

Bahia Abdallah El-Moufti, PhD, BSN, MPH, IBCLC



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Nationality: Lebanese

PROFESSIONAL SUMMARY:

- Highly skilled professional registered nurse and International board certified lactation consultant with 20+ years practical experience within a hospital and community setting.
- Run numerous continuous in-service education and training sessions for nurses and midwives for over 7 years at the national level with the Ministry of Public Health (MoPH) on: Infant and Young Child Feeding (IYCF) and the National Neonatal Resuscitation Training Program for nurses and midwives (NNRP).
- Initiated and coordinated the Nursing Skills Module given to Medical students since 2011.
- Research and Ethics experience

EDUCATION

<u>Year</u>	<u>Degree</u>	<u>Institution</u>
Jan. 2018	PhD in Nursing and Health Sciences	University of Dundee, UK
Jun. 1995	Master of Public Health MPH, Health Services Administration	American University of Beirut, AUB, Lebanon
Jun. 1992	Teaching Diploma TD, Health Education	AUB, Lebanon
Jun. 1992	Bachelor of Science in Nursing, BSN	AUB, Lebanon

PROFESSIONAL EXPERIENCE

Mar 2018 - present	Assistant Professor and Assistant Director/Nursing Program Faculty of Health Sciences, University of Balamand FHS-UOB
Nov 2011 – present	International Board Certified Lactation Consultant (IBCLC) International Board of Lactation Consultant Examiners (IBLCE)
Sep 2005 – Mar 2018	Lecturer and Assistant Director/Nursing Program Faculty of Health Sciences, University of Balamand FHS-UOB
Sep 1995 - 2005	Instructor/ Lecturer Faculty of Health Sciences, University of Balamand FHS-UOB
1994 – 1995	M.P.H. Resident UNICEF & Howard Karagheusian Center
1992 – 1993	Registered Nurse RN/Neonatal Intensive Care Unit NICU American University of Beirut Medical center (AUBMC)

LANGUAGES Arabic (Native speaker), English (Excellent), French (V. good)

RESEARCH PUBLICATIONS & OTHER ACTIVITIES

Research Interests: Neonatology, Maternal and Child Health, Psychosocial and Inter-professional Education

PUBMED Searchable under BAHIA ABDALLAH

PUBLICATIONS

Badr, L. K., **Abdallah, B.**, & Kahale, L. (2015). A Meta-Analysis of Preterm Infant Massage: An Ancient Practice With Contemporary Applications. *MCN. The American journal of maternal child nursing*.

Abdallah, B., Irani, J., Sailian, S. D., Gebran, V. G., & Rizk, U. (2014). Nursing faculty teaching a module in clinical skills to medical students: a Lebanese experience. *Advances in Medical Education and Practice*, 5, 427.

Abdallah, B., Badr, L. K., & Hawwari, M. (2013). The efficacy of massage on short and long term outcomes in preterm infants. *Infant Behavior and Development*, 36(4), 662-669.

Abdallah, B. (2012). Kangaroo care in NICU, *Lebanese Journal of Nursing*.

Abdallah, B. (2012). Success story on Kangaroo care: A case report, *Update Journal*, Saint George Hospital University Medical Centre SGHUMC.

Badr, L. K., **Abdallah, B.**, & Purdy, I. B. (2011). Nursing care in Lebanon: A nursing perspective. *Newborn and Infant Nursing Reviews*, 11(2), 88-94.

Abdallah, B. (2011). Success story on Skin-to Skin Contact first hour after delivery, *Lebanese Journal of Nursing*

Badr, L. K., **Abdallah, B.**, Hawari, M., Sidani, S., Kassar, M., Nakad, P., & Breidi, J. (2010). Determinants of premature infant pain responses to heel sticks. *Pediatric Nursing*, 36(3), 129-36.

Badr, L. K., **Abdallah, B.**, Balian, S., Tamim, H., & Hawari, M. (2007). The chasm in neonatal outcomes in relation to time of birth in Lebanon. *Neonatal Network*, 26(2), 97-102.

