

Fahad M. Alhowaymel (PhD, RN)

College of Applied Medical Sciences, Shaqra University

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RESEARCH INTERESTS

Adverse childhood experiences | Chronic diseases | Community health | Public health | Rural health

EDUCATION

- 2020 **Doctor of Philosophy in Nursing (PhD)**
University of Massachusetts, Amherst, MA, USA
Advisor: Dr. Karen Kalmakis
- 2017 **Master of Science in Nursing (MSN)**
University of Hartford, West Hartford, CT, USA
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

- 2024 – pres. **Dean**
College of Applied Medical Sciences, Shaqra University, Shaqra, Saudi Arabia
- 2022 – 2024 **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 Arabi

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

ACADEMIC & ADMINISTRATIVE COMITTEES & COUNCILS

Shaqra University

- 2024 – pres. **Member.** The Standing Committee of Graduate Studies
- 2024 – pres. **Member.** Shaqra University Council
- 2022 – pres. **Member.** The Standing Committee of Scientific & Research Excellence Allowance Awards
- 2022 – pres. **Member.** The Standing Committee of Academic Faculty Positions Appointments
- 2022 – 2023 **Member.** The Standing Higher Committee of Academic Affairs
- 2022 – pres. **Member.** The Standing Committee of International Cooperation and Agreements
- 2021 – pres. **Member.** The Standing Committee of Research Ethics
- 2021 – pres. **Member.** The Committee of Nursing and EMS Programs Development
- 2021 **Member.** The Standing Committee of University Laboratories Investigation and Preparation
- 2021 – pres. **Member.** College of Applied Medical Sciences Council
- 2022 – pres. **Member.** Department of Nursing Council
- 2020 – 2022 **Chair.** Department of Nursing Council

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.
(Budget: SR75,000). Role: **Principal Investigator.**

PUBLICATIONS

- Sadek, B. N., Hendy, A., **Alhowaymel, F. M.**, Abaoud, A. F., Alenezi, A., Hendy, A., & Ali, E. A. (2024). Are pediatric nurses prepared to respond to monkeypox outbreak?. *PloS one*, 19(4), e0300225. <https://doi.org/10.1371/journal.pone.0300225>
- Saleh, Z. T., Elshatarat, R. A., Almarwani, A. M., Alzahrani, N. S., **Alhowaymel, F. M.**, Elhefnawy, K. A., Elneblawi, N. H., Ibrahim, A. M., Zaghamir, D. E., & Shawashi, T. O. (2023). Predictors of physical activity behavior change among patients with heart failure enrolled in home-based cardiac rehabilitation intervention. *Heart & lung: the journal of critical care*, 61, 16–21. Advance online publication. <https://doi.org/10.1016/j.hrtlng.2023.04.003>
- Mohammead, M., Abdelmalik, M., **Alhowaymel, F.**, Alenezi, A. (2023). Effect of an Educational Program on Stakeholders' Awareness About Risks of Cannabis Use in Sudan: A Quasi-Experimental Study. *Sudan Journal of Medical Sciences*, 18(1), 48–62. <http://10.18502/sjms.v18i1.12864>
- Alhowaymel, F. M.**, Alzahrani, N. S., Alharbi, H. F., & Almarwani, A. M. (2023). Healthcare providers screening for childhood abuse among adult patients in Saudi Arabia: A cross-sectional study. *Journal of nursing scholarship*, 10.1111/jnu.12897. <https://doi.org/10.1111/jnu.12897>
- Alzahrani, N. S., Almarwani, A. M., **Alhowaymel, F.**, & Alharbi, H. F. (2023). The Lived Experience of Middle-Aged Saudi Patients With End-Stage Chronic Renal Disease on Hemodialysis Treatment. *Journal of transcultural nursing*, 34(4), 263–269. <https://doi.org/10.1177/10436596231166041>
- Abdelmalik, M. A., **Alhowaymel, F. M.**, Fadlalmola, H., Mohammaed, M. O., Abbakr, I., Alenezi, A., Mohammed, A. M., & Abaoud, A. F. (2023). Global prevalence of needle stick injuries among nurses: A comprehensive systematic review and meta-analysis. *Journal of clinical nursing*, 10.1111/jocn.1666. <https://doi.org/10.1111/jocn.16661>
- Almarwani, AM, **Alhowaymel, FM**, Alzahrani, NS, Alharbi, HF. (2023). Attitudes toward Nursing Profession and Fear of Infectious Diseases among Undergraduate Nursing Students: A Cross-Sectional Study. *Healthcare*. 11(2), 229. <https://doi.org/10.3390/healthcare11020229>
- Alhowaymel, F.M.**, Kalmakis, K.A., Chiodo, L.M., Kent N.M., Almuneef, M. (2023). Adverse Childhood Experiences and Chronic Diseases: Identifying a Cut-Point for ACE Scores. *International Journal of Environmental Research and Public Health*.; 20(2), 1651. <https://doi.org/10.3390/ijerph20021651>
- Alhowaymel, F. M.**, Abdelmalik, M. A., Mohammed, A. M., Mohamaed, M. O., & Alenezi, A. (2023). Knowledge, Attitudes, and Practices of Hypertensive Patients Towards Stroke Prevention Among Rural Population in Saudi Arabia: A Cross-Sectional Study. *SAGE open nursing*, 9, 23779608221150717. <https://doi.org/10.1177/23779608221150717>
- Alharbi, H. F., Alzahrani, N. S., Almarwani, A. M., Asiri, S. A., & **Alhowaymel, F. M.** (2022). Patients' satisfaction with nursing care quality and associated factors: A cross-section study. *Nursing open*, 10.1002/nop2.1577. <https://doi.org/10.1002/nop2.1577>

