of “Skin Cancer” to raise public awareness about how to prevent and detect it early.



- MLT students had been selected by the MOPH in order to participate in a national competition for the breast cancer awareness campaign held from 12 till 14 October 2018. The MLT topic was “**Mammogram: the selfie that saves your life**”. At the end of the event, a special letter of appreciation from the MOPH was sent to the MLT-BAU department praising the remarkable job made by the team

IV. ACHIEVERS

V.

NURSING:

- Dr. Mirna Fawaz has been selected to be a member of the scientific committee at the ONL and Dr. Ahmad Tassi has been selected to be a member of the continuous education committee at the ONL as well for year 2019.
- Senior nursing student Maya Hallak received a distinction as a distinguished nursing student at BAU from the Lion's club.

PHYSICAL THERAPY:

- Dr. Ibtissam Saab was the of Europe Region in the WCPT award committee. May 9th, 2019.
- Dr. Ibtissam Saab participated in the advisory committee of the Faculty of Physical Therapy – Cairo University to discuss the PT curriculum during the 20th International Conference of the Faculty of Physical therapy – Cairo University entitled “Physical Therapy: From Disability to Life” organized by the Faculty of Physical Therapy – Cairo University. The conference was held in the Grand Nile Tower (Grand Hyatt) on April 6-7, 2019.



- Dr. Ibtissam Saab participated in the International Congress of the WCPT in Geneva and presented a poster entitled: Carryover effect of hip and knee exercises program on functional performance in individuals with patellofemoral pain syndrome. May, 11th 2019.
- Dr. Ibtissam Saab participated as a president of one of the sessions and a lecture about Evidence Based Practice in the 20th International Conference of the Faculty of Physical

therapy – Cairo University entitled “Physical Therapy: From Disability to Life” organized by the Faculty of Physical Therapy – Cairo University-Grand Nile Tower-April 6-7, 2019.

- Dr. Rami Abbas attended the International Congress of the WCPT in Geneva and presented a poster entitled: Effect of unifocal versus multifocal lenses on cervical spine posture in patients with presbyopia. May, 13th 2019.
- Dr. Rami Abbas participated in the advisory meeting “Student participative role in higher education governance” that discussed methods of inclusion of students in the Governance of universities in addition to possible means to foster student participation in University decision making. Organized by Lebanese Ministry of education and higher education (MEHE) and Erasmus+ Higher education reform experts (HERE). October, 11th 2018.
- Dr. Ayman Khatib participated in the 8th World Physiotherapists and Physicians Summit in the WCPT Congress – Tokyo - Japan and presented a paper entitled: Impact of backward treadmill training on balance in children with juvenile rheumatoid arthritis: A randomized controlled study – organized by Confrenceseries.com. Tokyo – Japan. August 15th – 6th, 2018.



- Dr. Ibtissam Saab and Dr. Rami Abbas participated in the WCPT seminar about Physical Therapy education. The aim of the meeting was to review of the WCPT education guidelines and setting future recommendations for these guidelines. May 11th, 2019.

MEDICAL LABORATORY TECHNOLOGY:

- Dr. Fatima Saleh was awarded CNRS-BAU grant for the project entitled ‘ Adipose derived stem cells for the treatment of obesity and its associated complications in diet induced obese mice’.
- Dr. Said El Shamieh obtained a CNRS grant on ‘Genetics of chronic obstructive pulmonary disease in Lebanese affected individuals’.
- Dr. Fatima Saleh & Dr. Said El Shamieh got promoted to rank of associate professor at the Faculty of Health Sciences.
- Dr. Salim MOUSSA had been selected to join the **DAAD DIES ProGRANT Proposal Writing for Research Grants** scheduled from May 1st-5th, 2019 in Beirut, Lebanon. During this workshop, a group of 30 young researchers from Lebanon and Jordan were trained through interactive lectures and group works to develop a scientific proposal for national and international research funding. Experts from University of Cologne in Germany and from Lebanon had delivered the most important tips that increase the chance to get funding for research proposals.
- Dr. Salim MOUSSA had been selected to be among the 4 Lebanese participants to join the training entitled: **Bio-risk Management and the Shipping of Infectious substances and biological specimens**, from 9 to 11 July in Jordan. This workshop was under the supervision of the Middle East Institute for Security (MESIS) in Jordan and funded by the European Union. During this workshop, participants learned the importance of Biosecurity and Biosafety measures and how to prevent biological and toxic threats (weapons) to animal and human health at work and during shipping.



