

CURRICUM VITAE

Name: Ibtisam M. Al-Zaru, RN, MSN, PhD
Gender: Female
Nationality: Jordanian
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Academic Qualification:

- Doctor of Philosophy (PhD) in Nursing. University of Ulster: Faculty of Life and Social Sciences. United Kingdom. August 2001.
- Master of Nursing Science (M.S.N), University of Pennsylvania, Philadelphia, PA., USA. August 1992.
Major Area: Adult Health and Illness
Minor Area: Advanced Practice Specialist – Clinical Nurse Specialist/ Cardiopulmonary track.
- Bachelor of Nursing Sciences (B.Sc.N), University of Jordan, Amman, Jordan. May 1985.

Academic Experience:

- **Vice Dean**, Faculty of Nursing, Jordan University of Science and Technology, Irbid, Jordan. 9/2017- till now

- **Associate Professor**, Faculty of Nursing, Jordan University of Science and Technology, Irbid, Jordan. 9/2016-9/2017
- **Dean of nursing at Philadelphia University**, a private university in Jordan, between the years 9/2014 – 9/2016.
- **Head, Adult Health Department**, Faculty of Nursing, Jordan University of Science and Technology, Irbid, Jordan. 9/2011 - 9/2012.
- **Vice Dean**, Faculty of Nursing, Jordan University of Science and Technology, Irbid, Jordan. 9/2007-9/2009.
- **Head, Community & Mental Health Nursing Department**, Faculty of Nursing, Jordan University of Science and Technology, Irbid, Jordan. 9/2005-9/2006.
- **Head, Adult Health Department**, Faculty of Nursing, Jordan University of Science and Technology, Irbid, Jordan. 9/2002-9/2005.
- **Assistant Professor**, Faculty of Nursing, Jordan University of Science and Technology, Irbid, Jordan. 9/2001 – 9/2011.
- Teaching Assistant, Faculty of Life and Social Sciences, University of Ulster, UK. 2001, first semester.
- Lecturer, Adult Health Nursing Department, Faculty of Nursing, Jordan University of Science and Technology, Irbid, Jordan. 9/1992-10 /1998.
- Teaching and Research Assistant, Adult Health Nursing Department, Faculty of Nursing, Jordan University of Science and Technology, Irbid, Jordan. 9/1985-9/1990.

Taught Courses:

Teaching Master Students: Graduate Courses:

- NUR 711 Advanced Health Assessment
- NUR 712 Acute care Nursing (Theory) I
- NUR 714 Acute Care Nursing (Clinical) I
- NUR 715 Acute Care Nursing (Theory) II

- NUR 717 Acute Care Nursing (Clinical) II
- NUR 719 Clinical Project
- NUR709 Advanced Nursing Research
- NUR 789 Comprehensive Exam.

Teaching Undergraduate Students:

- NUR 101 Introduction to Nursing (Theory)
- NUR 102 Fundamental of Nursing (Theory)
- NUR 206 Nursing Health Assessment (Theory)
- NUR 208 Nursing Health Assessment (LAB/clinical)
- NUR 221 Adult Health Nursing (Theory) I
- NUR 223 Adult Health Nursing (Clinical) I
- NUR 227 Adult Health Nursing (Theory) II
- NUR 228 Adult Health Nursing (Clinical) II
- NUR 301 Issues & Ethics in Nursing
- NUR 310 Communication & health Education (Theory)
- NUR 390 Nursing Research
- NUR 403 Principles of Nursing Administration (Theory)
- NUR 409 Critical Care Nursing (Theory)
- NUR 410 Critical Care Nursing (Clinical)
- NUR 460 Community Health Nursing (Theory)
- NUR 461 Community Health Nursing (Clinical)
- NUR 496 Clinical Training (Preceptorship Practicum)

Consultations and Consultative Meetings:

- Attending the World Health Organization meeting: Consultation on implementation framework for scaling-up nursing and midwifery capacity and other health professionals. **Lusaka, Zambia**
- Italian/Syria/ Jordan project: Training Program for Nursing Trainer in The Republic of **Syria**.
- Italian/Syria/ Jordan project: Training Program for Nursing Trainer in The Republic of **Syria/Damascus**.
- Clinical training, education and staff development. **Trinity College for Health Sciences/Dublin/ Ireland**.
- Clinical training, education and staff development. **Queen's University/ Belfast/ UK**.

- Consultant through WHO project in **Syria / Teshreen University** to teach undergraduate nursing students in the field of Adult Health Nursing, Nursing Administration, Nursing Research, and Gerontology.
- Participate in coordination and implementation of WHO-training programs to develop the nursing services in different places in **Syria**.
- Consultant through WHO project in Syria in the field of Development Nurse Educators, learning strategies and continuing education. **Tartous**,
- Clinical training, education and staff development. University of Windsor, **Windsor, Canada**. May-August,

Research Experience:

*** Area of Interest:**

Cardiovascular Nursing; Open Heart Surgery Management; Cardiac Rehabilitation, Critical care issues, Patient education, Infection Control, & Quality Management.

