

**Rafic Hariri School Of
Nursing Newsletter**

**March 2018
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Message from the Director- Dr. Huda Huijer

In 2017, the Board of Graduate Studies, the AUB senate, the Board of Trustees, and the New York State Education Department (NYSED) approved the HSON PhD in Nursing Science proposal. The PhD program will be formally launched September 2018 in close collaboration with Johns Hopkins University and University of Michigan Schools of Nursing and with the Faculty of Medicine and Faculty of Health Sciences at AUB.

We are proud to report that HSON currently has the highest number of PhD-holder nursing faculty and the highest number of scientific publications in Lebanon. On research productivity, HSON accounts for 85 % of Lebanon's and nearly 10 % of the Arab world's nursing research output; its faculty are amongst the most productive and impactful nurse researchers in the Arab world.

In 2017, HSON ranked 147 out of 503 schools of nursing offering graduate programs based on U.S. News & World Report Ranking. HSON remains the only graduate nursing school in the region which is ranked by US News and World Report.

The school continues to place emphasis on research and scholarly productivity, teaching excellence, faculty and student recruitment, and on expanding HSON academic programs based on new and innovative strategic initiatives.

Huda Abu-Saad Huijer RN, PhD, FEANS, FAAN
Professor and Director,
Rafic Hariri School of Nursing



Nursing Matters: Message from Dr. Nuhad Dumit President of the Order of Nurses in Lebanon

The Order of Nurses in Lebanon is currently presided by one of our faculty, Dr. Nuhad Dumit. In her capacity as the President of the Order, Dr. Dumit shared the main strategic goals put by the Order that will move forward the nursing profession in Lebanon. Herein a brief of what is planned.

The first goal is to protect nurses and support their rights. This strategic goal aims at improving the working conditions of nurses. The main action plan is to improve the salary scale of nurses. If we need to recruit and retain nurses, we need to make their salaries more lucrative. Further, the cost opportunity for raising salaries will be better quality of care. In a recent research conducted in 2006, a study has shown that improving the salary of nurses was associated with better clinical nursing sensitive outcomes and eventually better patient outcomes. The second aim of the first strategic goal is to ensure that all nurses in Lebanon have access to health and social insurance through their membership with the Order of Nurses in Lebanon. All active nurses in Lebanon are highly encouraged to become members of the Order in order to benefit from the pension plan following retirement.

The second strategic goal is to advance the profession in education and practice. Initiatives related to this goal are: proposing a regulatory law about the standards and scope of practice and related competencies of nurses in different healthcare settings; and updating their job descriptions accordingly; and legislating continuing nursing education for safe practice. It is important to ensure that every institution has a clear understanding of the role, responsibilities and competencies that a nurse can fulfill in order to make the best of their capacities. Further, it is important to ensure that these roles are eventually being implemented. Another initiative is launching capacity building programs for nurses at various levels, in administration and management, bedside, community and schools.

The third strategic goal is to improve the image of nursing in Lebanon and internationally. There are various misconceptions that surround the nursing profession. These misconceptions often stem from our misunderstanding of the profession and present themselves as a major factor for the suboptimal enrollment in nursing education. The Order of Nurses is currently trying to redress these misconceptions by launching a campaign to promote the role of nurses in all settings. Additionally the Order made achievements that are internationally recognized by the International Council of Nurses (ICN) and the European Federation of Educators in Nursing Science. As such, the Order is hosting for the first time in Lebanon and the region the ICN Nursing Workforce Forum in May and September 2018 in addition to having an international nursing conference endorsed by ICN.

The fourth goal is to improve the code of conduct among nurses. There is a need to pilot test and educate about the code of ethics of nurses created by the Order and ensure that all nurses abide by them before having it legislated by the parliament.

