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EDUCATION

Month/Year	Degree (Honors)	Fields of Study	Institution Location
01/2026 – 06/2026	Diploma	Clinical Simulation Program	Lebanese American University (LAU) Byblos, Lebanon
08/2025 – 08/2026	Diploma	Leadership in Medicine Program (LMP)	American University of Beirut (AUB) Beirut, Lebanon
09/2024 – Present	MSc	Health Research (SHARP)	American University of Beirut (AUB) Beirut, Lebanon
09/2023 – 05/2024	Diploma	Scholar in HeAlth Research Program (SHARP)	American University of Beirut (AUB) Beirut, Lebanon
02/2022 – Present	MSc	Anatomy & Embryology	Beirut Arab University (BAU) Beirut, Lebanon
07/2015 – 06/2019	Residency	Anesthesia & Reanimation	Beirut Arab University (BAU) Beirut, Lebanon Hammoud Hospital University Medical Center (HHUMC) Saida, Lebanon
07/2014 – 06/2015	Internship	Medicine & Surgery	Beirut Arab University (BAU) Beirut, Lebanon
10/2008 – 06/2014	MD (Very Good)	Bachelor Degree in Medicine & Surgery (MBBCh)	Beirut Arab University (BAU) Beirut, Lebanon

FACULTY ACADEMIC APPOINTMENTS

Month/Year	Academic Title	Department	Academic Institution
09/2022 – Present	Clinical Lecturer	Medicine	Faculty of Medicine Beirut Arab University (BAUFM)
09/2019 – Present	Instructor	Anatomy	Faculty of Medicine Beirut Arab University (BAUFM)

APPOINTMENTS AT HOSPITALS/AFFILIATED INSTITUTIONS

Month/Year	Position Title	Department	Institution
05/2021 – Present	Anesthesia & Reanimation Consultant	Anesthesia	Hammoud Hospital University Medical Center (HHUMC) Saida, Lebanon
12/2019 – 04/2021	Anesthesia & Reanimation Consultant	Anesthesia	Ain Wazein Medical Village Ain Wazein, Lebanon
08/2019 – 04/2021	Anesthesia & Reanimation Consultant	Anesthesia	Baakline Medical Center Baakline, Lebanon
08/2019 – 01/2021	Anesthesia & Reanimation Consultant	Anesthesia	Bchamoun Specialty Hospital Bchamoun, Lebanon
08/2019 – 12/2019	Anesthesia & Reanimation Consultant	Anesthesia	Al Watani Hospital Aley, Lebanon

OTHER PROFESSIONAL POSITIONS

Year	Professional Position	Description
2024 – Present	Freelance Medical Escort Physician International Organization for Migration (IOM) – Lebanon	Provide in-flight medical escort services for patients requiring physician supervision during international air travel, including pre-flight assessment, in-flight medical monitoring, and coordination with receiving medical teams.
2022 – Present	Administrator, Faculty of Medicine Social Media Platforms Faculty of Medicine, Beirut Arab University	Coordination of official Faculty of Medicine social media platforms for academic communication, educational outreach, and dissemination of institutional activities.

MEMBERSHIP IN PROGRAMS OR CENTERS

Month/Year	Position Title	Program	Institution
09/2025 – Present	Course Director & Instructor	▪ Emergency Trauma Life Support (ETLS)	Beirut Arab University Life Support (BAULS) Center Beirut, Lebanon
04/2025 – Present	Training Center Faculty	▪ Advanced Cardiovascular Life Support (ACLS) ▪ Pediatric Advanced Life Support (PALS) ▪ Basic Life Support (BLS)	Beirut Arab University Life Support (BAULS) Center Beirut, Lebanon
12/2021 – Present	AHA Certified Instructor	▪ Advanced Cardiovascular Life Support (ACLS) ▪ Pediatric Advanced Life Support (PALS) ▪ Basic Life Support (BLS)	Beirut Arab University Life Support (BAULS) Center Beirut, Lebanon

