

Rula Ghandour

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Biography

Rula Ghandour: BPharm, MPH.

I am an Academic Researcher at the Institute of Community and Public Health –Birzeit University since 2007, and previously a pharmacist by training. I received my Master in Public Health degree from Birzeit University in 2007. My research experience includes: epidemiology of non-communicable disease, pharmaco-epidemiology, reproductive health and child health. Currently I am focusing on the epidemiology of non-communicable disease, mainly cardiovascular disease and diabetes. I have developed skills in questionnaire development, validation, and analysis of secondary data; in addition to a good experience in project and field work coordination and report writing.

I taught the following courses at Birzeit University “An Introduction to biostatistics and epidemiology” as well as “An introduction to research methods and statistical analysis using SPSS”. I have published in international peer- reviewed journals in epidemiology, reproductive health, and child health.

Kindly refer to my profile on:

Researchgate: https://www.researchgate.net/profile/Rula_Ghandour

Google scholar: <https://scholar.google.com/citations?user=cEKRQicAAAAJ&hl=en>

EDUCATION

Master of Public Health (MPH)

2005-2007

Institute of Community and Public Health - Birzeit University
Ramallah – Palestine

Bachelor of Pharmacy (BPharm)

1996-2001

Jordan University for Science and Technology
Irbid - Jordan

PROFESSIONAL WORK EXPERIENCE

A. Academic Researcher

Institute of Community and Public Health – Birzeit University
September 2010– present

Researcher, teaching assistant and project coordinator

Research areas:

- Epidemiology of Non-Communicable Diseases
- Pharmaco-epidemiology
- Women's and Child's Health
- Reproductive Health
- Implementation Research

Teaching experience in:

- Biostatistics and Statistical Analysis using SPSS
- Basic Epidemiology
- Research Methods
- Seminar in Public Health

B. Research and Teaching Assistant

Institute of Community and Public Health – Birzeit University
January 2008 – August 2010

Research Assistant at various units of the institute: Health Systems, Child Health, Women's Health and Epidemiology units.

Teaching assistant for various MPH courses

C. Consultant

January 2009– Present

Completed several consultancies for projects related to women's health, child health, Diabetes research, ... Those ranged from simple questionnaire development and data analysis to full project coordination and final report writing

D. Trainer

January 2008 –Present

- **Statistical Analysis using the Statistical Package for Social Sciences (SPSS®):** research methods and statistical analysis using SPSS
- **Literature search and effective referencing using Endnote® software :** basic literature search and referencing
- **IBM SPSS data entry software®:** questionnaire design and data entry using IBM SPSS data entry software

E. Responsible pharmacist

May 2002– June 2007

Samar Pharmacy (community pharmacy) – Beit Hanina

Dispense medications - Patient counseling - Preparation of formulas in a small scale - Training of undergraduate pharmacy students

PUBLICATIONS

Journal articles:

- Eldeeb N, Halileh S, Alyafei KA, **Ghandour R**, Dargham S, Giacaman R, et al. Child discipline in Qatar and Palestine: a comparative study of ICAST-R. *Child Abuse & Neglect*. 2016. Available online:
<http://www.sciencedirect.com/science/article/pii/S0145213416302186>
- Harsha N, Ziq L, **Ghandour R**, Giacaman R. Well-being and associated factors among adults in the occupied Palestinian territory (oPt). *Health and Quality of Life Outcomes*. 2016;14(122).
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5006398/pdf/12955_2016_Article_519.pdf
- Critchley J, Capewell S, O'Flaherty M, Abu-Rmeileh N, Rastam S, ... **Ghandour R**, et al. Contrasting cardiovascular mortality trends in Eastern Mediterranean populations: contributions from risk factor changes and treatments. *International Journal of Cardiology*. 2016;208:150-61.
<http://www.sciencedirect.com/science/article/pii/S0167527316300225>
- **Ghandour R**, Shoaibi A, Khatib R, Abu Rmeileh N, Unal B, Sözmen K, et al. Priority setting for the prevention and control of cardiovascular diseases: multi-criteria decision analysis in four eastern Mediterranean countries. *International Journal of Public Health*. 2015;60(1):73-81.
<http://link.springer.com/article/10.1007%2Fs00038-014-0569-3>
- Mason H, Shoaibi A, **Ghandour R**, O'Flaherty M, Capewell S, Khatib R, Jabr S, Unal B, Sözmen K, Arfa C, Aissi W. A cost effectiveness analysis of salt reduction policies to reduce coronary heart disease in four Eastern Mediterranean countries. *PloS One*. 2014;9(1):e84445.
<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0084445#pone-0084445-t012>
- Akkawi M, **Ghandour R**, Husseini A, Halasseh L, Abo Rmeleh Q. Maternal serum screening in the west bank: an audit of Palestinian and non-Palestinian women having Triple test. *Prenatal screening perspectives: newsletter of the international prenatal screening group*. 2011; 16:36-38.
<http://www.ipsgroup.org.uk/web%20issue%201.pdf>

