

**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**

**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*

**Current Funded Projects**

- Co-Primary Investigator for the funded study (60,000\$) by Busch Biomedical Grant Program. A Randomized Control Study to investigate the effectiveness of lymphatic therapy on fluid overload, insomnia symptoms, and hospital readmissions in patients with heart failure.
- Primary Investigator for the study (pending fund 25,000\$): An exploratory study to investigate associations between fluid overload and insomnia symptoms in Black patients with heart failure in Camden NJ.

**Peer Reviewed Publications**

- Gharzeddine, R., McCarthy, M., Yu, G., & Dickson, V. (2022). Associations of insomnia symptoms with sociodemographic, clinical, and lifestyle factors in persons with HF: Health and Retirement Study. *Research in Nursing & Health* 1-16. <https://doi.org/10.1002/nur.22211>
- Gharzeddine, R., Yu, G., McCarthy, M. M., & Dickson, V. V. (2021). Associations of insomnia symptoms with cognition in persons with heart failure. *Western Journal of Nursing Research*, 43, 1105-1117. <https://doi.org/10.1177/0193945920988840>
- Gharzeddine, R., McCarthy, M. M., Yu, G., & Dickson, V. V. (2021). Insomnia and insomnia symptoms in persons with heart failure: An integrative review. *Journal of Cardiovascular Nursing*, 36(4), 374-384. <https://doi.org/10.1097/JCN.0000000000000719>
- 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.

### Conference Papers

- Gharzeddine, R., McCarthy, M., Yu, G., & Dickson, V. V. (2021). Heart Failure as an Independent Predictor of Insomnia Symptoms. *Circulation*, 144 (Suppl\_1), A12801-A12801.
- Gharzeddine, R., Dickson, V. V., McCarthy, M., & Yu, G. (2021, May). Association of Insomnia Symptoms with Medication Adherence in Patients with Heart Failure: A Mediation Analysis. *Nursing Research*. 70 (3), pp. E29-E30.
- Gharzeddine, R. (2019). Predictors and outcomes of insomnia in heart failure: An integrative review. *Nursing Research*, 68 (2), pp. E140-E141.
- Gharzeddine, R. (2018). Symptom burden: Concept analysis. *Nursing Research*, 67 (2), pp. E62-E62.

### TEACHING

**Assistant Professor**, School of Nursing, Rutgers University | Camden, NJ Jan 2021-To date

- 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 Feb 2019 - June 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 Interest:** Fundamentals of Nursing, Medical-Surgical Nursing, Critical Care Nursing, Pathophysiology, Evidence-Based Practice, Nursing Research, Statistics, and Sleep.

## SERVICE

### SERVICE TO THE PROFESSION

- Reviewer for the Journal of Cardiovascular Nursing (JCN), USA
- Reviewer for the SAGE Open Nursing (SON), USA
- Member of the American Heart Association (AHA), USA
- Member of the Eastern Nursing Research Society (ENRS), USA
- Member of the Honor Society of Nursing, Sigma Theta Tau International

- Member of the Order of Nurses in Lebanon
- Member of the AUB Alumnus Association, Lebanon

## UNIVERSITY SERVICE

- Committee Member on several projects for Doctoral of Nursing Practice (DNP) students, Rutgers University| NJ 2021-To date
- Member of the Strategic Planning Committee, Rutgers University| NJ 2021-To date
- Member of the Baccalaureate Curriculum and Education Resource Committee, Rutgers University| NJ 2021-To date
- Member of the Faculty Affairs and Faculty Development committee, Rutgers University| NJ 2021-To date
- Member of the Faculty Organization Committee, Rutgers University| NJ 2021-To date
- 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

## CLINICAL PRACTICE/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 June 2006-Oct 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

**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

## 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 Saudi Commission for Health Specialties 2008-2018
- Licensed as Paramedic by the Lebanese Red Cross 1996-1999

## GRANTS/AWARDS

- Achievement Award: Program of Early Career Excellence, Rutgers University 2021
- 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

Susan Malone PhD, RN, Senior Research Scientist, New York University (NYU) Rory Meyers College of Nursing, 433 First Ave, New York, NY 10010. Email: sm7760@nyu.edu  
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