MAJOR ADMINISTRATIVE LEADERSHIP POSITIONS

Month/Year	Position Title	Institution
09/2025 – Present	Course Director, Emergency Trauma Life Support (ETLS)	Beirut Arab University Life Support (BAULS) Center Beirut, Lebanon
06/2025 – Present	Co-director, Anesthesia Residency Program	Hammoud Hospital University Medical Center (HHUMC) Saida, Lebanon
05/2025 – Present	Medical Committee Member	Hammoud Hospital University Medical Center (HHUMC) Saida, Lebanon
09/2024 – Present	Module Coordinator, USRP 301 (Med 3)	Faculty of Medicine, Beirut Arab University Beirut, Lebanon
09/2022 – 09/2025	Head, Students Activities Committee	Faculty of Medicine, Beirut Arab University Beirut, Lebanon
09/2022 – 07/2024	Year Coordinator, Medical Year 3 (USRP 301, NESC 303, MSY-I 302, MSY-II 304)	Faculty of Medicine, Beirut Arab University Beirut, Lebanon
05/2022 – Present	Chief Proctor, International Foundations of Medicine (IFOM) Examination	Faculty of Medicine, Beirut Arab University Beirut, Lebanon

COMMITTEE SERVICE

Local

Name of Committee	Institution/Organization	Role - Status
Students Activities Committee	Beirut Arab University – Faculty of Medicine	Head – Former
Quality Assurance Committee	Beirut Arab University – Faculty of Medicine	Member – Former
Research Committee	Beirut Arab University – Faculty of Medicine	Member – Current
Faculty of Medicine Accreditation	Beirut Arab University – Faculty of Medicine	Member
Lebanese Medical Licensure Examination (Colloquium)		Examiner

Regional

Name of Committee	Institution/Organization	Role
Conference Scientific Committee	AHA MENA Healthcare Forum 2026 - Dubai	Member

PROFESSIONAL SOCIETIES

- Lebanese Order of Physician – LOP Number: 1014/B
- Lebanese Society of Anesthesiologists
- European Society of Regional Anaesthesia & Pain Therapy (ESRA) – Membership number: 66249

HONORS AND PRIZES

Year	Name of Honor/Prize	Awarding Organization	Achievement for which awarded
2026	Attending of the Year	Hammoud Hospital University Medical Center (HHUMC)	Training & Mentoring Hospital Interns & Residents
2026	Best Research Poster	American Heart Association (AHA) MENA Healthcare Forum, Dubai, UAE	Best Research Poster: Knowledge, Attitudes, and Barriers to Basic Life Support Among University Healthcare

			Students in Lebanon: A Nationwide Cross-Sectional Study.
2025	Attending of the Year	Hammoud Hospital University Medical Center (HHUMC)	Training & Mentoring Hospital Interns & Residents
2024	Instructor Potential, Advanced Trauma Life Support (ATLS)	American College of Surgeons, Lebanon Chapter	Recognition of instructional potential in trauma management education

REPORT OF LOCAL TEACHING AND TRAINING

Teaching of Students in Courses

Year(s)	Course Title Type of student/audience	Location Level of Effort
2023 – Present	Anesthesia 4th year medical students – Surgery Module	BAUFM 2 hrs/week all academic year
2023 – 2024	ECG abnormalities 3rd year medical students – Multisystem Module	BAUFM 4 hrs in the module
2022 – Present	Professional Development 1st year medical students – FABL & COHD Modules	BAUFM Average 2 hrs/wk in the 2 modules
2022 – Present	Medicine & Society 1st year medical students – COHD & LOCO Modules	BAUFM Average of 2 hr/wk in the 2 modules
2022 – 2023	Pain Management 5th year medical students – Neuro Module	BAUFM 2 hrs/week all academic year
2019 – Present	Small-group teaching and facilitation: Problem Based Learning (PBL), Team Based Learning (TBL), group discussions (GD), and Clinical Practice Medical students	BAUFM Recurrent sessions across multiple modules each academic year.
2019 – Present	Anatomy Lab Basic sciences medical students (med 1 to 3)	BAUFM Average 6-12 hrs/wk all academic year

Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)

Year(s)	Course Title Type of trainee/audience	Location Level of Effort
2025	Research Pathway at HHUMC Resident Physicians	HHUMC 1 hr lecture
2025	Introduction to Pain Management Resident Physicians at HHUMC	HHUMC 1 hr lecture
2023 – Present	Anesthesiology residency program lectures BAUFM Anesthesiology Residents	BAUFM Average 2 hrs/month

