



Annual Report Template 2020/2021

FACULTY: Health Sciences

I. REFLECTION

In line with its mission and vision, the faculty of health sciences has strived as always to prepare high quality competitive graduates, as well as contribute to the promotion of public health in the surrounding community. This year was no different as the faculty and its team has endeavoured to deliver a high quality experience to its students despite the crisis that the university and the whole country has been facing. The faculty has insisted to continue its academic activities through finding multiple alternatives. The major challenge this year was the diesel and fuel oil crisis which has rendered many students unable to commute to campus as well as unable to attend online classes at many instances due to massive power outages. This has called for more support and flexibility with students for reading periods as well as attendance documentation. Another challenge that was faced was the complexity to access clinical training in light of COVID-19 as well as the inability of the hospitals to afford equipment, however that did not stop us from fulfilling the needed clinical hours, where the team has paid extra effort to access alternative clinical sites and where it was applicable some clinical courses were conducted in simulation labs. On a more positive note, the faculty was able to hold the final exams on campus which was a leap from the past year. This year, the faculty played a major role in the COVID-19 response, as its students and staff were key personnel in directing and executing the vaccination campaign which has potentiated a highly needed return to campus life for both staff and students. In addition, this year the faculty has contributed widely to the scientific community through national and international research collaborations as well as staff exchange missions and academic partnerships, thus proving its highly significant academic and community presence.

II. TEACHING & LEARNING

- Adopting the Microsoft Teams and Moodle platforms as tools for commencing with online learning as well as for carrying out online thesis defenses.
- Adopting recorded lectures as an educational strategy for online learning.
- Blended learning was used for in the Msc. program through few field visits and lab sessions.
- All assessments were done through Moodle quizzes or by online oral assessment.
- Some self-paced recorded sessions were uploaded for the students to attend at their convenience (as a form of hybrid teaching and learning).
- Video illustrations were incorporated to help in accomplishing practical courses



- Some Lab courses were delivered using Moodle platform, Zoom, Team, online lab sessions using GoPro Camera, physiotech, and physiotherapyexercises.com
- Telehealth Platform (<https://www.bau.edu.lb/Health-Sciences/News/Launching-of-the-Physical-Therapy-Telehealth-service>) was inaugurated in the Spring semester (2019 – 2020) and Fall semester (2020 – 2021) for physiotherapy third level and senior students.
- COVID-19 has been added to the curriculum through various courses in various departments.
- The adopted Instructional methods were also adapted to the digital medium such as Team-Based Learning, Evidence Based Practice (EBP), Case studies / Problem Solving, Group discussions, and Project presentation (using Zoom and Microsoft Team)
- Students were provided with extra support through providing them with personal protective equipment (PPE), distributed social distancing labels (building, clinics, elevators and halls), additional spaces to decrease the number and ensure social distancing, IT support continuously, and WhatsApp groups for each course in order to easily communicate with the students.
- Advising for students was done through Zoom application and one to one advising with each student or in group sessions.
- Exams conducted either on campus or online. Exams on campuses were done in alignment with covid-19 safety measures and procedures. Students who tested positive during any assessment were re-assessed either through an oral evaluation or a make-up written exam.
- Course files were 100% digitalized according to new guidelines
- Participating in university wide vaccination campaign for students and staff
- The masters program in medical laboratory sciences is now licensed by the ministry of education and higher education.
- Virtual office hours were carried out through Moodle chat.
- Regular virtual meetings with Master students to follow their thesis works progress.
- Conducting e-surveys to assess important topics at the university. E.g. COVID-19 awareness, satisfaction with e-learning methods, etc.
- The full accreditation of the physiotherapist professional entry level education program at Beirut Arab University has been extended by World Physiotherapy till 26 June 2023.
- The Nutrition and weight management clinic was re-accredited by EASO. The clinic is now serving as an EASO collaborating center (<https://easo.org/com/the-bau-clinic-for-nutritional-and-weight-management-beirut-arab-university/>)(2020-2023).
- The faculty organized and delivered a webinar titled ‘COVID-19 pandemic and its impact on the Lebanese setting’.



