

EDUCATION

PHD | MAASTRICHT UNIVERSITY (NETHERLANDS) | 2016 - 2020

CAPHRI School of Public Health/Health Services Research (mHealth in Dietetics)

Thesis: An mHealth intervention for the dietary management of hemodialysis patients

MS | AMERICAN UNIVERSITY OF BEIRUT | 2009

Master of Science in Human Nutrition. Thesis: Postprandial phosphorylation potential following Valine and Tryptophan manipulations of the diet

BS | AMERICAN UNIVERSITY OF BEIRUT | 2003

Bachelor of Science in Nutrition and Dietetics

WORK EXPERIENCE

TEACHING EXPERIENCE

LEBANESE AMERICAN UNIVERSITY | FALL 2016 - FALL 2021

- ▶ Courses taught: Ethics in Dietetics (NUT 570), Fundamentals to Human Nutrition (NUT201), Management Systems in Dietetics (NUT 468) and Dietetic Practice Seminar I (NUT 580-Advanced Therapeutic Cases studies), Dietetic Practice Seminar II (NUT 585- Advanced Therapeutic Cases studies), Nutrition in the Lifecycle (NUT 430), Advanced Human Nutrition (NUT 401) and
- ▶ Clinical Preceptor at the Lebanese American University Medical Center (LAUMC-Rizk Hospital 2018-2021). Rotations: Nutrition Care Process, Internal Medicine, Cardiac Care Unit, Health fair, Theme Meal, Outpatient. Interprofessional Education Facilitator (IPE)
- ▶ MS Thesis Supervision

QATAR UNIVERSITY | 2014 - 2015

- ▶ Course Instructor (Meal Planning, Quantity Food Production, and Food Chemistry)
- ▶ Clinical Preceptor at Hamad Medical Corporation and Trainer for CPD accredited course for Clinical staff at Hamad Medical Corporation

LEBANESE UNIVERSITY | 2010 - 2012

Pediatric Nutrition | 2010 – 2012

MS Thesis Supervision

AMERICAN UNIVERSITY OF BEIRUT | 2009 - 2010

Introduction to Nutrition, Nutrition in the Lifecycle | 2009-2010

HAIGAZIAN UNIVERSITY (BEIRUT) | 2011

Nutritional Assessment, Nutrition in the Lifecycle (replacement instructor)

ACADEMIC ACCREDITATION EXPERIENCE

A'SHARQIYAH UNIVERSITY - APPLIED HUMAN NUTRITION AND DIETETICS | JAN - AUG 2023

- ▶ External examiner for the Applied Human Nutrition and Dietetics
- ▶ Evaluation of course and program content & student assessment

SHARJAH UNIVERSITY- MPH ACCREDITATION | JAN - JUNE 2022

- ▶ Preparation of self-study and CAA Accreditation Application
- ▶ Development of program goals, and program learning outcomes in line with local and international accreditations (CEPH, APHEA & CAA). Preparation of all course syllabi for the MPH program and Preparation of the Program Assessment Plan

LEBANESE AMERICAN UNIVERSITY- BS NUTRITION ACCREDITATION | FALL 2016 - FALL 2019

- ▶ Preparation of self-study for the Coordinated Program in Nutrition and Dietetics (ACEND)
- ▶ Development of a new curriculum & Learning Assessment officer from 2018-2019

QATAR UNIVERSITY- BS NUTRITION AND DIETETICS ACCREDITATION | FALL 2014 - SPRING 2015

- ▶ Member of the ACEND accreditation committee of the Coordinated Program in Nutrition and Dietetics (ACEND)

