

Curriculum Vitae

Hiba Deek

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EDUCATIONAL & WORK EXPERIENCE

Professional Summary:

- Highly skilled professional registered nurse with over 6 years practical experience in a hospital setting.
- Run numerous in-services for CCU nurses at RHUH on: LVADs, ABGS, Heart failure assessment and management, IABP.
- Human research and ethics experience at UTS, Australia.
- Research experience at AUB, Lebanon.
- Teaching experience at BAU since 2016.

Work Experience:

Research experience

- **Full-time research associate:** Hariri School of Nursing (American University of Beirut)– January 4th, 2016- November, 2016.
- **Part-time research assistant/ health research ethics officer (3 days/week):** Faculty of health (University of Technology Sydney) – **October, 2014-March, 2015**
- **Part-time research assistant (3-4days/week):** Centre for Cardiovascular and Chronic Care (University of Technology Sydney) - **March- October, 2013**
- **Eight-week research residency:** University of Technology Sydney - **July 14th , 2011**

Clinical experience

- **Full-time registered nurse:** CCU of Rafic Hariri University Hospital, Lebanon and occasional rotation RN in other units. (PTU, CSU & hematology-oncology unit) - **October9, 2006- 2013**

Teaching experience

- **Full-time assistant professor of nursing:** (Beirut Arab University- Department of nursing): September 2018- ongoing
- **Part-time lecturer:** (Beirut Arab University) – August, 2016, June 2017.

- **Part-time teaching assistant:** Faculty of Health (University of Technology Sydney) – *September- October 2013*

Teaching experience in the following courses:

- Critical Care Course (Undergraduate level)
- Emergency Nursing Course (Undergraduate level)
- Psychiatry and Mental Health Nursing (Undergraduate level)
- Adult Health Nursing Care II (Undergraduate level)
- Adult Health Nursing Care III (Undergraduate level)
- Community Health Nursing (Undergraduate level)
- Leadership and management Nursing (Undergraduate level)
- Professional ethics (University elective)
- Introduction to Personal Health (University elective)
- Quality control (Faculty elective)
- Advanced Emergency Nursing Care (Graduate level)

Guest lecturer:

- Universitas Indonesia. Faculty of Nursing. Systematic Review Writing session. Graduate level. November 19, 2021.
- Balamand University: Acute and Chronic Nursing Management (Graduate level)

Educational Background:

- **PhD in nursing research:** (University of Technology Sydney – April, 2016)
- **Masters of Science in Adult Health Nursing Care (Focus on Cardiology & Critical Care)**– (American University of Beirut/ Hariri School Of Nursing - June 2012)
- **Bachelor of Nursing- graduating average 85%.** (Makassed University – July 2006)
- **Baccalaureate in Life Science.** (ICS –July 2003)

Research Projects:

- Health Literacy among patients with heart failure – ongoing.
- Medication adherence among patients with heart failure – ongoing.
- The Lebanese Heart Failure Snapshot.
- **Family focused Approach to iMprove Heart failure care In Lebanon QualitY (**FAMILY**) intervention (*PhD project*).**
- A heart failure program and its effects on readmission rates among patients with heart failure: A prospective study- *research coordinator*.
- Readmission rates and related factors of heart failure patients: A Study in Lebanon. (*Master's Thesis*).
- Back pain among nurses: cross-sectional survey in 4 sites in Lebanon (*BSN project*).

Grants, Honours and Awards:

- Intramural research grant: Beirut Arab University, \$5,000 U.S. **October, 2019.**

- The Chancellor's Award for most outstanding thesis in 2016 at UTS: **March 8th, 2017.**
- The Joanna Briggs Institute Australasian Cardiovascular Nursing College Certificate of Commendation Award for Best Clinical Research Paper presentation 2015: **March, 2015.**
- Sigma Theta Tau International Small Grant of \$5,000: **February, 2015.**
- Australian Postgraduate Award (APA scholarship- \$25,894 per annum). University of Technology Sydney: **January, 2015.**
- Best oral presentation (Doctoral/Masters) at Research Student Forum (RSF), University of Technology Sydney (UTS): **December 12th, 2014.**
- Chartering into School of Nursing Honor Society - Sigma Theta Tau International: **September 13, 2014.**
- Link Housing Study Scholarship of \$9,000 over 3 years: **February, 2014 (paid) - April, 2015 (Paid) & February, 2016 (not paid since thesis was submitted before the due date).**
- 3 minute thesis people's choice award - Centre for Cardiovascular and Chronic Care (UTS): **May 31st, 2013.**
- Induction into School of Nursing Honor Society - Sigma Theta Tau International: **June 15, 2012.**
- Link Housing Study Scholarship of \$3,160: **July, 2011.**