III. ACHIEVERS

Nursing Department

- Dr. Ibrahim Kadamani has earned his Ph.D. in Education from the Lebanese University
- Dr. Mirna Fawaz, Dr. Ahmad Al Tassi and Mr. Mohammad Itani has participated in the Kick-off Erasmus Global project in collaboration with the Arctic University of Norway where they delivered multiple talks on medical education and COVID-19.
- Dr. Mirna Fawaz participated in a mobility exchange mission to Ataturk University in Erzurum through ERASMUS+ program.
- Dr. Mirna Fawaz and Dr. Ahmad Al Tassi participated in “The COVID-19 pandemic on the Lebanese setting: The implication on health and wellbeing” webinar in collaboration with the order of nurses in Lebanon.
- Dr. Mirna Fawaz published a research titled :Role of nurses in precision health in the Nurs Outlook. (2021).
- Dr. Mirna Fawaz & Mohammad Itani published a research titled: The psychological experiences of Lebanese ground zero front-line nurses during the most recent COVID-19 outbreak post Beirut blast: A qualitative study in the International Journal of Social Psychiatry. (2021).
- Dr. Mirna Fawaz published a research titled: E-learning: Depression, anxiety, and stress symptomatology among Lebanese university students during COVID-19 quarantine in the International Nursing Forum.(2021).
- Dr. Mirna Fawaz & Mohammad Itani published a research titled: COVID-19 quarantine stressors and management among Lebanese students: a qualitative study. In the Current Psychology. (2021).
- Dr Hiba Deek published a research titled: A Multi-centric Study on Validation of the Fear Scale for COVID-19 in Five Arabic Speaking Countries in the Brain and Behavior(2021).
- Dr. Mirna Fawaz published a research titled: Nurses at the Front Line of COVID-19: Roles, Responsibilities, Risks, and Rights. Am in the J. Trop. Med. Hyg. (2020).
- Dr. Mirna Fawaz published a research titled: COVID-19 quarantine: Post-traumatic stress symptomatology among Lebanese citizens in the International Journal of Social Psychiatry Journal. (2020)
- Dr. Mirna Fawaz published a research titled: The psychosocial effects of being quarantined following exposure to COVID-19: A qualitative study of Lebanese health care workers. International Journal of Social Psychiatry Journal (2020).
- Dr. Mirna Fawaz published a research titled: Lebanese nursing students’ perceptions regarding use of concept mapping. Teaching and Learning in Nursing, 1-5. (2020).
- Dr. Mirna Fawaz published a research titled: Helicobacter Pylori interacts with Serum Vitamin D to influence Hypertension. Current Aging Science. (2020).
- Dr. Mirna Fawaz and Dr Ahmad Tassi published a research titled: Nurses’ stressors and their quality of life: A study on nurses caring for older patients. Nursing Open. (2020).



Nutrition and Dietetics Department

- Dr. Marwan El Ghoch facilitated the recruitment of students for training Under the Erasmus Agreement between Pavia University in Italy and Beirut Arab University (2020-2023), where two graduate students were nominate to undertake 2 months training (Ms. Kassandra Yaghi and Ms. Layal Ghazi)
- Dr. Marwan El Ghoch authored under the research agreement in a multicenter study entitled : Habits, Orthorexia Nervosa and Lifestyle in University STudents (HOLISTIC) involving 8 countries other than Lebanon (Croatia, Italy, Turkey, Poland, Hungary, Greece, Spain, Romania), an article was published in Nutrients Journal (Nutrients. 2021 Feb 19;13(2):675. doi: 10.3390/nu13020675).
- Dr. Marwan El Ghoch authored under the research agreement with University of Verona and University of Bologna /Italy an article that was published in Disease Journal Diseases. 2021 Mar 20;9(1):23.
- Dr. Marwan El Ghoch authored a study under the research agreement with CTR of rehabilitation Therapy related to counseling in the nutritional status of the Italian Marathon runners and the article was published in Clin Nutr ESPEN. 2021 Apr;42:239-243.
- Dr. Nada El Darra established a letter of agreement to support the collaboration between Beirut Arab University (BAU) and the United Nations Industrial Development Organization (UNIDO) regarding providing technical support to the Shouf Biosphere Reserve. The specific focus of the support is to provide technical and scientific knowledge on products quality and food safety.
- Under the agreement with Institue of Sciencess of Food Production(ISPA)/University of Glasgow/Institue of food Science CNR Italy (2019-ongoing) Dr. Nada El Darra is still working on the Decontamination system for herbs and spices.
- Dr. Marwan El Ghoch Obtained completely waived publication fees in peer review journals (Frontiers, MDPI and Bentham) of a value that exceeded 10,000 US dollars during the academic year.
- Dr. Marwan El Ghoch was appointed as permanent Associate Editor in the Journal "Frontiers in Endocrinology" (Q1; IF=3.644).
- Dr. Marwan El Ghoch and Dr. Leila Itani are serving as Guest associate Editors in Frontiers in Epidemiology on the Topic: Health related Quality of life: 2019-2021.
- Dr. Nada El Darra was elected as a member of the Arab-German Young Academy of Sciences and Humanities (AGYA).
- Dr. Nada El Darra served as a GUEST EDITOR for a research topic entitled "Risk assessment of mycotoxins in Food" in FRONTIERS IN NUTRITION, section Food Chemistry Q1, IF=3.365.
- Dr. Nada El Darra is serving as well as Review Editor in Frontiers in Nutrition, section Nutrition and Food Science Technology.
- Dr. Leila Itani served as invited article editor in Frontiers in Pediatrics section "children and health" Q2,IF=3.365.
- Dr. Marwan El Ghoch participated in the IV National Congress OPERA 2021 (Obesity Program of nutrition, Education, Research and Assessment of the best treatment). Italy, June 3 2021



