

RAFIC HARIRI SCHOOL OF NURSING

ANNUAL NEWSLETTER - ISSUE NUMBER 9







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WELCOME!

Interim Dean Laila Farhood



Welcome to the Rafic Hariri Hariri School of Nursing 2021 Newsletter. As we bid 2021 goodbye, I wish you a great 2022 in terms of health, wealth, and prosperity. This is an exciting time for nursing -- both at AUB and throughout the world. Nurses are taking on new and greater responsibilities. Although taking care of patients is still our primary responsibility, we are also playing a role in setting health care

policy at the national, regional, and international levels and researching important health care issues.

Here at AUB, we celebrated our 115th anniversary in 2020. We have introduced new programs and are constantly updating and revising our curriculum. Our graduates are in great demand and they are occupying leadership positions in different parts of the world. In 2007 the BSN and MSN programs were granted unconditional accreditation by the Commission on Collegiate Nursing Education (CCNE) in the USA for five years and in 2012 the programs were re-accredited for a period of 10 years. AUB Hariri School of Nursing is the first school to be accredited by CCNE outside the USA. In 2008 HSON received a \$10M gift to endow the school and the building and in 2009 the Rafic Hariri School of Nursing building was inaugurated. The building houses faculty offices, classrooms, an auditorium, a computer lab, skills and simulation lab, a research center, and student facilities.

In 2015, HSON won three major regional awards; HSON received the best institution

award, Dr. Huda Huijjer the distinguished researcher award, and an MSN graduate the best thesis award. The Chi Iota Honor Society Chapter, the first in the region, was formally chartered by Sigma Theta Tau International (STTI) in 2015 and 131 members were inducted into this prestigious honor society. In 2018, the PhD in Nursing Science program was launched. Also in 2018, AUB granted HSON independent Faculty status and appointed Dr. Huijjer as founding dean of the school. We continue to be proud of these accomplishments and we look forward to working with you to celebrate these achievements.

It has been a while since we communicated with you, due to the challenging situation in the country. We want through this newsletter to showcase the activities at HSON, which are ongoing against all odds. If, however, you are lost or need help, please come and find us. We are eager to do whatever we can to make this a positive and rewarding experience for you. We also welcome any comments or suggestions you may have on how we might improve on this handbook in order to make it more helpful for future HSON students. Good luck!

Laila F. Farhood, Ph.D., C.N.S

Interim Dean and Professor, Rafic Hariri School of Nursing
American University of Beirut

WELCOME!



*Undergraduate Program Convener
Dr. Nuhad Dumit*

Dear undergraduate students and future colleagues,
My message to you though late but better than never.

On behalf of my colleagues and myself, I welcome you to the school of nursing and congratulate you for selecting nursing as a major and profession. Selecting to study and practice nursing is a privilege not all young people have the opportunity to benefit from at a personal, family and career levels, locally and globally. I promise you that at the end of the nursing program most of you will not only attain a degree but you will mature and grow intellectually and emotionally to become responsible professionals and productive citizens.

