

## PERSONAL INFORMATION

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**Sajed Faisal Hussein Al-Ali Ghawadra**

📍 5, Al-Masharqa Building, Yahya Ayash Street, Albasateen District / Jenin, West Bank, Palestine.

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✉ [sajed.ghawadra@aaup.edu](mailto:sajed.ghawadra@aaup.edu)

Sex: Male | Date of birth: 13/April/1986 | Nationality: Palestinian

Marital Status: Married

No. of Children: Four Boys

## JOB APPLIED FOR POSITION PREFERRED JOB STUDIES APPLIED FOR

- Assistant Professor at Faculty of Postgraduate / Health Sciences Department, Arab American University-Palestine (AAUP).
- Head Department / Coordinator of Nursing, Pharmacy and Allied Medical Faculties, Arab American University-Palestine (AAUP) / Ramallah Campus, West Bank, Palestine.
- Chairman of the Institutional Review Board (IRB-R/AAUP), Ramallah.
- BLS & ACLS Instructor in American Heart Association (AHA) in AAUP Heart Center.
- Mindfulness-Based Trainer”, by Malaysia Association for Mindfulness Practice & Research (MMPR) / Kuala Lumpur, Malaysia.

## WORK EXPERIENCE

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- Since (1/NOV/2023) until now; Head Department / Coordinator of Nursing, Pharmacy and Allied Medical Faculties, Arab American University-Palestine (AAUP) / Ramallah Campus, West Bank, Palestine Tel: +97022941999, E-mail: [admin@aaup.edu](mailto:admin@aaup.edu).
- Since (1/NOV/2023) until now; Chairman of the Institutional Review Board (IRB-R/AAUP), Ramallah, Arab American University-Palestine (AAUP) / Ramallah Campus, West Bank, Palestine Tel: +97022941999, E-mail: [admin@aaup.edu](mailto:admin@aaup.edu).
- Since (1/NOV/2023) until now; Member of Clinical Training Committee, Arab American University-Palestine (AAUP) / Ramallah Campus, West Bank, Palestine Tel: +97022941999, E-mail: [admin@aaup.edu](mailto:admin@aaup.edu).
- Since (1/NOV/2022) until (1/NOV/2023); Member of Clinical Training Board, Arab American

University-Palestine (AAUP) / Jenin Campus, West Bank, Palestine Tel: +97022941999, E-mail: [admin@aaup.edu](mailto:admin@aaup.edu).