- Dr. Marwan El Ghoch delivered EASOCOM a clinical webinar on the use of VLCKD: Losing weight with a very low calorie ketogenic diet (VLKCD): a tool for obesity management during the COVID-19 pandemic. 13 November 2020.
- Dr. Marwan El Ghoch delivered two talks at the European international congress on obesity (ECOICO online 2020). 1-4 september 2020
- Dr. Marwan El Ghoch delivered Lifetime Weight Cycling and Central Fat Distribution in Seeking-treatment Females With Obesity
- Dr. Marwan El Ghoch delivered Relationship between multiple weight cycling and early weight loss in patients with obesity: A longitudinal study
- Dr. Marwan El Ghoch participated as a speaker in the The 28th European Congress on Obesity (ECO) - a symposium entitled:" Understanding Sarcopenic Obesity: The Ignored Phenotype?". 10-13 May 2021 online
- Dr. Marwan El Ghoch participated as a moderator in the First Conference Organized by the Mediterranean Federation of Nutritional Sciences entitled: COVID 19 in the South and North of the Mediterranean what difference? What determinants?. The conference was held online on the 6th of June 2021
- Dr. Nada El Darra delivered a webinar in collaboration with USAID Farmer-to-Farmer Food Safety and Quality program entitled "FDA Registration and Labeling Requirements". (June 30 and July 7 2021)
- Dr. Leila Itani Presented a talk entitles Revising BMI Cut-Off Points for Obesity in a Weight Management Setting in Lebanon. Presented at the 4th Dubai International Nutrition Congress .22-24 October 2020.
- Dr. Leila Itani Delivered a 2 days workshop on Dietary Pattern analysis on March 4-5 2021. The work shop was organized as consultation from the National institute of Nutrition in Cairo.
- Dr. Leila Itani Served as a session moderator in a webinar organized by the Faculty of health sciences entitled : The COVID-19 Pandemic in the Lebanese setting and implications on health and wellbeing. January 27th 2021
- Dr. Leila Itani Participated as a moderator in the First Conference Organized by the Mediterranean Federation of Nutritional Sciences entitled: COVID 19 in the South and North of the Mediterranean what difference? What determinants?. The conference was held online on the 6th of June 2021
- Dr. Dima Kriedieh and Ms. Hana Al Tannir attended the First Conference Organized by the Mediterranean Federation of Nutritional Sciences entitled: COVID 19 in the South and North of the Mediterranean what difference? What determinants? The conference was held online on the 6th of June 2021
- Dr. Leila Itani Served as an international Peer reviewer for 35 reviews in international journals
- Led by Professor Marwan El Ghoch the Nutrition and dietetics department research team published 13 scientific articles in International peer-review journals during the Academic year 2020 – 2021
- Dr. Nada El Darra Published 7 articles in collaboration with national and international collaborators during 2020-2021
- Dr. Leila Itani Published 4 articles in collaboration with national and international collaborators during 2020-2021



