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# RANA G. RIZK

PhD, MPH, MS, LD

Health Technology Assessment, Health Economics, Epidemiology, Biostatistics, Human Nutrition, Dietetics, Renal Nutrition  
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## Education

**PhD in Health Technology Assessment- 2017**, Maastricht University, Maastricht, The Netherlands

- Thesis: Health technology assessment of hyperphosphatemia management among hemodialysis patients in Lebanon

**MPH in Epidemiology and Biostatistics- 2016**, The Lebanese University, Fanar, Lebanon

- Thesis: A societal cost-of-illness study of hemodialysis in Lebanon
- First Rank Student

**MS in Nutrition - Option: Clinical Nutrition- 2013**, Holy Spirit University of Kaslik- USEK, Kaslik, Lebanon

- Thesis: Effect of dietitian-run stage-based nutritional education on phosphatemia management in a sample of Lebanese hemodialysis patients: a multicenter randomized controlled trial
- Dean's Honor List

**BS in Human Nutrition and Dietetics- 2009**, Holy Spirit University of Kaslik- USEK, Kaslik, Lebanon

- Dean's Honor List

**Lebanese Baccalaureate- Socio-Economics, 2005**, Ecole Saint Joseph des Filles de la Charité, Zouk Mikael, Lebanon

- First Rank Student in the Official Lebanese Baccalaureate Exam- Mount Lebanon.

## Academic Appointments

**PhD Co-Supervisor**, Maastricht University, The Netherlands, July 2018- Present

Research projects:

- Economic burden of multiple sclerosis on Lebanese society and cost-effectiveness of available treatments
- People who use and/or inject drugs undergoing treatment in Lebanon: Nutrition assessment and dietary habits

### Research Affiliate

Health Economic & Human Nutrition Units, INSPECT-LB, The Lebanese University- Jun 2014- Present

College of Natural and Health Sciences, Zayed University- Jun 2014- Jun 2016

WHO Center for Systematic Reviews in Health Policy and Systems Research, American University of Beirut- Jun 2014- Jun 2016

- Contributing to the preparation, write-up and submission of scientific publications

**Supervisor, MPH Theses- Oct 2018- Present**, Faculty of Public Health, The Lebanese University

**Assistant Supervisor, MBA Theses- June 2015- May 2016**, Faculty of Public Health, La Sagesse University

*Part of my duties at the Research and Training Unit- Research Center, La Sagesse University*

**Public Health Coordinator, Research and Training Unit- Jun 2015- May 2016**, Research Center, La Sagesse University

- Preparing research proposals, drawing research protocols, conducting desk reviews, quantitative data management and statistical analyses, writing and submitting reports, preparing training material and delivering lectures in national trainings

**Research Assistant, Private Clinics, Surgery- Jun-Dec 2010**, American University of Beirut Medical Center.

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## Academic Experience

**Lecturer in Nutrition**, BS in Human Nutrition and Dietetics, Faculty of Applied Sciences, American University of Technology

- **Dietetics & Dietetics Lab**- Feb 2019- Present, **Food and Nutrition**- Sep 2018- Present

**Lecturer in Public Health & Health Economics**, Faculty of Public Health, The Lebanese University

- **Health Economics**- Feb 2019- Present, **Research Methods**- Feb 2015- Present

**Instructor of Public Health**, MBA in Hospital Management, Faculty of Public Health, La Sagesse University

- **Epidemiology**- Feb 2016, **Biostatistics**- Sept 2015, **SPSS**- Oct 2015

*Part of my duties at the Research and Training Unit- Research Center, La Sagesse University*

**Instructor of Nutrition and Course Coordinator**, Department of Human Nutrition and Dietetics, USEK

- **Hospital, Food Service Management & Community Nutrition Internships**- Jul 2013- May 2014
- **Pre-Colloquium Revision Sessions- Renal Nutrition**- Nov 2012-May 2013.

**Internship Coordinator- Jul 2013- May 2014**, Department of Human Nutrition and Dietetics, USEK

- Hospital Internship, Food Service Management & Community Nutrition Internships

**Chairperson Assistant- Apr 2011- Jul 2013**, Department of Human Nutrition and Dietetics, USEK

- Academic advisor for the BS and MS students, logistic coordination of the BS program, conferences/scientific events, assisting the chairperson in ensuring the execution of the department's strategic plan, preparing documentation for the ACEND accreditation.