- Since (10/OCT/2023) until (1/NOV/2023); Vice Chairman of the Institutional Review Board (IRB/AAUP), Arab American University-Palestine (AAUP) / Jenin, West Bank, Palestine; Tel: +97042418888, E-mail: [admin@aaup.edu](mailto:admin@aaup.edu).
- Since (1/AUG/2022) until (31/JUL/2023); Head Department, Faculty of Nursing, Arab American University-Palestine (AAUP) / Jenin, West Bank, Palestine; Tel: +97042418888, E-mail: [admin@aaup.edu](mailto:admin@aaup.edu).
- Since (3/AUG/2021) until (29/MAR/2024); Dean's Assistant / Clinical Training Coordinator, Faculty of Nursing, Arab American University-Palestine (AAUP) / Jenin, West Bank, Palestine; Tel: +97042418888, E-mail: [admin@aaup.edu](mailto:admin@aaup.edu).
- Since (1/NOV/2020) until now; Assistant Professor at Faculty of Nursing and Faculty of Postgraduate / Health Sciences Department, Arab American University-Palestine (AAUP) / Jenin, West Bank, Palestine; Tel: +97042418888, E-mail: [admin@aaup.edu](mailto:admin@aaup.edu).
- Since (22/FEB/2020) until (1/NOV/2020); Lecturer at Faculty of Nursing, Arab American University-Palestine (AAUP) / Jenin, West Bank, Palestine; Tel: +97042418888, E-mail: [admin@aaup.edu](mailto:admin@aaup.edu).
- Since (19/OCT/2009) to (23/OCT/2016); as a Nurse in (Intensive Care Unit & Emergency Room) in Jenin Government Hospital (The Martyr Dr. Khalil S. Hospital) / Jenin, West Bank, Palestine; Tel: +970 42436635, Website: <http://www.moh.ps>.
- Since (15/MAR/2015) to (12/SEP/2016); a Simulation Lab instructor, Fundamental of Nursing Lab instructor, and Clinical instructor in Nursing College, Arab American University-Palestine (AAUP) / Jenin, West Bank, Palestine; Tel: +97042418888, E-mail: [admin@aaup.edu](mailto:admin@aaup.edu).
- Since (9/FEB/2011) to (28/NOV/2015); clinical instructor for "Fundamental of Nursing, Adult Health Nursing, Mental Health Nursing" for nurses' students in Nursing and Midwifery Department, Faculty of Medicine & Health Sciences, An Najah University / Nablus, West Bank, Palestine; Tel: +970 92345113, E-mail: [info@najah.edu](mailto:info@najah.edu).
- Since (1/JUN/2008) to (1/NOV/2009); ICU Nurse in Nablus Spatiality Hospital / Nablus, West Bank, Palestine; Tel: +970 92341501.
- Since (15/APR/2009) to (30/JUL/2009); as a TV Show introducer about health with names "Health is First" (A Live Weekly Show), Nablus TV / Nablus, West Bank, Palestine; Tel: +970 92336555.

## PREVIOUS EDUCATION

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- 2019; Ph.D. in Nursing Mental Health, with research titled: (The Effect of Mindfulness-based Training on Psychological Distress and Job Satisfaction Among Nurses in A Teaching Hospital), Nursing Department, Faculty of Medicine, University of Malaya / Kuala Lumpur, Malaysia; Tel: +603-7967 3265, E-mail: [skp\\_aasc@um.edu.my](mailto:skp_aasc@um.edu.my).
- 2013; Master's degree in Community Mental Health Nursing; with a thesis: (Association between Autism and Iron Deficiency in Autistic children in Northern West Bank), Faculty of Graduate Studies, An Najah National University / Nablus, West Bank, Palestine; Tel +970 92345113, E-mail: [info@najah.edu](mailto:info@najah.edu).
- 2008; Bachelor of Science in Nursing, Faculty of Nursing, An Najah National University / Nablus, West Bank, Palestine; Tel +970 92345113, E-mail: [info@najah.edu](mailto:info@najah.edu).
- 2004; General Examination Board, The Martyr Abu Jihad Secondary School / Araba, Jenin, West Bank, Palestine; Tel: +970 4 2468265.

## RESEARCH RELATED

### PUBLICATIONS:

- Zabin, L. M., Qaddumi, J., & Ghawadra, S. F. (2025). The relationship between job stress and the perception of patient safety culture among Palestinian hospital nurses. *BMC Nursing*, 24(1), 355. <https://doi.org/10.1186/s12912-025-03009-9>.
- Zabin, L. M., Qaddumi, J., Ghawadra, S. F., & Battat, M. M. (2025). Job stress and patient safety culture: a qualitative study among hospital nurses in Palestine. *BMC Nursing*, 24(1), 308. <https://doi.org/10.1186/s12912-025-02993-2>.
- Ghawadra, S. F., Lim Abdullah, K., Choo, W. Y., Danaee, M., & Phang, C. K. (2020). The Effect of Mindfulness-Based Training on Stress, Anxiety, Depression, and Job Satisfaction Among Ward Nurses: A Randomized Control Trial. *Journal of Nursing Management*, n/a(n/a). doi:10.1111/jonm.13049.
- Ghawadra, S. F., Abdullah, K. L., Choo, W. Y., & Phang, C. K. (2019). Psychological distress and its association with job satisfaction among nurses in a teaching hospital. *Journal of Clinical Nursing*, 28(21-22), 4087-4097. doi:10.1111/jocn.14993.
- Ghawadra, S. F., Abdullah, K. L., Choo, W. Y., & Phang, C. K. (2019). Mindfulness-based stress reduction for psychological distress among nurses: A systematic review. *Journal of Clinical Nursing*, 28(21-22), 3747-3758. doi:10.1111/jocn.14987.