- Dr. Dima Kreidieh published her PhD Thesis work in Clinical Nutrition ESPEN. The article is entitled: Exploring the effectiveness of a 1.5-Year weight management intervention for adults with obesity. Dima Kreidieh, Rajaa Fakhoury, Marwan El Ghoch. Clinical Nutrition ESPEN, 2021.
- Dr. Leila Itani attended a 6 days workshop organized by the Health Research Grant Opportunities (HRGO)/Clinical research institute /AUB and Medical center. The workshop was delivered on June 7, 9, 11, 14, 16 and 18, 2021
- Dr. Leila attended a series of 3 webinars organized by USAID/ Education Development Center/ Florida state University entitled Building a culture of research and Grant Funding /planning and setup of Grant Administration infrastructure/ tips and strategies on proposal development. The sessions were held on 17 June-24 June-8 July

Medical Laboratory Technology Department

- Dr. Said El Shamieh signed a partnership with 3Billion Company (Soeul, south Korea) that allowed to identify the genetic mutations responsible for the disease in thirty-three Lebanese patients with a total cost of 33,000\$.
- Dr. Said El Shamieh joined the editorial board of Frontiers in Bioscience-Landmark journal, an international peer-reviewed Journal ranked as a Q1 Journal in Scimago and an impact factor of 4.
- Dr. Said El Shamieh chaired the first national webinar on COVID-19 in Lebanon, joining national and international speakers.
- Pr. Rajaa Fakhoury and Dr. Said El Shamieh from BAU, along with universities from around the world (Egypt, UK, Germany, Spain, Greece, and Lebanon) have obtained a Teaching grant from the European Commission to start an online graduate program: "Online pharmacogenomics and personalized medicine postgraduate program" for 36 months starting from September 1, 2021.
- Dr. Fatima Saleh has joined the prestigious Frontiers in public Health (Q2) as a review editor.
- Dr. Fatima Saleh has been awarded the Erasmus+ International Credit Mobility KA107 grant co-funded by the European Union to teach for 1 week at the Universidade de Santiago de Compostela (USC, Spain).
- Prof. Rajaa Fakhoury & Dr. Fatima Saleh have collaborated with NUDGE Lebanon on a study that aims to determine what behavioral tools work best to enhance the COVID-19 vaccine uptake.
- Dr. Elie Sokhn from MLT department prepared an awareness video about COVID-19 vaccines and it was shared on BAU official facebook page and social media.
- Dr. Elie Sokhn has joined the Lebanese Society of Infectious Diseases and Clinical Microbiology (LSIDCM).
- Dr. Elie Sokhn has joined the Lebanese Society of Infectious Diseases and Clinical Microbiology (LSIDCM).
- Dr. Elie Sokhn is now an active member of the infection control department at the Lebanese Geitawi Hospital-UMC and is currently working on antibiotic stewardship program in order to combat antibiotic resistance.



- Dr. Salim Moussa sealed an agreement between the faculty of health sciences at BAU and the national institute for health and medical research INSERM for research and internship collaborations.
- Miss Norma SAAD, a Master student in medical laboratory sciences was selected to carry out her thesis work at the institute for regenerative medicine & biotherapy IRMB in Montpellier, France under the agreement signed between the faculty of health sciences at BAU and the national institute for health and medical research INSERM for this purpose. The internship duration was 6 months, starting March 2021. This work is under the supervision of Dr. Salim MOUSSA, assistant professor at the medical laboratory department at BAU. Given her outstanding performance, she got a full scholarship in order to pursue a PhD in Montpellier, France by end of her internship.

Physiotherapy Department

- Dr. Rami Abbas, CI Mrs. Sawsan Itani, and Level 4 student Mr. Mustafa Zebdawy were attending a special E-Health training as part of Erasmus-Plus project. Universities from Egypt, Europe, and Lebanon were attending too. [13/11/2020].
- The senior student Mostafa zebdawi attended a training entitled “ICU-Knowledge Triangle, Innovation: Reinforcing of Education - Research E-Health & Medical Links & DIGIHEALTH: Innovative Digital skills & teaching methods for effective health education in Lebanon & Syria” “Research, Education & Implementation at the eHealth Institute, Linnaeus University (grant holder) (Synergy) Erasmus+ project”; a web-training day [15/02/2021]
- Ms. Lubna Najem presented an awareness session about PT profession through a webinar organized by iCademy NGO, as career guidance for high school students [26/03/2021]
- PTD – FHS - BAU students won 1st place across their category “Clinical Science” in The “8th Undergraduate Virtual Research Competition”. The “8th Undergraduate Virtual Research Competition is a prestigious competition encompassing numerous countries, where teams from multiple universities submit their undergraduate research projects and compete to win in their respective categories. This year, they expanded the competition to include UAE, Saudi Arabia, Oman, Egypt, Lebanon, Algeria, Syria, Malta, Morocco, Tunisia, Palestine, Indonesia and Malaysia. 87 universities participated with 315 projects from across the MENA region. This year, the Beirut Arab University participated in the competition, where 7 Physical Therapy Undergraduate students (Aya Sidani - Dana Al Koush - Entissar Rahal - Hadeel El Youssef - Lama Jarjour - Sami Ghanem - Moustafa Zebdawi) dove into validating a method of virtual range of motion assessment to accommodate patient care through the difficult time ruled by the Covid-19 pandemic.

