



**DEEMA WAFIC RAHME, Pharm.D, M.Sc**

**Date of Birth:** 20 July 1987

**Place of Birth:** Riyadh, Kingdom of Saudi Arabia

**Nationality:** Lebanese

**Address:** Dawhet Aramoon Lebanon

**Telephone:** +961-81937438

**E-mail:**

rahme@bau.edu.lb

deemarahme.dr@gmail.com

**POSITION**

Clinical Assistant Professor

**Biography**

Dr. Deema Rahme is a clinical Assistant Professor at the Faculty of Pharmacy, at Beirut Arab University (BAU). She has eight years of university teaching experience in different Pharmacy Practice Courses. She graduated from BAU with a BSc in pharmacy degree in 2010, then she gained a Doctor of Pharmacy degree in 2012 with distinction, and then finished her master's in pharmacoepidemiology and clinical pharmacy in 2016. Dr. Rahme has actively contributed to the development, designing, and delivery of several didactic and experiential clinical courses in the pharmacy practice department. She is also a clinical preceptor where she trains senior pharmacy students in different affiliated hospitals.

She has participated in the delivery of professional development workshops and implementing objective structured clinical examinations (OSCE). In addition, she contributed to organizing and conducting various public health activities and professional development workshops. Dr. Rahme research interests focus on pharmacy practice in the institutional and ambulatory settings, with an emphasis on the incidence and treatment of multi-drug resistant pathogens in Lebanese Hospitals.

## Degrees:

- **Masters in Pharmaco-epidemiology** and Clinical Pharmacy Research from Lebanese University, November 2016
- Doctor of Pharmacy (**Pharm D**) **degree** from Beirut Arab University 2011 with Very Good grade (**GPA 3.59 out of 4**)
- Bachelor of pharmacy 2009/2010 from Beirut Arab University with **Excellent** grade (**Jamal Abdul Nasser Award** for the first rank in five years of pharmacy **GPA 3.92** out of 4)
- High school: Al Hoda High School, Riyadh, Saudi Arabia ( **Second rank** in high school examination in the Kingdom of Saudi Arabia)

## Research:

- Work fatigue among Lebanese community pharmacists: prevalence and correlates, pharmacy practice journal (Q1)
- Antibiotic prescribing for acute uncomplicated cystitis in Lebanese community pharmacies using a simulated patient, pharmacy practice journal (Q1)
- Antibiotic Prescribing Rate in Lebanese Community Pharmacies: A Nationwide Patient-Simulated Study of Acute Bacterial Rhinosinusitis, Journal of epidemiology and global health
- Trends in antibiotic consumption in the Lebanese community between 2004 and 2016 in International journal of clinical pharmacy (Q1 Journal)
- Health status of community pharmacists in Lebanon in the journal of pharmacy practice (Saudi Pharmaceutical Journal Q1 journal)
- Provision of pharmaceutical care to suspected high-risk COVID-19 patients through telehealth: a nationwide simulated patient study in BMC Health Services Research (Q2)
- Prevalence, risk factors, and management practices of primary dysmenorrhea among young females in BMC Women's Health (Q1)
- Primary Dysmenorrhea: Pathophysiology, Diagnosis, and Treatment Updates in Korean Journal of Family Medicine (Q2)
- Adherence to antihypertensive therapies in the Lebanese Population in the 8<sup>th</sup> International Scientific Researches Conference April 2022
- Evaluation of stroke pre-hospital management in Lebanon from symptoms onset to hospital arrival and impact on patients' status at discharge: A Pilot Study in BMC Neurology

- First trend analysis of antifungals consumption in Lebanon using the World Health Organization collaborating center for drug statistics methodology, BMC Infectious Diseases