- Al-Ali, S. F., Russo, S. Alkaissi, A. (2015). Association between autism spectrum disorder and iron deficiency in children diagnosed autism spectrum disorder in the Northern West Bank. J Health Med Nur, ISSN 2422-8419 Vol 16, <https://iiste.org/Journals/index.php/JHMN/article/view/24798/25401>.

#### THESIS SUPERVISION:

- 2023/2024; Co-supervisor on “Ph.D. Nursing Student; Loai Zabin”, thesis titled: (The Impact of Job Stress on Patient Safety Culture among Hospital Nurses in Palestine: Insights from a Large Mixed-Method Study), [Passed with minor corrections].
- 2023/2024; Co-supervisor on “Ph.D. Nursing Student; Adam Marawa`a”, thesis titled: (Impact of Formative Assessment on First-Year Nursing Student 'Anxiety, Performance, Self-Efficacy, and Self-Regulation in Palestine: A Mixed-Methods Study), [Passed with minor corrections].
- 2023-2025; Main supervisor on “Adult Medical Surgical Nursing Master Student; Esa M. Daibes”, thesis titled: (The effect of the intergenerational weekly sessions program on depression, stress and anxiety among elderly people in elderly homes in north Palestine; a quasi-experimental study).
- 2023/2024; Main supervisor on “Critical Care Nursing Master Student; Hothaifa Abu Zhoor”, thesis titled: (The Effect of Virtual Reality Program for Post Cardiac Surgery Care Patients on Knowledge and Practice among Nurse Students in Arab American University in Palestine), [Passed with minor corrections].
- 2023/2024; Main supervisor on “Critical Care Nursing Master Student; Mohammad Abu Ethiheer”, thesis titled: (The Effect of Mechanical Ventilator Educational Program Via Virtual Reality on Knowledge and Skills Among Nursing Student in AAUP), [Passed with minor corrections].
- 2022/2023; Main supervisor on “Emergency Nursing Master Student; Moataz Mosa”, thesis titled: (Obstacles in employing evidence-based practice by emergency nurses in Palestinian Hospitals: A Mixed-Method Approach), [Passed with minor corrections].
- 2022/2023; Main supervisor on “Neonatal Intensive Care Nursing Master Student; Mays Alawna”, thesis titled: (The Effect of Neonatal Respiratory Distress Educational Program on Knowledge and Practices among Neonatal Intensive Care Unit Nurses in West Bank Hospitals), [Passed with minor corrections].
- 2020/2021; Main supervisor on “Emergency Nursing Master Student; Faheem Jomaa”, thesis titled: (The Level of Stress, Anxiety, Depression and Burnout Among ER Nurses in Palestine), [Passed with no corrections].

- 2020/2021; Co-supervisor on “Emergency Nursing Master Student; Ahmad Ajayeb”, thesis titled: (The Level of knowledge and Perception of the Rapid Response Team among Nurses, Physicians, and Hospital Administrators in Palestine), [Passed with minor corrections].