Ph.D. Program

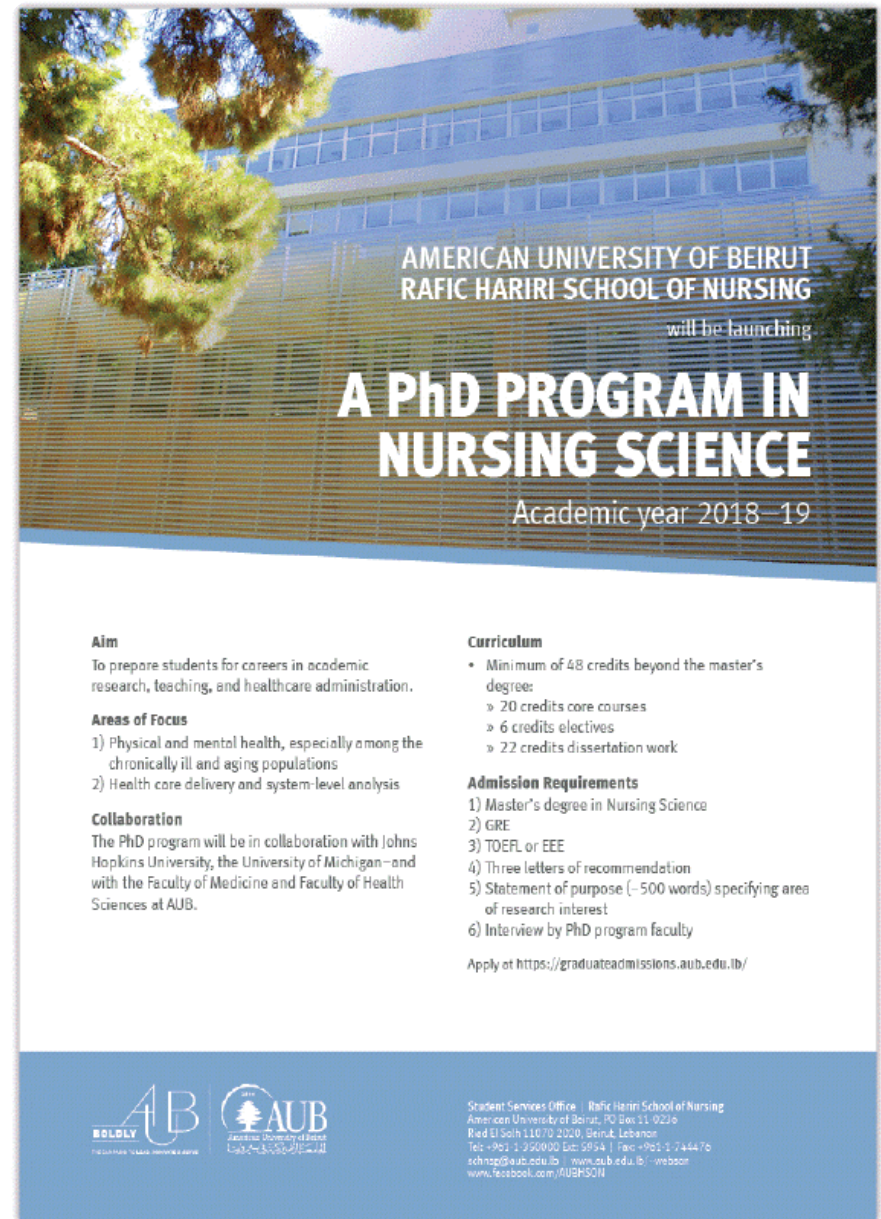
The PhD program in Nursing Science aims to provide rigorous training for research careers in nursing and healthcare. It develops capacity for scholarly and independent inquiry, critical thinking, and the ability to communicate research findings, and transfer evidence-based knowledge into healthcare practice. Graduates of the program will be prepared to assume positions in academia as faculty, research scientists, educators, and as leaders in health systems.

The PhD program will focus on two elements critical to advancing health:

- 1) Physical and mental health, especially among the chronically ill and the aging populations
- 2) care delivery and system-level analysis and improvement.

Regular PhD Program Requirements

The PhD program requires a minimum of 48 credit hours of course work beyond the Master's degree including dissertation work. The course work consists of a minimum of 20 credits of core courses, 6 credits of electives, and 22 credits dissertation work.



AMERICAN UNIVERSITY OF BEIRUT
RAFIC HARIRI SCHOOL OF NURSING
will be launching

A PhD PROGRAM IN NURSING SCIENCE

Academic year 2018-19

Aim
To prepare students for careers in academic research, teaching, and healthcare administration.