NUTRITION:

- Prof. Marwan El Ghoch was appointed in the 4 peer-review journals indexed in major database as:
 1. Co-Editor-In-Chief – Journal of the Journal of Population Therapeutics and Clinical Pharmacology
 2. Section Editor – Journal of Current Rheumatology Reviews
 3. Editorial board member - World Journal of Clinical Cases and Diseases MDPI - Indexed in PubMed/Medline.
- Dr. Leila Itani was appointed as Associate editorial board member of Journal of Current Rheumatology Reviews - Indexed in major databases.
- Dr. Leila Itani Participated in the Policy Dialogue organized by the Knowledge to Policy (K2P) Center, the Ministry of Education and Higher Education (MEHE) and the Ministry of Public Health (MOPH), “Promoting Effective School Policies for

Childhood Obesity Prevention” on Thursday, March 7, 2019, from 8:30 am until 1:30 pm at the Gefinor Rotana Hotel, Rotana A meeting room

- Mrs. Hana El Tannir has been selected to join the first phase of DAAD DIES Pro GRANT Proposal Writing for Research Grants, where experts from University of Cologne - Germany and from Lebanon delivered the most important tips that increase the chance to get funding for research proposals.



- Mrs. Dima Kriedieh participated as a jury member in Mobarat Al Ouloum that was held at the Lebanese University Hadath campus, on April 12, 2019.
- Mrs. Dima Kreidieh was nominated to be a member in the LIBNOR committee working on the development of several standards mainly for infant formula.
- Dr. Nada Al Darra was nominated to be the Brand Ambassador of “Emeralds Publishing” in Lebanon.
- Dr. El Darra served as a jury member in Mobarat Al Ouloum that was held at the Lebanese University Hadath campus, on April 12, 2019.
- Dr. Nada Al Darra was nominated to participate in LIBNOR committees on butter, chocolate and cacao (NL 499:1999, NL 499:2003).
- Dr. Nada EL DARRA launched a campaign addressing “Multimycotoxins Occurrence in Spices and Herbs Commercialized in Lebanon” in an audio visual on social media, which succeed in shedding a lght on the mycotoxins occurrence in the Lebanese market where the subject was tackled by several media channels such as Daily star, Future TV, New TV, NBN, BBC.
- Dr. Nada EL DARRA and Dr. Michele Solfrizzo (ISPA) got awarded a grant from LARI on a project entitled “Multi-mycotoxin occurrence in wheat and derived products commercialized in Lebanon”.
- Dr. Nada El Darra’s project entitled “Valorization of Essential Oils from Industrial By-Products” has been selected for co-financing based on LIRA Fund rules and regulations.

ADMIN. ACHIEVEMENTS:

Under the framework of the European Union Program for Education, Training, Youth and Sport "ERASMUS+" and within the inter-institutional agreement signed between Beirut Arab University (BAU) and Lithuanian University of Health Sciences (LSMU) in Lithuania, Ms. Mariam Zeidan / Executive Administrator participated in a staff training mobility at LSMU from 8 to 12 July 2019.

The non-academic staff attended a series of meetings, presentations and visits at different offices.



STUDENTS' CORNER

- Miss Mariam Mohammad a Medical Laboratory student was awarded participation in the **2019 Middle East Partnership Initiative (MEPI) – Student Leaders program** that was held in the USA and funded by the U.S. Department of State. Miss Mariam had an academic residency at Portland State University where she had an intensive five-week leadership program from June 26 to July 31, 2019, covering topics such as comparative analysis of leadership styles, conflict resolution, consensus-building, group dynamics, individual and collective problem solving, the role of civil society, public speaking and job-seeking skills. Additionally, the MEPI program included coursework/trainings as well as field visits to complement and reinforce the concepts explored in the trainings.
- First year Medical Laboratory Technology student 'Mariam Mohammad' was chosen among other 60 university-level students from all over Lebanon to participate in the **Middle East's first World Health Organization simulation event "LebWHO"** that was held at the Higher Institute of Public Health (ISSP) of USJ, on 25-27 January, 2019.