Published Conference Abstracts in the Lancet Online

- **Ghandour R**, Khatib R, Shoaibi A, Capewell S, Critchley J, Ahmad B, et al. Priority setting for prevention and control of coronary heart disease in the occupied Palestinian territory: a pilot study (Abstract). *The Lancet Online*. 2013;382:S11
[.http://www.sciencedirect.com/science/article/pii/S0140673613625830](http://www.sciencedirect.com/science/article/pii/S0140673613625830)
- Imseeh S, Mikki N, **Ghandour R**, Giacaman R, Norberg M, Jerdén L, et al. Self-care and glycaemic control: a cross-sectional study (Abstract). *The Lancet Online*. 2013;382:S19.
[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(13\)62591-X/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(13)62591-X/abstract)
- Shami NmA, El-Sughayyar RH, Ghaben NM, Khasseeb NS, Abu-Rmeileh NME, **Ghandour R**, et al. Cognitive caregiving for parents in the occupied Palestinian territory: a cross-sectional survey (Abstract). *The Lancet Online*. 2013;382:S5.
- <http://www.sciencedirect.com/science/article/pii/S0140673613625775>

- Abu Nabaa H, Hilal GA, Sbeih SA, **Ghandour R**, Giacaman R. Access to care for women reporting postnatal complications in the occupied Palestinian territory: a cross-sectional study (Abstract). The Lancet Online 2013;382:S2.
[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(13\)62574-X/fulltext#article_upsell](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(13)62574-X/fulltext#article_upsell)
- Shoaibi A, **Ghandour R**, Khatib R, Mason H, O'Flaherty M, Capewell S, et al. Salt reduction as a population-based intervention for the prevention of coronary heart diseases: an economic assessment(Abstract). The Lancet Online. 2013;382:S33.
<http://www.sciencedirect.com/science/article/pii/S0140673613626057>
- Shojaia H, Darwish H, Hassan I, **Ghandour R**, Mansour S, Giacaman R. Child discipline in the occupied Palestinian territory: a cross-sectional study (Abstract). The Lancet Online. 2013;382:S34.
[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(13\)62606-9/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(13)62606-9/abstract)
- **Ghandour R**, Khatib R. Variation in service-providers' prescribing behaviour and policy implications for women with genitourinary tract infections in Ramallah, occupied Palestinian territory (Abstract).2011 The Lancet online; 2011.
<http://www.thelancet.com/pb/assets/raw/Lancet/abstracts/palestine/palestine2011-5.pdf>

Policy Briefs :

