

# Jana Kotaich

**Date of birth:** 23 March 2000

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**Website:** <https://www.linkedin.com/in/jana-kotaich/>

## EDUCATION

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**GENERAL MEDICINE** 2018 - 2026

*Lebanese University, Faculty of Medical Sciences, Hadath, Lebanon*

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**OFFICIAL LEBANESE BACCALAUREATE** 2018

*Amjad High School, Choueifat, Lebanon*

## WORK EXPERIENCE

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**INSTRUCTOR** 2024 - present

*CIS College – Medical Technology and Virology*

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**LABORATORY TECHNICIAN** 2022 - present

*Al Saha Laboratories & Polyclinics - Phlebotomy and Blood Tests Analysis*

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**ASSISTANT MANAGER** 2018 - present

*Al Saha Laboratories & Polyclinics - Esthetician Clinic, Official Laser Hair Removal Specialist*

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**A.LOCAL OFFICER ON MEDICAL EDUCATION** 2022 - 2023

*LeMSIC (Lebanese Medical Students' International Committee)*

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**PRESIDENT - DSC CLUB LU** 2023 - 2024

*DSC (Donner Sang Compter)*

- Blood Drives Coordinator
  - Trainer with DSC Academy
  - Red Vested September 2023
  - Training in call centers to connect blood donations to people in need
  - Organizer of blood drives all over Lebanon and recruitment stands to raise awareness of the importance of blood donation
  - Website: <https://damlb.com/en/>
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## RESEARCH RELATED POSITIONS

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**Founder & Research Director of MEDICA Research** 2023 - present

**Investigation - Lebanon**

*MEDICA is an independent, student-led research group, founded in 2023, aspiring to build a foundation in medical research among medical students in Lebanon.*

<https://linktr.ee/medica.research>

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**Ambassador for the National Medical Research Association (NMRA) - UK**

2023 - present

*The National Medical Research Association (NMRA) is a non-profit association founded in 2022 to give students and young academics a foundation in medical research.*

<https://www.nmra.uk/>

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**WALTER E. DANDY Neurosurgical Society - USA**

2021 - present

*Official member of the Neurosurgical Scientific Focus Teams initiated by the Walter E Dandy Global Clubs*

<https://wedns.org/about-us/>

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**LSIG Editor & Research Team Board Member – Lebanon**

2021 - 2022

*LEBANESE SURGERY INTEREST GROUP (LSIG) Journal posts weekly articles about diverse surgical procedures under a different Subspecialty in Surgery each month. (13 articles)*

[https://drive.google.com/drive/folders/18RVnNwpChG0arO6bZp1Frv9PoeOpgr5?usp=share\\_link](https://drive.google.com/drive/folders/18RVnNwpChG0arO6bZp1Frv9PoeOpgr5?usp=share_link)

## PUBLICATIONS

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1. Abbass, Mortada; **Kotaich, Jana**; Ziade, Karl; Sleiman, Yara; Olleik, Hanine; Nasrallah, Inaam; Obeid, M. Baker; Moussa, Mohamad. Exploring the need for surgical face masks in operating room: a comprehensive literature review. *Annals of Medicine & Surgery* (>):10.1097/MS9.0000000000002542, September 5, 2024. | DOI: 10.1097/MS9.0000000000002542
2. Ghanem L, Essayli D, **Kotaich J**, Zein MA, Sahebkar A, Eid AH. Phenotypic switch of vascular smooth muscle cells in COVID-19: Role of cholesterol, calcium, and phosphate. *J Cell Physiol*. 2024 Aug 26:e31424. doi: 10.1002/jcp.31424. Epub ahead of print. PMID: 39188012.
3. Nasrallah I, Sabbah I, Haddad C, Ismaïl L, **Kotaich J**, Salameh P, Kak AE, Nasr R, Bawab W. Evaluating the academic scientific laboratories' safety by applying failure mode and effect analysis (FMEA) at the public university in Lebanon. *Heliyon*. 2023 Nov 2;9(12):e21145. doi: 10.1016/j.heliyon.2023.e21145. PMID: 38046144; PMCID: PMC10687702.
4. Jack Wellington, Vera Al Baaklini, Andrea Fanti, Syed Hasham Ali, Shivaranghan Thayamanavan, Alaa Al Jishi, Morteza Khoshhal, **Jana Kotaich**, Amjad Hamza, Neelofar Iqbal, Aysha Rafeeqe, Hadi Farhat, Jorge Eduardo Reyna Rodriguez, Devanshi Jariwala, Hsu Jen Yu, Muqadas Munir, Estephany Nicolr Fuentes Rocabado, Claudio Bernucci, Saleem Abdulrauf : *BMJ Surgery, Interventions, & Health Technologies* 2024;6. DOI: <http://dx.doi.org/10.1136/bmjst-2024-IDEAL.25>

## CONFERENCE PRESENTATIONS

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### ***National Research Day - American University of Beirut (NRD-AUB)- 2024 - POSTERS***

1. The Influence of Personality Traits on Surgical Specialty Choice and Residency Preparedness Among Medical Students in Lebanon-**Jana Kotaich**, Ali Ismail, Ahmad Afyouni Abdallah Safawi Mortada Abbass, Muhamad Barakat, Inaam Nasrallah, Pascale Salameh.
2. Factors Influencing Medical Students' Preferences in Surgery Specialty: A Cross- Sectional Study Across Public and Private Medical Faculties in Lebanon.- Abdallah Safawi, **Jana Kotaich**, Ali Ismail, Muhammad Barakat, Ahmad Afyouni, Mortada Abbass, Inaam Nasrallah, Pascale Salameh.