The application (Angle Meter Application) was proven to be a reliable, applicable, and affordable way for therapists to accurately assess patient range of motion and get numerical readings rather than rely on approximation and experience, while being connected to these patients only virtually. The project was titled “Testing the Reliability



of Angle Meter Application as a Means of Virtual Range of Motion Assessment for Further Use in a Future Protocol". However, not only did BAU's students get accepted, they also won 1st place across their category "Clinical Science". With 76 winners and over 13 countries included, this proved that despite continuing hardships that face students and therapists nowadays, where there is a will there's a way. [June 2021].

- Dr. Ibtissam Saab is a member in the committee to study the curricula in the MEHE to review the applications of LGU (for DPT), USF (for DPT), Antonine University (for DPT), Islamic University (for BSc in PT). [2021]
- Dr. Rami Abbas is a member in the Mutual Funds Committee in the OPTL. [2021]
Dr. Ibtissam Saab is the vice president of the OPTL and consequently a member in all OPTL committees. [2021]
- Dr. Rami Abbas study was accepted in the international WPT conference [PhysioDubai] for the year 2021.
- Dr Ibtissam Saab and Dr. Rami Abbas were invited as a honorary editors in the newly launched scientific journal of Delta University- Egypt. [April 2021]
- Dr. Ibtissam Saab was invited as a member of the advisory board at the Gulf Medical University
- Abbas, R. L., Al Omari, S., & El Khatib, A. (2021). Impact Of COVID-19 Confinement On Physical Activity And Dietary Habits In Physical Therapy Students And Professionals In Lebanon: A Cross-Sectional Study. BAU Journal-Health and Wellbeing, 3(3), 9.
- Ali, A. S., Darwish, M. H., Shalaby, N. M., Abbas, R. L., & Soubhy, H. Z. (2021). Efficacy of core stability versus task oriented trainings on balance in ataxic persons with multiple sclerosis. A single blinded randomized controlled trial. Multiple Sclerosis and Related Disorders, 50, 102866.
- Abbas, R. L., Cooreman, D., Al Sultan, H., El Nayal, M., Saab, I. M., & El Khatib, A. (2021). The effect of adding virtual reality training on traditional exercise program on balance and gait in unilateral, traumatic lower limb amputee. Games for health journal, 10(1), 50-56.
- Haidy N. Ashem, Rami L. Abbas, Hamada A. Hamada, Marwa M. Eid. Vacuum Assisted Closure Therapy Versus Polarized Light in The Treatment of Pressure Ulcer: A randomized controlled trial. Fizjoterapia Polska, December 2020, (1), 20.
- Abbas, R. L., Cooreman, D., Al Sultan, H., El Nayal, M., Saab, I. M., & El Khatib, A. (2021). The effect of adding virtual reality training on traditional exercise program on balance and gait in unilateral, traumatic lower limb amputee. Games for health journal, 10(1), 50-56.
- El Refaye, G. E., Hamada, H. A., Saab, I. M., & Ewais, N. F. Effect of interferential Electrical Stimulation on pain perception and disability level on Interstitial Cystitis: a randomized controlled trial. Fizjoterapia Polska, December 2020, (1), 20.
- El Bandrawy, A. M., Mohamed, M. N., Kamal, H. A. H., Hamada, H. A., Abbas, R., & Mohamed, M. A. E. R. (2020). Effect of global postural correction exercises on stress urinary incontinence during pregnancy: A randomized controlled trial.

IV. APPENDICES.



The Department of Nutrition and Dietetics at the Faculty of Health Sciences participated in the **European and International Congress on Obesity (ECOICO2020)** in its 27th edition, on September 10, 2020. (Faculty)