- **Ghandour R**, Shalash A, Tucktuck M, Abu-Rmeileh N. Reproductive Health services in the West Bank – Palestine. History of recommendations and the way forward. Ramallah, Palestine: The Institute of Community and Public Health, Birzeit University; 2016.
<http://icph.birzeit.edu/system/files/Rula%20policy%20brief.pdf>
- Tucktuck M, **Ghandour R**, Obaid Allah M, Abu-Rmeileh N. Setting research priorities for Reproductive Health in Palestine. Ramallah, Palestine: The Institute of Community and Public Health, Birzeit University; 2016.
<http://icph.birzeit.edu/system/files/Marina%20Policy%20Brief%202016.pdf>
- **Ghandour R**, Bates. K, Imseeh. S, Mitwalli. S, Nasr. S, Coast. E, et al. Health problems reported by 15-54 years old women two weeks preceding the Family Health Survey 2010. Institute of community and public health, Birzeit University; 2015.
http://icph.birzeit.edu/system/files/Policy%20Brief%209%20_Rula.pdf
- Nasr S, Mitwalli S, **Ghandour R**, Bates K, Imseeh S, Coast E, et al.. The prevalence of reported anemia and its determinants among 15-54 years old Palestinian women. Ramallah, Palestine: The Institute of Community and Public Health, Birzeit University; 2016.
<http://icph.birzeit.edu/system/files/Policy%20Brief%2011%20Shiraz.pdf>
- Mitwalli S, Bates K, **Ghandour R**, Imseeh S, Na, sr S, Coast E, et al.. Self-rated health of 15-54 years old women. Ramallah, Palestine: The Institute of Community and Public Health, Birzeit University; 2016.
http://icph.birzeit.edu/system/files/Policy%20Brief%2010_suzan.pdf

Reports:

- Giacaman R, **Ghandour R**, Abu Rmeileh N, Khawaja M, Bashour R, Shirinian R. A People in danger: Effects on health of the 2014 Israeli offensive on the Gaza Strip. Beirut, Lebanon: United Nations Economic and Social Commission for Western Asia (ESCWA); 2016.
- Hamayel L, **Ghandour R**, Giacaman R. Assessment of the psychosocial health status of adolescents 12-18 years old in the occupied Palestinian territory. Ramallah, Palestine: Institute of Community and Public Health, Birzeit University; 2015.

- **Ghandour R**, Abu Rmeileh N, Husseini A. Social determinants of non-communicable diseases in the oPt. Ramallah, Palestine: Institute of Community and Public Health, Birzeit University; 2013.
- Shoaibi A, **Ghandour R**, Khatib R, Mason H, Ahmad B. Developing and evaluating policy options in 4 eastern Mediterranean countries. Ramallah, Palestine: Institute of Community and Public Health, Birzeit University; 2012.
- **Ghandour R**, Abu Alfailat S, Musleh Y, and Khatib R. An assessment of the availability of women's health services, patient management, selected access aspects, and drug utilization patterns: A comparative study by service locality and health care provider in the Ramallah District-West Bank. Ramallah, Palestine: Institute of Community and Public Health, Birzeit University; 2011.
- Musleh Y, Halileh S, **Ghandour R**. Anemia intervention study: Protocol development and application in the West Bank/oPt. Ramallah, Palestine: Institute of Community and Public Health, Birzeit University; 2010.
- Halileh S, **Ghandour R**, Musleh Y, Khatib R. Unified protocol for the prevention and treatment of anemia among infants. Ramallah, Palestine: Institute of Community and Public Health, Birzeit University; 2010.
- **Ghandour R**, Khatib R. SPSS 17 for windows: training manual. Ramallah, Palestine: Institute of Community and Public Health, Birzeit University; 2009.
- Halileh S, Khatib R, **Ghandour R**, Musleh Y, Shoaibi S. Intervention study to reduce level of anemia among infants in the West Bank -oPt. Ramallah, Palestine: Institute of Community and Public Health, Birzeit University; 2009.
- **Ghandour R**. Hassan S, Khatib R. Rational use of medication in selected reproductive health mobile clinics: The case of anti-Infectives. Ramallah, Palestine: Institute of Community and Public Health, Birzeit University; 2008.
- Khatib R, **Ghandour R**. Rational use of medications and prescribing patterns among mobile teams in the West Bank-oPt. Ramallah, Palestine: Institute of Community and Public Health, Birzeit University; 2008.