#### THESIS EXAMINATION:

- 13/FEB/2025; Internal Examiner on “Critical Care Master Student”, thesis titled: (Nurse-to-Patient Ratios, Mortality Rates, and Nurse Satisfaction in West Bank ICUs).
- 23/JAN/2025; Internal Examiner on “Critical Care Master Student”, thesis titled: (The Effect of Non-Invasive Ventilation on Anxiety Level and Sleep Quality for Palestinian Hospitalized Patients in Adult Critical Care Units).
- 12/AUG/2024; Internal Examiner on “Quality Management in Health Institutions Master Student”, thesis titled: (Assessment of Laboratory service interruption and its associated factors in governmental Hospitals, West Bank, Palestine).
- 27/JUN/2024; Internal Examiner on “Adult Medical Surgical Nursing Master Student”, thesis titled: (The Knowledge, Perception, and Attitudes of Healthcare Professionals toward the Use of Subcutaneous Fluids in Elderly patients in Northern Palestine).
- 4/FEB/2024; Internal Examiner on “Critical Care Master Student”, thesis titled: (A Cross Sectional Study Assessing the Knowledge of ICU nurses on ABDCEF Bundle in Governmental Hospitals in the Palestinian Territories).
- 16/JAN/2024; External Examiner on “Clinical Psychology Master Student / An Najah National University”, thesis titled: (Factors Affecting Job Satisfaction of Nursing Staff in Hospitals in the West Bank - Palestine - A Cross-Sectional Study).
- 22/FEB/2022; External Examiner on “Clinical Psychology Master Student / An Najah National University”, thesis titled: (Suicide from The Perspective of Palestinian Mental Health Workers).
- 23/DEC/2021; Internal Examiner on “Emergency Nursing Master Student”, thesis titled: (Assessment of Disaster Preparedness Plans at Palestinian Governmental Hospitals in the West Bank; A Mixed Method Approach).
- 28/AUG/2021; Internal Examiner on “Emergency Nursing Master Student”, thesis titled: (Assessment of Communication between pre-hospital emergency services and Emergency Departments in Palestine).

#### JOURNAL REVIEWER:

- Since 2021 until now; Reviewer for POLS ONE journal.

## COMMITTEES

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### UNIVERSITY COMMITTEES:

- 29/DEC/2024; Head of Student Scientific Research Committee, Ramallah Campus, Arab American University-Palestine (AAUP).
- 23/DEC/2024; Health and General Safety Committee, Ramallah Campus, Arab American University-Palestine (AAUP).
- 23/MAR/2024; Clinical Training Council, Ramallah Campus, Arab American University-Palestine (AAUP).
- 20/FEB/2024; Studying Medical Reports Committee, Ramallah Campus, Arab American University-Palestine (AAUP).
- 7/AUG/2024; Clinical Training Council for Medical Facilities, Jenin Campus, Arab American University-Palestine (AAUP).
- 12/SEP/2022, Member of Advisory Bord for Faculty of Nursing, Arab American University-Palestine (AAUP).
- 25/MAY/2022, Member of Quality Management and Control Committee, Faculty of Nursing, Arab American University-Palestine (AAUP).
- 25/MAY/2022, Member of Resources Committee, Faculty of Nursing, Arab American University-Palestine (AAUP).

### RESEARCH RELATED COMMITTEES:

- 2024; Ph.D. Nursing Comprehensive Exam Committee, Faculty of Graduate Studies, Arab American University-Palestine (AAUP).
- 2024; Master Nursing Comprehensive Exam Committee, Faculty of Graduate Studies, Arab American University-Palestine (AAUP).
- 2023; Master Nursing Comprehensive Exam Committee, Faculty of Graduate Studies, Arab American University-Palestine (AAUP).
- 2023; Ph.D. Nursing Proposal Defense Committee, Faculty of Graduate Studies, Arab American University-Palestine (AAUP).
- 2023; Ph.D. Nursing Comprehensive Exam Committee, Faculty of Graduate Studies, Arab American University-Palestine (AAUP).

## OUTSIDE OF THE UNIVERSITY COMMITTEES:

- 2023; Scientific Committee for 1<sup>st</sup> Nursing Conference, Palestinian Nursing & Midwifery Association, West Bank, Palestine.