Badr, L. K., **Abdallah, B.**, & Mahmoud, A. (2005). Precursors of preterm birth: comparison of three ethnic groups in the Middle East and the United States. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 34(4), 444-452.

Badr, L. K., & **Abdallah, B.** (2001). Physical attractiveness of premature infants affects outcome at discharge from the NICU. *Infant Behavior and Development*, 24(1), 129-133.

Abdallah, B. Translated 5 chapters from English to Arabic under the title "Breastfeeding Promotion and Support - In a Baby-Friendly Hospital - A 20-Hour Course For Maternity Staff" from a book guide developed by WHO and UNICEF (2009)", 2012.

ONGOING RESEARCH

1. "First year medical students' perceptions of the professional nurses' role". Abdallah, B., Irani, J., Gebran, V., Germanos P., Habib H. & Rizk, U.
2. B. Abdallah co- author with Dr. Gladys Honein from the American University of Beirut AUB on "Community Health Assessment of Needs and Continuous Empowerment (CHANCE) – An Experience-Based Co-Design Approach". The research project aims at assessing the learning needs of community-based nurses and to develop an intervention training program to address the top priority learning need.

REVIEWER

- Journal of Advances in Health Sciences Education (AHSE)-Springer Springer, SpringerOpen and/or BioMed Central journals.
- International Journal of Nursing Studies.
- Lebanese Journal of Nursing

SERVICE & PROFESSIONAL ORGANIZATIONS

1. Member of the National Committee on Infant and Young Child Feeding (IYCF) at the MOPH in collaboration with IOCC and World Vision-Lebanon: serve as a Board Certified Lactation Consultant (IBCLC) member and as a trainer and assessor of the Baby Friendly Hospital Initiative.
2. Member of the technical advisory team on IYCF at the MOPH
3. Member of the National Neonatal Resuscitation Training Program NRP for nurses and midwives at the MOPH in collaboration with LAECD: as a member and trainer.
4. Member of the Scientific Committee Order of Nurses in Lebanon ONL
5. Member of the Editorial Board of the Lebanese Journal of Nursing and editor
6. Member of the Academic Service Committee include continuing education courses and other activities that promote partnership between FHS and SGHUMC.
7. Member of MIRU group: Mother and Infant Research Unit. University of Dundee, Scotland UK. www.dundee.ac.uk
8. Appointed as Sigma Theta Tau International STTI Middle East Global Regional Council representative (2017-2019).
9. Secretary for the Chi Iota Chapter in Sigma Theta Tau International STTI (2015-17).

COURSES TAUGHT AT UNIVERSITY OF BALAMAND

1. Introduction to Nursing Practice
2. Nursing Care of the Perinatal family
3. Nursing Care of Adults
4. Nursing Care of Children
5. Nursing in the Community
6. Leadership and Management in Nursing Care
7. Research in Health Care Sciences and Research Methods
8. Family Health given to Public Health and Development and Health Promotion students
9. Nursing Skills Modules given to Medical students – as well as the initiation and coordination of the courses

SELECTED ORAL PRESENTATIONS & POSTER PRESENTATIONS

1. **A systematic integrative review of infant massage.** The 2nd International Nursing Conference of the Order of Nurses in Lebanon that was held in Beirut at the Hilton Beirut Habtoor Grand Hotel. Concurrent session is **evidence-based practice.** May 9, 10 and 11, 2018.
2. **Exploring the cultural, contextual and organizational processes that might affect the implementation of infant massage in the Lebanese NICU environment. Symposium « Recherche et Innovation en soin »** 2e congrès international de la Faculté des sciences infirmières de l'Université Saint-Joseph USJ : « La profession infirmière au cœur du système de santé », En partenariat avec la Chaire Recherche Sciences infirmières – Paris. November 19, 2016.
3. **Breastfeeding campaign** launched by the Minister of Public Health Mr.Wael Abou Faour on August 9, 2016, represented the Order of Nurses as a speaker for the event.
4. **Breastfeeding “together to protect, promote, and support breastfeeding for a better community”** delivered to the faculty, students and community at the University of Balamand, Souk El-Ghareb campus, November 19, 2015.
5. **“Breast is best” and the ten steps for BFHI** presentation delivered to Health Care Professionals (nurses, midwives, residents and dieticians...) at Belle-View Medical Centre, September 30, 2015.
6. **“Breast is best”** presentation delivered to the local community at MOSA, Ashrafieh, and September 29, 2015.
7. **Advanced Neonatal Resuscitation Training course and Helping Baby Breathe course.** Delivered to midwives and nurses all over Lebanon with hands on training within the National Neonatal Resuscitation Program of the Ministry of Public Health (MOPH) in collaboration with LAECD. Oral presentations between the years 2010 and 2014.
8. **“Lactation and re-lactation”** within the Midwifery day celebration at Al Rasoul Aazam hospital. Oral presentation May 2014.

