

Rida Gharzeddine

Assistant Professor

Contact

ORCID ID

<https://orcid.org/0000-0001-9143-5074>

Education

Highest Earned Degree

PhD , New York University (NYU), Nursing, 2020

Dissertation(s)

Title: 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

Defense date: July 21, 2020

Advisor: Victoria Vaughan Dickson

Other Earned Degrees

Master of Science in Nursing with Minor in Education, American University of Beirut (AUB), Beirut, Lebanon, 2007

Bachelor of Science in Nursing, American University of Beirut (AUB), Beirut, Lebanon, 2003

Certificates and Licenses Held

Registered Professional Nurse, NY, License number:797046

Registered Professional Nurse, NJ, License number:26NR22499700

Registered Professional Nurse, Maryland, License number: R175684

Registered Professional Nurse, Lebanon, License number: 67040

Advanced Practice Registered Nurse (APRN), Saudi Arabia (Inactive)

Linguistic Ability

English

Lebanese/Arabic

Honors and Awards

Professional Awards and Honors

2024 Funding Award (\$25,000); South Jersey Institute of Public Health (SJIPH)

2023 Funding Award (\$30,000); South Jersey Institute of Public Health (SJIPH)

2023 Funding Award (\$60,000); Busch Biomedical Grant Program

2023 Nominated for the faculty award in Rutgers School of Nursing: Outstanding Nurse Educator Award

2021 Achievement Award: Program of Early Career Excellence

2020 Research Scholarship Award; Sigma Theta Tau International

2020 Inducted to the Sigma Theta Tau, Upsilon Chapter

Research Interests

Professional Identification

Professor and Researcher of Nursing Science

Description of Research and Scholarly or Creative Objectives

My research encompasses two complementary lines of inquiry. The primary line focuses on improving the well-being and quality of life of adults with heart failure, with particular emphasis on insomnia, a prevalent yet historically underrecognized symptom. This work aims to identify contributors to sleep disturbance, reduce sleep-related daytime impairments, and develop tailored self-care interventions to enhance symptom management and health outcomes. Current scholarship examines the relationship between fluid balance and insomnia and evaluates the efficacy of lymphatic exercises to reduce fluid overload, a leading cause of heart failure-related hospitalization.

The second line of research advances patient- and family-centered care (PFCC) in the Intensive Care Unit (ICU) through structured family engagement in interprofessional medical rounds. Grounded in PFCC principles, this work investigates the impact of family participation on communication quality, shared decision-making, care coordination, and alignment of care with patient goals in high-acuity clinical settings.

Employment History

Positions Held

2021-ongoing	Assistant Professor, Rutgers-Camden, NJ, USA
2017-2020	Reader-Grader/Instructor for Nursing Courses, NYU, NYC, USA
2016-2020	Research/Graduate Assistant, NYU, NYC, USA
2008-2016	Lecturer/Clinical Instructor in Nursing, Al Mana College for Health Science (MACHS), Nursing School, Khobar, Saudi Arabia
2007-2008	Nurse Researcher, American University of Beirut, Lebanon
2004-2007	Research/Graduate Assistant, American University of Beirut, Lebanon
2003-2007	Registered Nurse, American University of Beirut, Medical Center, Lebanon

Titles or Assignments within Positions Held

2015-2016	Head of Student Affairs and Academic Advising Center (MACHS)
2012-2015	Head of Accreditation task force (MACHS)
2012-2015	Head of Curriculum Committee (MACHS)
2008-2016	Assistant Head of Nursing Department (MACHS)
2023-ongoing	Member of the Strategic Planning Committee (Rutgers-Camden)
2023-ongoing	Member of Scholastic Standing and Recruitment Committee (Rutgers-Camden)
2021-ongoing	Member of the Faculty Organization Committee (Rutgers-Camden)
2021-2023	Member of the Baccalaureate Curriculum and Education Resource Committee (Rutgers-Camden)
2021-2023	Member of the Faculty Affairs and Faculty Development Committee (Rutgers-Camden)
2021-ongoing	Member on Committees for Doctoral of Nursing Practice (DNP) students projects (Rutgers-Camden)
2018-2019	Treasure of the Doctoral Student Organization (NYU, NYC)
2005-2006	President of the Student Representative Committee (American University of Beirut)