## Scientific Publications

Type	#
Articles	18
Presentations	23
Reports	10
Posters/Abstracts	8
<b>Total</b>	<b>59</b>

(Last updated on 27/07/2019)

## Peer-reviewed Articles

Author rank	SJR- Q1	SJR- Q2	SJR- Q3 & Q4	Total	Citations (RG)
First/Senior author	4	3	-	7	
Second author	-	2	-	2	
Third author & above	4	2	3	9	
<b>Total</b>	<b>8</b>	<b>7</b>	<b>3</b>	<b>18</b>	<b>116</b>

(Last updated on 27/07/2019)

1. Radwan H, Ballout R, Hasan H, **Rizk R.** (2018). *The Epidemiology of Cancer in the United Arab Emirates: A Systematic Review*. Medicine, DOI: 10.1097/MD.00000000000013618
2. Radwan H, Ballout R, Hasan H, Lessan N, Karavetian M, **Rizk R.** (2018). *The Epidemiology and Economic Burden of Obesity and Related Cardiometabolic Disorders in the United Arab Emirates: A Systematic Review and Qualitative Synthesis*. Journal of Obesity, DOI: 10.1155/2018/2185942
3. Suzan H, de Vries Nanne, Papandreou D, **Rizk R**, Karavetian M. (2018). The Freshman weight gain phenomenon: Does it apply to Lebanese students? Open Access Macedonian Journal of Medical Sciences, DOI: 10.3889/oamjms.2018.431

4. El-Jardali F, Fadlallah R, Daouk A, Hemadi N, **Rizk R**, El-Kebbi O, Farha A, Akl E. (2018). *Barriers and facilitators to implementation of essential health benefits package within primary health care settings in low- and middle-income countries: A systematic review*. International Journal of Health Planning and Management, DOI: 10.1002/hpm.2625
5. Abdo R, Abboud H, Salameh P, Jomaa N, **Rizk R**, Hosseini H. (2018). *Direct Medical Cost of Hospitalization for Acute Stroke in Lebanon: A Prospective Incidence-Based Multicenter Cost-of-Illness Study*. INQUIRY, 55:1–11
6. Radwan H, Hashim M, Shaker Obaid R, Hasan H, Naja F, Al Ghazal H, Mohamed H, **Rizk R**, Al Hilali M, Rayess R, Izzaldin G. *The Mother-Infant Study Cohort (MISC): Methodology, challenges, and baseline characteristics*. PLOS One, Accepted, 2018
7. Karavetian M, **Rizk R**. Invited commentary: *Patient education for hyperphosphatemia management: improving outcomes while decreasing costs?* Kidney Research and Clinical Practice, Accepted, 2018
8. **Rizk R**, Hiligsmann M, Karavetian M, Evers S. *Cost-effectiveness of dedicated dietitians for hyperphosphatemia management among hemodialysis patients in Lebanon: Results from the Nutrition Education for Management of Osteodystrophy trial*. Journal of Medical Economics, 20:1024-38
9. **Rizk R**, Karavetian M, Hiligsmann M, Evers S. (2017). *Effect of stage-based education provided by dedicated dietitians on hyperphosphatemic hemodialysis patients: Results from the Nutrition Education for Management of Osteodystrophy (NEMO) trial*. Journal of Human Nutrition and Dietetics, 30:554-62
10. Abboud M, Rybchyn MS, **Rizk R**, Fraser DR, Mason RS. (2017). *Sunlight exposure is just one of the factors which influence vitamin D status*. Photochemical & Photobiological Sciences, 16:302-13
11. **Rizk R**. (2016). Invited commentary: *Cost-effectiveness of phosphate binders among patients with chronic kidney disease not yet on dialysis: a long way to go*. BMC Nephrology, 17(1), 75
12. **Rizk R**, Hiligsmann M, Karavetian M, Salameh P, Evers S. (2016) *A societal cost-of-illness study of hemodialysis in Lebanon*. Journal of Medical Economics, 1-10
13. Karavetian M, Elzein H, **Rizk R**, Jibai R, de Vries N. (2016). *Nutritional Education for Management of Osteodystrophy: Impact on quality of life and malnutrition*. Hemodialysis International, 20:432-40
14. Karavetian M, **Rizk R**. (2015). *Development and evaluation of a training module in renal dietetics*. Nutrition Research and Practice, 10:99-107
15. **Rizk R**, Hiligsmann M, Karavetian M, Evers S. (2015). *Economic evaluations of interventions to manage hyperphosphatemia in adult hemodialysis patients: A systematic review*. Nephrology (Carlton), 21:178-87
16. Karavetian M, Elzein H, **Rizk R**, Bechwaty F, de Vries N. (2015). *Effect of behavioral stage-based nutrition education on management of osteodystrophy among hemodialysis patients, Lebanon*. Patient Education & Counseling, 98:1116-22
17. El-Jardali F, Akl E, Fadlallah F, Oliver S, Saleh N, El-Bawab L, **Rizk R**, Farha A, Hamra R. (2015). *Interventions to combat or prevent drug counterfeiting: A systematic review*. BMJ Open, 5:e006290
18. Karavetian M, de Vries N, **Rizk R**, Elzein H. (2014). *Dietary educational interventions for hyperphosphatemia management in hemodialysis patients: A systematic review and meta-analysis*. Nutrition Reviews, 72(7):471-482.