Certifications:

- **Certificate of attendance. Flu & COVID 19 Vaccination and Nursing Research. ONL. November 30th, 2021.**
- **Certificate of attendance: Design Thinking Workshop. (November 24, 2021).**
- **Certificate of Appreciation: Refreshing for Editors Workshop: Meet the Expert. Certificate number: SERT-3409/UN2.F12.D/SDM.02.04/2021. (August 20, 2021).**
- **Reviewer Certificate: Journal of Advanced Nursing. Wiley. (February 2021).**
- **Certificate of attendance: Updates on Diabetes; Tribute to Nurses. Beirut Arab University. (November 27, 2020).**
- **Certificate of attendance: Reinventing Nursing Issues: Reputable Nursing Journal Challenges. (July 2020).**
- **Reviewer Certificate: Journal of Advanced Nursing. Wiley (February, 2020).**
- **Certificate of Completion: Protecting Human Research Participants Online Training. Certification Number 2800723 (December 9, 2018).**
- **Certificate of Outstanding Contribution in Reviewing. Heart & Lung Journal (December, 2016).**
- **Certificate of Attendance: European Society of Cardiology 2015, London (September, 2015).**
- **Certificate of completion: The e-Grad School LEAP Module in Leadership and Communication (May, 2015).**
- **Certificate of completion: Applied statistical procedures with the ASCPRI spring program (October, 2014).**
- **Certificate of Attendance: Hariri School of Nursing Conference (September, 2014).**
- **Certificate of Attendance: The Annual Congress of the Society of Critical Care Medicine, Movenpick Hotel and Resort, Beirut, Lebanon (March 9, 2014).**

- **Certificate of Attendance:** Cardiac Society of Australia and New Zealand 61st Annual Scientific Meeting (**August 8-11, 2013**).
- **Certificate of Attendance:** Middle East Heart Failure Congress (**May, 2012**).
- **Certificate of Attendance:** The 45th Middle East Medical Assembly (**May, 2012**).
- **Certificate of Attendance:** The 1st Order of Nurses in Lebanon International Conference on Globalization (**May, 2011**).
- **Certificate of Attendance:** The 44th Middle East Medical Assembly (**May, 2011**).
- **Certificate of Attendance:** Third annual meeting of the Lebanese Society of Critical Care Medicine (**December, 2009**).
- **Certificate of attendance:** 30 hour Training Session on critical care nursing at RHUH (**July, 2009**).
- **Critical care certificate:** RHUH certified from the MOH (**July, 2008**).
- **Course Certificate:** Enlightenment Program in Critical Care Course at AUBMC (**February, 2008**).
- **Certificate of Attendance** of Evidences and Controversies in Neonatology (**June 8-10, 2006**).
- **Certificate of work experience:** Spurway medical center, Australia (**2000**).

Publications:

- **Deek, H.,** Massouh, A., & Davidson, P. M. (2022). Heart Failure in Lebanon: A Review of the Literature. *Jurnal Keperawatan Indonesia*, 25(1), 17-31.
- **Deek, H. & Davidson, P.M** (2021). Follow up from the Lebanese heart failure snapshot: reflection of geopolitical instability. *Journal of Nursing Scholarship*. Accepted Oct 22, 2021.
- **Deek, H.,** El Nayal, M., Alabdulwahhab, K., Ahmad, M., Shaik, R., Alzahrani, M., Elmahdi, I., Youssef, N., Alboraie, M., Fong, D., Choi, E. P. H., Chan, B. K. Y., & Omar, N. (2021). A Multi-centric Study on Validation of the Fear Scale for COVID-19 in Five Arabic Speaking Countries. *Brain and Behavior*. 00, e32375. <http://doi.org/10.1002/brb3.2375>. Accepted Sep 4, 2021, First published: Oct 17, 2021.
- Yuet-wan Lok, K., Yee Tak Fong, D et al., **CARE group** (2021). International survey for assessing COVID's impact on fear and health: study protocol. *BMJ Open*; 11:e048720. Doi:10.1136/bmjopen-2021-048720.
- Al Shoufi, Z., Al Badran, A., Shishnieh, A., Asaad & **Deek, H.** (2022). Knowledge of the effect of synthetic proteins on the overall health in Lebanese adults: A cross sectional study. *Health and Wellbeing*. Vol 4 (2).
- Taleb, R., Jad, R., Salem, R., Lababidi, N., Awassa, N., Atchan, H & **Deek, H.** (2022). The effect of frequently wearing face masks during the COVID-19 pandemic on the development of acne in adults: A cross sectional descriptive study. *Health and Wellbeing*. Vol 4 (2).
- Maziad, M & **Deek, H** (2020). Prevalence of Varicose veins among nurses working in difference hospital departments: A cross sectional study. *Journal of health & Wellbeing*. 3 (2), 2.
- **Deek, H.** (2020). The Effect of the COVID-19 Pandemic on the Lebanese Health, Economy and Social Wellbeing. *International Journal of Current Research and Review*. Vol. 12 (19). Guest Editorial.

- **Deek, H.,** Nouredine, S., Allam, D., Newton, P. J., & Davidson, P. M. (2020). A single educational intervention on heart failure self-care: Extended follow-up from a multisite randomized controlled trial. *European Journal of Cardiovascular Nursing*, 1474515120941645.
- **Deek, H.,** Newton, P. J., Kabbani, S., Hassouna, B., Macdonald, P. S., & Davidson, P. M. (2020). The Lebanese Heart Failure Snapshot: A National Presentation of Acute Heart Failure Admissions. *Journal of Nursing Scholarship*, 52(5), 506-514.
- **Deek, H.,** Itani, L., & Davidson, P. M. (2020). Literacy critical to heart failure management: a scoping review. *Heart failure reviews*, 1-7.
- Al-Neamani, L., Al-Dirawi, S., Arnaout, S., & **Deek, H.** (2019). Preoperative patient education on length of stay of patients undergoing orthopedic surgeries: A pilot randomized controlled trial. *BAU Journal- Health and wellbeing*, 2(1), 10. ISSN: 2617-1635.
- Huijer, SH, **Deek H.**, Nouredine S. (2018) A mapping of nursing and midwifery Research in the Eastern Mediterranean Region, 2006-2016. *Eastern Mediterranean Health Journal*. Vol. 24, no. 8, pp.640-650.
- Huijer, SH, Nouredine S., **Deek H.** Nursing and Midwifery Research in the Eastern Mediterranean Region (EMR). Report for the World Health Organization Eastern Mediterranean Region. Accepted by the WHO-EMR July 2017.
- **Deek, H.,** Chang, S., Newton, P. J., Nouredine, S., Inglis, S. C., Al Arab, G., ... & Davidson, P. M. (2017). An evaluation of involving family caregivers in the self-care of heart failure patients on hospital readmission: Randomised controlled trial (the FAMILY study). *International journal of nursing studies*, 75, 101-111.
- **Deek, H.,** Hamilton, S., Brown, N., Inglis, S. C., Digiaco, M., Newton, P. J., ... & FAMILY Project Investigators. (2016). Family-centred approaches to healthcare interventions in chronic diseases in adults: a quantitative systematic review. *Journal of advanced nursing*, 72(5), 968-979.
- **Deek, H.,** Chang, S., Nouredine, S., Newton, P. J., Inglis, S. C., Macdonald, P. S., ... & Davidson, P. M. (2016). Translation and validation of the Arabic version of the Self-care of Heart Failure Index. *Nurse Researcher (2014+)*, 24(2), 34.
- **Deek, H.,** Nouredine, S., Newton, P. J., Inglis, S. C., MacDonald, P. S., & Davidson, P. M. (2016). A family-focused intervention for heart failure self-care: conceptual underpinnings of a culturally appropriate intervention. *Journal of advanced nursing*, 72(2), 434-450.
- **Deek, H.,** Newton, P. J., Nouredine, S., Inglis, S. C., Al Arab, G., Kabbani, S., ... & Davidson, P. M. (2016). Protocol for a block randomised controlled trial of an intervention to improve heart failure care. *Nurse Researcher (2014+)*, 23(4), 24.
- **Deek, H.,** Skouri, H., & Nouredine, S. (2016). Readmission rates and related factors in heart failure patients: A study in Lebanon. *Collegian*, 23(1), 61-68.
- **Deek, H.,** Newton, P., Inglis, S., Kabbani, S., Nouredine, S., Macdonald, P. S., & Davidson, P. M. (2015). Heart health in Lebanon and considerations for addressing the burden of cardiovascular disease. *Collegian*, 22(3), 333-339.
- **Deek, H.,** Abbott, P., Moore, L., Davison, J., Cameron, S., Digiaco, M., McGrath, S., Dharmendra, T. & Davidson, P. (2014), 'Pneumococcus in Aboriginal and Torres Strait Islanders: the role of Aboriginal Health Workers and implications for nursing practice', *Contemporary nurse*, vol. 46, no. Issues in Aboriginal and Torres Strait Islander Health Care, pp. 54-8.
- **Deek, H.,** Newton, P., Sheerin, N., Nouredine, S. & Davidson, P.M. (2014), 'Contrast media induced nephropathy: A literature review of the available evidence