## **Community Services**

### 1) Cancer Patient Empowerment Campaign

In collaboration with the Lebanese Red Cross, Lebanese Cancer Society, and Lebanese Pharmacy Students Association, a campaign to support cancer patients in RHUH was launched in February 2022. The campaign focused on empowering patients to become their own health champions. Empowerment can result in more people getting cancer screenings, a greater feeling of control during cancer diagnosis and treatment, and a better care plan for cancer survivors. Health empowerment has never been more important. The COVID-19 pandemic has been particularly tough for individuals going through cancer, with delayed appointments resulting in heightened anxiety. In addition to the economic crisis and the cancer medications shortage which had a negative impact on the health and well-being of many cancer patients. Therefore, we aimed to empower cancer patients to return to care, especially people of lower-income populations who are affected by cancer. Both healthcare providers, senior pharmacy students, and individuals have a role to play in empowerment, and this was the beginning to start a comprehensive program for cancer patients' empowerment and support.

### 2) COVID Awareness Campaign

At the onset of the COVID pandemic and before it was highly distributed in Lebanon, the pharmacy students in PPE5 training at RHUH prepared an awareness campaign on COVID highlighting the methods of transmission and protection against it.

### 3) COVID vaccination campaign

In collaboration with RHUH, supervised and guided 5<sup>th</sup>-year pharmacy students in the vaccination campaign including the preparation of Pfizer vaccines.

In the COVID-19 pandemic, the faculty of pharmacy at BAU continues its pivotal contribution to community services. As soon as the vaccination campaign was launched by the Ministry of Public Health at Rafic Hariri University Hospital (RHUH), pharmacy students promptly presented at the vaccination site on daily basis.

Pharmacy students had paramount aid in the preparation of Pfizer vaccines including dilution and reconstitution to be given to eligible candidates. Moreover, the pharmacy students will continue to provide their support and contribution throughout the national vaccination campaign period in Lebanon

- 4) Community outreach
  - Optimize the medication therapy management for the inpatients in the affiliated hospital
  - Provide medication therapy management services for inpatients in the internal medicine department in the affiliated hospital. These services aim to optimize the therapeutic management and prevent drug-therapy related problems; such as the prevention of irrational use of medications, drug-drug interactions, and the provision of cost-effective therapies.
  
- 5) Health Promotion and Public Awareness:
 

Antimicrobials Awareness Campaign; World Pharmacists Day, Beirut Arab University. 2019

This campaign aimed to raise awareness about antimicrobial resistance and collateral damage, to encourage best practices among the general public to avoid further emergence and spread of antibiotic resistance

  - Designed the campaign activities, posters, and leaflets.
  - Supervised participants to counsel the public about the impact of irrational use of antibiotics.
  
- 6) Diabetes Management; World Pharmacists Day at Beirut Arab University, 2017 and 2018

Designed the campaign activities, posters, and patient education tools. Mediated the communication with a pharmaceutical company to provide us with diabetes measurement kits for the event. This campaign aimed to screen the public for diabetes (especially the high risk groups), review the patients' medical profiles and assess the appropriateness of the medications used to control DM II and their cardiovascular protective medications.

### **Developed Toolkits**

Preparation and designing of informative toolkits that were distributed in the affiliated hospitals, aiming to provide practitioners with an up-to-date, reliable & easy to use source of information about commonly encountered medication therapies to optimize their uses

- Hospital Management of ACS 2018
- Diabetes Management in Hospitalized Patients – 2017
- Guideline for the Management of Sepsis and Septic Shock 2014

### **Certificates:**

- Advanced Biostatistics course, Medical School, Nicosia University
- Participation in oral and technical presentation in the 8<sup>th</sup> International Scientific Research Conference in April 2022, CURKUROVA.