9. **Communicable Diseases: Epidemiology of endemic and emerging communicable diseases, outbreak / infection control of patients and population and care givers/ vaccination campaigns/ health education / documentation/ reporting of outbreaks / use of case studies on single patients, families and communities.** Preparation and delivery, November-December 2014. Order of Nurses in Lebanon ONL for the Ministry of Public Health to assess the needs of Primary Health Care nurses.
10. **“Breast Health and Breast Cancer Prevention”.** Workshop for Nurses within the Breast Cancer Awareness Campaign organized by the Ministry of Public Health (MOPH) and the Lebanese Order of Nurses (ONL) on October 12, 2013. Oral presentation.
11. **Nursing Faculty Teaching: a Module in Clinical Skills to Medical Students; “A Lebanese Experience”.** 46th Middle East Medical Assembly (MEMA) May 11, 2013 – AUB.
12. **“Breastfeeding in Lebanon: The Current Situation”** within the BFHI Assessors training course in July 10 and 11, 2012 organized by World vision-Lebanon. Oral presentation.
13. **“The importance of Breastfeeding for newborns and preterm infants”** within the pediatrics seminars for interns and pediatricians at SGHUMC. November 2012. Oral presentation.
14. **“Scoping systematic reviews to evaluate outcomes of massage intervention on preterm and/or low birth weight infants”** Presented at the research seminars at FHS-UOB July, 2011 and in the first International nursing conference organized by the Order of Nurses in Lebanon May, 2011, contact hours provided to all attendees by the Order of Nurses in Lebanon. Oral presentation.
15. **“Identification of a Baby in Distress”.** The National Collaborative Perinatal Neonatal Network, NCPNN Regional Bi-Annual conference on Saturday April 2, 2011, at Bristol Hotel, Beirut-Lebanon. Oral presentation.
16. **“Determinants of Premature Pain Responses”.** The first International nursing conference organized by the Order of Nurses in Lebanon, contact hours provided to all attendees by the Order of Nurses in Lebanon. May 2011. Oral presentation.
17. **“Determinants of Premature Pain Responses”.** The Annual Nursing Research Day organized by the AUB Alumni Nurses’ Chapter, May 2009. Contact hours provided to all attendees by the American Nurses Credentialing Center’s Commission on Accreditation. Oral presentation.
18. **“The long term efficacy of premature infant massage”** at the UOB-BIRG projects and research seminars held on May 29, 2008. Oral Presentation.
19. **“Role of Nurses in applying the GINA guidelines”.** The XXIst Conference of Saint George Hospital University Medical Center and the Faculty of Medicine at the University of Balamand. November 17-19, 2005. Oral Presentation.
20. **“The Chasm of Neonatal Outcomes in Relation to Time of Birth in Lebanon”.** The Centennial Nursing Conference 100 Years of Nursing Education at AUB: Pioneering Achievements and Global Vision. July 1-2, 2005. Oral presentation.
21. **“Precursors of Preterm Birth: Comparison of Three Ethnic Groups in the Middle East and the United States”.** The Third World Congress of Perinatal Medicine in Developing countries May 20-22, 2004 at the Bristol Hotel, Beirut, Lebanon. Oral presentation.
22. **“Physical Attractiveness of Premature Infants affect outcome at discharge from NICU”** July, 2000. International Conference on Infant Studies ICIS Brighton, UK. Poster presentation.

