

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, Minor in Education

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

Currently Funded Projects

- Primary Investigator for the funded study (\$ 60,000) by Busch Biomedical Grant Program (Sept 22-Sept 2024). A Randomized Control Study to investigate the feasibility and effectiveness of lymphatic therapy on fluid overload, insomnia symptoms, and hospital readmissions in patients with heart failure.
- Primary Investigator for the funded study (\$30,000) by South Jersey Institute for Population Health (March 2023-March 2024): An exploratory study to investigate associations between fluid overload and insomnia symptoms in Black patients with heart failure in Camden NJ.

Submitted Proposal for Future Funding:

- Title: Exploring the mediating roles of social determinants of health in arterial stiffness and sleep quality among low-income Hispanic families. Submitted to South Jersey Institute for Population Health (\$ 25,000).

Peer-Reviewed Publications

- Cypress, B., Gharzeddine, R., Dahan, T., Fu, M. R., & Abate, S. Healthcare professionals' perspectives of family engagement during patient-and-family-centered-care interdisciplinary rounds (PFCC-IR) in intensive care units of two teaching hospitals. In preparation for the *American Journal of Critical Care*.
- Cypress, B., Gharzeddine, R., Fu, M. R., Ransom, M., Villarente, F., & Pitman, C. (Aug 2023). A qualitative exploration of the facilitators and barriers to family engagement during patient-and-family-centered interdisciplinary rounds (PFCC-IR) in ICU. [Manuscript submitted for publication]. *Intensive and Critical Care Nursing*.
- Gharzeddine, R., Cypress, B., Dahan, T., & Fu, M. (2023). Fluid overload, lifestyle behaviors, and insomnia symptoms in older adults with heart failure. *Journal of Geriatric Nursing*, 53, 66–71. <https://doi.org/10.1016/j.gerinurse.2023.06.017>
- 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*, 45(3), 364-379. <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(12), 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.

Media Mention

- <https://www.healio.com/news/cardiology/20211130/hf-appeared-independently-associated-with-insomnia-symptoms>
- <https://sleepreviewmag.com/sleep-health/sleep-whole-body/heart/heart-failure-insomnia-symptoms/>
- <https://research.rutgers.edu/search/site?q=rida%20gharzeddine>

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

- Abstract Reviewer for the Eastern Nursing Research Society (ENRS) conference 2023
- Reviewer for the Journal of Cardiovascular Nursing (JCN), USA
- Reviewer for the SAGE Open Nursing (SON), USA
- Reviewer for Journal of Geriatric Nursing (GN), 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 2021-2023
- Member of the Faculty Affairs and Faculty Development committee, Rutgers University| NJ 2021-2023
- Member of the Faculty Organization Committee, Rutgers University| NJ 2021-To date
- Member of Scholastic Standing and Recruitment Committee, Rutgers University| NJ 2023-To date
- Member of Long-Range Planning Committee, Rutgers University| NJ 2023-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.

CNS 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

Funding Award of (60,000\$) by Busch Biomedical Grant Program	2023
Funding Award of (30,000\$) by South Jersey Institute for Population Health (SJIPH).	2023
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

Mei Fu, PhD, RN, FAAN. Associate Dean for Research, School of Nursing and Health Studies, University of Missouri-Kansas City. Email: mei.fu@umkc.edu, Mobile: 973-986-1758

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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