Publication:

AbuALRub R. & **AL-Zaru I.** (2008). Job stress, recognition, job performance and intention to stay at work among Jordanian hospital nurses. *Journal of Nursing Management* 16, 227–236

AbuALRub R, Omari F& **Al-Zaru I.** (2009).Support, satisfaction and retention among Jordanian nurses in private and public hospitals. *International Nursing Review* 56, 326–332

Al-Zaru I, Ammouri A, Al-Hassan M, & Amr A. (2010). Risk factors for deep sternal wound infections after cardiac surgery in Jordan. *Journal of Clinical Nursing* 19, 1873–1881

Al Sadi A, Omeish A, **Al-Zaru I.** (2010). Timing and predictors of femoral haematoma development after manual compression of femoral access sites. *Journal Pakistan Medical Association* 60(8), 620-625.

Al-Zaru I, AbuALRub R, & Musllam E. (2011). Economical and Clinical Impact of Surgical Site Infection Following Coronary Artery Bypass Graft Surgery in North Jordan. *International Journal of Nursing Practice.* 17, 117-125.

Al-Zaru I, Owies A, Gharaibeh H. (2011). Cultural Definitions of Quality of Care:

Perspectives of Jordanian Patients. *Journal of Research in Nursing*. doi: **10.1177/17449871111406671**

Alkubati S, **Al-Zaru I**, Khater W, Ammori A. (2012). Perceived learning needs of Yemeni patients after coronary artery bypass graft surgery. *Journal of Clinical Nursing*. doi: 10.1111/j.1365-2702.2012.04177. Q1

Omari F, **Al-Zaru I**, Al-Yousef R. (2013). Perceived Learning Needs of Syrian Patients Post Coronary Artery Bypass Graft Surgery. *Journal of Clinical Nursing*., doi: 10.1111/jocn.12319 **Q1**

Bataiha A, Alhalaiqa F, Bashayreh I, Saifan A, , **Al-Zaru I**. Omran S (2015). Comprehensive oral care program for intubated intensive care unit patients. *Advanced Studies in Biology*, **7 (6), 259 – 273**.

Al-Daakak , Z.M, Ammouri A.A, Isac C, Gharaibeh H, **Al-Zaru I**.(2016). Symptom management strategies of Jordanian patients following coronary artery bypass grafting surgery. *International Journal of Nursing Practice*. 2016 John Wiley & Sons Australia, Ltd Q2

Ammouri A.A, Al-Daakak , Z.M, Isac C, Gharaibeh H, **Al-Zaru I**.(2016). Symptoms Experienced by Jordanian Men and Women after Coronary Artery Bypass Graft Surgery. *Dimensions of Critical Care Nursing*: DCCN · May 2016 DOI: 10. Q2

Abd El-Razek A, Ayoub G, Batiha A , **Al-Zaru I** , Alhalaiqa F , Farahat H AlBashtawy M. ((2016). The relationship between sleep disturbance in late pregnancy and labor outcomes *International Journal of Health*. 4 (1), 12-16.

Abd El-Razek A, Ayoub G, Alhalaiqa F , **Al-Zaru I**. ((2016). Efficacy of sodium bicarbonate in early management and reduce vaginal yeast infection among women in Jordan: quasi-experimental study. *Academic Journal of Life Sciences*. 2(5),2415-5217.

*** Funded Grant:**

Support, satisfaction and retention among Jordanian nurses in private and public hospitals. (*Funded by JUST*)

Circadian rhythm disorder, sleep disturbances, health disorders, job performance, and safety concerns among Jordanian nurses in the critical care units. (*Funded by JUST*)

Conference participation:

- Participate and present a paper at the 3rd World Congress on nursing Conference. Spain/ Barcelona, April 5-7, 2017.
- Attended the International Nursing Conference: "Improve Clients' Outcomes Through Implications of Scientific Evidence". Zarqa University, April 6, 2016
- Attended the 11th Nursing Scientific Day: "Towards Improving Nursing Competencies". And the 5th Creative Forum for Nursing: Toward a More Creative Nursing". Al-Zaytoonah University. March 30th,2016.
- Participate and present 2 papers at the 3rd International innovation in critical care nursing conference. Prince Sultan Cardiac Center Qassim, December 10-11, 2013.
- Participate and present a paper at the 2nd international nursing conference " Building and promoting excellence in nursing practice". Al-Gharbiah Hospital, April 17-18,2013
- Participate and present a paper at the 2nd International Conference for Physicians and Allied Health Professionals. Alexandria-Egypt, April 7-8, 2010
- Participate and present a paper at the Heart of the Matter: Relevance of Nursing responsiveness. JNC, Amman-Jordan, April 27-28, 2010.
- The Second JNC International Nursing Conference titled 'The less traveled road. Searching: for realities'.2008
- Attended the Dissemination of Nursing Research Findings A Call for Better Utilization. University of Jordan, Amman-Jordan, April 7th 2009.
- Attended the Nursing: Global Citizenship. Amman-Jordan, April 25-27,2006.
- Participate and present a paper at the First Nursing Scientific Day Bridging the Gap between Nursing Education and Practice. Irbid-Jordan, July, 20th, 2005.
- Participate and present a paper at the Seventh International Middle East Conference: Discovering reality: A road for nursing success. Irbid-Jordan, May, 8-9, 2002.
- Attended the Royal College of Nursing Triennial International Nursing Research Conference. Glasgow – Scotland, April 4th –7th 2001.
- Participate and Present a Paper at The Six International Middle – East Nursing Conference. Irbid – Jordan. May 2-3, 2000.

Workshop Participation:

- Participate in a workshop on E-learning: Open educational resources at JUST. May 4-5, 2014
- Participate in a workshop on Statistical Analysis using SPSS at JUST. May 26-27, 2014.
- Participate in a workshop on Statistical Analysis of Examinations and Research Data Using SPSS at JUST. Ibid, Jordan.
- Participated in a workshop on Developing and Implementing Quality Assurance offered by the British Council in association with JUST & the Higher Education Policy Institute-UK.
- Participate in a workshop on Modern University Instructional Methods at JUST. Ibid, Jordan. June
- Participate in a workshop on Power Point at JUST. Ibid, Jordan.
- Participate in a workshop on Techniques of Negotiating, Conflict Management and Problems Solving at JUST. Ibid, Jordan.
- Participate in Tepmus National Day "Excellency in Graduate Nursing Education: A Partnership Experience" at JUST.
- Participate in a workshop on Testing and Evaluation "University Examinations" at JUST. Ibid, Jordan.
- Participate in a workshop on linking nursing research priorities with national strategic direction. JNC, Amman, Jordan.
- Participate in a workshop on national priorities in nursing research. JNC, Amman, Jordan. Participate in a workshop on Computer Microsoft Access at JUST.
- Participate in a workshop on Evaluation of Health Projects at AUB. American University of Beirut.
- Participate in a workshop on Management of Health Projects at AUB. American University of Beirut.
- Participate and conduct workshop about Advanced Cardiac Life Support (national level).
- Participate and conduct workshop about breast self-exam (national level).
- Participate and conduct workshop about Infection control in local hospitals.
- Participate and conduct workshop about nursing process workshop, which held in JUST.

Community Services:

*** At Jordan University of Science & Technology:**

- A member of the "Graduate Studies Committee" at the School of Nursing, JUST.
- A member of the "Strategic planning Committee" at the School of Nursing, JUST.
- A member of the "Curriculum Committee" at the School of Nursing, JUST.

- A member of the "Curriculum Planning Committee" (University level), JUST.
- Member in "Tempus Project for Master Programs Development and Revision" JUST, (2002-2005).
- A member of the "Faculty Counsel" at School of Nursing, JUST
- A member of the "University Counsel" at JUST
- Head of the "Clinical Training" committee at the School of Nursing
- A member of the "Tender Central Committee" for the nursing school to study the requirements of the school labs
- A member of the "Conferences and workshops Committee" at School of Nursing, JUST
- A member of the "Academic Counseling" committee at School of Nursing
- A member of a committee that formed to select teaching/research assistants and clinical instructors at the School of Nursing
- Served as an internal examiner in the "Comprehensive Exam" for Clinical Training at the School of Nursing
- A member of the Quality Assurance committee, JUST.
- A coordinator of the "Academic Advising" group for the nursing student at School of Nursing
- Head of the "Student Ethics Committee" at School of Nursing, JUST
- A member of the committee that prepared the "Self-Evaluation Report" that was submitted to Center of Al Hussein Fund for Excellence as a part of the quality assurance process for the Nursing Program.
- Participate in Faculty accreditation program in collaboration with Windsor University / Canada.
- Infection Control Committee at Princes Basma Hospital
- Participate in development and updating of the nursing skill lab.