COURSES & TRAINING MODULES DELIVERED:

1. Facilitated and presented as a member of the technical advisory team part of the **IYCF national policy** in Lebanon initiated by the MoPH and UNICEF as part of their efforts to improve the nutrition and health of all infants and young children in Lebanon (January and April, 2018).
2. **Enhancing Communication and Nursing Documentation Skills** November, 2017 main campus UOB.
3. Trainer with the Primary Health Care department at the MoPH. Participated as a speaker and trainer in conducting an **Accelerated Immunisation** activity for nurses in the most vulnerable areas. In this activity, nurses were required to administer vaccines in Informal Settlements and other settings; hence they needed to be trained on vaccine administration protocol and technique. The training was held on the 23 and 24 November, 2017 at the Four Points Sheraton Hotel- Verdun.
4. Trainer with WHO and UNICEF on **Kangaroo Mother Care and WASH** - a 4-day pre-term care workshop in Beirut for 30 participants (mainly pediatricians and neonatologists, OBGYN consultants,

health specialists and nurses) from Syria, Gambia, Iran, Iraq and Sudan. The first two days of this workshop, September 25 & 26, 2017 were designated for ECSB training.

5. Participant in the development of the vaccination policy and guidelines for nurses at PHCs in collaboration with MOPH during January and February, 2017.
6. Represented the Order of Nurses ONL as a speaker in the launching of the **“National Breastfeeding Campaign 2016”** press conference under the auspices of the Minister of Public Health Mr. Wael Abou Faour that was held on August 9, 2016 and currently steering the committee at the ONL working on National Breastfeeding Activities.
7. Organized 2 sessions for nurses and midwives at SGHUMC regarding **“Lactation Benefits and Challenges in NICU and NICU supportive environment”** that were scheduled on July 13 & 20, 2016 in Batlouni, FHS-UOB.
8. Participated in the Training of **Essential Care for Every Baby (ECEB) and Essential Care for Small Baby (ECSB)** according to the AAP guidelines (2015) on 7 & 8 November 2016, and as a master trainer of trainers on November 9 & 10, 2016, done in collaboration with MOPH, LAECD and ONL.
9. Represented the Order of Nurses at the conference organized by the Learning Center for the Deaf LCD as a speaker on June 4, 2016.
10. Represented the Order of Nurses in collaboration with the MOPH, organizing a training session for PHC nurses on **Breastfeeding Communication Skills** as part of a 2-phase training. The aim of this session was to assess the needs of PHC nurses and to sensitize them on the importance of communication when dealing with mothers and families and to highlight common misconceptions in breastfeeding. The session was delivered all over Lebanon during the month of September, 2016.
11. Participant in the development of a vaccination session with the ONL. Participated in the delivery of the training sessions that were held by ONL in collaboration with MOPH as part of a 3-phase training for nurses at the primary health care centers across Lebanon during October & November, 2016.
12. Organized 2 sessions for nurses and midwives regarding **Lactation Benefits and Challenges in NICU and NICU supportive environment** on July 13 & 20, 2016 in Batlouni, FHS-UOB.
13. **“STABLE”** course within the National Neonatal Resuscitation Program NRP at the Ministry of Public Health (MOPH) on March 13-14, 2015 - Saida Governmental Hospital.
14. **“Advanced Neonatal Resuscitation Training”** and **“Helping Baby Breathe”**. Delivered sessions and hands on training to midwives and nurses all over Lebanon as a trainer and member of the National Neonatal Resuscitation Program within the Ministry of Public Health (MOPH) in collaboration with LAECD. September – December, 2010, July, 2011, and Feb, 2015. The latest training session was at RHUH and was attended by 55 nurses, midwives and residents.
15. **“Best Nutrition for Infant and Young Children”** Conference for mothers, pregnant women and open to the public in collaboration with Lactica, IOCC and MOPH. Nov 29, 2014.
16. **Infant and Young Child Feeding in Emergencies (IYCF-E) Toolkit in the Middle East, and in particular in the Syrian context.** Facilitated 4 sessions with Save the Children US and UK in a rollout of a new Infant and Young Child Feeding in Emergencies (IYCF-E) Toolkit through a pilot training in Turkey-Istanbul from 28 September – 1 October, 2014.
17. **Providing advocacy, support, information and training for health care providers as IBCLC on nutrition in emergencies** with The International Orthodox Christian Charities (IOCC): working with Syrians refugees in Lebanon (2012-2014).
18. **“Newborn and Pediatric Physical assessment workshop”** targeting pediatric staff nurses at SGHUMC. 54 staff nurses and midwives from delivery suite, ER pediatric, pediatric intensive care, and neonatal intensive care units attended the workshop that was followed by hands on application at SGHUMC. March / April 2013. Coordinator, trainer and organizer.
19. **“Baby Friendly Hospital Initiative”**. **20 hour course on Breastfeeding.** Training in Akkar, Halba at Al Rassi government hospital on July 29, 30 & 31, 2013 as part of the national program for Infant and Young Child Feeding. The training included staff from the Rahhal, Al Salam, Al Youssef, and Al Rassi government hospitals.
20. **“Primary Health Care and Maternal Child Health”** for UNRWA nurses. March – July 2012. Trainer.
21. The module **“Nutrition in Emergencies”** for the health care workers in the Bekaa area. August 7, 2012 with IOCC. Trainer.