## CONFERENCES PRESENTATION

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### INTERNATIONAL CONFERENCES:

- 17/APR/2019; Presentation titled; “Psychological Distress and its Association with Job Satisfaction among Nurses in a Teaching Hospital in Malaysia”, at: Nursing Symposium 2019; (Nurses: A Voice To Lead, Health For All), by Kpj Damansara / Bukit Kiara, Kuala Lumpur, Malaysia.

### INTERNATIONAL CONFERENCES (Attendance):

- 8,9/MAY/2024; First International Nursing Conference (FONC); Trends in Nursing, Faculty of Nursing, Al-Zaytoonah University of Jordan, Amman, Jordan.

### LOCAL CONFERENCES:

- 12,13/MAY/2023, 1<sup>st</sup> Nursing Conference at Ramallah, Palestinian Nursing & Midwifery Association, West Bank, Palestine.
- 28/FEB/2006; Medical, Pharmaco-therapeutic and Nursing Management of Renal Disorders, An Najah National University / Nablus, West Bank, Palestine.
- 13/MAR/ 2006; Respiratory Disorder, Faculty of Nursing, A Najah National University / Nablus, West Bank, Palestine.
- 15/MAY/2006; International Nursing Day, Faculty of Nursing, A Najah National University / Nablus, West Bank, Palestine.
- 7/NOV/ 2006; Scientific Nursing Research, Faculty of Nursing, A Najah National University / Nablus, West Bank, Palestine.
- 19/JAN/2007; Cardiovascular Disorder, Faculty of Nursing, A Najah National University / Nablus, West Bank, Palestine.
- 23/MAY/2007; Urinary Disorder, Faculty of Nursing, A Najah National University / Nablus, West Bank, Palestine.
- 28/FEB/ 2007; Trauma Nursing Care Course (TNCC), Faculty of Nursing, A Najah National University / Nablus, West Bank, Palestine.
- 29/APR/2007; Ensuring Mental Health will ensure the National and International Security, Faculty of Nursing, An Najah National University / Nablus, West Bank, Palestine.



- 4/MAY/2007; International Nursing Day, Faculty of Nursing, A Najah National University / Nablus, West Bank, Palestine.
- 3/DEC/2007; Causes, Prevention, Treatment and Management of Cancer, Faculty of Nursing, A Najah National University / Nablus, West Bank, Palestine.
- 7/APR/2008; Open Heart Surgery for The Patient Who Has Coronary Artery Stenosis, with Arab Heart Center-Nablus, An Najah National University / Nablus, West Bank, Palestine.
- 28/APR/2008; Advanced Life Support in Obstetrics (ALSO), Faculty of Nursing, A Najah National University / Nablus, West Bank, Palestine.

## PREVIOUS TRAINING

### INTERNATIONAL TRAINING:

- 6,7/MAY/2024; Accreditation Commission for Education in Nursing (ACEN), Al-Zaytoonah University of Jordan, Amman, Jordan.
- 11,12/ABR, 12/JUN/2022; Advanced Cardiovascular Life Support (ACLS) Instructor (eCard Code: 225634562486), (Instructor ID: 22069634109), American Heart Association (AHA), King Hussein Cancer Center, Amman, Jordan.
- 9, 10/ABR/2022; Advanced Cardiovascular Life Support (ACLS) Provider, American Heart Association (AHA), King Hussein Cancer Center, Amman, Jordan.