Publications

Articles in Refereed Journals

- 2025 | Cypress, B., Gharzeddine, R. (2025). Patient and Family-Centered Interdisciplinary Rounds and Patient Satisfaction: A Controlled Intervention Study. *Intensive and Critical Care Nursing*, 93, 104347, ISSN 0964-3397, <https://doi.org/10.1016/j.iccn.2026.104347>.

- 2025 | Cypress, B. S., Gharzeddine, R., Fu, M. R., Dahan, T., & Abate, S. (2025). Improving healthcare workers' psychological well-being through family involvement in the ICU: An interdisciplinary reflection - Response to Darma Sagita et al. *Intensive & critical care nursing*, 92, 104230. <https://doi.org/10.1016/j.iccn.2025.104230>
- 2024 | Cypress, B.; Gharzeddine, R.; Dahan, T.; Fu, M.; Abate, S. (2024). Healthcare Professionals' Attitudes and Influencing Factors Towards Family Engagement in the Intensive Care Unit (ICU) for Adult Patients. *American Journal of Critical Care*.
- 2024 | Cypress, B., Gharzeddine, R., Fu, M. R., Ransom, M., Villarente, F., & Pitman, C. (2024). Healthcare professionals perspective of the facilitators and barriers to family engagement during patient-and-family-centered-care interdisciplinary rounds in intensive care unit: A qualitative exploratory study. *Intensive and Critical Care Nursing*. DOI: [10.1016/j.iccn.2024.103636](https://doi.org/10.1016/j.iccn.2024.103636)
- 2023 | 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>
- 2022 | 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>
- 2021 | 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>
- 2021 | 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>
- 2020 | Park, C., Spruill, T. M., Butler, M. J., Kwon, S. C., Redeker, N. S., Gharzeddine, R., & Whittemore, R. (2020). 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>

Articles in Non-refereed or General Journals

Work in Progress

- 2025 | Dahan, T., Fu, M. R., Gharzeddine, R., McGuinness, K., Moustafa, E., Cypress, B. (2025). A Person-Centered and Multi Modal Intervention for Obesity, Pain, and Mental Well-being Among Adults Living in Low-Income Communities. Manuscript submitted for publication at *Journal of Community Health*.

Published

- 2008 | Mouro, G., EL Jardali, F., Ghaziri, M., & Gharzeddine, R. (2008). Towards better nursing accountability in Lebanon. *Human & Health* 3, 13.

Published Conference Proceedings

- 2025 | Gharzeddine, R., Cypress, B., Al Soueidy, A., Marks, T., Cerceo, E., & Fu, M. (2025). *Impact of sleep quality and symptom burden on quality of life in a low-income, diverse sample of hospitalized heart failure patients*. *Nursing Research*, 74(6, Suppl 1), E150. Abstract presented at the 2025 Eastern Nursing Research Society (ENRS) Annual Scientific Sessions. <https://doi.org/10.1097/NNR.0000000000000859>
- 2021 | 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. https://doi.org/10.1161/circ.144.suppl_1.12801

2021 |

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.

https://journals.lww.com/nursingresearchonline/citation/2021/05000/enrs_supplemental_journal_for_conference_abstracts.12.aspx

2019 | Gharzeddine, R. (2019). Predictors and outcomes of insomnia in heart failure: An integrative review. *Nursing Research*, 68 (2), pp. E140-E141.