- Medical laboratory technology & Nursing students won the 3rd place at the Rally paper competition between universities that was organized by the primary healthcare at the Ministry of public health on 3rd of November 2019 to raise vaccination awareness.

VI. COLLABORATION

NURSING:

- Dr. Mirna Fawaz participated in an exchange program with the University of Maryland Balitomore, where she visited the campus in the USA for the duration of 4 weeks where she had the chance to get to know the program and instigate collaboration on the undergraduate, masters and Phd levels.



- Considering that the faculty has signed a collaboration agreement with Ataturk University, two of our junior nursing students (Bassima Mneimneh and Aisha Naamani) have been accepted to spend a full semester at the school of nursing at Ataturk University as part of the mobility exchange program ERASMUS+, and have participated in a student based research in collaboration with the students at AU and have presented the research at the Erzurum 1st International Congress on Innovative Approaches in Nursing.



- Through the OVERSEAS agreement between Beirut Arab University (Lebanon) and University of Pavia (Italy), two students - Ms Dana El Masri and Leila Chehade - from the “Master of Science in Nutrition” program visited Pavia from 17th to the 27th of July 2019. During this period, the two students have been actively involved in some clinical and research activities in the Dietetics and Clinical Nutrition Laboratory at the Department of Public Health, Experimental and Forensic Medicine (University of Pavia). Specifically as research activity, the two students worked with their Italian colleagues on the International project entitled “Sustainable Agrifood System Strategies (SASS)” conducted in Africa (Tanzania). On the other hand, as clinical activity, the Master students attended the outpatient clinic and participated in weekly meetings that aimed to discuss some clinical cases.



- The faculty has previously signed a collaboration agreement with the Pavia University in Italy, and upon the agreement the nursing department has received an international nursing student from Pavia University (Lavinia Fontana) for a full semester where she took major courses and participated in the nursing practicum in addition to taking part in the International Nursing Conference at BAU, as well as the community services organized by the department.
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- The faculty received two faculty members (Olga Meščeriakova and Vidmantas Vaičiulis) from the University of Health Sciences in Lithuania as part of the ERASMUS+ exchange program where they participated in a week long program at the department after having met the nursing team and got oriented to the university and the study program and discussed further collaboration on the post-graduate level (master's in public health).



- The faculty received Dr. Rui Pedro Pereira as part of the Jamies Exchange Program where he participated in a week long program at the department after having met the nursing team and got oriented to the university and the study program and discussed further collaboration in the future in joint research.

PHYSICAL THERAPY:

- The physical Therapy department Collaborated various educational and professional bodies such as ICRC in the organization and delivery of a RAMP training “Rehabilitation for persons with lower limb AMPutation course [RAMP]” for the 4th level physical therapy students– FHS – BAU. January 28th –February 7th, 2019.
- In addition to Research Collaborations with



- The International Commission for the Red Cross (ICRC) in amputee physical rehabilitation.
- Faculty of Physical Therapy-Cairo University, with

- Faculty of Physical Therapy-King Abdelaziz University-Saudi Arabia.
- College of Health and Rehabilitation Sciences –Princess Nourah bint Abdulrahman University-Saudi Arabia
- Department of Exercise & Health Sciences, School of Health, Medical & Applied Sciences, Central Queensland University, Rockhampton, Queensland, Australia
- Spinal Cord Injury and Disorders Center, Hunter Holmes McGuire VAMC, Richmond, Virginia (ASG); and Department of Physical Medicine & Rehabilitation, Virginia Commonwealth University, Richmond, Virginia
- NGOs (Ajialouna, Mousawat etc.), hospitals, and rehabilitation centers regarding clinical training for undergraduate students.



Medical LT:

- collaboration with the University College of London (UCL), London, UK.
- Collaboration with the university of Lorraine, Nancy, France.
- research collaboration with the Lebanese Food, Drugs & Chemicals Administration (LFDCA), Lebanese University: Reference laboratory for quality control.

NUTR:

- ACF agreement
- Agreement with University of Pavia – Italy
- Agreement with University of Modena and Reggio Emilia – Italy
- Agreement with Institute of Sciences of Food Production_CNR_BARI_ITALY
- Agreement with University of Glasgow
- Agreement with the Ministry of Industry