and recommendations for practice', Australian Critical Care, vol. 27, no. 4, pp. 166-71.

- Jackson, D., Hickman, L.D., Power, T., Disler, R., Potgieter, I., **Deek, H.** & Davidson, P.M. (2013), 'Small group learning: Graduate health students' views of challenges and benefits', Contemporary nurse, vol. 48, no. 1, pp. 117-28.

In progress:

- Abo Karnib, V., AbdelHalim, G., & **Deek, H. (2023)**. The dependence level among adolescent vape users in Lebanon: A Cross-sectional study.
- Daoud, JH., Steitieh, H., Fawaz, S., Ikkawi, A., Safa, F., Azayzi, N, & **Deek. H (2023)**. Prevalence of sexual harassment and its related factors among nurses and nursing students in Lebanon.
- **Deek, H & Massouh, A. (2023)**. Imminent Threats on heart failure population in a socio-economically challenged country: Impact of psychosocial aspects on medication adherence. Submitted to Journal of Advanced Nursing.
- **Deek, H.** & Nayyal, M. Development and validation of a tool for evaluating nursing students undergoing interviews with psychiatric patients: A Delphi Approach. In progress.
- **Deek, H.,** Nayyal, M & Fong, YT, D. Translation and validation of the Arabic version of the Out of control Scale in the Lebanese setting.
- **Daniel et al.... Deek, H.** International study on the effect of COVID-19 pandemic on fear, anxiety and health.

Poster presentations:

- Deek, H., Chang, S., Newton, P.J., Nouredine, S., Inglis, S.C., Al Arab, G., Chalak, W., Timany, N., Macdonald, P.S., & Davidson, P.M. 'Family focused approach to improve heart failure care in Lebanon quality (FAMILY) intervention: Randomized controlled trial for implementing and educational family session. European Society of Cardiology, London: **September 1st, 2015.**
- Deek, H., Hadi, S., & Nouredine, S. Readmission Rates and related factors of Heart Failure Patients: A Study in Lebanon. AUB Hariri School of Nursing (HSON) Research Conference and Induction Ceremony of the **Chi Iota Chapter**, the first Sigma Theta Tau International (STTI) Honor Society Chapter in the Middle East: **September 12-13, 2014.**
- Deek, H., Hadi, S., & Nouredine, S. Readmission Rates and related factors of Heart Failure Patients: A Study in Lebanon. AUB Hariri School of Nursing (HSON) Research Conference and Chartering Ceremony of the **Chi Iota Chapter**, the first Sigma Theta Tau International (STTI) Honor Society Chapter in the Middle East: **June 15, 2012.**