## Scientific Presentations

### A- Lectures

1. **Rizk R**. Advances in Nutrition and Food Sciences. Lebanese International University (Oct 2018)
  - *Advances in Renal Nutrition*
2. **Rizk R**. 4<sup>th</sup> NMN Symposium. A new vision in Medical Nutrition. King Faisal Specialist Hospital & Research Center (Mar 2018)
  - *Workshop: Complications of the chronic kidney disease and dietary implications*
3. **Rizk R**. *Sugar, the bitter truth*. Lebanese Presidential Palace (Dec 2017)
4. **Rizk R**. First International Jordanian Conference of Nutrition, (Nov 2017)
  - *Advances in hyperphosphatemia management among hemodialysis patients*
  - *To eat or not to eat during hemodialysis treatment*
5. **Rizk R**. Third Dubai Nutrition Conference, Dubai Health Authority (Oct 2017)
  - *Counseling skills for the renal dietitians. Interventions to promote adherence to the renal diet*
  - *Advances in hyperphosphatemia management among hemodialysis patients*
  - *To eat or not to eat during hemodialysis treatment*

6. **Rizk R.** *Nutrition in the prevention of cardiovascular diseases.* Ponctuation cardiaque entre friction et affection (Jul 2017)
7. **Rizk R.** *Workshop: Chronic kidney disease- nutritional interventions.* Accredited by AND and ESPEN
  - Jordan (Mar 2017); Lebanon (Jun 2016)
8. **Rizk R.** *HIV test-treat-retain cascade analysis for Lebanon.* National Stakeholders Meeting (Mar 2016)
9. **Rizk R.** *Nutrition during emergencies.* Emergency Management Seminar (Mar 2016)
10. **Rizk R.** *Nutrition in the humanitarian context.* EMRO SURGE Training (Sep 2015)

#### **B- Oral presentations**

1. Abdo R, Abboud H, Salameh P, Jomaa N, **Rizk R**, Hosseini H. *Cost of acute stroke in Lebanon.* Lebanese Society of Pharmacoeconomics and Outcomes Research (LSPOR) General assembly meeting (Nov 2017)

#### **C- Posters**

1. **Rizk R**, Hiligsmann M, Karavetian M, Evers S. *Cost-effectiveness of dedicated dietitians for hyperphosphatemia management among hemodialysis patients in Lebanon: Results from the nutrition education for management of osteodystrophy trial.* 40th ESPEN Congress. Madrid (Sept 2018)
2. Karavetian M, **Rizk R**, Hiligsmann M, Evers S. *Cost-effectiveness of dedicated dietitians for hyperphosphatemia management among hemodialysis patients in Lebanon: Results from the nutrition education for management of osteodystrophy trial.* 12TH GLOBAL NEPHROLOGISTS ANNUAL MEETING. London (June 2017)
3. **Rizk R**, Karavetian M, Elzein H, Abboud R. *Dedicated renal dietitian in the hemodialysis unit controls serum phosphorus and malnutrition, Lebanon.* Nutrition and Food Research Day- Lebanese American University. Beirut (April 2014)
4. **Rizk R**, Karavetian M, Elzein H, Abboud R. *Dedicated renal dietitian in the hemodialysis unit controls serum phosphorus and malnutrition, Lebanon.* XVII International Congress on Nutrition and Metabolism in Renal Disease 2014. Germany (May, 2014)
5. **Rizk R**, Karavetian M, Elzein H, Abboud R. *Effect of dietitian-run stage-based nutritional education on hyperphosphatemia among hemodialysis patients, Lebanon.* The 2nd USEK INTERNATIONAL NUTRITION CONFERENCE- Health and Food Security. Kaslik, Lebanon (April 2013)- **Best Poster Award.**