- Chronic Lymphocytic Leukemia: Therapeutic Considerations and Economic Burden attendance in April 2022
- IVPNeer Parenteral Nutrition Calculator, April 2022
- Developing the SIR Model by Imperial College London, April 2022
- Neurology 1<sup>st</sup> Virtual Clinic, What You Need to Know About Sequencing of Disease-Modifying Therapies? March 2022
- Preventing PN Complications: Clinical and Practical Considerations, March 2022
- CLL Management in Saudi Arabia: Is This The Time to Gove Your Patient an Upgrade? March 2022
- Pediatric Multiple Sclerosis in the Current Era, February 2022
- Genome Instability and Associated Pathologies, by Lebanese University February 2022
- Progressive Multiple Sclerosis: To Treat or Not to Treat? January 2022
- Building a Culture of Research and Grant Funding, 17 June 2021
- Planning and Setup of a Grant Administration Infrastructure, 24 June 2021
- The Benefits of Grant Writing and Sponsored Programs, 1 July 2021
- IVPN Network, Heart Failure: Evolving Therapies and Novel Indications Webinar -October 1, 2020
- Advancing Patient Care Through Inter-Professional Collaboration conference, April 15<sup>th</sup> and 16<sup>th</sup>, 2016
- **Certificate of Recognition for the valuable contribution in facilitating the interprofessional learning experience (IPE) BAU, spring 2014**
- **Certificate for participation in Academic Staff Development Program** in the academic year 2013-2014
- **Certificate of attendance of a conference entitled 'Scientific Research and Higher Education: Challenges and Perspectives'** UNESCO palace Beirut, February 2014
- **Certificate of Appreciation for participating in the first Smart Disposal of Medication Program in the Middle East in Dr. Soliman Fakeeh Hospital.**
- **Certificate of participation in the activity entitled: Jeddah Vascular Conference** 2013, 27-29April 2013
- **Certificate of participation in the activity entitled: Seeking Excellence in Infection Control Practices** 30-31 January 2013, **Jeddah**
- **Presenting a Hospital Wide Lecture on Immunization Update** in Adults and Children on 30 January 2013 attended by consultants and pharmacists.
- **Certificate of attendance of Quality and Patient Safety Symposium** 3<sup>rd</sup> January 2013.
- **Certificate of Appreciation** for Participating as speaker in two lectures in the 3<sup>rd</sup> Annual Pharmaceutical Symposium June 26-27,2012 (Clinical Pharmacy and Pharmacovigilance)
- **Certificate of attendance** of the 4<sup>th</sup> International Ophthalmology Symposium 23-24, May 2012.
- **Professional Accreditation Certificate** from Saudi Commission for Health Specialists.

- **Certificate of cardiopulmonary resuscitation, BLS** provider recognized by the Saudi Council for Health Specialists
- Participation certificate in the international pharmacy conference (Recent Advances in Pharmaceutical Research and Technology) in Beirut Arab University, May 2010.
- Appreciation certificate for winning the first rank in an English competition from the Office of Educational Supervision (Riyadh, Saudi Arabia)

### **Experience:**

- Worked as Clinical Assistant Professor at the Faculty of Pharmacy in Beirut Arab University from February 2022 to date.
- Worked as a clinical lecturer at the Faculty of Pharmacy in Beirut Arab University from September 2013 to January 2022. Working as teaching lecturer and clinical preceptor in Rafik Hariri University Hospital.
- **Worked as a clinical pharmacist in Doctor Soliman Fakeeh Hospital (Jeddah, KSA)**, which is accredited by JCI and ACHSI, from April 2012 until July 2013. Major Job responsibilities included pharmaceutical care, clinical consultations, cost-effective care analysis, teaching, and participation in the P&T committee.
- Worked as a community pharmacist in Ras Beirut Pharmacy (Beirut, Lebanon) for 6 months responsible for prescribing OTC medications, dispensing prescriptions, detecting medication errors, and patient counseling.
- Worked in Victoria Pharmacy (Aramoon, Lebanon) for 6 months as a community pharmacist responsible for dispensing medications, prescribing OTC medications, and patient counseling.

