

**Rida Gharzeddine, PhD, MSN, RN**

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**CURRENT EMPLOYMENT**

**Rutgers University** | School of Nursing | Camden, NJ  
*Assistant Professor*

Jan 2021-present

**EDUCATION**

**New York University** | New York, NY  
*PhD in Nursing*

Sept 2020

**American University of Beirut** | Beirut, Lebanon  
*MS in Nursing*

Feb 2007

**American University of Beirut** | Beirut, Lebanon  
*BS in Nursing*

June 2003

**RESEARCH**

**Projects (in preparation/progress)**

- Camden Sleeps Better: A civic engagement project to screen vulnerable communities for poor sleep and implement evidence-based approaches to enhance sleep quality.
- HRSA Grant Application for a project to improve workforce resiliency by developing and implementing evidence-based protocols to improve sleep and mental health and build resiliency.

**Dissertation:** *An exploratory analysis of sociodemographic, clinical, and lifestyle factors associated with insomnia symptoms and the relationship between insomnia symptoms and medication adherence among persons with heart failure*

*Advisor: Victoria Vaughan Dickson*

*Defense date: Successfully defended on July 21, 2020*

**Peer Reviewed Publications**

- Gharzeddine, R., Yu, G., McCarthy, M., & Dickson, V. (2021). Associations of insomnia symptoms with cognition in persons with heart failure. *Western Journal of Nursing Research*.

- Gharzeddine, R., McCarthy, M., Yu, G., & Dickson, V. (2020). Insomnia and insomnia symptoms in persons with heart failure: An integrative review. *Journal of Cardiovascular Nursing*.
- Park, C., Spruill, T. M., Butler, M. J., Kwon, S. C., Redeker, N. S., Gharzeddine, R., & Whittemore, R. (2019). Gender differences in acculturative stress and habitual sleep duration in Korean American immigrants. *Journal of Immigrant and Minority Health*. <https://doi.org/10.1007/s10903-019-00926-1>
- Mouro, G., EL Jardali, F., Ghaziri, M., & Gharzeddine, R. (2008). Towards better nursing accountability in Lebanon. *Human & Health* 3, 13.
- Gharzeddine, R., McCarthy, M., Yu, G., & Dickson, V. (in review). Associations of insomnia symptoms with sociodemographic, clinical, and lifestyle factors in persons with HF: Health and Retirement Study.

### Poster/Paper Presentations

- Gharzeddine, R. (Nov 2021). Heart Failure as an Independent Predictor of Insomnia Symptoms. American Heart Association (AHA).
- Gharzeddine, R. (2021). *Association of Insomnia Symptoms with Medication Adherence in Patients with Heart Failure: A Mediation Analysis*. Presented in Eastern Nursing Research Society (ENRS)
- Gharzeddine, R. (2019). Predictors and outcomes of insomnia in heart failure: An integrative review. *Nursing Research*, 68 (2), E140-E141.
- Gharzeddine, R. (2018). Symptom burden: Concept analysis. *Nursing Research*, 68 (2), E62-E62.

### TEACHING EXPERIENCE

**Assistant Professor, School of Nursing, Rutgers University** | Camden, NJ 2021

- Research and Evidence Based Practice in Nursing
- Health and Illness in Adults

**Lecturer-Instructor, Graduate program, Rory Meyers College of Nursing, New York University** | New York, NY 2019

- GN 2041: Nursing Issues and Trends in Healthcare Delivery System

**Lecturer-Instructor, College of Nursing, Al Mana College for Health sciences | Khobar,**  
Kingdom of Saudi Arabia 2008-2016

- Coordinated and taught the courses: Fundamentals of Nursing, Medical-Surgical Nursing, Critical Care Nursing, Evidence-Based Practice, Medical Terminology, and Practicums
- Acted as interim head of Department
- Served in several committees at the departmental and college level.