Wishing you continued success

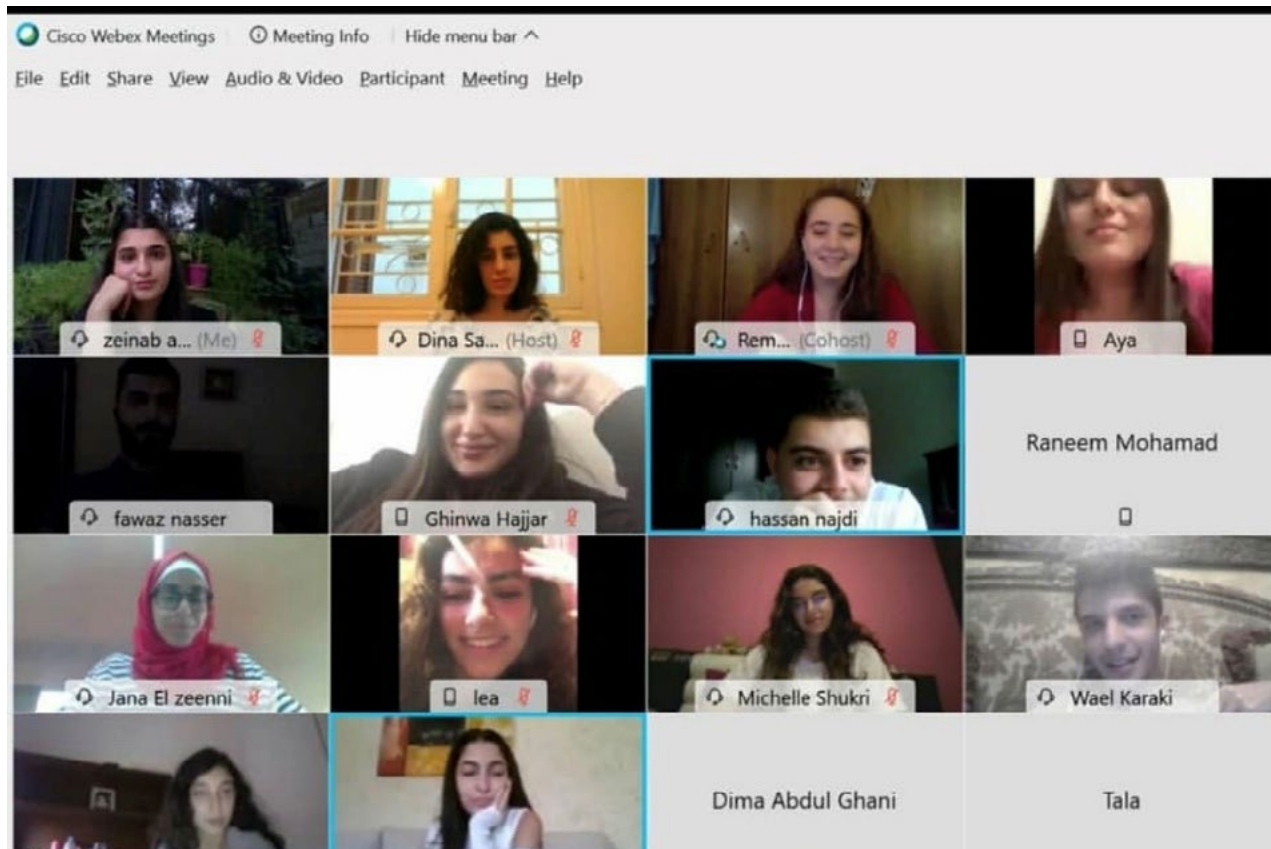


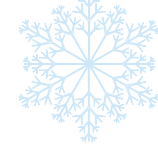
*Graduate Program Convener
Dr. Samar Nouredine*

As convener of the Graduate Division that is responsible for the MSN and PhD programs at the Hariri School of Nursing, I welcome you this fall. You are now joining an MSN program that initially started in 2003 and the PhD in 2018. We have graduated advanced practice nurses, educators, leaders, and nurse researchers who have helped shape nursing in Lebanon and the region. We are proud of our students and faculty and their achievements. As new and continuing students, we hope you benefit from our expertise in graduate education, diverse programs and research tracks, and experienced faculty. We also hope that as graduates of this program, you will make a difference as advanced practice nurses and leaders in nursing at a time when the national nursing shortage is at its highest, yet advanced practice is legally recognized in the country.

ACTIVITIES SECTION

Nursing Student Society: Activities in 2020





ACTIVITIES SECTION

Nursing Student Society: Activities in 2020-21

Although the academic year of 2020-2021 may have gotten off to a rocky start, this did not stop the Nursing Student Society from engaging their fellow nursing members in various activities. To start off, we were able to recruit around 60 members this year, which is an incredible number given the circumstances we were placed in. We conducted our first cabinet meeting and decided that our first mission was to introduce our cabinet to the public. We were able to do so through an introductory video that was posted on both our Instagram page and the Office of Student Affairs' page in September. Once our members caught a glimpse of the cabinet, we were then elated to meet all our members through our General Assembly. We met through WebEx in October and spent almost 2 hours getting to know one another and simply having a great time with each other's company. We asked the members what ideas they had in mind, in order to get an overview of the expectations they had for our society.

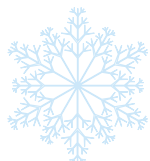
We collected some great ideas and then met as a cabinet to plan for our first event: How to Manage Stress. We found that many of the students were feeling extremely pressured, and luckily for us our very own advisor, Dr. Nour Alayan, offered us a stress management session in November via WebEx using a progressive relaxation approach. That was a huge success and received plenty of good feedback including students stating that they "now feel more at ease" and "know what to do when they are placed in a stressful situation".

In December, with Christmas being just around the corner, we planned two lovely events: Decoration of the HSON Christmas Tree and the Christmas Cookie Selling Fundraiser event. This year, we decided to let the students personalize the tree by providing

them with pieces of paper and asking them to write their wishes for 2021. In a couple of days, the tree was filled with wishes from almost every single student and faculty member; it was lovely to see how excited they all were to participate. We also created a video, featuring our NSS members, wishing everyone a safe and happy holiday and teaching them how to enjoy their holidays taking COVID precautions.

Finally, our biggest event would have to be the Christmas Cookie Selling Fundraiser event. We teamed up with Sugar Rush Bakery and sold around 300 gingerbread and sugar cookies to the nursing students and faculty and we were able to raise almost 1,300,000 L.L. to donate to SOS which helps with orphan children. We truly felt the Christmas spirit when we were able to donate such an amount to those beautiful children. We look forward to our future events planned for the year 2021, we already have a couple in mind and we can't wait to share them with you all!

*NSS President
Raneem Mohamad, BSN IV*





Students Activities

Christmas Cookies proceeds went for SOS Children's Village, Lebanon



Student initiatives in Karantina Health Fair



Hariri School of Nursing senior students at the American University of Beirut , as a part of their community course project , among HSON faculty members, went to Karantina to deliver for screening services for the community including: testing for blood pressure, blood sugar, mental health, recreational activities for children, cloth distribution, toy distribution ...



Photos taken by HSON students



Fundraising event: a cloth drive and toy and book drive



In view of the unprecedented events hitting our country, everyone has been hit hard, though some more than others. Especially those communities that were completely destroyed by the August blast, like the Karantina area. They lost everything including human losses, disfigurement, shelters, and belongings. More importantly, they lost their sense of living and joy. Many of us are working closely with those communities and can attest to this. As we are entering the holiday season, though with a grim heart, a group of our community course students wanted to bring a smile at least to a few in the Karantina community. Therefore, they are organizing a fundraising event, a cloth drive and toy and book drive. They were motivated to do so after they visited the area. We cannot be more proud of our students, community and everyone who volunteered into making a small change to those who were affected by the blast.



photos showing Beirut August blast effects Photos source: google images.

Assessment of the Karantina community



Hariri School of Nursing students at the American University of Beirut, as a part of their community course project among HSON faculty members, went to Karantina area to assess the health care needs of the community



photos taken by HSON students



Environment day: cleaning a couple of streets in Karantina with the help of the community



Hariri School of Nursing senior students at the American University of Beirut , as a part of their community course project , among HSON faculty members, went to Karantina area to address environmental problems including: proper waste disposal, littering, and COVID-19 precautions. They were helped by community members
#hashtags: together lets hel/assist/volunteer...etc



photos taken by HSON students



Community Involvement of the Hariri School of Nursing Students

Health promotion on sudden cardiac death



The Hariri School of Nursing students within the Community Health Nursing (NURS-408) course raised awareness about sudden cardiac death at different community sites, in schools, sports clubs and universities. They collaborated with 2 NGOs to conduct the health awareness along with providing free cardiac monitoring via electrocardiogram (ECG) to the AUB community, particularly targeting the young athletes.