*** Local Community:**

- Served as a member of the "Diabetic Nursing" committee at Jordan Nursing Council (JNC) that developed the scope of practice, standard, job description, and levels of diabetic nursing specialty in Jordan.
- Served as a member of the "Adult Health Competency Exam" committee at Jordan Nursing Council (JNC) that prepared Qualification exam for students graduated from nursing school in Jordan.
- Served as an external examiner in the Comprehensive Exam for Clinical Training and Professional Adaptation Nursing Course University of Jordan
- Coordinate and conduct Basic Life Support training programs by giving lectures about CPR at national level.
- Accreditation of Faculty of Nursing in educational institutions. (Applied Science Private University, Al-Zarka National University)

*** Memberships in scholarly committees**

- Member in the "Adult Health Competency Exam" committee at Jordan Nursing Council (JNC)
- Member of the diabetes committee at Jordan Nursing Council (JNC)
- Head of the nurses technical classification and promotion committee, at Jordan Nursing Council (JNC)

*** Memberships in other committees:**

- Member in the Jordan Nursing Council
- Member in the Jordan Nurses & Midwives Council

Supervised PhD Students (Thesis):

Uncertainty, symptoms distress, and learning needs among Jordanian CABG patients post discharge. 2014. University of Jordan

Supervised Master Students (Thesis):

-Depression in non-hospitalized Jordanian Patients with Coronary Artery Disease. January, 2014

-The Jordanian ICU nurses knowledge, attitudes and practices of oral care to prevent the development of ventilator associated pneumonia in orally intubated patients. January, 2014

-Perceptions of beliefs and implementation of evidence based practice among nurses working in Jordanian university hospitals. May, 2012.

-Symptom Management Strategies of Jordanian Patients following Coronary Artery Bypass Grafting Surgery. 2011

-Perceptions of cardiac patients and nurses of sexual information needs & nurses practice. April, 2011

-Circadian rhythm disorder, sleep disturbances, health disorders, job performance, and safety concerns among Jordanian nurses in the critical care units. March, 2011

-The Knowledge and Attitude of Saudi Nurses working in critical care units toward Organ Donation. Dec., 2010

-Perceived learning needs of Yemeni patients post cardiac surgery. July, 2010.

- Factors influencing extubation time after cardiac surgeries among Yemeni patients. December, 2010.

-Clinical and economical impact of surgical site infections following coronary artery bypass graft surgery in north Jordan. January, 2009.

-Incidence and predictors of femoral hematoma after cardiac catheterization using manual compression. January, 2008.

-Sleep quality disturbances among coronary artery bypass graft surgery patients in Syria. April, 2008.

- Attitudes of Jordanian critical care nurses toward family presence during cardiopulmonary resuscitation (CPR). November, 2008.
- Evaluating risk factors for postoperative deep sternal wound infection among Jordanian coronary artery bypass graft surgery patients: a retrospective study.2007.
- Treatment seeking behaviors of patients experiencing symptoms of acute coronary syndrome. January, 2006.
- The impact of CPR continuing education programs on nurses' knowledge acquisition. August, 2004
- Perceived learning needs of Jordanian coronary artery bypass graft surgery patients as compared to nursing staff. July, 2003.
- Perceived learning needs of Jordanian MI patients and their caregivers in the early period after discharge. 2002

Supervised Master Students as Committee Member:

- Perception of knowledge and practices of enteral nutritional feeding among Jordanian nurses working in intensive care units. January, 2014
- Return to work and quality of life among Jordanian patients underwent CABG surgery. July, 2013.
- Gender differences in femoral access site complications post cardiac catheterization among Jordanian patients. July, 2013
- Validation of nursing diagnosis: impaired swallowing among patients with cancer. June, 2010.
- The effect of dynamic meditation on stress level of oncology nurses in king Hussein cancer center. May, 2009.
- Quality of life among Saudi prostate cancer patients one year after treatment. April, 2008.
- Uncertainty among Saudi lung cancer patients during active treatment. November, 2008.
- Burnout among Jordanian nurses working in critical care units (CCU). 2008.
- Cigarette smoking behavior among coronary heart disease patients in Irbid governorate, Jordan. December, 2007.
- Perceived benefits of and barriers to exercise among Jordanian patients with coronary artery disease. August, 2006.

-Impact of social support on depression among Jordanian artery bypass graft surgery patients. July, 2005.

-Needs of families of critical ill adult patients: family members and nurses' perceptions. July, 2004.

- The relationship between social support and psychological morbidity of Bahraini myocardial infarction patients in early period after discharge. July, 2004

HONORS

- Participate and Attended the Tempus Project "Partnership to Enhance Nursing Education". Sponsored by the European Commission, Directorate-General Education & Culture. Partners: Faculty of Nursing/JUST, British Council/Amman, Queen's University/ Belfast/ UK, & Trinity College for Health Sciences/Dublin/ Ireland.
- Scholarship from J.U.S.T. To Continue My Ph.D. In Nursing
- Attended the Education Program in the Faculty Conducted Under the Auspices of the University of Windsor, J.U.S.T. Jordan – CIDA Program
- Scholarship from J.U.S.T. To Continue My Master Degree