

Fahad M. Alhowaymel, PhD, RN

Address

College of Applied Medical Sciences, Shaqra, Shaqra University

Aldwadmi Rd. Shaqra, Riyadh province 15572 - KSA

Tel: +966 556090068

Email: falhowaymel@su.edu.sa

[ORCID](#) | [LinkedIn](#)

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RESEARCH INTERESTS

Adverse childhood experiences | Chronic diseases | Public/community health | Rural health

EDUCATION

- 2020 **Doctor of Philosophy in Nursing (PhD)**
University of Massachusetts, Amherst, MA
Advisor: Dr. Karen Kalmakis
- 2017 **Master of Science in Nursing (MSN)**
University of Hartford, West Hartford, CT
Advisor: Dr. Karen Breda
- 2011 **Bachelor of Science in Nursing (BSN)**
King Saud University, Riyadh, Saudi Arabia

LICENSURE

Professional Accreditation Certificate, Saudi Commission for Health Specialties

No. 13-R-N-0014237

ACADEMIC APPOINTMENTS

- 2022 – pres. **Vice Dean for Academic Affairs**
College of Applied Medical Sciences, Shaqra University, Shaqra, Saudi Arabia
- 2020 – 2022 **Head of Nursing Department**
College of Applied Medical Sciences, Shaqra University, Shaqra, Saudi Arabia
- 2020 – pres. **Assistant Professor**
Department of Nursing, College of Applied Medical Sciences, Shaqra University, Shaqra, Saudi Arabia
- 2018 – 2020 **Lecturer**
Department of Nursing, College of Applied Medical Sciences, Shaqra University, Shaqra, Saudi Arabia
- 2016 **Teacher Assistant**
Department of Nursing, College of Education, Nursing and Health Professions, University of Hartford, West Hartford, CT
- 2012 - 2016 **Teacher Assistant**

Department of Nursing, College of Applied Medical Sciences, Shaqra University, Shaqra,
Saudi Arabia

TEACHING EXPERIENCES

- 2012 - pres. **Shaqra University**
Department of Nursing, College of Applied Medical Sciences
- 2016 **University of Hartford**
Department of Nursing, College of Education, Nursing and Health Professions

CLINICAL EXPERIENCES

- 2012 - 2013 **Clinical Instructor**
Aldwadmi General Hospital, Aldwadmi, Saudi Arabia
- 2012 **Nurse Intern**
King Salman Bin Abdulaziz Hospital and Diabetes Center, Riyadh, Saudi Arabia
- 2011 - 2012 **Nurse Intern**
Prince Sultan Military Medical City, Riyadh, Saudi Arabia

PUBLICATIONS

- Alzahrani, N. S., Almarwani, A. M., Asiri, S. A., Alharbi, H. F., & **Alhowaymel, F. M.** (2022). Factors influencing hospital anxiety and depression among emergency department nurses during the COVID-19 pandemic: A multi-center cross-sectional study. *Frontiers in psychiatry*, 13, 912157. <https://doi.org/10.3389/fpsy.2022.912157>
- Alhowaymel, F.**, Abdelmalik, M., Mohammed, A., Mohamead, M., Alenezi, A. (2022 – accepted and in press). Reported side effects of COVID-19 vaccination among adults in Saudi Arabia: A cross-sectional study. *Sage Open Nursing*. <https://doi.org/10.1177/23779608221103208>
- Kent, N., **Alhowaymel, F.**, Kalmakis, K., Troy, L., Chiodo, L. (2022). Development of the College Student Acute Stress Scale: CSASS. *Perspectives in Psychiatric Care*. <https://doi.org/10.1111/ppc.13053>
- Alhowaymel, F.**, Abaoud, A. Alhuwaimel, A., Alenezi, A., Alsayed, N. (2022). COVID-19 patients' satisfaction levels with nursing care: A cross-sectional study. *Sage Open Nursing*. <https://doi.org/10.1177/23779608221078163>
- Kalmakis, K. A., Kent, N. M., **Alhowaymel, F.**, & Chiodo, L. M. (2021). Perceived stress, fatigue symptoms, and posttraumatic stress disorder symptoms among young adult college students. *Journal of Child and Adolescent Psychiatric Nursing*, 1–8. <https://doi.org/10.1111/jcap.12352>
- Alhowaymel, F.**, Kalmakis, K., & Jacelon, C. (2021). Developing the concept of adverse childhood experiences: A global perspective. *Journal of Pediatric Nursing*, 56, 18–23. <https://doi.org/10.1016/j.pedn.2020.10.004>
- Sposito, J., Zipf, A., **Alhowaymel, F.**, Almutairi, M. T., & Breda, K. (2018). Community-Based Stroke Recognition Education and Response: An Evidence-Based Intervention Project. *Creative nursing*, 24(4), 251–257. <https://doi.org/10.1891/1078-4535.24.4.251>

Alhowaymel, F. M., Alenezi, A. (under review). Adverse childhood experiences and health in rural areas: A cross-sectional study. *Worldviews on Evidence-Based Nursing*.