2021 – Present	Anesthesiology weekly residency lecture HHUMC Anesthesiology Residents	HHUMC 2 hrs/wk

Clinical Supervisory and Training Responsibilities

Year(s)	Type of responsibility Type of trainee/audience	Location Level of Effort
2021 – Present	Clinical supervision and training in anesthesiology HHUMC Anesthesiology Residents	HHUMC Direct supervision during operating room activities and on-call duties; average 20–25 hours/week
2021 – Present	Clinical supervision and mentoring HHUMC Medical Interns	HHUMC 6–8 hours/week during clinical rotations
2021 – Present	Clinical teaching and supervision BAUFM Medical students (surgical rotations and anesthesia electives)	HHUMC 4–6 hours/week during rotations
2021 – Present	Clinical mentoring and skills training Nursing staff (operating room/anesthesia services)	HHUMC Integrated within routine clinical activities

Research Supervisory and Training Responsibilities

Year(s)	Type of responsibility Type of trainee/audience	Location Level of Effort
2024 – Present	Primary research supervision and mentorship HHUMC Residents	HHUMC Ongoing longitudinal mentorship; average 2–4 hours/week
2022 – Present	Primary research supervision and mentorship Medical students (formal curricular projects and extracurricular research)	BAUFM Ongoing longitudinal mentorship across multiple projects

Formal Teaching of Peers (e.g., CME and other continuing education courses):

Year(s)	Course Name	Location – Level of Effort
2026 – Present	Basic Life Support (BLS)	BAULS 1 to 2 (1 day course)/month
2025 – Present	Emergency Trauma Life Support (ETLS)	BAULS 1 (2 days courses)/month
2021 – Present	Pediatric Advanced Life Support (PALS)	BAULS Average 6 (2 days courses)/year
2021 – Present	Advanced Cardiovascular Life Support (ACLS)	BAULS Average 6 (2 days courses)/year

Advising and mentoring of students

Year(s)	Role	Location
2022 - Present	Academic Advisor, Medical students (n = 26)	Faculty of Medicine, Beirut Arab University

REPORT OF REGIONAL, NATIONAL AND INTERNATIONAL INVITED TEACHING AND PRESENTATIONS

Year(s)	Title of presentation or name of course / Type of presentation/role(s) Location (Sponsor, if any)
2026	Conference Co-organizer Updates in Medicine: Bridging the Gap Between Knowledge and Practice Conference (Faculty of Medicine – Beirut Arab University) BAU, Beirut, Lebanon
2025	Conference Co-organizer Trauma in Medicine (Faculty of Medicine – Beirut Arab University) BAU, Beirut, Lebanon
2025	Session Moderator, Perioperative Pain: From Acute to Chronic Management Anesthesia for Orthopedic Surgery Conference (Lebanese Society of Anesthesiologists) CHU Notre Dame des Secours, Jbeil, Lebanon
2024	Course Instructor, Anesthesia Technician Training Program Continuing Medical Training Center (CMTC) Beirut, Lebanon
2022	Session Moderator, Safety in Interventional Pain Medicine Practice 29th Annual Congress & 22nd French Symposium in Anesthesia, Critical Care & Pain Management (Lebanese Society of Anesthesiologists) Citea Hotel, Achrafieh, Beirut

REPORT OF TEACHING AND EDUCATION INNOVATIONS

Teaching/education innovation; (year(s) of activity)	Influence or potential influence of the innovation on education or teaching
Educational innovation and curriculum development for the Emergency Trauma Life Support (ETLS) course. (2024 – Present)	Contributed to the planning, structuring, and implementation of the ETLS course through development of educational materials, including preparatory reading content and instructional presentations. The course provides standardized, evidence-based trauma education to physicians and healthcare professionals, with emphasis on systematic trauma assessment and management. The educational materials are used locally within institutional training activities and as part of a regional ETLS course framework, with potential for broader dissemination across future ETLS offerings. My role included content development, instructional design, and alignment of course materials with trauma life support educational objectives.