22. **“Baby Friendly Hospital Initiative”**. 20 hour course on Breastfeeding for 60 nurses and midwives. MOPH, WHO and World Vision- Lebanon on 16, 17, 18 July, 2012 for 60 nurses and midwives. Organizer and trainer.
23. **“Infant and Young Child Feeding Counseling: An Integrated Course”** 40 hours TOT based on the latest WHO guidelines over one week for 60 nurses and midwives with MOPH, IOCC, and World Vision- Lebanon. Trainer and organizer, April 12-17, 2012.
24. **Nutrition in Emergencies** for Syrian health care workers. June 2012 with IOCC. Trainer.
25. **“Newborn and Child Health”** module within the training course “Essential Nursing in Primary Health Care”, designed for the nurses at UNRWA. FHS-UOB, July 2012. Trainer.
26. **“Integrated Breastfeeding”** based on the latest WHO guidelines for a one week seminar for nurses, midwives and health care providers with World Vision- Lebanon., Feb 28- March 4, 2011. Trainer and organizer
27. **Physical Assessment Course** (Module) that was given to all nurses at St. George Hospital University Medical Centre during the months of November, December 2011 and January, February 2012. Organizer and trainer.
28. **“Neonatal Intensive Care”** course delivered for nurses and midwives on July, 2007, Monroe Hotel. Organizer and tutor.
29. **“Asthma Guidelines”** courses delivered to nurses in primary health care centers in Lebanon. Organized by the Childhood Protection and Care Association and the Faculty of Health Sciences/ University of Balamand. Trainer and organizer for 4 workshops May, 2006 and May, 2007, and Nov. & Dec. 2009.
30. The **BHSR Project – QAPI Experimental Program** - Lebanon Ministry of Public Health – Italian Cooperation مشروع تأمين الجودة وتحسين الأداء في مراكز الرعاية الصحية الأولية في لبنان – برنامج تجريبي ممول من "التعاون" مشروع تأمين الجودة وتحسين الأداء في مراكز الرعاية الصحية الأولية في لبنان – برنامج تجريبي ممول من "التعاون" الإيطالي. Assessor and data collector November - December 2007.
31. **“Assessment and Reassessment of the Global Criteria on Baby Friendly Hospitals”**. Workshop on BFHI sponsored by WHO in collaboration with the Order of Nurses in Lebanon. Trainer and facilitator November 5-6, 2007.
32. **Elderly project** in Nabatieh area: Trainer for data collectors, and translated the tool used for data collection and involved in the development of the elderly brochure. Study done by FHS/UOB and sponsored by the WHO in 2006.
33. **“Home Care Concepts”** as a pilot activity in support of the Basic Health Services Reform Project (BHSR) targeting health care professionals in seven selected health centers in each area. Two training courses in Nabatieh area on March 14-18, 2005, South Lebanon on March 21-23, and Tripoli March 29-30, 2005.
34. **“Skills for Socio-Economic Development”**. Landmine-Victimized Adolescent Girls in Jezzine. March 16-23, 2002 funded by WRF.
35. **“Improving Knowledge / Enhancing Skills for Women”** in Aarsal/Bekaa. Taught over a 6 month period in 1998 funded by the Canadian Embassy.