**Lecturer-Instructor, College of Nursing, Global University |Beirut, Lebanon**  
2006-2007

- Coordinated and taught Medical-Surgical Nursing in class and clinical settings

**Reader-Grader, Rory Meyers College of Nursing, New York University | New York, NY**  
2017-2018

- NURSE-UN 1243: Adult and Elder Nursing III
- NURSE-UN 1245: Leadership and Management in Nursing
- NURSE-UN-1244: Community Health Nursing

### TEACHING INTERESTS

Fundamentals of Nursing, Medical-Surgical Nursing, Critical Care Nursing, Pathophysiology, Evidence-Based Practice, Nursing Research, Statistics, Medical Terminology, and Sleep Disturbances.

### CLINICAL EXPERIENCE

**Clinical Instructor, College of Nursing, Al Mana College for Health sciences | Khobar,**  
Kingdom of Saudi Arabia 2008-2016

- Major responsibility: provide effective instruction and assessment during clinical practice training of undergraduate nursing students in the lab, hospital and community facilities.

**Clinical Residency, Johns Hopkins University | Baltimore, MD** 2006

**Registered Nurse, American University of Beirut- Medical center | Beirut Lebanon** 2003-2007

- Worked in Medical, Surgical, and oncology units
- Worked as part-time in Emergency Room

### RELATED CLINICAL EXPERIENCE

**Paramedic, Lebanese Red Cross |Beirut Lebanon** 1996-1999

- Completed special training sessions in first aid and served as a volunteer in the first aid team

### **SERVICE TO THE PROFESSION**

- Reviewer for the Journal of Cardiovascular Nursing (JCN)
- Member of the Eastern Nursing Research Society (ENRS), USA
- Member of the Honor Society of Nursing, Sigma Theta Tau International
- Member of the American Heart Association (AHA)
- Member of the Order of Nurses in Lebanon
- Member of the AUB Alumnus Association, Lebanon

### **LICENSURE**

- Licensed as RN by the Maryland Board of Nursing 2006-present
- Licensed as RN in New York State 2020-present
- Licensed as RN in New Jersey 2021-present
- Licensed as RN by the Order of Nurses in Lebanon 2003-present
- Licensed as APRN by the Member of the Saudi Commission for Health Specialties 2008-2018
- Licensed as Paramedic by the Lebanese Red Cross 1996-1999

### **UNIVERSITY SERVICE**

- Committee member on student DNP Projects, Rutgers University| NJ 2021
- Member of the strategic planning committee, Rutgers University| NJ 2021
- Member of the Baccalaureate Curriculum and Education Resource, Rutgers University| NJ 2021
- Member of the Faculty Affairs and Faculty Development, Rutgers University| NJ 2021
- Treasure of the Doctoral Student Organization, *Rory Meyers College of Nursing, New York University* | New York, NY 2018-2019
- President of the Student Representative Committee, *School of Nursing, American University of Beirut* | Beirut, Lebanon 2005-2006

## **GRANTS/AWARDS**

**Research Scholarship Award** by Sigma Theta Tau International

2020

## **LANGUAGES**

Arabic (fluent), English (proficient)

## **REFERENCES**

Victoria Vaughan Dickson, PhD, CRNP, FAHA, FHFSA, FAAN, Associate Professor, New York University (NYU) Rory Meyers College of Nursing, 433 First Ave, #742, New York, NY 10010, Email: vdickson@nyu.edu, P: 212-992-9426, Fax:212-995-4679

Sally S. Cohen, PhD, RN, FAAN, Clinical Professor, New York University (NYU) Rory Meyers College of Nursing, 433 First Ave, #642, New York, NY 10010. Email: sc5828@nyu.edu; P: 212-992-5929

Gary Yu, PhD, Associate Research Scientist, New York University (NYU) Rory Meyers College of Nursing, 433 First Ave, New York, NY 10010. Email: gy9@nyu.edu; P: 212-998-5486

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