



Annual Report Template

FACULTY of Health Sciences

I. REFLECTION

This year the Faculty of Health Sciences strived to develop the students' sense of initiative and social activism where the students were encouraged by the faculty to participate and initiate community services in various areas of health and education. Moreover, the faculty emphasized this year on the importance of student activities as to enrich their university experience and aid in developing a sense of belonging to the university. As for the faculty staff members, they were encouraged to engage in local, regional, and international research as well as to participate in national and international conferences in order to broaden the spectrum of their research program as well as help in establishing international relations and build strong affiliations through the faculties programs with universities abroad.

Our commitment to continuous development and providing the best internationally educational experience to our students

II. TEACHING & LEARNING

The following new postgraduate programs were launched:

1. Master of science in Medical Laboratory Technology in Beirut campus Fall 2017/2018 with two tracks:

- Microbiology & Immunology
- Masters in Hematology & Blood Banking.

This program aims to prepare postgraduates with in-depth knowledge and research skills for professional careers in the discipline of Microbiology and Immunology as well as Hematology and Blood banking. The department is committed to prepare postgraduates for leadership and managerial roles in the clinical laboratory and professional organizations with a competitive edge in a rapidly changing and dynamic profession.

2. Master of Science in Food Analysis & Safety in Beirut Campus Fall 2017/2018

The Master of Science in Food Analysis and Safety comprehensively covers the key concepts behind assuring safe food to consumers. This program is designated to consider the key microbiological and chemical hazards that can enter the food chain and to enrich graduates with the necessary skills to analyze and manage these hazards



3. Master of Science in Nutrition Beirut Campus Fall 2017/2018

The program aims to develop leaders in the field of nutrition who can contribute to health promotion through scholarly research and effective prevention and management of nutrition-related disorders. The Master of Science in Nutrition program focuses on promoting the professional skills of the graduates through a multi-disciplinary approach. This enables graduates to implement up-to date evidenced based practices at both the clinical and community settings.

III. HIGHLIGHTS

- Accreditation
 - a. In **July 2017**, the AHPGS agency accredited our Nursing, Medical Laboratory Technology, and Nutrition & Dietetics undergraduate programs, which is valid till September 2022. The International Accreditation Committee, AHPGS, derives its accreditation standards from the “Accreditation criteria for International Program Accreditation” which fall in close accordance with the existing criteria and requirements valid in the federal republic of Germany, and based on the standards and guidelines for quality assurance in the “European Higher Education Area”. It was established by the “European Association for Quality Assurance in Higher Education” (ENQA).
 - b. On **the 31st of July 2018**, the Bachelor of Physical Therapy 4 year program received the “Full Unconditional Accreditation” after being accredited conditionally in June 2016 by the World Confederation for Physical Therapy
- The Faculty organized the first International Symposium on Obesity, in collaboration with Villa Garda Hospital and Professors from the University of Modena & Reggio Emilia, and the University of Pavia Italy, on **the 25th of June 2018**.
- Dr. Ibtissam was elected for the vice presidency of the order of Physical Therapists **November 2018**
- Dr. Ibtissam M. SAAB was chosen a Member and to represent the Europe Region of WCPT Awards committee along with Geerge chigali (Zambia), Judy King (Canada), Oscar Ronzio (Argentina), Shirley Nhai (Hong Kong). **March 2018**.
- On the occasion of World Diabetes Day on **November 14, 2017**, The Faculty of Health sciences hosted a scientific day entitled “ Health awareness for a



better future: Women & Diabetes” under the Patronage of the Minister of State for Women’s Affairs, Mr. Jean Ogasapian. This event was in collaboration with the international diabetes federation and the Lebanese diabetes society, represented by its president, the event was followed by an exhibition at the BAU outdoors; where interactive and informative booths were installed by FHS students to raise awareness and to unite in the fight against diabetes..