### ***Research Fair Poster Presentations - Lebanese American University (LAU) - 2024***

3. Factors Influencing Medical Students' Preferences in Surgery Specialty: A Cross- Sectional Study Across Public and Private Medical Faculties in Lebanon. - Abdallah Safawi, Jana Kotaich, Ali Ismail, Muhammad Barakat, Ahmad Afyouni, Mortada Abbass, Inaam Nasrallah, Pascale Salameh.

### ***Lebanese University Medical Assembly (LUMA4) 2024***

4. The Influence of Personality Traits on Surgical Specialty Choice and Residency Preparedness Among Medical Students in Lebanon-**Jana Kotaich**, Ali Ismail, Ahmad Afyouni Abdallah Safawi Mortada Abbass, Muhamad Barakat, Inaam Nasrallah, Pascale Salameh.
5. Factors Influencing Medical Students' Preferences in Surgery Specialty: A Cross- Sectional Study Across Public and Private Medical Faculties in Lebanon.- Abdallah Safawi, **Jana Kotaich**, Ali Ismail,

Muhammad Barakat, Ahmad Afyouni, Mortada Abbass, Inaam Nasrallah, Pascale Salameh.

6. Lifting for Two: The Benefits and Updated Guidelines of Resistance Training During Pregnancy - Hadi Ftouni, Karl Ziade, Maria Moghabghab, Guitta Najem, William Mouawad, **Jana Kotaich**

## CERTIFICATIONS HONORS AND AWARDS

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Scholarship Award (2024)	<b><i>American Lebanese Medical Association (ALMA) x Lebanese Order of Physicians (LOP)</i></b> Dean's Honorary List - Lebanese University
Scholarship Award (2024)	<b><i>International Lebanese Medical Association (ILMA) x International Journal of Clinical Research (IJCR)</i></b> Honorary List - Lebanese University
1st place - Oral Presentation (2024)	<b><i>National Research Day - American University of Beirut (AUB)- 2024</i></b> Exploring the Association Between Depression and Telomere Length: A Systematic Review and Meta-Analysis- Authors: Ali Ismail, Karolina Jaalouk, <b><u>Jana Kotaich</u></b> , Yara Tahini, Najwane Said Sadier, Linda Abou Abbas
2nd place - Poster Presentation (2024)	<b><i>Research Fair - Lebanese American University (LAU) - 2024</i></b> Factors Influencing Medical Students' Preferences in Surgery Specialty: A Cross-Sectional Study Across Public and Private Medical Faculties in Lebanon. - Abdallah Safawi, <b><u>Jana Kotaich</u></b> , Ali Ismail, Muhammad Barakat, Ahmad Afyouni, Mortada Abbass, Inaam

## SUBMITTED PAPERS

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7. Exploring the association between depression and telomere length: A Systematic Review and Meta-Analysis [**BMC Psychiatry journal**]
8. The Influence of Personality Traits on Surgical Specialty Choice and Residency Preparedness Among Medical Students in Lebanon [**The Lancet**]
9. Validation and Testing of the Arabic Version of the Multidimensional Trust in Health Care Systems Scale [**BMC Health Services Research**]
10. Knowledge, Attitude, and Practice (KAP) for Effective Pharmacovigilance and Adverse Drug Reactions (ADR) Reporting among Physicians in the Lebanese Health Sector [**Discover Medicine Journal**]
11. Evaluation of chemical storage safety in scientific research laboratories of two universities in Lebanon: A cross-sectional study [**Journal of safety Research**]
12. An Unprecedented Diagnosis: First case of isolated primary Testicular Neuroblastoma in an Adult [**The International Journal of Cancer**]
13. Lifting for Two: The Benefits and Updated Guidelines of Resistance Training During Pregnancy [**BMJ Open Sport & Exercise Medicine**]
14. Diagnostic Complexity and Successful Management of a Young Patient with Culture- Negative Infective Endocarditis and Cardio-Hepato-Renal Syndrome: A Case Report [**The American Journal of Cardiology**]
15. Emerging Therapies in Multiple Myeloma: Leveraging Immune Checkpoint Inhibitors for Improved Outcomes [**Human Antibodies Journal**]- Accepted
16. Overview And Complications Of Limb Lengthening In Limb Length Discrepancy Patients: A Narrative Review [**EFORT Open Reviews**]- Accepted

## CLINICAL EXPERIENCE

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-**Baabda Governmental Hospital, Lebanon**: Internship -Surgery (and Subspecialties), Internal Medicine (and Subspecialties), ICU, and Emergency Department, July-Dec 2024

- **Al Sahel General Hospital, Lebanon**: Internship -Surgery (and Subspecialties), Internal Medicine (and Subspecialties), and Emergency Department, June 2024

- **Abou Jaoude Hospital, Lebanon**: Internship - Orthopedics and General Surgery Department, Aug- Sep 2022

- **University Clinical Centre of Serbia, Belgrade**: Internship - Emergency Surgery Department, Aug-Sept 2021

## **LANGUAGES & SKILLS**

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### **Languages:**

- Arabic: excellent (native)
- English: excellent (proficient)
- French: excellent (proficient -DELF B2)
- Sign Language: level 1

### **Skills:**

- Communication, Teamwork
- Leadership, Decision-Making
- Time management
- Organization and coordination

### **Competent in the use of:**

- EndNote & SPSS Softwares
- Microsoft Office: Word, Excel, Outlook, Powerpoint
- Google Drive: Docs, Sheets, Slides, Forms
- Spreadsheets: Excel, GoogleSheets

## **INTERESTS**

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Piano (self-taught)

Drawing & Painting (on glass, mirrors, wood, or anything other than paper)

Tennis, Weightlifting, Basketball