TV & RADIO INTERVIEWS

Guest speaker for various television and radio stations on Breastfeeding and Lactation as well as the Nursing Profession in general 2010-2018:

TV: Heya TV - The Arab Woman Channel, MTV, OTV, LBC, MBC and Hurra TV and Sky News.

Radio stations: Radio Liban, VDL - Voice of *Lebanon*, Voice of Van - Lebanese Armenian Radio Station, Sawt El Ghad, and the Lebanon Radio Station.

HIGHLIGHTS OF CONSULTANCIES

Consultancy Activities as International Board Certified Lactation Consultant IBCLC

Nov 2017 - Apr 2018; Serving as a member and technical support on the technical advisory team for the development, implementation and monitoring of a National Infant and Young Child Feeding Policy in Lebanon. The Policy was initiated by the MOPH and UNICEF as part of their efforts to improve the nutrition and health of all infants and young children in Lebanon. I assisted in developing and drafting IYCF national policy based on assessment findings backed by the most recent global scientific evidence. The process started with an assessment of infant and young child feeding practices, policies and programs. A full report was

prepared to document the findings. The assessment included desk reviews, observational visits and interviews with relevant partners and stakeholders.

Nov 2016 and Dec 2017; Participated in the Training of Essential Care for Every Baby (ECEB) and Essential Care for Small Baby (ECSB) according to the AAP guidelines (2015) and as a master trainer of trainers in November, 2016 and December, 2017. The training was done in collaboration with MOPH, LAECD and ONL at the national level for the BSN and TS nursing schools.

Sep 2016; Organized in collaboration with MOPH a training session for PHC nurses on breastfeeding communication skills as part of phase two training modules. The aim of this session was to assess the needs of PHC nurses and to sensitize them on the importance of communication when dealing with mothers and families and to highlight common misconceptions in breastfeeding. The session was delivered all over Lebanon.

Sep 28 - Oct 1, 2014; Facilitated 4 sessions with Save the Children US and UK within a rolling of a new Infant and Young Child Feeding in emergencies (IYCF-E) Toolkit through a pilot training in Turkey-Istanbul from The training focused on emergencies in the Middle East, and in particular the Syrian context.

Oct 20 - Oct 21, 2014; Participated as a lactation consultant with World Vision Lebanon in developing its first Technical Approach in Health on conducted by Dan Irvine, Senior Director of Operations, Health and Nutrition, from the Global Center. The aim of this workshop was to support with the development of the Sub strategy of WV national strategy related to the health sector.

2014; Served as a member of the task force assigned by the MOPH in collaboration with the Technical Unit Research Center-La Sagesse University to revise the technical adaptation of the Integrated Management of Childhood Illnesses (IMCI) Adaptation guidelines (2014), a committee that was formed to advise on matters related to their programs.

Consultancy - Order of Nurses in Lebanon

January - March, 2018; Participant in the development of the Neonatal Resuscitation Program Evaluation with ONL to evaluate the degree of satisfaction of HCPs regarding NRP training, as well as to identify the main facilitators and barriers regarding implementation of NRP.

January and February, 2017; Participant in the development of the vaccination policy and guidelines for nurses at PHCs in collaboration with MOPH.

October, November, 2016; Participant in the development of the vaccination session with the ONL- participated in the delivery of the training sessions that were held by ONL in collaboration with MOPH as part of phase 3 training for nurses at the primary health care centres across Lebanon.

Nov - Dec 2014; Consultancy with ONL on a project for MOPH to assess the needs of PHC nurses as well as the reparation and delivery of Unit 4 –Communicable diseases.