- Dr. Ian Watson, _Reader in Applied Energy, University of Glasgow, visited the faculty to develop the ongoing collaboration that started between Dr. El Darra and Dr. Watson further, through their research project investigating decontamination of spices through novel combination of technologies. Opportunities for collaborative research, student exchange and the potential for joint Msc and PhD programs were discussed.
- Dr. Ayman El Khatib participated in the International WCPT Congress in Cape Town – South Africa and presented a poster titled: Evaluation of The Risk of Developing Work Related Musculoskeletal Disorders in Preclinical and Clinical Dental Students. **July 2017**
- Funded by the intramural Grant of Beirut Arab University, Dr. Nada El Darra visited the School of Engineering of the University of Glasgow from 29th January till the **2nd February, 2018**. The first target of the visit was to start conducting a collaborative research project with Dr. Ian Watson, Reader in Applied Energy in the School of Engineering, University of Glasgow. The second target was to apply for ICM (International Credit Mobility) funding i.e. Erasmus plus, to expand the collaboration between BAU and the University of Glasgow to other schools and colleges. This represents an excellent opportunity for a mobility applications to develop the institutional relationship. The project is entitled “Investigation of Alternative treatments for Fumigation of Dried Food Products”.
- Dr Fatima Saleh was invited by Prof Massimo Pelligrini and Prof Cristina Magnoni to deliver a talk on ‘Mesenchymal stem cells in three dimensions’ to PhD students from the international Doctorate School in Clinical and Experimental Medicine at University of Modena and Regio Emilia, Italy, on **24th of April, 2018**. This was in line with the university strategy to strengthen academic cooperation with international higher education institutions



- Mrs Dima Kreidieh from the Department of Nutrition and Dietetics, Faculty of Health Sciences, has attended the European Congress on Obesity (ECO 2018) that was held on **May 23-26, 2018** in Vienna, Austria. The congress was organized by the European Association for the Study of Obesity (EASO) and featured the most recent research, and innovative approaches from prevention to treatment of obesity. Moreover, important clinical implications has been presented regarding the management of obesity during pregnancy, childhood, puberty, adolescence and adulthood, by lifestyle modification interventions (CBT-OB), pharmacotherapy and bariatric surgery. In addition new directions in obesity management as the role of genetics, new medications and microbiota has been introduced and many other interesting topics.

Grants

- CNRS_CNR Grant entitled “Multimycotoxin occurrence in Lebanese and Italian spices and herbs” between Beirut Arab University (BAU) and The Institute of Sciences of Food Production (ISPA – CNR).

Distinctive research

A systemic review Saleh et al, 2018 in collaboration with Italy entitled ‘Adipose-Derived Mesenchymal Stem Cells in the Treatment of Obesity: A Systematic Review of Longitudinal Studies on Preclinical Evidence’ Fatima Saleh, Leila Itani, Simona Calugi, Riccardo Dalle Grave and Marwan El Ghoch was published in Current Stem Cell Research & Therapy, IF 2.684.

Workshops

1. Two students from the Physical Therapy Department participated in the First International Student Conference entitled “Research for better practice” - organized by Faculty of Physical Therapy – Cairo University in collaboration with the Society of Arab Faculties and Institutes of Physiotherapy (SFIPA) – Cairo University-Cairo. **30 Nov-01 Dec. 2017**. One of the students was awarded the best participating research in the conference.
2. The Farmer to Farmer Middle East and North Africa (F2F MENA), implemented by Land O'Lakes International Development and funded by USAID, hosted a workshop entitled “Hazard Analysis and Critical Control Points) at the Faculty of Health Sciences, Beirut Arab University from 8 till **19 January 2018**. Dr. Nada EL DARRA, Assistant Professor of Food Engineering organized this workshop. Three US experts, with a remarkable expertise in the food safety field delivered this workshop from **January 8** to



January 19, 2018: Jeff Balouzek, Julie Ware and Maria Skora. The workshop targeted mainly the Beirut Arab University students at M.Sc. level (Msc in Food Safety and Analysis), as well representatives from the ministries of Agriculture, Economy and Industry, representatives from some food industries and from the LARI laboratory. The workshop provided students with both theoretical and practical hands on application of HACCP principles in the food manufacturing industry in Lebanon.

3. The Medical Laboratory Technology department hosted a two-day ISO/IEC 17025: 2017 workshop on 7th & 8th of **February 2018** entitled "General requirements for the competence of testing and calibration laboratories", under the USAID funded program implemented by Land O'Lakes International Development and in collaboration with the Lebanese Agricultural Research Institute (LARI). The two-day workshop was organized by Dr. Fatima Saleh from the Medical laboratory Technology Department and delivered by the US expert Dr. Bill Hirt, director of Accreditation and Global Technical Advisor, ANAB.
4. A 3 day workshop (**21-23 July 2018**) on Dry needling organized by the Physical Therapy Department in collaboration with Club Physio in Lebanon. The participants had the chance to gain theoretical knowledge about dry needling as well as performing direct application in needling different commonly used muscles encountered in clinical practice.