Areas of Focus
1) Physical and mental health, especially among the chronically ill and aging populations
2) Health care delivery and system-level analysis

Collaboration
The PhD program will be in collaboration with Johns Hopkins University, the University of Michigan – and with the Faculty of Medicine and Faculty of Health Sciences at AUB.

Curriculum
• Minimum of 48 credits beyond the master's degree:
» 20 credits core courses
» 6 credits electives
» 22 credits dissertation work

Admission Requirements
1) Master's degree in Nursing Science
2) GRE
3) TOEFL or EEE
4) Three letters of recommendation
5) Statement of purpose (~500 words) specifying area of research interest
6) Interview by PhD program faculty

Apply at <https://graduateadmissions.aub.edu.lb/>

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HSON faculty research highlights



Dr. Lina Abi Fakhr

Nursing education: both instruction and assessment.

- **Preceptor-Driven Clinical Teaching in Undergraduate Nursing Education: A Cognitive Task Analysis Research**
- **Preceptors' Perspectives on their Teaching Practice: Implications for Academia and Service**



Dr. Marina Adra

Home care:

- **Exploring resident-staff relationships in nursing homes in Lebanon.**
- **Developing community of practice in Lebanese nursing homes through relationship-centred approach.**



Dr. Nour Alayan

Addictive behaviors:

- **Biobehavioral treatment interventions and evidence-based Screening, Brief Intervention, and Referral to Treatment (SBIRT) practices.**
- **Trained in addiction counseling and received certification in SBIRT for Unhealthy Drinking by the National Association of Alcoholism and Drug Abuse Counselors.**
- **Knowledge, attitudes, and perceptions of screening adolescents for substance use among healthcare professionals, which will be followed by a proposal for an SBIRT intervention targeting adolescents in school and primary care settings.**

HSON faculty research highlights



Ms. Mary Arevian

Pomotion, illness prevention:

- Salient health problems of women and youth of a marginalized community within the framework of primary health care.



Dr. Ghada Najjar

Mental :

- Coping patterns and breast cancer
- Community mental health.

Dr. Michael Clinton

Nursing administration

- Conceptualization and measurement of nursing phenomena, especially fatigue, nursing practice, and workforce issues.
- Empirical research ethics

HSON faculty research highlights



Dr. Hala Darwish

Cognitive neuroscience.

- Learning and memory in particular, with emphasis on the factors that lead to the impairment and restoration of cognitive function.
- Proficient in both clinical and basic science research.



Dr. Suzanne Dhaini

Nursing health care system:

- Implicit Rationing Of Nursing Care Among Lebanese Patients (Rational)-A Longitudinal Study On The Variations, Trends, Predictors, And Outcomes Of Rationed Nursing Care



Dr. Nuha Dumit

Nursing health care system:

- Perspectives of registered nurses on refugee healthcare in Lebanon and Jordan: a multi site cross-sectional study.

HSN faculty research highlights



Dr. Souha Fares

- Time series analysis and blood pressure variability in hypertension and Psychometric analysis of research instruments.
- Cardiovascular research
- Quality of life and Mental Health
- Nursing Workforce.



Dr. Laila Farhood

- Complex issues contributing to the physical and psychological wellbeing of those at risk impacted by war stressors.
- Post Traumatic Stress Disorder (PTSD), depression, coping and social support in Beirut and the South of Lebanon & in vulnerable populations.
 - Promoting psychosocial and mental health care through community-based educational workshops for teachers and parents and on also on gender differences in coping with war related PTSD & Depression.



Dr. Gladys Honein

- Nursing health care system:
- Primary health system improvement (PHSI): capacity building for primary care nursing workforce, interdisciplinary collaboration.
 - Working with various disciplines at AUB conducting qualitative studies including qualitative primary data analysis and secondary qualitative synthesis of literature.
 - Colorectal cancer focusing on: -1-evaluation of the level of awareness and participation in screening, -2- determinants of colorectal cancer screening participation, and -3- interventions for improving awareness and uptake of screening

HSON faculty research highlights



Dr. Huda Abu-Saad Huijer

- Pain management and palliative care in children and adults
- Integrated models of care for the chronically ill.
- Her program of research has had a major impact on health care delivery in Europe and in Lebanon.