Health promotion campaign on communicable and non-communicable diseases



The Hariri School of Nursing students, as part of their NURS-408 clinical outcomes, conducted a health promotion campaign targeting communicable and non-communicable diseases. The students had done an assessment of needs of the community at the Primary Health Care Center and proposed a health promotion intervention. The COVID-19 as the communicable diseases spread worldwide was a primary concern. Accordingly, the students developed a tool to measure patient knowledge and willingness to take the COVID-19 immunization and ensured that the patients visiting the center that day get registered online via the Ministry of Public Health registry. Nevertheless, non-communicable diseases being the focus of health concerns of the 21st century, based on the student observations and patient input, the students found the need to raise awareness on the importance of lifestyle modifications to better manage hypertension and Diabetes Mellitus Type II.



Palliative care as part of community health

The HSON students took care of clients and patients across their health and illness continuum in the NURS 408 course. They joined 2 organizations, BALSAM and SANAD in supporting clients in their end of life/palliative care. The students visited the clients/patients at their homes with the registered nurses from the organizations and provided symptom relief. In addition, they attended the multidisciplinary meetings of the team in order to ensure holistic care. The students were asked to submit reflective diaries on these visits whereby they expressed their unique experiences.

Home visits for clients in the community

Since many clients in the community are older adults that have multiple needs and are not able to commute to the health clinics as much as necessary, the HSON students conducted home visits. Throughout these visits, the students were taught how to follow a proper home visit process, request the consent of the client and provide two health interventions following a family-based tool that delineates family strengths and stressors. The students addressed the different needs of the clients from health to social and psychological needs to ensure client well-being.

Health education and activities in school visits

Since the community population includes children as another vulnerable group, our students in the NURS 408 course also conducted school visits. Throughout these visits, the students conducted the yearly health screening as well as different health education presentations that were requested by the teachers following their curricular needs.



Edutaining activities in an assisted living center



The students of HSON were assigned in an assisted living center for older adults as part of their NURS-408 clinical rotation. The students conducted weekly edutaining activities to raise awareness about different health topics that were of interest to the audience. An Example of the edutaining activities included presentations on how to maintain neurological health followed by memory stimulating games like putting songs and asking the audience to remember the singer or the name of the song.



Story 4 – Participating in COVID-19 immunization campaign with American University of Beirut



Other community engagement of the HSON students included their participation and provision of help in the COVID-19 immunization. This activity included pre-assessment of clients, education and administering of COVID-19 immunization. COVID-19 immunization was conducted throughout several semesters as part of the Community Health Nursing course (NURS-408) which is regarded as one of the best ways of providing primary prevention.



NSS Students volunteering at AUBMC- Ties

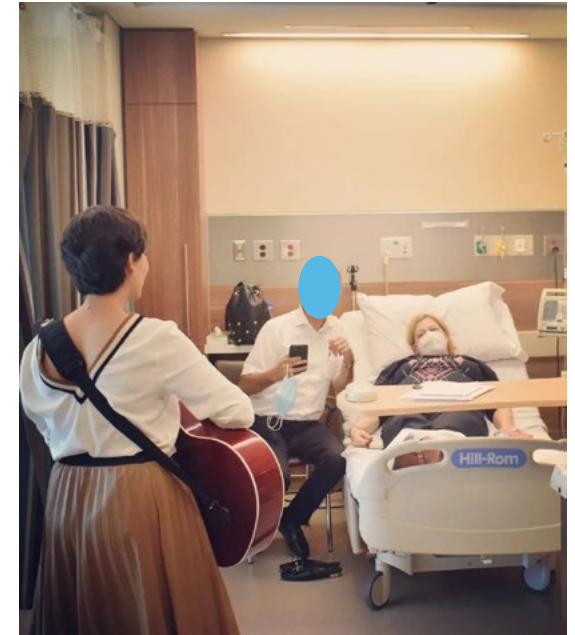
Undergraduate Nursing Students Volunteering with TIES, where they connected with patients and their families, support them through their stay at the Medical Center, shift their attention from sickness, and strengthen their inner power.

Sarah Malaeb, Nursing undergraduate student

The response I've gotten from patients during the musical rounds that I did at AUBMC in collaboration with TIES was just another proof of the tremendous impact that art has on our lives. Musical rounds have always been helpful in decreasing the anxiety that cancer patients feel as they wait for their chemotherapy treatment to pass. As a nursing student, I proudly believe that such interventions reflect the holistic care we aim to achieve with our patients.

To read full article, please visit:

<https://www.aub.edu.lb/communications/aub@work/Pages/AUBMCares-volunteers-healthcare-in-need-cancer-patients-suicide.aspx>



Wound Care Clinic - August 4 Blast Disaster Site



A couple of days after the shock of August 4 blast, an exemplary initiative was launched by an AUB graduate nurse, Mr Tarek Bakkar, with the support of his wife Mrs. Mirvat Bakkar and friends and colleagues from nursing. Tarek spearheaded a temporary wound care clinic that proved instrumental at a time of crisis. At the make-shift clinic in Mar Mikhael, 45 registered nurses (including our faculty, students, and graduates) and physicians volunteered to care for more than 100 patients a day, over a 2-week period. Tarek secured adequate wound care supplies through donations. Many patients came in with multiple unattended to multiple wounds and many presented to the clinics on a daily basis. Wound care, dressing changes, and suture removal were performed. Tarek's commitment to the community at the disaster site provided comfort and hope under difficult circumstances.

