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Over 15 years of patient care, patient advocacy, research, mentorship, interdisciplinary collaboration, healthcare leadership and education

American board certified registered nurse with specialization in pain management and palliative care. Subject matter expert with high level of autonomy and sound clinical judgment in managing patients with acute and chronic illnesses besides providing evidence based pain management and palliative care services. Skilled in collaborating with interdisciplinary team to achieve quality care outcome. Excellent communicator in providing patient/family support for end of life decision in a culturally sensitive manner. Adept at prioritizing, managing expectations and deadlines. Multilingual: Arabic, English, basic French and basic Spanish.

Highlights of Expertise

- Expert in Acute and Chronic pain Management; Malignant/Non-malignant pain
 - Opioid Analgesics
 - Pain Assessment Tools
 - Individualized Pain Treatment Plan
 - Evidence-Based Pain Practices
 - Interdisciplinary Pain Management Processes & Outcomes
 - Managing Patient/Family Expectations/Beliefs Concerning Pain, Stress
 - Palliative Care
 - End of life Symptom Management at Home & in Hospital Settings
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Educational Preparation

Degrees	University	Completed
• Master of Science in Nursing	American University of Beirut	2012
• Bachelor of Science in Nursing	Lebanese University	2005

Certifications

- American board certification Texas board of Nursing February 13, 2021- August 2023
- Pain Management Nursing Certification ANCC 2016-present
- BLS/ACLS/PALS AHA 2019-present
- Nutritional Pain Management AIPM 2017

Professional Memberships

- Member of the American Society for Pain Management Nursing (2010- present)
- Member of International American Pain Society (2015-2019)
- Member of the Sigma Theta Tau International American University of Beirut School of Nursing Honor Society (2012-present)
- ACLS/BLS instructor (2012-2015)

Career Experience

May 2021- present

Westways Staffing:

1. AMG Acute long-term facility, Step-down Unit

- Assess and evaluate patient's progress
- Identify sudden or subtle changes in the patient's medical condition
- Maintain patient hemodynamic stability with proper nursing interventions as ordered
- Work closely and collaborate with physicians and all other healthcare providers
- Prepare, administer and record any additional prescribed medications
- Provide emotional support to acutely ill patients and their families.
- Recognize the signs and symptoms of cardiopulmonary and respiratory emergencies and know how to start standard interventions to stabilize the patient
- Record symptoms, reactions, and progress
- Develop, plan, implement, evaluate, document, and manage nursing care
- Master patient and family education skills
- Consult and coordinate with health care team members to assess, plan, implement and evaluate patient care plans
- Change dressings, insert urinary catheters, start IVs and withdraw blood

2. New Mexico Multi-Surgery Center, Post Anesthesia Care Unit

- Provide care for patients recovering from various surgical operations/procedures
- Manage surgical pain using multimodal analgesia
- Instruct/educate patient/family on post-procedure care and potential complications

October 2013- November 2020

**American University of Beirut Medical Center (AUBMC), Beirut,
Lebanon Pain Nurse Specialist**

- Coordinate interdisciplinary plans of care with the patient primary team and the pain management team
- Manage a caseload of 10-15 patients/day by providing specialized pain management plan for acute and chronic pain

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- Provide therapeutic management of pain according to patients age and needs
 - Effectively manage pain as evidenced in improved pain scores on patient satisfaction surveys
 - Evaluate and assess pain post-operatively and recommend effective pain management plans
 - Manage patients on Patient Control Analgesia (PCA) including both intravenous PCAs, epidural PCAs and peripheral nerve catheters (PNC)
 - Counsel patient/family about pain modalities
 - Implement evidence based pain practice resulting in effective control and management of pain
 - Conduct and participate in research and performance improvement activities
 - Participate in interdisciplinary rounds and act as a liaison between physicians; nursing staff; and other health professionals to devise a pain management plan of care
 - Coordinate activities with hospital leaders in raising awareness about pain management
 - Provide education/training to staff regarding pain strategies and modalities

November 2005- October 2013

**American University of Beirut Medical Center (AUBMC), Beirut,
Lebanon Registered Nurse, Post Anesthesia Care Unit**

- Provide care for patients recovering from various surgical operations/procedures
- Manage surgical pain using multimodal analgesia
- Manage hemodynamically unstable patients on multiple vasoactive drugs
- Establish peripheral intravenous line for appropriate patients
- Administer medications including intravenous conscious sedation as indicated
- Instruct patient/family on post-procedure care and potential complications

March 2018- November 2020

**BALSAM (Lebanese Palliative Care Center), Beirut,
Lebanon Per Diem Registered Nurse, Palliative Care
Nurse**

- Provide palliative care services to patients in Greater Beirut
- Provide symptom management, including dyspnea and pain management
- Provide psychological support to patient and family
- Discuss patient's code status with patient and family

September- October 2011

Nursing Residency Training

University of Maryland Medical Service-Baltimore, Maryland, United States of America

- Orientation to the pain and palliative care services
- Exposure to current trends in pain assessment and management
- Experience (through observation) the latest evidence based practices within the field of pain management
- Identify pain management medication, products, and equipment
- Identify pain assessment tools for various populations (Trauma, Pediatrics & Adults)