Oral presentation:

- Deek, H., et al. Family focused Approach to iMprove Heart Failure care In Lebanon Quality (FAMILY) Intervention: randomized controlled trial. Research Student Forum, University of Technology Sydney: **June 26th, 2015.**

- Deek, H., Newton, P.J., Nouredine, S., Inglis, S.C., MacDonald, P.C., Davidson, P.M. Family focused Approach to iMprove Heart Failure care In Lebanon Quality (FAMILY) Intervention: A Randomized Controlled Trial. Australasian Cardiovascular Nursing College Conference 2015: **March 14th, 2015.**
- Deek, H., Hadi, S., & Nouredine, S. Readmission Rates and related factors of Heart Failure Patients: A Study in Lebanon. The Annual Congress of the Society of Critical Care Medicine, Movenpick Hotel and Resort, Beirut, Lebanon: **March 9, 2014.**
- Deek, H., et al. Family focused Approach to iMprove Heart Failure care In Lebanon Quality (FAMILY) Intervention: protocol for randomized controlled trial for implementing an educational family session. Research Student Forum, University of Technology Sydney: **December 12, 2014.**

Editorial board member:

- Journal of Acute Medicine (JAD).

Journal reviews:

- Collegian: The Australian Journal of Nursing Practice, Scholarship and Research.
- International Journal of Nursing Studies.
- Journal of Clinical Nursing.
- Journal of Cardiovascular Diseases & Diagnosis.
- Journal of Advanced Nursing.
- Heart and Lung: The journal of Acute and Critical Care.
- Patient Education and Counselling
- Health Education Journal
- Journal of Population Therapeutics and Clinical Pharmacology
- Health & Wellbeing – BAU journal

Professional Organizations:

- ***Member:*** CNE committee, Order of Nurses in Lebanon (***Sep, 2021- ongoing.***)
- ***Chair:*** Quality Committee, Faculty of Health Sciences, Beirut Arab University (***September, 2021- ongoing.***)
- ***Founding member & Treasurer:*** Lebanese Cardiovascular Nursing Society. Under the umbrella of the Order of Nurses in Lebanon. ***2020- ongoing.***
- ***Member:*** FHS Research Committee, BAU (***September, 2018- ongoing***)
- ***Chair:*** Awards and Recognition Committee, Middle East Regional Chapter, Sigma Theta Tau International Honor Society of Nurses, 2016- 2018.
- ***Treasurer:*** Chi Iota Chapter of the Sigma Theta Tau International Honor Society of Nurses at AUB (***January, 2016-2018.***)
- ***Basic member:*** European Society of Heart Failure (***Since 2015.***)
- ***Member:*** Scientific committee- Order of nurses in Lebanon (***September 10th, 2015-2018.***)
- ***Chartered:*** Sigma Theta Tau International Nursing honor Society (***Since September, 2014.***)
- ***Affiliated member:*** Cardiac Society of Australian and New Zealand (***Since 2013.***)

- ***Clinical trial council member:*** Cardiac Society of Australia and New Zealand (2013-2016).
- ***Student representative:*** Faculty Research Committee (*January, 2013- December, 2014*).

Personal Skills:

- Excellent team player
- Good communication skills
- Able to adjust to changing environments
- Efficient, pleasant and professional manner in dealing with patients
- Have an abundance of enthusiasm and seriousness when needed
- Organised and pay attention to details
- Responsible, loyal & a hardworking individual
- Ability to work with a diverse range of people
- Ability to work under pressure
- ‘Can do’ & positive attitude

Expertise keywords:

Heart failure; chronic care, nursing, patient education, randomized controlled trial, self-care and family.

Computer Literacy: Outlook, Word, Excel, Power Point, Database Search, SPSS, endnote.

Language Literacy: Arabic (*Excellent*), English (*Excellent*).

D.O.B: 20/04/1985

Nationalities: Australian - Lebanese

References:

For inquiries on my research and ethics experience, please refer to Professor Davidson and Dr Krastev. Regarding my education, please contact Professor Davidson, Professor Nouredine and Dr Ezzeddine. For all other inquiries, please contact Professor Davidson and Professor Nouredine.

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