REPORT OF EDUCATION OF PATIENTS AND SERVICE TO THE COMMUNITY *(Most Recent)*

Year(s)	Organization or institution / Role (Sponsor, if any) One sentence description (optional)
2026	Organizer and Instructor, CPR Day BAULS, Beirut Arab University Community CPR education and hands-on training
2026	Organizer, Free Medical Campaign Beirut Arab University (BAU), Sanayeh Park, Beirut, Lebanon – in collaboration with local NGOs Community-based medical consultations and health screening for underserved populations
2026	Organizer, Free Medical Campaign Hammoud Hospital University Medical Center (HHUMC), Daraya Al Shouf, Lebanon – in collaboration with local NGOs Community-based medical consultations and health screening for underserved populations
2025	Organizer and Instructor, CPR Day BAULS, Beirut Arab University Community CPR education and hands-on training
2025	Organizer and Instructor, Heart Saver First Aid Training BAULS at Shouf National College – Baakline Community-based lifesaving skills training for high school students
2025	Organizer, Free Medical Campaign Beirut Arab University (BAU), Ain Zhalta, Lebanon – in collaboration with local NGOs Community-based medical consultations and health screening for underserved populations
2025	Organizer, Free Medical Campaign Beirut Arab University (BAU) and Hammoud Hospital University Medical Center (HHUMC), Saida, Lebanon Provision of free medical consultations and basic health services to the local community
2025	Organizer, "Squid Game: Medical Edition" Educational Event Beirut Arab University, Faculty of Medicine Educational and team-based medical games designed to enhance engagement, collaboration, and applied clinical knowledge among medical students
2025	Organizer, Medicine Summer Bootcamp – Medventure: A Journey into the World of Medicine Beirut Arab University, Faculty of Medicine Introductory medical summer program providing hands-on exposure to basic clinical skills and medical education for students
2025	Organizer, Free Medical Campaign Beirut Arab University (BAU), Naameh, Lebanon – in collaboration with local NGOs Community outreach initiative delivering free medical assessments and health education
2023 – 2025	Organizer, School Health Campaign Beirut Arab University (BAU) – in collaboration with NGOs, Beirut and Shouf regions School-based health screening and medical assessments for students, with referral and health education components
2024	Organizer and Instructor, First Aid Training for Journalists Beirut Arab University Life Support Training Center (BAULS) First aid and emergency response training tailored to journalists working in high-risk environments

REPORT OF SCHOLARSHIP

ORCID ID: https://orcid.org/0009-0009-3953-3238

Peer-Reviewed Scholarship in print or other media

1. Bahmad, H. F., Darwish, B., Dargham, K. B., Machmouchi, R., **Bou Dargham, B.**, Osman, M., Khechen, Z. A., El Housheimi, N., Abou-Kheir, W., & Chamaa, F. (2020). Role of MicroRNAs in Anesthesia-Induced Neurotoxicity in Animal Models and Neuronal Cultures: a Systematic Review. *Neurotoxicity research*, *37*(3), 479–490. https://doi.org/10.1007/s12640-019-00135-6 (PMID: 31707631)

2. Abbas, B. I., Abbass, H. H., Ali Hasan, A. A., Alwan, A. H. M., Azzam, N. H., Al Sahmarani, J. H., Hassan, I. S., El Husseini, N. W., & **Bou Dargham, B. W.** (2025). Knowledge and Attitude of Medical Students in Lebanon Towards Disaster Medicine. *International journal of public health*, *70*, 1608095. https://doi.org/10.3389/ijph.2025.1608095 (PMID: 40791260)

3. Salem N, Moursel AH, Zahweh A, Shhadi D, Saad F, Reda M, Mghames M, Roumieh R, Tfaily R, Ramadan SM, **Bou Dargham B**, Rajab O, Akel F. Preoperative anxiety among patients and its correlation with their personality type and pain: A cross-sectional study. World J Psychiatry 2026; 16(1): 112129. https://doi.org/10.5498/wjp.v16.i1.112129 (PMID: 41658623)

4. Doumiati, H., Rawas, F., Jaafar, N., Ezzedine, A., **Bou Dargham, B.**, Ismail, R., Koleilat, Z., & Sawaya, R. (2025). Risk Factors for Developing Critical Illness Polyneuropathy at a Referral Medical Center in Lebanon: A Prospective Cohort Study. *Cureus*, *17*(10), e95737. https://doi.org/10.7759/cureus.95737 (PMID: 41322912)