Interviewing Tarek Bakkar, HSON Alumni

Describe how you were driven to set up a wound care clinic at the disaster site.

Like hundreds of thousands of Lebanese who saw the devastation that took place on August 4, and with the belief that help and support for those affected would come from no other place but us "the people" rather than the official authorities in Lebanon, I spent the first 30 hours after the disaster thinking: "What can I do to help?" On the dawn of August 6, an idea crossed my mind: There were thousands of wounded people who were attended to in very difficult conditions, and those people wouldn't have any place to go to for proper wound care. Having had the practical experience of working in unconventional settings through my long years as a volunteer in the Lebanese Red Cross, and having had the academic knowledge through my studies at the AUB School of Nursing, I decided that I will take my personal first aid kit and head

to one of the explosion's residential neighborhoods at the explosion site and attend to as many patients as i can. First thing in the morning, I shared my idea with my wife, Mervat Atassi, who is always my strongest supporter. She loved the idea and immediately started a social media campaign to call for volunteers and donors to support us, so we reached out to the wounded on a larger scale. I still remember the drive from home to the epicenter of the disaster during which she was with me on the phone, as we generated a list of needed supplies and equipment and decided on the name of the campaign and other details. I called my closest colleagues from Nursing school, Mohammad Khaled and Rawad Abou Dihn, who immediately jumped on board in brainstorming further details on a makeshift wound care clinic.

How did you find such an appropriate location for the wound clinic?

Finding the location was very tricky. We wanted to be present in a location where we could serve the largest number of affected people, while implementing measures necessary for cleanliness and privacy, and abiding by safety COVID-19 safety restrictions. Mar Mikhael was the most appropriate area for this purpose. I found an abandoned shop there; it was full of rubbles. After inquiring about the shop owners and getting their



permission to use their property, we set up clinic. The process involved the following: cleaning the site, constructing basic clinic booths to protect patient privacy, obtaining 2 stretchers from donors, finding electricity source, arranging for water supplies and medical waste management to maintain hygienic practices, and organizing supplies obtained from donors. We started receiving patients as of the first moment we got our banner up.

Elaborate on the essential elements needed for the structure and function of a make-shift clinic.

The most essential element is the formulation of a real team, with a clear target goal and objectives. Believe me if I say that I had no clue whether I would be successful in

executing the plan I had in mind. The team spirit and the joint efforts of everyone working at the station gave us all a big boost of energy, resulting in an "Outreach Clinic" that supported the community. Two other contributing elements were the engagement of the people we were attending to, and the support we obtained from acquaintances who learned about our endeavor (including those donating equipment, supplies or money, and people who called or visited to convey their appreciation for our commitment: "keep up the good work"). On the executional side, taming the energy of volunteers who got moved by a disaster is very important and a very sensitive matter. On the one hand we needed every pair of hands that could help, and on the other we needed to make sure the clinic was functioning properly during all operational hours and for a projected 14 days (calculated by the duration needed for the toughest sutured wound to heal). In that aspect (and a few others like construction, logistics, and transport) we benefitted from having volunteers with non-medical experience. For example, my wife Mervat organized all volunteers communication (via WhatsApp group messaging and emails where duty schedules would be distributed (all were welcome to serve beyond scheduled times) and managed supply stock counts.

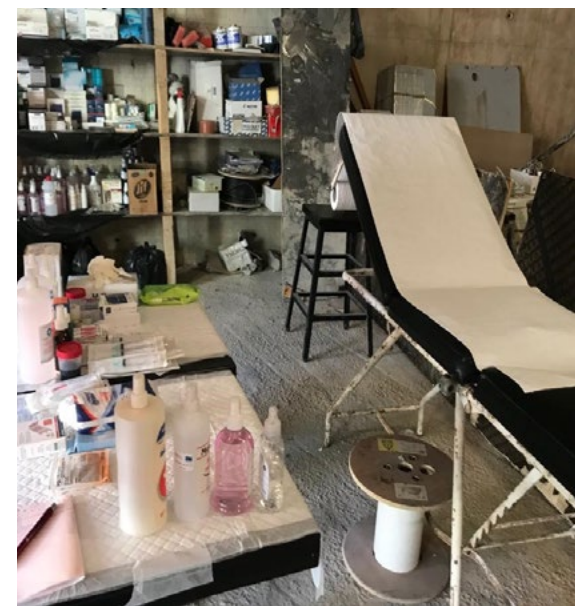


What were the greatest lessons learned?

The greatest lessons learned were the reminder that nothing beats the feeling of satisfaction one gets by being of value to another human being, let alone via providing health-care services after a full fledged disaster. The worthiness you feel as you look into the eyes of the people you help is priceless and second to none. I met wonderful people from all streams of life, and we worked hand in hand in providing help for the people who needed it. People from different areas in Lebanon did their best to help us; one family pulled down their own apartment curtains to send to us, as they realized we were looking for space divider curtains. Many others from around the world sent supplies and funds.

What aspect of this experience affected/influenced you most?

I was dazzled by the support that people rushed to provide, including those who had nothing to give us except a visit and a tap on the shoulder followed by a beautiful prayer or wish for us to stay safe, asking God to protect us. The look in the eyes of those we helped (and especially as they realized the services were provided for free) was indescribable; those looks will stay in my heart and memory till the last day of my life.



photos taken by the team

ALUMNI NEWS

Things didn't go as planned in 2020. Not only did we finish our last semester in university online due to the pandemic, but also, we graduated in the middle of an economic crisis. We have always been told from friends and relatives "good thing you are studying nursing, you'll find a job easily", but this was not the case as most hospitals were not recruiting due to the financial situation.

However, in a global pandemic the healthcare system could not hold without nurses. In September, I joined the frontlines in the battle against COVID-19 in LAU Medical Center.