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- Acquaintance with clinical pathways, guidelines, and protocols related to pain management

PUBLICATIONS

- El-Jarrah, R., Naji, F., Hamadeh, G., Abdul Rahman, M., and Charafeddine, H. 2021. Perspectives of patients on Medical Acupuncture in a Primary Care Setting in Lebanon: a cross-sectional study. *Acupuncture in Medicine*.
- Abdul Rahman et al., 2021. A Nonrandomized Pretest Posttest Study on the Impact of an Educational Pain Management Program on Nurses' Knowledge and Attitudes Regarding Pain in a Middle Eastern Country. *Pain Management Nursing*.
- Abdul Rahman, M., Abu-Saad Huijjer, H. and Noureddine, S. 2013. Lebanese nurses' knowledge regarding pain management. *Lebanese journal of nursing*, (3), p:10.

SELECT PRESENTATION

- Pain Assessment and Management for hemodialysis RNs at AUBMC, Dec 15 &18, 2017
- Pain Management Post Delivery January 16, 2017 at AUBMC
- Basic of Pain Management to new Registered Nurses at AUBMC (2014-ongoing)

- Advancing Patient Care through interprofessional Collaboration, April 16, 2016: Pain Management Workshop at Lebanese American University (LAU)
 - Middle East Medical Assembly (MEMA), May 12, 2013: Nurses' Knowledge and Attitudes Regarding Pain Management at AUBMC

COMMITTEES & TASKFORCES

- Pain Resource Nurses Committee
 - Secretary (August,2014-2011)
- Magnet Champion (2012-2013)
- Member of Nursing Quality Improvement (NQI) council, AUBMC (2007-2011)
- Member of the post-operative pain management hospital taskforce, AUBMC (2010)
- Co-chair of the safety fair taskforce, AUBMC (2010-2011)

MANUSCRIPT CONTENT REVIEWER FOR PAIN MANAGEMENT NURSING JOURNAL 2014-2020

CONFERENCES ATTENDED

- ESRA European Society for Regional Anesthesia (ESRA) 37th Annual Meeting on September 12-15, 2018, Dublin, Ireland.
- Academy of Integrative Pain Management (AIPM)'s 28th Annual Meeting on October 19-22, 2017, San Diego, CA
- Lebanese Society for the Study of Pain Conference titled "Interventional Back Pain Management" on February 17, 2017 at Hotel Lancaster Plaza Raouche, Beirut-Lebanon.
- Advanced Palliative Care Course, August 10-12, 2016, Gefinor, Beirut-Lebanon

- American Society of Pain Management Nursing (ASPMN) 24th National Conference, September 17-20, 2014, San Diego, CA
- Palliative Care and End of Life Care Workshop, January 16, 2013, AUBMC, Beirut-Lebanon

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- World Palliative Care Day Celebration, October 13, 2012, Glass Building-Lebanese University, Beirut- Lebanon
 - MEMA, May 3-6, 2012, AUBMC, Beirut-Lebanon
 - Pulmonary Conference, April 19, 2011, Monroe Hotel, Beirut-Lebanon
 - 2011 Clinical Concepts in Pain Management Conference: Building on the Basics, September, 30, 2011- UMMC, Baltimore-Maryland
 - Architecture, designs and materials in the ED, June 12, 2010, Habtour Hotel, Beirut-Lebanon
 - Recent Developments in Pain Management, October 31th –November 1st, 2008- Four Points Hotel, Beirut-Lebanon
 - Abdominal Pain in the Emergency Department, July 3, 2008, AUBMC, Beirut-Lebanon
 - Burns, Pathology & Management Instructional Course, May 10, 2008, Gefinor, Beirut-Lebanon
 - Infection Control Week, June 12-16, 2006, AUBMC, Beirut-Lebanon
 - Emergency Preparedness Workshop, March 24, 2006-AUBMC, Beirut-Lebanon
 - The XXI Annual Medical Conference, Emergency Preparedness Workshop, Infection Control Program November 17-19, 2005- Saint George Hospital, Beirut-Lebanon

ORGANIZATIONAL SKILLS

- Preparation of grand round and an educational program about the basics of pain management for AUBMC, March 2014.
- Planned and coordinated an event “*Safety Fair*” to spread awareness about quality and safety issues among staff at AUBMC, June 2011.
- Coordinated a conference titled “*Promoting Patient Safety*” held on August 23, 2008 in Beirut and sponsored by University of Maryland Medical Center in Baltimore, USA, August 2008.

AWARDS

- Daisy Award (2016)

TEACHING SKILLS

- Provide theoretical and clinical education to Medical students, new residents and new RNs about pain management and assessment, October 2013-present.

LANGUAGES

- Proficient in various languages: Arabic (Mother tongue), English (Very good), French (Good), Spanish (fair)

HOBBIES

- Abstract Painter, 2016-present
-Planned and organized a painting exhibition “FruitFull Chaos” at BALSAM (Lebanese Palliative Care NGO), July 12&13, 2019.