Ms. May Khoury

- Children's' behaviors and care and its impact on their growth and development & palliative and end-of-life care



Dr. Angela Massouh

- Self-care and symptom management in patients with heart failure.
- Role of the caregivers and the effect of the interdependence of the HF dyad on symptom management.

HSN Faculty current research highlight



Dr. Samar Nouredine

- Cardiovascular nursing across the spectrum of care from primary prevention to rehabilitation.
- Health related behaviors in patients and people at risk for coronary heart disease.
- Perceptions and practices of health professionals related to cardiopulmonary resuscitation of out of hospital cardiac arrest victims.



Dr. Lina Younan

- Nursing workforce issues such as work organization, organizational communication, nurses' wellbeing, and health policies.
- Post-intensive care syndrome: looking at short and long-term outcomes of patients after an acute illness and intensive-care treatment.

Undergraduate and graduate students testimonials



“Nursing?! No way! You should strive for greater than that”, a comment I heard constantly from people I know. As an excellent student, the top of my class, all my friends and relatives urged me to go through the traditional pathway, and study medicine. However, from my point of view, nursing is definitely the best pathway for my future, as it involves several areas for professional and personal growth. HSON is the house that leads me to this future. The academic curriculum prepares us students for practicing the science and art of nursing in a perfect way, with introductory courses in the first semester that make us ready for the next one. All students support and help each other grow. I look up to my mentor, advisor, and instructors to take a unique feature from each to build a fruitful future for me and the nursing profession as a whole.

Yousra Al Zahabi, BSN II student



Ever since I applied to Nursing, I heard constant comments from people such “Why did you choose Nursing?!”, “Nursing is not for you”, “Try to switch to another major” and many other things. Yet, the moment I started the nursing program, I felt like I was in the right place and I made the right choice. As I progressed in the program, the courses kept getting more interesting but they were very challenging. Yet, I was able to face such challenges and here I am in my final semester in the BSN program trying to make beautiful memories to commemorate them throughout my life and I am a one step closer in getting my Bachelors in Nursing Science and show the people what it is like to be a nurse.

Amr Kayali, BSN IV student

Undergraduate and graduate students testimonials



Ever since my first semester at AUB, Nursing School felt like my second home. I used to spend a lot of time in the lounge and the lobby, hearing students complain of how hard some courses are and how they are not getting enough sleep. And it is all part of the journey I was about to commence. With the guidance of my advisor and the faculty members, I was able to accomplish more than I ever thought I would within the scope of my undergraduate studies.

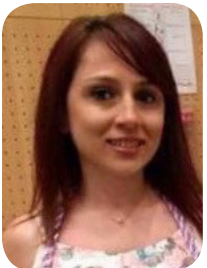
Dayana Nasser El Traboulsi

President of the Nursing Student Society, BSNIV.



As a male student, I have confronted a lot of discrimination from my family, friends, and acquaintances about such decision because it is evident that some people out there still believe that nurses are doctor's sidekicks and their work is limited only to IV insertion and changing diapers. Nevertheless, learning about the human pathology was satisfying enough to endure such trial of prejudice. Onto my second year, acquiring the needed clinical skills and actually experiencing the work in the ward was rewarding. Seeing a patient smiling and appreciating my services strengthened me into acknowledging that the nursing discipline is more about treating your patient holistically by not only preventing illness but also promoting physical, mental, and spiritual wellbeing.

Michael Kassis, BSN3



When I first started the program, I felt overwhelmed, not knowing what to expect. However, things became much smoother as I adapted back into academics. The faculty were very supportive, encouraging. HSON granted me the possibility of graduate assistantship, assisting with my financial load, and giving me priceless experience at the same time.

Zepur Aharonian, MSN Student, Nursing Administration track



Being in the psychiatry mental health Master's program has allowed me to cultivate my passions in the field. The program has provided clinical opportunities for growth and enhancement towards adopting an APN role. The resources available have made such a great difference for my career development. The experience is enriching and rewarding both personally and professionally.