### RESEARCH-RELATED WORKSHOPS:

- 7/AUG/2019; Author Workshops: on Academic Writing and Publishing, by The Enago Academy, IPPP, University of Malaya / Kuala Lumpur, Malaysia.
- 3/APR/2019; Scientific Writing Seminar, by Research Management Unit (RMU), Faculty of Medicine, University of Malaya / Kuala Lumpur, Malaysia.
- 19/MAR/2019; Viva Defense Workshop, by Research Management Unit (RMU), Faculty of Medicine, University of Malaya / Kuala Lumpur, Malaysia.
- 11/DEC/2018; Evidence-Based Practice and Research Utilization, by Nursing Research Steering & Department of Nursing Science, Faculty of Medicine, University of Malaya / Kuala Lumpur, Malaysia.
- 13, 14/AUG/2018; Systematic Reviews and Meta-Analysis Workshop, Kompleks Akademik “A”, University Putra Malaysia / Selangor, Malaysia.
- 22/AUG/2017; Questionnaire & Instrument Validity, by Academic Enhancement & Leadership Development Centre (ADEC), University of Malaya / Kuala Lumpur, Malaysia.



- 1-3/AUG/2017; Good Clinical Practice; “3-day workshop with exam”, From: Clinical Investigation Center (CIC), University of Malaya, Supervised by: National Committee for Clinical Research / Kuala Lumpur, Malaysia.
- 5, 12, 20/JUL/2017; 3-parts workshop; Hands-on Basic Statistics Using SPSS, Research Management Center (RMC), Faculty of Medicine, University of Malaya / Kuala Lumpur, Malaysia.
- 9-10/AUG/2017; 2-days work shop; Hands-on Intermediate Statistics Using SPSS, Research Management Center (RMC), Faculty of Medicine, University of Malaya / Kuala Lumpur, Malaysia.
- 26-27/JUL/2017; 2-days workshop; Structural Equation Modelling Using “AMOS”, by Academic Enhancement & Leadership Development Centre (ADeC), University of Malaya / Kuala Lumpur, Malaysia.
- 14/OCT/2016; Web search for resources “EBESCHO”, UM Library, University of Malaya / Kuala Lumpur, Malaysia.
- 22/NOV/2016; the use of software in research; “Turnitin”, “EndNote”, “Style Writer”, “Grimmerly”, Institute of Post Graduate Studies (IPS), University of Malaya / Kuala Lumpur, Malaysia.

#### MINDFULNESS TRAINING:

- 9/MAR/2019-30/NOV/2019; “MINDFULGym Training of Trainers”; The course included eight weekends (50 hours) of teaching and practical training, Buddhist Maha Vihara / Kuala Lumpur, Malaysia.
- APR/2019; “5-weeks MINDFULGym training”/ (As a Facilitator), Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia; [*and again* in OCT/2019].
- 7/JUL/2019; “1-Day Training Mindful Gym for Youth” (As a Facilitator), Subang Jaya Buddhist Association / Selangor, Malaysia.
- 15/MAR/2017; “1-Day Training Mindful Gym”, Sunway Medical Center / Selangor, Malaysia; [*and again in* (19/APR, 28/JUN, 30/AUG, 25/SEP) /2017, (20/JON,21/FEB, 21/MAR)/2018].
- APR/2017; “5-weeks MINDFULGym training”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia; [*and again* in AUG/2017, NOV/2017, APR/2018, AUG/2018].
- 7th/JAN/2018; “1-Day Mindfulness Self-Compassion training” @SHIELD Program, Plasticity, Mutiara Damansara / Selangor, Malaysia.