Extra-curricular activity:

1. In line with the mission and vision of the faculty of health sciences in general and the nursing department in specific, our nursing students engage in various community services that yield to the development of health awareness in the society. Our Senior nursing students and through the Community Health Nursing Course organized and implemented multiple health awareness campaigns which were delivered to Syrian Refugees in the Bekaa region, school students, and hospital staff. The students provided presentations about chronic diseases such as diabetes and heart disease, in addition to sexual health, menstrual cycle, hygiene, breast-self-examination and health promotion behaviors. In addition, the students gave CPR training sessions to lay personnel in order to contribute to the general awareness of the public about cardiac arrest and



the resuscitation techniques and emergency protocols that should be widespread in the community. Moreover, they organized a commodity drive in which they gathered blankets, food, clothes, and necessities and donated them to needy elderly patients and Syrian Refugees. The nursing department is keen to widen the compass of community engagement and incentivize the students to be active members of the society and contribute to its public health.

2. Participation in BLOM Beirut Marathon organized by the "Beirut Marathon Association" as medical team. **November 2017**
3. Students from the Department of Medical Laboratories, accompanied by Dr. Fatima Saleh visited on 5th of **December 2017** the offices of the Forensic Laboratories at El-Helou Internal Security Forces (ISF) Barracks. The students were introduced to the work of the Central Forensic laboratory and the duties of the Crime Scene Investigation (CSI) team followed by a tour to the different areas of the lab: trace analysis, toxicology, DNA typing, Fingerprint analysis, Ballistics and document analysis. It was very fruitful experience.
4. The BAU life support international training center provided basic life support session in **March 2018** to 417 individuals from different professional backgrounds including 12 individuals from the Lebanese Army.
5. The physical therapy department in collaboration with Sawa organization for development and aid visited one of the Syrian refugees camp in Dalhamieh - Bekaa region in **July 20, 2018**. Students gave awareness sessions on proper body ergonomics for agriculture and construction workers, and gave some practical demonstrations on relevant stretching exercises. For women a specific awareness session for healthy child development timeline and markers on common developmental delays requiring medical consultation. Afterwards, students performed entertainment activities for the children of the camp.

Seminars:



1. A lecture entitled "The dangers of doping in sports" delivered by Dr. Jihad Haddad and Dr. Hind Abed El Malak in **February 2018** from the Olympic committee at the ministry of youth and sports
2. The department of Nutrition & Dietetics organized a seminar about the consumer protection, delivered by the engineer Imad Youssef from the Ministry of Economy & Trade. The main aim of this seminar was to spread awareness about the role of the consumer protection as well as introducing the students to the volunteering campaign of the consumer protection. **June 2018**
3. The Faculty Organized a celebration about "World Disability Day" in collaboration with "El Montada Foundation for Disability - North Lebanon" in **December , 2017**.

IV. COLLABORATION

- The Faculty established a collaboration with two universities in Baltimore, USA namely JOHNS HOPKINS and MARYLAND, this collaboration included academic and non-academic staff exchange, establishing new postgraduate programs under their affiliation and joint research collaboration.
- The Faculty signed an agreement with The Institute of Sciences of Food Production (ISPA – CNR) in Italy to co-supervise MSc students enrolled in the MSc of Food Analysis and Safety.
- The Faculty of Health Sciences signed an agreement with the Arctic University of Norway (UIT) for student and academic staff mobility, and research collaboration.
- The department of Physical Therapy established a collaboration with the International Commission for the Red Cross (ICRC) for a research project on amputee rehabilitation.
- The department of Nutrition & Dietetics established a collaboration with the ministry of Public Health (MOPH) to allow training opportunities for graduate and undergraduate students at Public Health Care centers in screening and management of severe malnutrition and in communicable diseases
- **Exchange:**



- Under the mobility agreement between the University of Pavia and Beirut Arab University, staff members from the Nutrition & Dietetics department visited the University of Pavia for one week. Dr. Nada EL DARRA, Assistant Professor of Food Safety & Engineering and Mrs. Leila Itani, lecturer in Nutrition participated in the Nutrition international week organized by the department of Nutrition in the University of Pavia. The target audience were postgraduate students enrolled in the Nutrition Master program at Pavia University encompassing students from different specialties including pharmacists, medical doctors, biologist and dieticians. Dr. El Darra's lectures were about the food preservations techniques, food additives. Mrs. Leila Itani provided lectures on the prevention of malnutrition through a life course approach namely during the first 1000 days of life and through School based food and Nutrition education.
- Dr Fatima Saleh from the Department of Medical Laboratory Technology has visited University of York, UK, as a research associate from 23rd of July till 3rd of August 2018. Where she worked on Mesenchymal stem cell exosomes at the Biomedical Tissue Research Laboratory.

V. APPENDICES