#### **D- Abstracts**

1. Karavetian M, Salhab N, Alrukhaimi M, Kooman J, Fiaccadori E, Muthana H, **Rizk R**. *Effect of intradialytic-aerobic exercise on clinical outcomes of hemodialysis patients in the United Arab Emirates.* Clinical Nutrition. 2018;37:S212-3.
2. Karavetian M, **Rizk R**, Hiligsmann M, Evers S. *Cost-effectiveness of dedicated dietitians for hyperphosphatemia management among hemodialysis patients in Lebanon: Results from the nutrition education for management of osteodystrophy trial.* J Nephrol Ther 2017, 7:3(Suppl)
3. **Rizk R**, Karavetian M, Elzein H, Abboud R. *Effect of intensive stage-based nutrition education by a dedicated renal dietitian on phosphatemia management among Lebanese hemodialysis patients.* Journal of Renal Nutrition, 24(2):137 2014.

### **Contributions to National Studies and Reports Write-up**

*Part of my duties at the Research and Training Unit- Research Center, La Sagesse University*

1. **Implementation of Post-Polio Campaign Monitoring:** World Health Organization- WHO, Lebanon, 2016
2. **Expanded Programme of Immunization - District-Based Immunization Coverage Cluster Survey:** World Health Organization- WHO, Lebanon, 2016
3. **Estimating Population Immunity to Poliovirus in Lebanon:** Centers for Disease Control and Prevention- CDC, 2016
4. **Multi-centre operational research on men who have sex with men and drug use:** Middle East and North Africa Harm Reduction Association- MENAHRA, 2016
5. **Rapid assessment and mapping of sex work and high risk male homosexual activity among Syrian refugees and their hosting communities as well as HIV service availability and access:** National AIDS Program- NAP, Ministry of Public Health- MOPH, World Health Organization- WHO, Lebanon, 2016
6. **Assessing the physical environment profile of Twenty-Four Schools in Lebanon:** World Vision, Lebanon, 2016
7. **Conflict Reduction through Improving Health Care Services for Vulnerable Population in Lebanon, A study produced with the funding of the European Union- Endline assessment Report:** United Nations High Commissioner for Refugees- UNHCR, Lebanon, 2015.

8. **HIV test-treat-retain cascade analysis for Lebanon:** National AIDS Program- NAP, Ministry of Public Health- MOPH, World Health Organization- WHO, Lebanon, 2015
9. **Youth & Adolescent Health Program- Endline Evaluation:** World Vision, Lebanon, 2015
10. **Youth & Adolescent Health Program- Baseline Evaluation:** World Vision, Lebanon, 2015.

## Contributions to National Trainings (training material preparation and delivery)

*Part of my duties at the Research and Training Unit- Research Center, La Sagesse University*

1. **Understanding Masculinities: International Men and Gender Equality Survey (IMAGES) - Middle East and North Africa:** Promundo, The United Nations Entity for Gender Equality and the Empowerment of Women- UN Women, Lebanon, 2016
2. **Effective Vaccine Management Training:** Ministry of Public Health- MOPH, World Health Organization- WHO, Lebanon, 2015.

## University Service

### Jury Member, MS Theses

- MS in Chronic Diseases, Faculty of Public Health, The Lebanese University- **Dec 2016- Present**
- MBA in Hospital Management, Faculty of Public Health, La Sagesse University- **Mar 2016**

*Part of my duties at the Research and Training Unit- Research Center, La Sagesse University*

### Member of the organizing committee

- The 2nd USEK INTERNATIONAL NUTRITION CONFERENCE- Health and Food Security. April 17 and 18, 2013. Holy Spirit University of Kaslik- USEK.

## Licensures

**Licensed Dietitian in Lebanon- Dec 2009-Present**, Lebanese Ministry of Public Health, Beirut, Lebanon

**ServSafe®- Food Protection Manager- 2010-2015**, National Restaurant Association, Washington, DC, USA, License 7008572.

## Professional Appointments

**Clinical Dietitian- Jan 2011- Present**, Private Practice

## Professional Memberships

**Arab Dietetic Continuing Education- 2018-Present**

**Lebanese Society for Pharmacoeconomics and Outcome Research (LSPOR)- 2017-Present**

**Lebanese Academy of Nutrition and Dietetics (LAND)- 2015- Present.**

## Languages

Language	Speaking	Writing	Reading
Arabic	Excellent	Excellent	Excellent
English	Excellent	Excellent	Excellent
French	Good	Very good	Very good.

## Skills

**Information Technology:** Microsoft Office, Banner- Production

**Statistics/Data Management:** SPSS (Expert), EndNote, Zotero, SAS, Epi Info, REDCap, R (Junior)

**Other:** Nutrition communication and education skills.