<https://journals.lww.com/nursingresearchonline/pages/articleviewer.aspx?year=2019&issue=03000&article=00013&type=Fulltext>

2018 |

Gharzeddine, R. (2018). Symptom burden: Concept analysis. *Nursing Research*, 67 (2), pp. E62-E62.

https://journals.lww.com/nursingresearchonline/fulltext/2018/03000/eastern_nursing_research_society_30th_annual.16.aspx

Works in Progress

- 2026 | Gharzeddine, R; Cypress, B; Cerceo,E; Marks, T., Fu, M (in progress). Impact of Lymphatic Exercises on Sleep and Quality of life: A randomized control trial.
- 2026 | Gharzeddine, R; Cypress, B; Cerceo,E; Marks, T., Fu, M (in progress). Impact of Lymphatic Exercises on symptom Prevalence and Burden patients with Heart failure: A randomized control trial
- 2026 | Gharzeddine, R., Cypress, B., Cerceo, E., Marks,T., Fu, M. (in progress). Predictors of Thoracic fluid volume and Its Correlation With Fluid overload symptoms in patients with Heart failure.
- 2026 | Gharzeddine, R; Cypress, B; Cerceo,E; Marks, T., Fu, M (in progress). **Lymphatic Exercises to Reduce Fluid Overload in Patients With Heart Failure: A Randomized Controlled Trial**

Media Mention

Achievements published in Media

2023 | Media Mention: <https://research.rutgers.edu/search/site?q=rida%20gharzeddine>

2021 | Media Mention: <https://sleepreviewmag.com/sleep-health/sleep-whole-body/heart/heart-failure-insomnia-symptoms/>

2021 | Media Mention: <https://www.healio.com/news/cardiology/20211130/hf-appeared-independently-associated-with-insomnia-symptoms>

Teaching Activities

Curricular Development - Courses and Programs Developed

2022-ongoing | Major revisions applied to the course "Research and Evidence-Based Practice in Nursing" by changing delivery method and transitioning class to flipped classroom model and implementing active learning strategies.

2022-ongoing | Contributed to major revisions to the course "Health and Illness in adult Population" to incorporate clinical judgment and Next Gen NCLEX, and transitioned class to flipped Classroom Model

Instructional Development

2024-2024 | March 6, 2024: FA Davis Webinars: **Driving Student Success in Med-Surg: Build clinical judgment and improve practice readiness**

2024-2024 | March1, 2024: Tenure & Time Management Workshop by NCFDD

2024-2024 | Feb 29, 2024: Workshop by office of Teaching Evaluation and Assessment Research (OTEAR): Faith Zones and Religious Observations in the Classroom

2024-2024 | Feb16, 2024: Workshop by Office of Teaching Evaluation and Assessment Research (OTEAR): Considering Beliefs & Mindsets in Creating Inclusive Courses

2024-2024 | Jan 26, 2024: SNC Implicit Bias Workshop

2023-2023 | Nov 9, 2023: FA Davis webinars: **Driving Student Success in Med-Surg**

2023-2023 | Oct 25, 2023: Webinar offered by FA Davis: NGN by Design: Strategies for writing Clinical Judgment items

2023-2023 | Oct 18, 2023: Webinar offered by GoReact: **Unpacking New NCLEX Results & Strategies to Maintain Momentum**

2023-2023 | **Oct 4, 2023: NGN Spotlight Series: How do I motivate my students to be accountable for their learning?**

2023-2023 | 9/19/2023: Achieving academic excellence in nursing by mapping competencies in EBP: An Ovid® Synthesis webinar

2023-2023 | Jan 19,2023: The ATI Talk Live 2023: Countdown to NGN!