RESEARCH EXPERIENCE

PUBLICATIONS AUTHORED

- ▶ Kawtharani, F., **El Khoury, C. F.**, & Mattar, L. (2022). Assessment of Hospital Malnutrition Care Practices: the Case of a Low Middle Income Country. *Clinical Nutrition ESPEN*.
- ▶ El Chaar, D., Mattar, L., & **Fakh El Khoury, C.** (2022). AND/ASPEN and the GLIM malnutrition diagnostic criteria have a high degree of criterion validity and reliability for the identification of malnutrition in a hospital setting: A single-center prospective study. *Journal of Parenteral and Enteral Nutrition*.
- ▶ Mirey Karavetian, Mona Sharef Hashim, Wafa Ayesh, Leila Cheikh Ismail and **Cosette Fakh El Khoury**, "Identification of Malnutrition Upon Hospital Admission Using the Global Leadership Initiative on Malnutrition Criteria", *Current Nutrition & Food Science* 2021; 17() .
<https://doi.org/10.2174/1573401317666210531145643>
- ▶ **Fakh El Khoury C**, Crutzen R, Schols JM, Halfens RJ, Karavetian M Adequate Management of Phosphorus in Patients Undergoing Hemodialysis Using a Dietary Smartphone App: Prospective Pilot Study. *JMIR Form Res* 2021;5(6):e17858
- ▶ Fakh El Khoury Cosette, Crutzen Rik, Schols Jos M.G.A., Halfens Ruud J.G. and Karavetian Mirey (2020). A Dietary Mobile App for Patients Undergoing Hemodialysis: Prospective Pilot Study to Improve Dietary Intakes. *J Med Internet Res* 2020;22(7):e17817
- ▶ Fakh El Khoury, C., Karavetian, M., Halfens, R. J., Crutzen, R., El Chaar, D., & Schols, J. M. (2019). Dietary Application for the Management of Patients with Hemodialysis: A Formative Development Study. *Healthcare Informatics Research*, 25(4), 262-273.
- ▶ Fakh, C. El Khoury, et al. "The Effects of Dietary Mobile Apps on Nutritional Outcomes in Adults with Chronic Diseases: A Systematic Review." *Journal of the Academy of Nutrition and Dietetics* (2019).
- ▶ Salhab, N., Karavetian, M., Kooman, J., Fiaccadori, E., & El Khoury, C. F. (2019). Effects of intradialytic aerobic exercise on hemodialysis patients: a systematic review and meta-analysis. *Journal of nephrology*, 1-18.

- ▶ Bawadi, H., Katkhouda, R., Al-Haifi, A., Tayyem, R., Elkhoury, C. F., & Jamal, Z. (2016). Energy balance and macronutrient distribution in relation to C-reactive protein and HbA1c levels among patients with type 2 diabetes. *Food & nutrition research*, 60(1), 29904.
- ▶ Bawadi, H. A., Bunks, A. D., Tayyem, R. F., & El Khoury, C. (2016). Meals served to hypertensive and cardiac inpatients in Jordan: comparison with WHO and NIH dietary guidelines. *EMHJ-Eastern Mediterranean Health Journal*, 22(1), 28-33.

REVIEWS

- ▶ Editorial Board Member for the *Journal of Parenteral and Enteral Nutrition (JPEN)* (<https://aspenjournals.onlinelibrary.wiley.com/hub/journal/19412444/editorialboard.html>)
- ▶ Regular Reviewer for the *Journal of Medical Internet Research (JMIR)*

CONSULTANCY EXPERIENCE

WORLD HEALTH ORGANIZATION - WHO | MARCH 2021 - CURRENT

Health and Nutrition Consultant (WHO Lebanon office) for multiple projects including Lebanese Prisons and Primary Healthcare centers, Malnutrition Assessment of Long-term Care Institution

- ▶ Diet and Lifestyle behavioral interventions: Preparation of educational materials for Training of Trainers (TOT)
- ▶ Diet and lifestyle Toolkit for Primary Healthcare Centers Network: preparation of guides, job aids, and patient education on dietary interventions in non-communicable diseases
- ▶ Capacity building of healthcare staff on counseling strategies and patient education of interventions addressing diet and lifestyle in non-communicable diseases in Prison and Primary Health Care Centers context
- ▶ Consultant for the implementation of a People-Centered Primary Healthcare Pilot in the Lebanese PHC Network: participated in the preparation of concept notes, coordination of meetings, and TOR
- ▶ Document Analysis: Evaluate the current decree and menu and provide suggested solutions suitable to the nutritional requirements of inmates and in line with the health protocols of care, especially for inmates with noncommunicable diseases.
- ▶ Assessment of Nutritional status of residents in Long-term care facility, along with a needs assessment for an emergency nutritional intervention
- ▶ Needs assessment on the nutrition and food safety aspects in Roumieh prison (including in the kitchen and the shop).
- ▶ Qualitative Research: Capturing experiences with the health sector through Focus groups with inmates and nurses in Roumieh Prison on health and diet-related interventions for non-communicable diseases, in line with the protocols of care
- ▶ Capacity building of the healthcare staff on diet-related interventions for non-communicable disease care in Prison and Primary Health Care Centers context

UNFPA-LEBANON | DECEMBER 2022 - FEBRUARY 2023

Preparation of Dietary Guidelines for Pregnant and Lactating Women in Lebanon: A Reference Guide for Healthcare Professionals.

UNICEF-UNITED ARAB EMIRATES | DECEMBER 2021 - JANUARY 2022

Preparation and presentation of 3 modules on WHO Child Growth for Ministry of Health UAE

DIET DELIGHTS LEBANON | 2015 - 2016

Management and Clinical Consultant

- ▶ Consultant to align policies and procedures against ISO22000 standards, a consultant on clinical protocols, menus, and clinical training for Dietitians. Management consultant with regards to business development and strategic planning

CLINICAL & HEALTHCARE MANAGEMENT & ACCREDITATION EXPERIENCE

NABTA HEALTH | MAY 2022 - CURRENT

GENERAL MANAGER OF NABTA HEALTH CLINICS AND HEAD OF NUTRITION.