- Alhowaymel, F. M., & Alenezi, A.** (2022). Adverse Childhood Experiences and Health in Rural Areas of Riyadh Province in Saudi Arabia: A Cross-Sectional Study. *Healthcare*, 10(12), 2502. <https://doi.org/10.3390/healthcare10122502>
- 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. A., Mohammed, A. M., Mohamaed, M. O., & Alenezi, A.** (2022). Reported Side Effects of COVID-19 Vaccination among Adults in Saudi Arabia: A Cross-Sectional Study. *SAGE open nursing*, 8, 23779608221103208. <https://doi.org/10.1177/23779608221103208>
- Kent, N., **Alhowaymel, F., Kalmakis, K., Troy, L., & Chiodo, L. M.** (2022). Development of the College Student Acute Stress Scale (CSASS). *Perspectives in psychiatric care*, 58(4), 2998–3008. <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*, 8, 23779608221078163. <https://doi.org/10.1177/23779608221078163>
- Kalmakis, K. A., Kent, N. M., **Alhowaymel, F., & Chiodo, L. M.** (2022). Perceived stress, fatigue symptoms, and posttraumatic stress disorder symptoms among young adult college students. *Journal of child and adolescent psychiatric nursing*, 35(1), 60–67. <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>

PRESENTATIONS

- Almutairi, F., Alotaibi, S., Alotaibi, Z., Alotaibi, H., Aldosary, F., Almuzail, A., Mahzari, H., Abaoud, A., **Alhowaymel, F.** (Poster). The Relationship Between Quality of Sleep and Stress among Colleges Students. The 1st Research Day, College of Nursing, King Saud University. March 19-20, 2023. Riyadh, Saudi Arabia
- Alanzi, T., Bueid, B., Almohanna, F., Easa, Y., Alsumaih, M., Almouhanna, M., Alotaibi, F., Khormi, K., Abaoud, A., **Alhowaymel, F.** (Poster). Influence of internet addiction on anxiety among college students. The 1st Research Day, College of Nursing, King Saud University. March 19-20, 2023. Riyadh, Saudi Arabia.
- Alhowaymel, F.** (Presentation). Adverse childhood experiences and their impact on chronic diseases. Updates - Guidelines & Approach to the Management of Chronic Diseases Conference (The Chapter). December 18, 2022.

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

EDITORIAL & EDITORIAL REVIEW BOARDS

Associate Editor

2023 – pres. SAGE Open Nursing

Editorial Review Board

2022 – pres. SAGE Open Nursing

Reviewer

2023 Journal of Advance Nursing

2022 – pres. SAGE Open

2022 BMJ Open

2022 Journal of evaluation in Clinical Practice

2021 – 2023 SAGE Open Nursing

2021 Clinical Nursing Research

SELECRTED CERTIFICATES & Courses

2023 **Academic Quality Practitioner**

Education and Training Evaluation Commission

2023 **Trainer of Trainers (ToT) on the GO Teaching and Assessments Course**

Saudi Health Commission for Health Specialties

2023 **Research Bioethics Online Course**

The National Committee of Bioethics (NCBE) at King Abdulaziz City for Science and Technology (KACST)

CONFERENCES AND SYMPOSIUMS

2023 The 1st Research Day, College of Nursing, King Saud University, Riyadh, Saudi Arabia

2022 Sustainable Partnerships Conference, Riyadh, Saudi Arabia

2022 The 5th Saudi Healthcare Simulation Conference, Riyadh, Saudi Arabia

2020 Eastern Nursing Research Society Conference, Boston, MA, USA

2018 Eastern Nursing Research Society Conference, Newark, NJ, USA

2016 Connecticut Public Health Association Conference, New Haven, CT, USA

2016	Midwest Nursing Research Society Conference, Milwaukee, WI, USA
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

SELECRTED ACTIVITIES & AWARDS

2019	Founding Member of Saudi Club at University of Massachusetts Amherst
2016	Sigma theta Tau International, Iota Upsilon-at-Large Chapter Induction