2022-2022	Oct 28,2022: Seminar titled: ATI integration with NGN
2021-2021	2021 ATI Webinar and communication series. Topics: Using ATI for active learning strategies in the classroom, using case studies, and NEXT GEN NCLEX assessments
2021-2022	Jan 2021-Jan 2022. Rutgers Program for Early Career Excellence (PECE)
2022-2022	2022. A webinar offered by The American Association of Colleges of Nursing (AACN) titled: Introduction to Competency-Based Education.
2022-2022	2022. Webinar offered by the The American Association of Colleges of Nursing (AACN) titled: Beginning Steps for Building a Competency-Based Curriculum
2022-2022	2022. Webinar offered by The American Association of Colleges of Nursing (AACN) titled: The Re-envisioned Essentials: Infusing Innovation in Academic Nursing
2021-2021	Dec 16, 2021: ATI Webinar: Integration Strategies for Next Generation NCLEX (NGN) – Clinical Judgment
2021-2021	Aug 24, 2021, Seminar: ATI products and changes with NGN
08/2021-08/2021	Aug 19, 2021: ATI workshop: Active learning and integration strategies in preparation for the NexGEN NCLEX
05/2021-05/2021	May 7, 2021: CTAAR workshop: Online Instruction in Spring 2021: What We Learned
03/2021-03/2021	March 9, 2021: CTAAR workshop Teaching Evaluation to Meet the Needs of Meaningful Higher Education (with Dr. Weaver)

Teaching Other

2019	Feb 2019-June 2019: Lecturer-Instructor , Graduate program, <i>Rory Meyers College of Nursing, New York University</i> New York, NY. Courses participated in teaching: " GN 2041: Nursing Issues and Trends in Healthcare Delivery System"
2016	2016-2017: Course Assistant/Reader-Grader , <i>Rory Meyers College of Nursing, New York University</i> New York, NY for the courses: NURSE-UN 1243: Adult and Elder Nursing III, NURSE-UN 1245: Leadership and Management in Nursing, NURSE-UN-1244: Community Health Nursing
2008	Feb 2008- Aug2016: Lecturer-Instructor , <i>College of Nursing, Al Mana College for Health sciences</i> Khobar, Kingdom of Saudi Arabia. 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.
2006	2006-2007: Lecturer-Instructor , <i>College of Nursing, Global University</i> Beirut, Lebanon. Courses Taught: Medical-Surgical Nursing.
2005	2005-2007: Teaching and graduate assistant at the School of Nursing in the American University of Beirut (AUB)

Development of Audio-visual, Media, and Computer Materials

2023-2023	Developed powerpoint materials for recitation sessions in Health and illness sessions. Developed 3 voice-threaded lectures for the same course.
2022-2022	Voice threaded lectures for all the lectures in the Research and Evidence-Based course. Developed online resources threaded in canvas for in-class and after class assignments and activities.

Conference Presentations, Lectures, Demonstrations

Papers, Abstracts, and Lectures

2025	Poster presentation in ENRS: Impact of Sleep Quality and Symptom Burden on Quality of Life in a Low-Income, Diverse Sample of Hospitalized Heart Failure Patients. Annual Conference of the Eastern Nursing Research Society, Philadelphia, Pennsylvania, United States.
2021	2021: Paper presentation in AHA Scientific sessions conference: Heart Failure as an Independent Predictor of Insomnia Symptoms
2021	2021: Paper presentation in ENRS: Association of Insomnia Symptoms with Medication Adherence in Patients with Heart Failure: A Mediation Analysis
2019	2019: Poster presentation in ENRS: Predictors and outcomes of insomnia in heart failure: An integrative review

2018 | 2018: Poster presentation in ENRS: Symptom Burden: Concept analysis.

Other Presentations, Lectures, Demonstrations, Posters

2025 | Invited presentation, Cooper University Hospital: "Lymphatic System Stimulation in Heart Failure: A Randomized Control Trial".

2025 | Invited presentation, Rutgers University: "Recruitment Barriers in a Heart Failure Randomized Controlled Trial at Camden: Lessons for Future Research"

Editorial Activities

Membership on Editorial Boards of Scholarly or Professional Journals

2019-ongoing | Reviewer for the Journal of Cardiovascular Nursing (JCN), USA (Average 3-4 reviews yearly)

2022-ongoing | Reviewer for the SAGE Open Nursing (SON), USA. (3 reviews in 2024)

2023-ongoing | Reviewer for Journal of Geriatric Nursing (GN), US. (3 reviews in 2024)

2023-ongoing | Reviewer: Western Journal of Nursing Research. (1 review in 2023)