## MINDFULNESS & MENTAL HEALTH LECTURES:

- 30/NOV/2019; A lecture titled with “Befriending OBSESSIVE COMPULSIVE DISORDER Mindfulness & Acceptance-Based Approaches to OCD”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia
- 13/JUL/2019; A lecture titled with “Acceptance and Commitment Therapy (ACT) for Therapist”, Shining Star Learning Hub, Bukit Desa Condo / Taman Desa, Kuala Lumpur, Malaysia.
- 22/JUN/2019; A lecture titled with “The Art Of Companionship: Applying Positive Psychology In Caring For Our Loved Ones”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 3/MAR/2019; A lecture titled with: “Internet Addiction: Tips for Breaking Free of Compulsive Smartphone & Internet Use”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 26/JAN/2019; A lecture titled with: “Befriending Anxiety with ACCEPTANCE and COMMITMENT THERAPY (ACT)”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 17/NOV/2018; A lecture titled with: “PRAISE: Its Impact On Children’s Learning & Behavior”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 30/SEP/2018; 1-Day Workshop titled with: “Watering The Seed Of Mindfulness; Introduction to Mindfulness for Stress Reduction & Mindful-Photography” / Bukit Kiara Resort, Kuala Lumpur, Malaysia.
- 8/SEP/2018; A lecture titled with: “The Power Of Self-Compassion In Our Daily Life”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 28/JUL/2018; A lecture titled with: “Mindful Parenting”, SOLS 24/7 Malaysia HQ (Science of Life Studies 24/7) / Sungai Besi, Kuala Lumpur, Malaysia.
- 1/JUL/2018; A lecture titled with: “Psychosis, Schizophrenia, Or Spirit?”, Subang Jaya Buddhist Association / Selangor, Malaysia.
- 23/JUN/2018; A lecture titled with: “How To Help Someone who is Suicidal?”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 19/MAY/2018; A lecture titled with: “How to Encourage a Person to Seek Psychological Help?”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 24/MAR/2018; A lecture titled with: “Child Sexual Abuse Awareness and Prevention”, SOLS 24/7 Malaysia HQ (Science of Life Studies 24/7) / Sungai Besi, Kuala Lumpur, Malaysia.
- 23/MAR/2018; A lecture titled with: “Integrating Mindfulness For Distress, Pain And Quality Of Life In Long Term Medical Conditions”, University of Malaya / Kuala Lumpur, Malaysia.

- 4/MAR/2018; A lecture titled with: “Coping With Obsessive Compulsive Disorder”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 10/FEB/2018; A lecture titled with: “How A Simple ‘THANK YOU’ Can Transform Your Life?”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 4/FEB/2018; A lecture titled with: “ABC of Panic Disorder; Understanding & coping with panic attacks”, Subang Jaya Buddhist Association / Selangor, Malaysia.
- 20/JAN/2018; A lecture titled with: “Mind Anti-VIRUS: Troubleshooting Thinking Errors For Happiness”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 5/MAR/2017; A lecture titled with: “The Buddha Pill: Benefits, Side Effects & Misconceptions of Mindfulness”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 20/MAY/2017; A lecture titled with: “Schizophrenia, Spirits, or Charm?”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 17/JUN/2017; A lecture titled with: “Creative Mindful Breathing Techniques for Happiness”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 15/JUL/2017; A lecture titled with: “I can’t Sleep!, PLEASE Help Me”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.
- 21/OCT/2017; A lecture titled with: “Should A Person With Mental Illness Meditate?”, Sri Lanka (Sri Jayanti) Buddhist Temple / Kuala Lumpur, Malaysia.

#### HOSPITAL-RELATED TRAINING:

- 15/NOV/2008-15/JAN/2009; for two months in "CCU" & Open Heart Surgery Post-operative Care, Fredeco Scando Hospital / Naples, Italy.

#### LOCAL TRAINING:

- 26/SEP/2020; Basic Life Support (CPR and AED) Provider (eCard Code: FB52BC85D8E4), American Heart Association (AHA), AAUP Heart Center / Jenin, West Bank, Palestine.
- 7-8/JUN/2014; Primary Trauma Care, Ministry of Health / Nablus, West Bank, Palestine.
- 22, 26/AUG/2010; Advanced Cardiac Resuscitation, Jozor Association & Ministry of Health / Nablus, West Bank, Palestine.
- 7-13/JUN/2009; a training course in (Talk Show) in Birzeit media center in Birzeit University / Ramallah, West Bank, Palestine.
- 3-6/FEB/2006; Trauma Nursing Care Course (TNCC) about 24 hours, Faculty of Nursing, An Najah National University / Nablus, West Bank, Palestine.