5. El Hariri, S.E.J., Omais, T.M., Mokhadder, D., **Bou Dargham, B.** (2026). Nine Months with a Pin: Thoracotomy After Repeated Bronchoscopic Failures in a 16-Year-Old with Hijab Syndrome. *Cureus, 18*(1): e100937. https://doi.org/10.7759/cureus.100937

6. El Natour D, Abou Alfa M, Chaaban A, Assi R, Dally T, **Bou Dargham B.** Performance of 5 AI Models on United States Medical Licensing Examination Step 1 Questions: Comparative Observational Study. JMIR AI. 2026 Mar 9;5:e76928. https://doi.org/10.2196/76928 (PMID: 41662695)

7. Itani, M.R., Farhat, A., Abou Yehya, N., Ghraizi, L. and **Bou Dargham, B.** (2026), Symptomatic and Ultrasonographic Improvement in Rheumatoid Arthritis Temporally Associated with Intravenous NAD^+ Therapy: A Case Report. ACR Open Rheumatology, 8: e90151. https://doi.org/10.1002/acr2.90151

8. Saad M, Oustah D, Kaddah W, Daoud D, AbdulFattah M, Merheb A, Abbas A, Al Mallah A, **Bou Dargham B.** Prevalence and Risk Factors of Post-Tonsillectomy Hemorrhage in Lebanon: A Retrospective Study. Laryngoscope. 2026 Sep 16. https://doi.org/10.1002/lary.70929 Epub ahead of print. PMID: 42747150.

Abstracts, Poster Presentations, and Exhibits Presented at Professional Meetings

1. El Hariri, S.E.J., Omais, T.M., Mokhadder, D., **Bou Dargham, B.**. Nine Months with a Pin: Thoracotomy After Repeated Bronchoscopic Failures in a 16-Year-Old with Hijab Syndrome. Poster presentation. 8th World Congress of Pediatric Surgery, WOFAPS, Antalya, Turkey. November 12-15, 2025.

2. Habbal, N., Hammoud, M., Ghayyad, M., Al Labban, N., Karnib, J., Roumieh, L., Dogha, H., Al Serw, N., **Bou Dargham, B.**. Knowledge, Attitudes, and Barriers to Basic Life Support Among University Healthcare Students in

Lebanon: A Nationwide Cross-Sectional Study. Poster presentation. American Heart Association (AHA) MENA Healthcare Forum, Dubai, United Arab Emirates. January 23-24, 2026. (Awarded "Best Research Poster").

Works in Progress

Projects for which I serve as Principal Investigator are designated by [PI].

Clinical Trials

1. CLAP Trial [PI]
   Home-Based Laughter and Fun Yoga for Pain Reduction in Pediatric Oncology Patients.
   Status: Registered on ClinicalTrials.gov; active patient recruitment; expected completion October 2027
2. CALMAS-CS Trial [PI]
   Cellphone Access for Lowered Maternal Anxiety and Stress During Cesarean Section.
   Status: Registered on ClinicalTrials.gov; patient recruitment completed; expected completion June 2027
3. CARES Trial [PI]
   A Single-Center Randomized Trial Evaluating Real-Time Updates to Reduce Parental Anxiety During Pediatric Surgery.
   Status: Protocol finalized; trial registration and protocol publication in preparation; recruitment to begin December 2026.

Manuscript Under Peer Review

1. Perceptions of Critical Care Nurses Regarding the Factors Associated with their Mental Health using Social Ecological Model: A Qualitative Study
2. Knowledge, Attitudes, and Barriers to Basic Life Support Among University Healthcare Students in Lebanon: A Nationwide Cross-Sectional Study [PI]

Manuscript in Preparation

1. Impact of Menstrual Cycle Phases on Cognitive Function & Mood in Female University Students in Lebanon [PI]
2. CALMAS-CS: Cellphone Access for Lowered Maternal Anxiety and Stress During Cesarean Section [PI]