2023-ongoing | Reviewer for Journal of Sleep Epidemiology. (1 review in 2023)

Memberships

Memberships, Offices And Committee Assignments In Professional Societies

2021-ongoing | Member of the National League for Nursing (NLN), USA

2016-ongoing | Member of ENRS, member in the chronic comorbidity condition and bio-behavioral Research interest group (RIG)

2018-ongoing | Member of the American Heart Association: Member of the Council on Cardiovascular and Stroke Nursing

2019-ongoing | Member of the Honor Society of Nursing, Sigma Theta Tau International, *Upsilon Chapter*

2003-ongoing | Member of the AUB Alumnus Association, Lebanon

Funding

Externally-Funded Research and/or Training Grants

2024-ongoing | (Grant Amount: \$25,000) Title: Exploring the Mediating Role of Social Determinants of Health in Arterial Stiffness and Sleep Quality among Low-Income Hispanic Families., Kim Sojung, Rida Gharzeddine, Lisa Lewis, Jonathan Cummings, Agency: South Jersey Institute for population Health, Role: Co-PI

2023-ongoing | (Grant Amount: \$30,000) Title: Feasibility and efficacy of lymphatic therapy on fluid overload symptoms in patients with heart failure in Camden, Rida Gharzeddine, Mei Fu, Brigitte Cypress, Elizabeth Cerceo, Agency: South Jersey Institute for population Health, Role: PI

Internally-Funded Research and/or Training Grants

2023-ongoing | (Grant Amount: \$60,000) Title: Lymphatic system stimulation and fluid overload symptoms in patients with heart failure, Rida Gharzeddine, Mei Fu, Agency: Busch Biomedical Grant Program, Role: PI

Submitted but Not Funded

2021-2021 | (Grant Amount: \$705,197) Title: Health and Public Safety Workforce Resiliency Training Program, Catherine A. Stubin, Janice Beitz, Shiela Linz, Rida Gharzeddine, Agency: Health Resources and Services Administration (HRSA), Role: Co-PI

Service

Contributions to the Advancement of the Academic Profession

2022-ongoing | Abstract Reviewer for the Eastern Nursing Research Society (ENRS) conference 2023, 2024, 2026

Service to Rutgers University

10/2025-10/2025	Ad Ad Hoc Committee Member, Search for Co-Director of the Prelicensure Program
10/2025-10/2025	Ad Hoc Committee Member, search for DNP Coordinator for Scholarly project and Ovid Synthesis
10/2025-10/2025	Ad Hoc Committee Member, search for Associate Dean for Clinical and External Affairs
09/2025-09/2025	Committee member for Non-Tenure Track (NTT) Faculty Reappointment Review and Voting
2024-ongoing	Taskforce member in the process of chartering Men in Nursing Chapter in SNC Camden
2023-ongoing	Member of Long-Range Planning Committee
2023-ongoing	Member of Scholastic Standing and Recruitment Committee
2022-2023	Member of the Strategic Planning Committee
2021-2023	Member of the Faculty Affairs and Faculty Development committee
2021-2023	Member of the Baccalaureate Curriculum and Education Resource Committee
2021-ongoing	Member of the Faculty Organization Committee
2021-ongoing	Serving as Committee Member on DNP students Projects

Faculty Mentoring

2023-2024	Mentor support for scholarly writing for colleagues: Mary Wunnenberg, and Margaret Gray.
02/2023-05/2023	Mentored the new faculty member Kimberly McGuinness on utilizing ATI, exam soft, canvas, and making voice-threaded lectures during the shadowing/co-teaching of the Health and illness course.

Students Supervised

Master's or Doctoral Students by Type of Supervision

Doctoral - Committee

2024	Matthew Dering. Title: the effect of cardiac contractility modulation device
2023	Clarissa Harrington. Title: Bringing Action to Heart Failure Discharge Education: A Quality Improvement Project
2022	Thejaswi Bella. Title: Prescription of Physical Activity and Education Materials on Dash Diet to Control Hypertension.