- 16-18/JAN/2007; Advance Circulatory Life Support (ACLS) Course, Faculty of Nursing, An Najah National University / Nablus, West Bank, Palestine.
- 8/MAY/2007; Fire Fighting, Faculty of Nursing, An Najah National University & Nablus Fire Department / Nablus, West Bank, Palestine.
- 18/AUG/2007; Infection Control An Najah National University / Nablus, West Bank, Palestine.
- 16-17/FEB/2008; Time Management Course & Narcotics Course, Faculty of Nursing, An Najah National University / Nablus, West Bank, Palestine.
- 24/FEB-3/MAR/ 2008; Be Ready to Start Work (about 15 Hours), An Najah Alumni Association (ANAA), An Najah National University / Nablus, West Bank, Palestine.
- 22-25/MAR/2008; Neonatal Resuscitation, S.T.A.B.L.E (Sugar and Safe Care, Temperature, Airway, Blood Pressure, Lab Work, Emotional Support), Faculty of Nursing, An Najah National University / Nablus, West Bank, Palestine.

## PERSONAL SKILLS

Reading, playing chess, watching TV, attending programs and workshops.

Mother tongue(s)

Arabic

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	Proficient user	Proficient user	Proficient user	Proficient user	Proficient user

Communication skills

Good communication skills gained through my experience as a nurse, through my master degree in Nursing Community Mental Health, and through working as clinical instructor with nurse's student.

Organisational /  
managerial skills

Leadership: I was the coordinator of the student in nursing college.

Job-related skills

I was the leader of the Sport Committee in Hospital, and also member in Continuous Education Committee.

Computer skills

Windows (excellent), Internet (excellent), MS Office (excellent), Photoshop (good).

Driving licence

I have a driving Licence for Private Cares since 2004.

## ADDITIONAL INFORMATION

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### MEMBERSHIP:

- Since 2023 until now, Advisory Board for Palestinian Nursing & Midwifery Association, West Bank, Palestine.
- Since 2015 until 2021; member in management panel of Palestinian Nursing & Midwifery Association in Jenin branch / Jenin, West Bank, Palestine.
- 2007; member in Abnna Albalad Society / Nablus, West Bank, Palestine.
- 2006; member in Darna Center / Nablus, West Bank, Palestine.

### PARTICIPATION:

- 26/FEB/2023; interviewed in AAUP Radio, on a program (Estishartak Ma' Al Dabeb), about "Depression".
- 5/OCT/2022; interviewed in AAUP Radio, on a program (Ya Mahla Norha), about "Nursing Plan and other Related Issues".
- 8/JAN/2022; interviewed in AAUP Radio, on a program (BETNA), about "Family Dialog".
- 13/NOV/2021; interviewed in AAUP Radio, on a program (Mamey KJ1), about "Weakness in Children's Personality".
- I made three TV interviews on Nablus local television (as a guest).
- I wrote many essays in newspapers.

## REFERENCES

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- Prof. Dr. Mohammad Asia, Vice President for Ramallah Campus, Arab American University- Palestine (AAUP) / Jenin, West Bank, Palestine; Mobile: +970568123500, E-mail: Mohammad.Asia@aaup.edu.
- Prof. Dr. Khatijah Lim Abdullah, Full Professor in Nursing Department, Faculty of Medicine, University of Malaya / Kuala Lumpur, Malaysia; Mobile: +60133989146, Email: katlim@um.edu.my.
- Dr. Aidah Abu Elsoud Alkaissi, Director of Nursing & Midwifery Department, Faculty of Medicine, An-Najah National University / Nablus, West Bank, Palestine; Tel: +970 9 2345113, Mobile: +790597395520, E-mail: aa1999@doctors.com.
- Prof. Dr Faisal Hussein Ghawadra, Former Professor at Al Qudes Open University / Jenin, West Bank, Palestine; Mobile: +970599798456, Tel: +97042514083, Email: dabusajed\_2005@yahoo.com.