Lubna Rajab, MSN Student, Psychiatric Mental Health track

New faculty

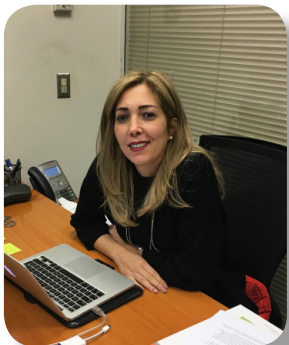


Dr. Ghada Najjar Assaf has been appointed as Visiting Clinical Assistant Professor at the Hariri School of Nursing effective September 2017.

She worked as a coordinator and Lecturer for the Mental Health course for more than 10 years at the School of Nursing in Abu Dhabi and then moved to SEHA to support the school nurses in building a strong mental health program and integrating the mental health services in all public schools in Abu Dhabi Emirate.

Dr. Assaf worked closely with teachers, parents and students in several projects held by Abu Dhabi Health Authority and UNICEF like anti-bullying program, obesity, anxiety during exams, ADHD and others that were conducted to members of the school community.

Women's health was her main concern and this was reflected in her PhD dissertation on coping patterns among Arab women suffering from breast cancer. Her plan to focus during my future research on mental health in the community with a focus on children and women.



Dr. Suzanne R. Dhaini has been appointed as Assistant Professor in Nursing effective September 2017. She received her B.Sc. (2000) in Nursing from AUB, her M.A. (2007) in Child studies of children with special needs from Concordia University, Montreal, Canada, and her PhD (2016) in Nursing from the University of Basel, Switzerland. she has taught nursing for undergraduate and graduate nursing students in several institutions, including McGill University-Montreal and University of Basel, Switzerland.

Dr. Dhaini's research is in patient safety and quality of nursing care. Her investigations explored the quality of care in relation to nursing workforce health, workplace environmental factors, and patient and nurse outcomes. Her research papers appear in prominent scientific journals. She has actively participated in several international activities on presenteeism, physical and mental health of nurses, and implicit rationing of nursing care. Dr. Dhaini will be an active participant in academic activities including conducting her own research in nursing workforce issues and quality of patient care, as well as teaching at the Hariri School of Nursing.

New staff



Ms. Patricia Assaf, joined our HSON team as an Executive Officer/Financial Officer at the Hariri School of Nursing in November 28 2016.

Patricia has worked at AUB in different capacities as Executive Officer to the Office of Institutional Planning and Process Improvement led by Andre Nahas and prior to that as Administrative Assistant at the Internal Audit Department, AUB.

She has spent a number of years in Nigeria and was instrumental in managing a business-related commercial department before her move back to Lebanon two years ago.

Welcome Patricia!



Mr. Ibrahim Bikdashi, joined our HSON team as our Information Technology support in March 2017. Mr. Bikdashi worked for 2 years as Technical Support at AUB and one year HSON. His experience background was in PC hardware and software, support system and networking issues, Windows Server Update Service (WSUS), configuring and monitoring ISA server and create & troubleshoot Windows Server Systems (AD, DNS...). Good luck Ibrahimand welcome aboard!

Awards



This year Dr. Huda Abu-Saad Huijer, Director of the Hariri School of Nursing, received yet another award for her many achievements in nursing. This time the award was Her Royal Highness Princess Mona Al Hussein Regional Award for Distinction in Nursing issued by the Jordanian Nursing Council last April 2017. The award recognizes Dr. Huijer's leadership role in promoting and advancing the nursing profession in the region. Congratulations Dr. Huijer and thank you for all what you offer to nursing in Lebanon and the region. From the Nurses Chapter: Samar Nouredine, Iman Kouatly, Samar Nassif, Rachel Hamdan and Silva Dakissian.



Dr. Laila Farhood, recipient of “Distinguished Research Award” in 2017. This award was issued by the Scientific Society of Arab Nursing Faculties, the ceremony took place at the Beirut Arab University



Dr. Hala J. Darwish, Associate Professor at HSON and Managing Director at the Nehme and Therese Tohme Multiple Sclerosis Center, has won the International Organization of Multiple Sclerosis Nurses (#IOMSN) Research Award for 2017. IOMSN is the first and only international organization focusing solely on the needs and goals of professional nurses, anywhere in the world, who care for people with multiple sclerosis.