### **Main Courses Delivery at the Faculty of Pharmacy, Beirut Arab University:**

- Integrated Case-Based Learning (ICBL)III (Infectious Diseases and Endocrine conditions)– Main Instructor and course coordinator
- Pharmacotherapeutics IV (Endocrinology) – Clinical Lecturer
- Pharmacy Practice Experience V - Clinical preceptor at Rafic Hariri University Hospital
- Pharmacy Practice V (Medication errors) – clinical Instructor
- Interprofessional Education (IPE) Facilitator
- Pharmacotherapeutics V (CNS disorders)- clinical Lecturer
- Pharmacotherapeutics VI (oncology)- clinical Lecturer
- Pharmacy Practice I [PHAR 275] (Ethics in Pharmacy Practice, Health Care System and Professional Communication Skills essential for Patient Care) – clinical Instructor
- Pharmacy Practice IV (drug literature evaluation)- main instructor
- Integrated Case-Based Learning (ICBL) I (Respiratory, GIT, and Musculoskeletal

- disorders)– Main clinical instructor
- Pharmacy Practice Training I, II, III & IV – Preceptor in community pharmacies

### **Job Responsibilities in the Faculty of Pharmacy, Beirut Arab University:**

#### **As a Clinical Lecturer:**

- Participate in clinical rotations in the hospital meanwhile supervising senior pharmacy students in Internal Medicine and cardiology care unit at Rafic Hariri University Hospital.
- Develop appropriate care plans for the patients in IM with monitoring based on national and international guidelines recommendations
- Patient interview, Medication reconciliation, education, and counseling patients on their conditions and prescribed medications at discharge.
- Deliver lectures for the medical team and senior students on topics of interest.
- Critical appraisal of the available literature to apply it in the patient care process.
- Monitor the use of antimicrobials in certain infectious diseases to ensure compliance with disease management guidelines.
- Review and be adherent to the information contained in the course syllabus.
- Guide the student and review, in detail, expectations for the student concerning the following: behavior, performance, site-specific processes of prescription processing, and patient care responsibilities.
- Allow adequate time for communication and discussion of clinical cases and assignments.
- Schedule an orientation session with the student(s).
- Provide an atmosphere conducive to optimal learning.
- Inform students of any area requiring improvement as early as possible. Be responsible for reviewing student progress at regular intervals during the experience, and for sharing the observations with the students.
- Verify and document student attainment of the requirements for each Professional Pharmacy Practice course.
- Verify students' documentation.
- Complete, review, and submit a final evaluation of the student to the course coordinator in a timely fashion.
- Provide constructive feedback on an ongoing basis and Help build self-confidence.

- Recognize the student's accomplishments and acknowledge strengths.
- Participate in conducting and supervising group discussions and case presentations.
- Solve site-specific technical problems with the collaboration of the hospital coordinator.
- Prepare and submit the exit examination for each of the Professional Pharmacy courses to the course coordinator in a timely fashion.
- Correct and Submit grades to the exit examination course coordinator in a timely fashion.
- Participate actively in the course meetings.
- Develops and delivers courses
  - Contribute to development and innovation in teaching, learning, and assessment in the area of pharmacy practice and therapeutic courses
- Be responsible for the evaluation, design, and content of specific areas of teaching and learning within the Faculty's undergraduate programs.
- Teach undergraduate students to carry out the associated examining processes.
- Provide academic support and advice to undergraduate students.
- Promote and further develop the use of a range of methods and techniques in teaching, learning, and assessment.
- Engage in the regular evaluation and development of modules for which the Lecturer has responsibility, in terms of content, delivery, and assessment.
- Undertake academic administration relevant to the needs of the post.
- Participates in developing and organizing objective structured clinical examination "OSCE", a graduation requirement for senior students
- Participates in presenting the Faculty's achievements and best practices during the cyclic Canadian Council for Accreditation of Pharmacy Programs (CCAPP) Site Executive Director Visits
- Develops toolkits to provide medical teams at hospitals with an up-date, reliable & easy to use sources of medical information to optimize evidence-based practices

### **Other related activities and functions**

- Student advising for the academic year 2021-2022
- Carry out specific Faculty roles and functions as may be reasonably required (e.g. Programme Co-ordinator, Personal Tutor, Admissions Tutor).
- Engage in continuous training and development programs in the University (e.g. through Staff Development) which are consistent with the needs and aspirations of the Lecturer, the Subject Group, and the Faculty.