Nabta Health is a Healthtech startup building a decentralized, patient-centric hybrid healthcare platform for women in emerging markets (Part-time position)

- ▶ General Manager of Nabta Health Clinic responsible for the employment of the healthcare team, development of protocols of care, and developing the hybrid healthcare model
- ▶ Responsible for conceptualizing and executing formative research for the development of the hybrid healthcare model using frameworks of implementation science

DIET DELIGHTS QATAR | APR 2012 - MAY 2014

CHIEF CLINICAL OFFICER & HEAD DIETITIAN

Member of the Company Opening Team and member of the Senior Management Committee-Head of Clinical & Foodservice Department

- ▶ ISO 22000 accreditation
- ▶ Managed a team of 45 employees consisting of dietitians & foodservice staff. Established and monitored the department's annual and project budgets
- ▶ Planned and set clinical practice guidelines
- ▶ Nutrition counseling of outpatients

RAFIC HARIRI UNIVERSITY HOSPITAL | JUN 2005 - MAR 2012

ACTING HEAD OF DIETARY DIVISION | JUN 2006 - MAR 2012

Managed and Lead the Hospitals Dietetic Division

- ▶ Lead the hospital accreditation process against the requirements of the Ministry of Health
- ▶ Managed a team of 8 dietitians in both an inpatient & Outpatient environment. Established and monitored the department's annual and project budgets
- ▶ Analyzed Division requirements and preparation of Request for Proposals (RFP) for required products (enteral nutrition) & services (Catering services)

INTERNSHIP COORDINATOR | SEP 2006-MAR 2012

Managed the Internship Program for university students within the hospital and the department's continuing education program

- ▶ Developed the Internship program and coached interns in achieving set goals. cts
- ▶ Continuing Education to other Healthcare Professionals

THERAPEUTIC DIETITIAN | JUN 2005 - AUG 2012

Defined and overlooked the inpatient and outpatient therapeutic dietary requirements within the:

- ▶ Member of the Nutrition Committee & Nutrition Support Team
- ▶ Internal Medicine Practice (Diabetes emphasis)-Cardiac Care Unit-Intensive Care Unit (Nutrition Support) -Pediatrics (Both NICU and PICU)-Renal and Hemodialysis unit-OBGYN

COMMUNITY & OUTREACH

- ▶ Active member of the scientific committee of Dialeb (National Diabetes Organization) www.dialeb.org
- ▶ Ministry of Education - Colloquium Examination | Lebanon (Develop examination questions & previous Jury member for Oral Exam)
- ▶ Previous member of the Qatar Registration Examination organizing committee (2015)

TRAININGS & CERTIFICATIONS

- ▶ Licensed Dietitian | Ministry of Public Health Lebanon | since 2006
- ▶ CITI Program Course | Biomedical Research Basic course | 2019
- ▶ EdX | Quantitate Methods in Clinical & Public Health Research (Online course by HarvardX) | 2015
- ▶ Institute for Social Research QU & University of Michigan | Introduction to Research Design | 2015
- ▶ World Health Organization | Child Growth Standards Certified Trainer | 2008
- ▶ American University of Beirut | Radiation Safety Training | 2008
- ▶ Accreditation council for Education in Nutrition & Dietetics (ACEND) | Certified Dietetics Preceptor | 2008

REFERENCES

- ▶ Dr. Maya Bassil- Associate Professor-Lebanese American University (mbassil@lau.edu.lb, 009613921185)
- ▶ Dr. Rik Crutzen- Full Professor- Maastricht University (rik.crutzen@maastrichtuniversity.nl)
- ▶ Dr Jos Schols- Full Professor- Maastricht University (jos.schols@maastrichtuniversity.nl)
- ▶ Dr Hiba Bawadi- Associate Professor- Qatar University (hbawadi@qu.edu.qa, 0097450361824)
- ▶ Dr Heba Al-Hijazi- Sharjah University (hhijazi@sharjah.ac.ae, 00971564525937)
- ▶ Ms. Edwina El-Zoghbi- World Health Organization (zoghbie@who.int, 009613815727)
- ▶ Dr Mirey Karavetian- Clinical Research Associate- University of Calgary (kmirey@gmail.com, +14168243371)

LANGUAGES

- ▶ English | Excellent oral & written knowledge
- ▶ Italian | Excellent oral & written knowledge
- ▶ Arabic | Excellent oral knowledge, proficient reading & writing
- ▶ French | Proficient oral & written knowledge