Alhowaymel, F., Abdelmalik, M., Mohammed, A., Mohammed, M., Alenezi, A., (under review). Knowledge, attitudes, and practices of hypertensive patients towards stroke prevention among rural population: A cross-sectional study. *Frontiers, SAGE Open Nursing*.

Alhowaymel, F., Kalmakis, K., Chiodo, L., Kent, N., Almuneef, M. (under review). Adverse childhood experiences and chronic diseases: Identifying a threshold for ACEs scores. *Worldviews on Evidence-Based Nursing*.

Alhowaymel, F. Alzahrani, N. Alharbi, H. Almarwan, Abdulaziz. (under review). Health care providers screening for childhood abuse among adult patients in Saudi Arabia: A cross-sectional study. *Journal of the American Psychiatric Nurses Association*.

Alharbi, H., Alzahrani, N., Almarwani, A., Asiri, S., **Alhowaymel, F.** (under review). Patients' satisfaction with nursing care quality and associated factors in Saudi Arabia: A cross-section study. *Nursing Open*.

PRESENTATIONS

Alhowaymel, F., Kalmakis, K., Jacelon, C. (Poster). Developing the concept of adverse childhood experiences: A global perspective. Eastern Nursing Research Society. March 26-27, 2020. Boston, MA

Alhowaymel, F., Jacelon, C., Kalmakis, K. (Poster). An evolutionary concept analysis of adverse childhood experiences. Beta Zeta at Large Chapter Scholarship Day. March 10, 2019. Holyoke, MA

Zipf, A., SpositoJ., Almutairi, M., **Alhowaymel, F.** (Poster). Community stroke education and response. Annual Meeting and Conference of the Connecticut Public Health Association. October 30, 2017. Plantsville, CT

Zipf, A., SpositoJ., Almutairi, M., **Alhowaymel, F.** (Poster). Community stroke education and response. The Northeast Cerebrovascular Consortium. March 30, 2017. West Hartford, CT

RESEARCH GRANTS

Funded

Adverse Childhood Experiences and Health in Rural Areas of Riyadh Province in Saudi Arabia. (2021). The Deputyship for Research & Innovation, Ministry of Education in Saudi Arabia (by Shaqra University). Role: **Principle Investigator**.

AWARDS AND HONORS

2016 Sigma theta Tau International, Iota Upsilon-at-Large Chapter Induction

CONFERENCES AND SYMPOSIUMS

2020 Eastern Nursing Research Society Conference, Boston, MA

2018 Eastern Nursing Research Society Conference, Newark, NJ

2016 Connecticut Public Health Association Conference, New Haven, CT
 2016 Midwest Nursing Research Society Conference, Milwaukee, WI
 2013 Gulf Nursing Day, Riyadh, Saudi Arabia
 2011 International Infection Control Week, Prince Sultan Medical Military City, Riyadh, Saudi Arabia
 2011 Nursing Oncology Course, Prince Sultan Medical Military City, Riyadh, Saudi Arabia
 2008 Saudi Stroke Nursing Symposium, King Fahad Medical City, Riyadh, Saudi Arabia

COURSES TAUGHT

Shaqra University

2022 Community Health Nursing / Theory (NUR 471)
 2022 Community Health Nursing / Practical (NUR 472)
 2022 Nursing Leadership and Management / Theory (NUR 482)
 2021 Community Health Nursing / Theory (NUR 471)
 2021 Methods of Nursing Research & Statistical Analysis (NUR 475)
 2020 Adult Health Nursing I / Theory (NUR 242)
 2020 Community Health Nursing / Theory (NUR 471)
 2020 Methods of Nursing Research & Statistical Analysis (NUR 475)
 2013 Fundamentals of Nursing / Clinical (NUR 234)
 2013 Pediatric Nursing / Clinical (NUR 364)
 2013 Clinical Training (NUR 481)
 2012 Adult Nursing I / Clinical (NUR 242)
 2012 Adult Nursing II / Clinical (NUR 243)

University of Hartford

2016 Professional Nursing Concept (NUR 333)

SERVICES

2016 Volunteer with the College of Education, Nursing and Health Professions at the ENHP Day, University of Hartford, West Hartford, CT
 2014 Volunteer with the school of nursing and health studies at MSN-Health Assessment Final Skills exam, University of Miami, Miami, FL
 2009 & 2010 Volunteer with the Saudi Red Crescent at Pilgrimage (Hajj), Makkah, Saudi Arabia