It is a tough battle, both in the hospital while caring for patients, and in the community while educating people, friends and family and fighting off the spreading myths. Being a fresh graduate COVID Registered Nurse is a challenging and enriching experience at the same time.

The most important part is caring for patients holistically, as they are scared, alone, away from their families and you are there next to them and their families.

We, HSON family, have gone through several challenges, but these challenges are showing our true potentials and have highlighted the role of nursing in the health of our community. So, may we all always keep our spirits high while fighting off these challenges!



Yousra Al Zahabi, BSN 2020



It is no secret that the field of nursing is booming and that the demand for nurses is increasing. However, year 2020 was different, and the pandemic had a severe impact on recruitment and employment worldwide. Graduating with a Bachelor of Science in Nursing from AUB did not only prepare me to be a registered nurse but it also taught me how to be ready for such tough situations. Studying nursing amidst the coronavirus outbreak and during an economic crisis in Lebanon, proved to be one of the best hands-on experience in and of itself. With the help of the nursing faculty and colleagues, I got to see how patients are affected by such circumstances which increased my practical knowledge in terms of understanding the patients' needs and further strengthened both my interest in this topic as well as my personal resilience as a nursing student.

During my short unemployment phase at home, while waiting to do the colloquium, I was patiently getting to know the many career opportunities we get as nursing graduates and I stumbled upon a Patient Support Specialist position



Today marks 5 months being an oncology Patient Support Specialist. I have discovered nursing from a non-clinical perspective. I have developed my communication skills to be able to support my patients when they are at their lowest.

Through my job, I support patients mentally and financially. I am an oncology patient educator. I monitor my patient's signs and symptoms and help them overcome

cancer daily. I am always there to motivate and assist them in times of anxiety, fear, and frustration.

This year, I am grateful for learning many things as life's greatest lessons are usually learned at the worst times. I have improved my personality. And most importantly, I have acquired two traits that will help me achieve my lifelong career goals: patience and perseverance.

So, my advice to you is to enjoy every moment, make good memories in good times and good lessons in bad times, appreciate every moment and never ever forget that you are nurses.

You are heroes to many people out there.

Jana Riachy, BSN 2020

My MSN journey was completed over a period of five years where I came across diversely rich clinical experiences. During this period, I was working as a full-time RN at the Coronary Care Unit and part-time clinical preceptor. My studies culminated with the thesis being my first research experience. Aligning with my cardiology background, I was interested to examine the needs, challenges and daily experiences of patients living with left ventricular assist devices (LVAD). The LVAD is a challenging procedure resulting in prominent lifestyle changes for patients and their families. Following a qualitative phenomenological approach, my study explored the lived experiences of LVAD patients and their caregivers in a sample of patients in Lebanon. I had a basic understanding of the qualitative methodology which I built upon with extensive research and training. I was privileged to have Drs. Nuha Dumit and Angela Massouh on my thesis committee. I was given the autonomy to experiment at my own pace. Their guidance and support allowed me to become an active learner well immersed in the thesis process. This support is extremely essential as the process from the proposal to the document write up is novel. As a student with their first research encounter, I had a lot of self-doubts and uncertainties. These drawbacks may turn into a vicious cycle with lack of faculty support and guidance.



On a less positive note, my thesis work got delayed due to the Covid-19 pandemic. 2020 was a challenging year as face-to-face data collection was suspended for a lengthy period of time. As a result, I lived through an emotional roller-coaster that required a lot of perseverance and patience. After thoughtful reflections, I realized that I should shift my attention from time and task completion to savor each and every moment of this experience. As students, we may find ourselves intimidated to move out of our comfort zone while rushing to build up a career. From my personal experience, I learned the hard

way to plan without time attachment. We should allow ourselves the opportunity to experiment regardless of time and outcomes. I am currently a part time clinical instructor precepting Med Surg 2 students. Having just graduated, I want to take my time in deciding on a career path. The decision is coupled with some uncertainties given Lebanon's political and economic situation. Nevertheless, I envision myself growing as a clinical nurse specialist and nurse scientist.

Mireille Chehade, MSN 2020

Congratulations Mireille for receiving the Master's Thesis Award granted by the Scientific Society of Arab Nursing Faculties.

Mohammad Ziad Bakkar: a Nurse, a Hero!

For the past 3 years of my undergraduate studies, I had volunteered with the Lebanese Red Cross. Struck with a pandemic, I persisted with my social commitment to give to the community and carried on with my volunteer work. Today, after I graduated with a degree in Nursing, I see that my volunteer work with the Red Cross is not any less important and I continue to find the driving force to do what I had been doing for three years. Shortly after I had graduated, I was contacted by our Medical Center (AUBMC), the hospital where we have learned and applied everything related to being healthcare practitioners, from practical skills to medical ethics, and offered a job opportunity which I was so glad to accept. Of course, this is where I feel at home in a respectful and reputable community.

Luckily, I was given the chance to work on one of the floors which was among my preferences, the intensive care unit. The first week of work did not go on without leaving me feeling a bit uneasy. I realized the level of commitment and responsibility associated with being a nurse in charge of human lives. I needed to be fully aware and present at every single moment on the floor. But as the second week kicked in, feelings of satisfaction, accomplishment, and contentment started to seep into me. I started to sense just how rewarding it is to be there to soothe someone's pain. The fear of commitment gradually turned into a sense of purpose, passion, and confidence. My fellow nurses surely helped in this transition by providing emotional support and motivational talk. They did not spare a time to express their positive feedback. I can happily say I am glad to be here, in this community, doing what I am doing. In parallel, I devote my off days to the Lebanese Red Cross, to be a full-time, all-week medical and social worker. It's not easy but I don't wish to have it any other way.