Awards



Congratulations to Dr. Nuhad Dumit, Associate Professor at HSON & President of the Order of Nurses in Lebanon, for the recognition by the Université Saint Joseph in Beirut, May 2017 for her multiple contributions to



Congratulations to Dr. Nuhad Dumit, Associate Professor at HSON & President of the Order of Nurses in Lebanon, for the recognition by the Saudi Arabia Embassy on May 13 2017 for her multiple contributions to



The Order of Nurses in Lebanon was awarded with the International Council of Nurses' (ICN) National Nursing Association (NNA) Innovation Award during the International council of Nurses (ICN) Barcelona Congress in 2017 for demonstrating innovation and creativity in their efforts to improve nursing both at national level and international level.

Awards



Congratulations for Ms. Talin Gulgolian on her recent efforts as trainer/facilitator for UNICEF.



UN International volunteer day: AUB honored its volunteer funds and community members on the UN International volunteer day. The HSON students and a faculty member Mrs. Avedissian participated in this event by contributing to the CHAMPS Fund activities. This team helps in raising awareness about sudden cardiac arrest among young athletes as well as conducting the cardiac screenings.

Students Activities

The NSS students society club at HSON has been engaged in many activities this year

AMIN (AUB Mentorship in Nursing)



The Nursing Students Society (NSS) cabinet in collaboration with the School of Nursing decided to launch a mentorship program called AMIN (AUB Mentorship in Nursing). AMIN in arabic means safe and trustworthy. For this scholastic year (2017-2018), students from BSN III and BSN IV classes were assigned as mentors for the new students to guide them throughout their journey whether it was about choosing clubs/societies, fixing their technical problems, doing paperwork and providing them help in their studies if needed.

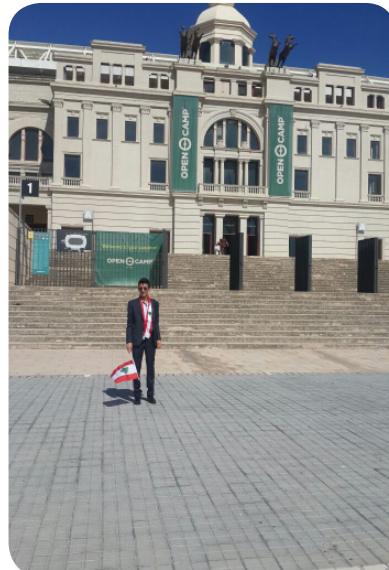
Students Activities

Bake Sale



The Nursing Student Society organized a small funding bake sale at HSON, and the funds were given to families in need .

Students Activities



It was a fruitful experience attending the International Council of Nurses 2017 Congress in Barcelona. As a novice nurse i met colleagues and shared our experiences, ambitions and plans. I also learned more about the Nurse profession, specialities and oportunities. Least but not last I met a lot of scholars and researchers and enriched my knowledge about new topics findings and ongoing research. Finally i was proud to see my country leaders shining and participating in panels and presentations. Ziad Karamah, AUB HSON graduate student, class of 2016.

Students Activities

AUB Outdoors



OUTDOORS!! An annual event organized by AUB where people from all over Lebanon attend . Last spring 2017, NSS participated in outdoors by organizing a booth in collaboration with Lebanese Nursing Student Association (LNSA) where they raised awareness about Multiple Sclerosis. People from different ages participated in the activities that we organized and they learned a lot about Multiple Sclerosis.

Students Activities

HIV/AIDS Awareness Day:

December 1st is the international day for HIV/AIDS awareness. As nurses it is our duty to educate patients; thus, the NSS found it important to organize an awareness campaign on HIV/AIDS next to West Hall in collaboration with MRSA. A lot of people passed by and they were given brochures, pins and ribbons as part of the awareness campaign .



Welcome Reception



HSN welcome reception for new students, academic year 2017-2018

Graduation Gala-Dinner



HSOON graduation gala dinner , class of 2017, was held at the Sheraton Coral Beach, Beirut. Attended by faculty, students both undergraduates and graduates , and faculty members ...was a night to remember.

Christmas gathering

HSN Christmas gathering was held on December 20 2017 at Villa Sursock Achrafiyeh
It was attended by faculty and staff and we had a marvelous time!