Data Collection Phase

1. Impact of Nurses' Personality Traits on Patient Satisfaction in a Lebanese Hospital Setting [PI]
2. Comparative Outcomes of ESWL vs Flexible Ureteroscopy for Urinary Tract Stones [PI]
3. Presyncope and Syncope Among Lebanese Medical Students During Hospital Rounds [PI]
4. Perceptions, Motivations, and Regret in Female Rhinoplasty [PI]
5. Prevalence of Hypocalcemia After Total Thyroidectomy [PI]

Proposal in Preparation

1. Behind the White Coat: Low Back Pain Among Medical Trainees in Lebanon [PI]
2. Assessment of the Performance of AI Models in Medical Imaging [PI]

CERTIFICATIONS AND PROFESSIONAL TRAINING

Month/Year	Certification or Professional Training	Institution Location
10/2026	Program Coordination and Administration Training (PCAT)	American Heart Association (AHA) Beirut Arab University Life Support (BAULS) Center
04/2026	BSAFE	United Nations Department of Safety and Security (UNDSS) Online
02/2026	2025 PALS Instructor Update	American Heart Association (AHA) Online
01/2026	ATLS Instructor Candidate Course	American College of Surgeons, Lebanon Chapter American University of Beirut (AUB), Beirut, Lebanon
01/2026	2025 ACLS Instructor Update	American Heart Association (AHA) Online
01/2026	Complete Case Report Writing Course	Scientific Writing in Health & Medicine (SWIHM) Online
09/2025 – 12/2025	AI in Medicine Course	American University of Beirut (AUB) Beirut, Lebanon
08/2024 – 09/2024	Training of Trainers (TOT)	Beirut Arab University – Continuing Education Center (CEC) 21 hours online course
04/2024	Advanced Trauma Life Support (ATLS)	American College of Surgeons, Lebanon Chapter American University of Beirut (AUB), Beirut, Lebanon
09/2023	Social & Behavioral Research Course	CITI Program – Collaborative Institutional Training Initiative Online
06/2019	Pediatric Advanced Life Support (PALS) Provider	American Heart Association (AHA) Beirut Arab University Life Support (BAULS) Center
05/2019	Advanced Cardiovascular Life Support (ACLS) Provider	American Heart Association (AHA) Beirut Arab University Life Support (BAULS) Center
03/2019	Neonatal Resuscitation Program (NRP) Advanced Provider	American Academy of Pediatrics (AAP) & American Heart Association (AHA) Beirut Arab University Life Support (BAULS) Center
11/2018	Basic Life Support (BLS) Provider	American Heart Association (AHA) Ghassan Hammoud Capacity Building Center

Month/Year	Conferences or Workshops	Institution Location
01/2026	AHA MENA Healthcare Forum	American Heart Association (AHA) Dubai, United Arab Emirates
11/2025	8th World Congress of Pediatric Surgery	World Federation of Associations of Pediatric Surgeons (WOFAPS) Antalya, Turkey
11/2024	38th Annual Congress & 24th French Symposium in Anesthesia, Critical Care & Pain Management	Lebanese Society of Anesthesiologist Dbayeh, Lebanon
09/2024	Artificial Intelligence Revolutionizing Health Professions Education: Empowering Faculty for the Digital Era	Beirut Arab University & Alexandria University 4 hours webinar
06/2024	Programming for Everybody (Getting Started with Python)	University of Michigan Online, Coursera
06/2024	Python Data Structures	University of Michigan Online, Coursera
11/2023	Medical Movements and Escort Duties	International Organization of Migration (IOM) Beirut, Lebanon

Additional professional activities, including earlier conferences attended and selected achievements not listed above, are available upon request or via the following link: Bahaa Bou Dargham, Workshop, Conf..docx

SKILLS AND LANGUAGES

Technical and Digital Skills

- Microsoft Office: Word, PowerPoint, Excel, Access
- Apple iOS/macOS Productivity: Keynote, Numbers, GarageBand
- Graphics and video editing
- Moodle and other Learning Management Systems (LMS)

Research and Data Analysis Skills

- Clinical research design and protocol development
- IRB submission and regulatory documentation
- Data collection, management, and statistical analysis (SPSS)
- Scientific writing and peer-reviewed manuscript preparation

Languages

- Arabic: Native proficiency
- English: Professional proficiency
- Spanish: Intermediate proficiency