Mohammad Ziad Bakkar, BSN 2020



Proud of our HSON graduate, showing human and affection and dedication to the community. His bravery is remarkable in saving the life of a baby who lost her parents in a car accident. It is so sad for this baby to lose her parents and our graduate Mohammad Ziad Bakkar's hug and affection was evident. HSON faculty and staff are proud of you Mohammad Ziad Bakkar and congratulate you on your professionalism and caring behaviour, being a dedicated volunteer in the red cross. Best wishes for a continuing success in the future.



We graduated in the middle of a pandemic, financial crisis, and the tragedy of August 4th's explosion. Upon graduation, I faced some difficulties landing a job as the country was in a very critical place. After applying to many positions (nursing and non-nursing related) I was able to land a position as a COVID Nurse three months after graduating at the Lebanese American University Medical Center (LAUMC-RH). I spent around four months at LAUMC where I gained work experience. However, AUBMC invited us to work for them as we are their graduates, I couldn't but take it as AUBMC is home. Currently, I am an Emergency Department Nurse at AUBMC.

Living in Lebanon, especially during these times, means survival mode is on 24/7. We were expected to know everything in a very short period and take responsibility during these times. This challenge made me grow further in terms of knowledge and nursing skills. Perhaps, my transition from a fresh graduate to a nurse would have been easier and smoother, but regardless, I can't imagine it being any other way as I found myself growing into my role each day. Putting myself out there with all the front liners was scary at first but the only satisfaction I get is when my patients get better and can go to their homes and be surrounded by their family. No one asks to be put in such a critical and risky working environment especially as a fresh graduate, but my drive to make a difference and be part of history pushed me to take on this role.

I, like some of you, was always criticized for being among the few men who chose nursing as a career. The Lebanese society undermined the role of the nurse prior to the pandemic. What they do not see is that behind closed doors and curtains there is a strong interdisciplinary team working hand in hand. If we didn't work as a team, pa-

tients would not get better. And I love every bit of this. Challenges are countless. The toughest challenge during these times is staying put together. Death is a given phenomenon you see if you work at a hospital. However, when it becomes a norm, here's when it drains you. My biggest fear is becoming numb in the face of death as this is my regular nowadays in COVID. I keep praying that the pandemic will be over soon, and this will be a memory. Another challenge I face is not seeing my family as much. Given the circumstances of my job, I am at risk of getting COVID every day. I had to move out and I barely am able to meet them.

I think as a nurse I am giving back to my community every day. You can too. We need any help offered during this pandemic, especially with all that Lebanon has been going through. Spread awareness, report breaches, aid people in need, anything that is in the scope of your capabilities and is beneficial for your community. Together we can fight this virus.

Nazih Raychouni, BSN 2020

Research: PhD student Amani Bayrakdar



I am conducting a Mixed Methods study titled: "Type 1 Diabetes in Emerging Adults in Lebanon: A Mixed Methods Study" which focuses on exploring the experiences of living with type 1 diabetes during the transition from adolescence into adulthood. The study aims to determine the changes in self-management that the emerging adults experience during transition, the challenges and support systems available during this period, as well as the variables associated with their diabetes-related health outcomes. This study also proposes a conceptual framework that was not attempted in prior work, which recognizes the socio-cultural context as a key variable at play during this unique developmental phase. My dissertation committee includes Dean Laila Farhood, thesis committee chair, Dr. Samar Nouredine as my advisor, a pediatric and an adult endocrinologist at AUBMC, the dean of the Faculty of Health Sciences at the University of Balamand, and two nursing faculty members at the University of Michigan and the University of Illinois Chicago.

Recruitment efforts



Recruitment efforts were affected by October 17 revolution and COVID-19 pandemic. HSON has not done any school visit in 2020. However, HSON organized in January and February 2020 a recruitment program with different scout groups in Lebanon where they attended informational sessions about nursing, first aid sessions, scenarios at the simulation lab and relevant games. In addition, HSON

participated in weekly virtual orientation sessions, in coordination with the Office of Admissions to promote the UG program. At the graduate level, HSON participated in the Graduate Open House that was organized in February 19, 2020 to promote the MSN and the PhD program.

Interview with Dr. Hala Darwish's : Research All the Way!



Interviewing Dr. Hala Darwish

Associate Professor at the Hariri School of Nursing,
American University of Beirut.

Date : March 18, 2021, at 5:30pm

1. Tell us about your research project using virtual reality as an interventional tool.

We proposed an intervention using virtual reality to simulate "Walks in Nature"; these interactive sessions will be experienced by patients with multiple sclerosis suffering from cognitive fatigue, also known as mental fatigue. A multidisciplinary research team are leading this study comprised of HSON, FM, and the MSFEA electrical and computer engineering

2. What interested you initially to be a forerunner to lead such a research project?

Multiple Sclerosis (MS) adult patients suffer from many debilitating symptoms throughout their journey, but we chose to focus on cognitive fatigue since available treatments, pharmacological or non-pharmacological, were not sufficient remedies. To date, there is very little to offer for cognitive fatigue. Previous studies showed that interacting with nature could alleviate mental fatigue in other populations. Moreover, MS patients often experience mobility challenges due to their disease, and Beirut and suburbs are very urban and

lack Green space that could provide such an experience. By offering the "Walks in Nature" virtually, MS patients could benefit from this experience and restore their fatigue without having to leave their homes.

3. What were the challenges you had to overcome in the process of this research project?

The COVID -19 pandemic globally, and the financial, economic challenges locally, have delayed our momentum in developing the virtual " Walks in Nature and Urban" sessions. The development phase and patient recruitment have been affected primarily, but the necessary funds are available to move forward with most of the research phases.

4. What are the implications of your research project in clinical practice?

Initially, we are launching the research project as a pilot study; for future studies, we would require a larger sample size of MS patients based on the preliminary findings. We are looking forward to studying the effect of interacting with nature using virtual reality as a valid clinical intervention to treat MS patients' cognitive fatigue.