- Take part in and manage, if required, staff seminars or more cross-departmental activities, functions, and events such as Open Days, and Pharmacy days.
- Undertake such other duties as may be reasonably requested and that are commensurate with the nature and grade of the post.

### **Job Responsibilities in Doctor Soliman Fakeeh Hospital (Jeddah, KSA)**

**Ensure appropriate use of Antimicrobials (AM)** (by promoting the selection of the optimal AM drug, dosage regimen, duration of therapy, and route of administration) to achieve:

- optimal clinical/therapeutic outcomes related to AM use (efficacy)
- minimal toxicity and other adverse events (safety)
- minimal cost of healthcare for infection
- limited emergence of resistant strains of microorganisms

### **Activities:**

1. Provide **cost-effective** pharmaceutical care to hospital patients receiving AM therapy (prophylactic, empirical, and definitive AM therapy).
  - a) Develop a professional relationship with the patient.
  - b) Obtain information about the patient.
  - c) Assess the patient's health status and concerns.
  - d) Determine the patient's actual and potential drug therapy problems.
  - e) Develop the patient's care plan, in partnership with the patient and collaboration with other health professionals. (goals, alternatives, therapeutic plan, monitoring parameters)
  - f) Implement the patient's care plan (patient education)
  - g) Monitor the patient's progress and assess therapeutic outcomes (efficacy and safety)
2. Work within the pharmacy and therapeutics (P&T) committee to ensure that the number and types of antimicrobial agents available are appropriate for the patient population served. Such decisions should be based on the needs of special patient populations and microbiological trends within the health system.
3. Develop and implement AM use policy to achieve optimal therapeutic outcomes while minimizing the risk of the emergence of resistant strains of microorganisms (based on IDSA guidelines).
4. Assess the effectiveness of antimicrobial use policies throughout the health system based on patient outcomes.

5. Generate and analyze quantitative data on AM drug use to perform clinical and economic outcome analyses.
6. Clinical consultations
7. Take a role in the teaching programs of the Department of Pharmacy Services.
  - a) Precept Pharmacy clerkship students.
  - b) Provide staff development support to nurses and physicians.
  - c) Provide presentations, publications, and other informative activities on infectious diseases.

### **Training:**

- Workshop entitled “ Competencies in Health Profession Education” BAU 19-20 December 2014
- Six training workshops entitled ‘The Enhancement of Staff Members’ Teaching Skills’ BAU, March 2014.
- Advanced statistics course on Minitab and implementing such skills in monitoring controlled antimicrobials consumption and physicians' compliance to policies in hospital departments.
- Rafik Hariri University Hospital (Beirut, Lebanon): 7 months of clinical rotations in different hospital wards to decide the most appropriate therapy for patients with minimum cost and side effects and reporting medication errors.
- Dr. Soliman Fakeeh Hospital (Jeddah, Saudi Arabia): one-month training in outpatient and inpatient pharmacy departments.
- **Marketing** (Extensive training course in Introduction to Real Life Practice)
- Harb Pharmacy (Khaldeh, Lebanon): 6months of training in dispensing prescriptions, prescribing OTC medications, and detecting common prescription errors.
- Shmayteli Pharmacy (Beirut, Lebanon): 3months of summer training

### **Skills:**

- Excellent presentation and communication skills.
- Ability to manage time effectively
- Research skills
- Microsoft Office: Word, Powerpoint, and Excel.
- Communication skills: Advanced communication skills gained through:
- Delivering advanced communication skills in the Pharmacy Practice Courses
- Computer skills: Good command of Microsoft Office™ tools
- Good command of SPSS
- Research and data analysis
- Multitasking
- Initiative and problem solving

- Time management

**Languages:**

English and Arabic: read, written, and spoken fluently.

French: Novic Level