Mary Arevian's Journey at the School of Nursing

Mama Mary as she is known to many has served AUB for almost 50 years. Her ever smiling face and motherly instincts have been seen through generations of Lebanese nurses who left their mark in the world. One cannot think community nursing without imagining Mrs. Arevian. Mrs. Arevian worked at AUB through the fifteen years of the devastating civil war in Lebanon. In her own words, Mrs. Arevian recalls:

"There was a period when we were only six faculty members doing all the teaching load because some faculty fled the warzone and others could not cross the borders!!"

But we survived. Following the war and during the early nineties, Lebanon suffered an economic crisis where the US Dollar reached 3000 Lebanese pounds. Again, we survived, and I am sure we will be able to survive the present challenges as well.

Mrs. Arevian's passion for teaching was unequivocal. This has been her dream since childhood where she used to gather the children in her neighborhood and help them with their homework. At the early age of twelve, she became a Sunday school teacher and volunteered to help children who otherwise would have been school dropouts. She always loved and enjoyed classroom as well as clinical teaching both at the bedside and in the community setting.

On her retirement, Mrs. Arevian states: "I want to thank God who protected me every day of my life. I want to thank my family, especially my father, who believed in the education of women. My loving husband and my in-Laws who without their support I would not have been able to carry on my responsibilities. I also would like to thank all of my teachers from elementary to university and my beloved colleagues past and present with whom I shared all of my adult life. All deserve my deepest gratitude." The American University of Beirut has survived wars. But the year 2020 was unprecedented for Lebanon. It started with a justifiable revolution against the man-made economic crisis. It was followed by the COVID-19 pandemic that hit the healthcare sector. Then,

came August 4 that left us helpless. The world's largest non-nuclear blast shattered my Beirut and took the lives of around 200 people, injured more than six thousand, and left thousands of poor souls homeless. Under those circumstances, it is challenging to continue within a weakened economy, helpless people, and overburdened health-care teams. I feel with all of you and pray that this difficult period will pass quickly. Mrs.



Arevian ended her career at AUB, but she will never stop her community and civic engagement as she is on the board of many non-profit organizations. I am a product of AUB and I made sure to give back to AUB what it gave me. I will always support my Alma Mater and I will be thinking of you all, faculty, alumni, and students.



HSON News, Awards, Promotions & Committee Chairs



Congratulations to Dr. Dina Madi on her promotion to a Clinical Associate Professor.



Dr. Angela Massouh was appointed as the Nurse Leader for Research, Education, and Innovation at AUBMC in October 2020. In her new capacity she will be tasked to: build up, maintain, and constantly evaluate research and evidence-based environment that informs and governs direct nursing practice, support and co-lead clinical interprofessional research, oversee the activities of the Clinical and Professional Development Center and the Life Support Center, and ensure that educational programs/ services are consistent with criteria and standards established by accrediting bodies and professional organizations. We wish her the best of luck.

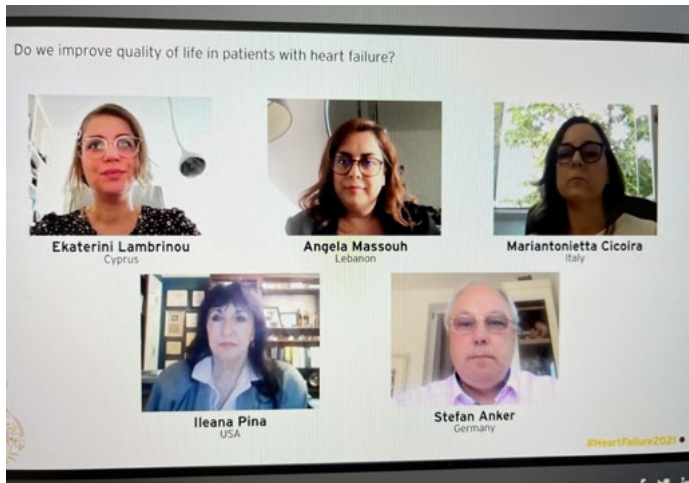


Congratulations for Dr. Samar Nouredine, for receiving the "Distinguished faculty award" by the Scientific Society of Arab Nursing Faculties for the year 2021!!

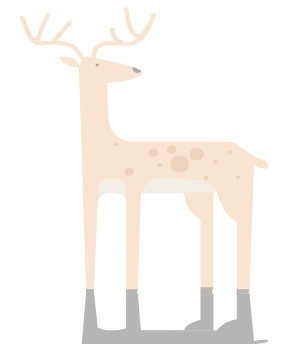




Dr. Gladys Honein serves as the COVID Taskforce HSON representative. As a COVID-19 Expert Committee member, Dr. Honein has a role in: discussing the most recent evidence to apply in order to control the transmission of the virus on AUB premises; conveying HSON specific concerns related to COVID-19 measures; reinforcing the measures issued by the Committee at HSON; and participating in other research and services related to COVID-19 at AUB



Dr. Massouh was inducted as Fellow of the Heart Failure Association of the European Society of Cardiology recognizing her active involvement in Heart Failure Nursing. She is the Nursing Representative for Heart Failure Specialists of Tomorrow representing nurses from Europe and Affiliate Countries. She co-chaired a session on Improving Quality of Life of Heart Failure Patients at the Heart Failure 2021 Conference of the European Society of Cardiology in July 2021. The session featured International Speakers in the field of Heart Failure.



Dr. Nuhad Dumit awarded the Prestigious Pathfinder Award by the University of Colorado, Denver

Dr. Nuhad Dumit dedicated 40 years of her life to serve the nursing profession in Lebanon. Her career spanned bedside nursing, academia, and administration where she morphed nursing in Lebanon to how it is now.

Throughout the world, the development of a strong nursing profession often faces untold challenges. In some countries like Lebanon, it is war and political turmoil, the ominous nursing shortage, the immigration of senior nurses, the scarcity of clinical sites, or the lack of a regulatory framework or a discipline of nursing. Dr. Dumit, who later became the President of the Order of Nurses in Lebanon [2015-2018], have fought for years to reshape and redefine the profession and develop a regulatory framework for nursing in Lebanon. For more than 30 years, Dr. Dumit has inspired generations of graduate nurses who drew their own paths and helped shape nursing in Lebanon and the region. She has always taught students that nurses walk a delicate line between tradition based and technology driven healthcare practices and ultimately between global politics and person-centered compassionate care. Only people like Dr. Dumit can engineer this change and create the perfect balance.

Dr. Dumit has led nurses in Lebanon to unprecedented heights. Cognizant that meeting the millennium development goals requires global partnerships and a sustainable healthcare system, she pushed nurses in Lebanon to become at the heart of healthcare. She led a national campaign across Lebanon where nurses joined efforts in serving their "Communities in different Districts". Masses of nurses and nursing students from different geographic areas joined efforts to do health screening and health awareness in different underserved areas over a period of 4 months with full media coverage highlighting the contribution of the nursing profession in a country where nursing image is still unfavorable. This national project received the International Council of Nurses (ICN) Innovation Award in May 2017. Over the course of her career, Nuhad has maintained a successful program of research focused on workforce issues in Lebanon. Her research

work mainly addresses the key nursing workforce issues such as migration, recruitment, and retention, and sickness absence among nurses. She co-directed the Continuing Medical Education (CME) office at AUB which lead the office into moving from three



CME activities into more than 70 activities for medicine, nursing, pharmacy, pathology, clinical nutrition, physiotherapy, radiology, and quality administrators. Dr. Dumit's career has had a local, national, regional, and international impact and has been consistently recognized by her peers as a pioneer in the profession. She led nursing in a developing country to become a profession at the center of the national healthcare agenda. As an alumnus, she has undoubt-

edly gone ahead of others through developing an exemplary program of research in workforce issues key to Lebanon, creating national health campaigns that improve access to healthcare in poor communities, developing a first of its kind national capacity building program for nurses, and teaching generations of nurses in Lebanon and the region. She has also been a great international ambassador for University of Colorado and has consistently demonstrated ongoing support of the College of Nursing.

Hisham Bawadi, BSN 2004, and MSN 2010 Director of Nursing at the American University of Beirut Medical Center



The Hariri School of Nursing Interim Dean, Faculty, Administration, and Students would like to congratulate a very dear HSON alumnus, Mr. Hisham Bawadi BSN, MSN for being chosen as the American University of Beirut Medical Center Director of Nursing June 2020.

Hisham graduated in 2004 with a Bachelor of Science in Nursing, and an Masters of Science in Nursing, both from AUB. He worked for six years as a Registered Nurse in the Intensive Care and Cardiac Surgery Units. Everyone saw in him a potential for leadership. So, he was promoted to Nurse Manager of the Cardiac Surgery Unit in 2011.

His career took a fast twist when Hisham was promoted to a dual role of Nurse Manager and Specialty Clinics Nurse Administrator a year later. He served AUBMC in this role for almost 5 years. In 2016, he joined the EPIC Team as an Assistant Project Director and Clinical Lead for Epic Implementation. Along with his team, he excelled to achieve a smooth EPIC implementation at AUBMC. To that effect, Hisham was the recipient of the 2019 AUB President Service Excellence Award.

In 2020, Hisham was selected as AUBMC's Director of Nursing and joined the new executive leadership team

at the AUBMC. He was tasked in leading the nursing teams in ever challenging days. Hisham and his team have collectively faced numerous challenges so far with COVID pandemic, August 4 blasts, and the economic challenges facing Lebanon. With every challenge this new leadership team is proving strong. HSON wishes Hisham continued success at AUBMC. Under his leadership, we are positive that AUBMC Nursing will rise above the challenges facing Lebanon and will continue its pursuit of clinical and leadership nursing excellence.

Hisham, we are all so proud!!

Khaddit Beirut

The Beirut port explosion on August 4th was a turning point for all Lebanese people, leaving behind it a lot of tragedy, victims, physical and emotional distress.

As per Khaddit Beirut's official website, (<https://khadditbeirut.com/about-us/>), quoting:

"Khaddit Beirut aims to co-build local alternatives, best practices, and growth opportunities that ensures the wellbeing and dignity of the inhabitants of Lebanon. As a grassroots initiative, Khaddit Beirut applies an agile, evidence-based, inclusive, and holistic approach driven by local needs, accountable to people, and focused on sustainable solutions in the areas of community health, education, environmental health, and local business."



Featuring HSON faculty members in Khaddit Beirut

A group of us activists, experts, faculty members, and students from Lebanon, decided to volunteer into putting their expertise into the Lebanese community, work together to serve the community by engaging them to express their needs, co-designing with the community the kind of health services they want to receive, and co-evaluating their experiences for service improvement and moving forward.

Dr. Nuhad Yazbik Dumit

Quoting Dr. Dumit's statement on Khaddit Beirut's website, reason she joined KB, "'I joined KB because of the dedicated credible people leading it. KB vision is the closest to my beliefs and KB platform provided me with the opportunity to practice what I believe in and what I am good at. KB is an interdisciplinary school of community-driven and evidence-based service."

Gladys Honein-AbouHaidar

Quoting Dr. Honein's statement on Khaddit Beirut's website, reason she joined KB: "Two reasons: first, when August 4 blast happened, my immediate desire was to help my fellow citizens and Khaddit Beirut helped me realize it; second- a year after, my desire shifted to breaking the cycle of favoritism and clientelism through activism."

HSON Newsletter committee



Chair: Angela Massouh



Members



Lynn Berbary



Gladys Honein



Marina Adra



Talin Gulgulian



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