PARTICIPATION IN NATIONAL AND INTERNATIONAL CONFERENCES

- **Ghandour. R**, Awawda. S, Jaber. S, Mataria. A, Abu Rmeileh. N. The direct medical cost of type II diabetes in the West Bank of Palestine – 2014. The Lancet Palestinian Health Alliance 7th conference. 2016; Amman - Jordan.
- Harsha. N, Ziq. L, **Ghandour. R**, Giacaman R. Well-being and associated factors in the occupied Palestine territory (oPt). The Lancet Palestinian Health Alliance 7th conference. 2016; Amman - Jordan.
- **Ghandour R**, Bates K, Imseeh S, Mitwalli S, Nasr S, Coast E., . . . Giacaman R. . Women's health in the occupied Palestinian territory (oPt). Paper presented at the British Society for Population Studies. 2015; Leeds, UK.
- Mikki N, **Ghandour R**, Norberg M, Jerden L, Husseini A. Prevalence of Diabetes mellitus complications and metabolic control in a clinic-based sample in Ramallah governorate of the occupied Palestinian territory. Lancet Palestinian Health Alliance conference. 2013; Cairo, Egypt.
- **Ghandour R**, Abu Rmeileh N, Husseini A. Social determinants of NCDs in the oPt: country profile. International Symposium in Social Determinants of NCDs in Mediterranean Countries. 2013; Istanbul, Turkey.
- Imseeh S, **Ghandour R**, Mikki N, Husseini A. Diabetes self- management practices and patients' characteristics: evidence from the Ramallah governorate clinics, occupied Palestine. International Symposium in Social Determinants of NCDs in Mediterranean Countries. 2013; Istanbul, Turkey.

- Hammoudeh D, **Ghandour R**, Hammoudeh W, Abu Rmeileh N. An assessment of socio-demographic characteristics in relation to NCDs in the oPt. International Symposium in Social Determinants of NCDs in Mediterranean Countries. 2013; Istanbul, Turkey.
- Mikki N, **Ghandour R**, Hussaini A. Diabetes mellitus complications, management and quality of life study in Ramallah clinics: methodology and field work reflections. The Fifth Conference on Nutrition – Nutrition and NCDs: A Palestinian Agenda . 2012; Al-Bireh, Palestine.
- Shouaibi A, **Ghandour R**, Khatib R, Mason H, O’Flahery M, Abdullatif H. An economic evaluation of salt reduction as a population based intervention for the prevention of CHDs. The Fifth Conference on Nutrition – Nutrition and NCDs: A Palestinian Agenda . 2012; Al-Bireh, Palestine.
- **Ghandour R**, Khatib R. Variation in service-providers’ prescribing behaviour and policy implications for women with genitourinary tract infections in Ramallah, occupied Palestinian territory. Third International Conference for Improving Use of Medicine (ICIUM). 2011; Antalya, Turkey.
- Halileh S, **Ghandour R**. Intervention study to reduce the level of anemia among infants in the West Bank. *The Scientific Day for Epidemiological and Biological Researches*. 2011; Hebron University, Palestine.
- **Ghandour R**, Khatib R. Irrational prescribing and policy implications for reproductive and urinary tract infections among women in the Ramallah district- Palestine. Palestinian Health Alliance Writers’ Workshop. 2011; Birzeit University, Palestine.
- **Ghandour R**, Musleh Y. Intervention study to reduce the level of anemia among infants in the West Bank. PSP 6th Medical Conference: Towards Protection, Prevention & Better Nutrition for the Children of Palestine. 2010; Bethlehem, Palestine.
- **Ghandour R**, Hassan S & Khatib R. Rational use of medication in selected reproductive health mobile clinics: The case of anti-Infectives. The 5th Palestinian Pharmaceutical & 1st Clinical Pharmacy Conference. 2009; Ramallah, Palestine

TRAININGS RECEIVED

A. Health economics training :

➤ **Workshop on economic evaluation for the WHO-EMRO region**

Regional workshop on cost-effectiveness analysis: tools for decision making in health
WHO-EMRO and DCP
Cairo – Egypt
December 14-18, 2014

➤ **Introduction to economic evaluation with special application to non-communicable diseases (health economics)**

WHO-EMRO
Cairo –Egypt
December 2013

➤ **Introduction to health economics**

ICPH- Birzeit University
Ramallah- Palestine
November 2008

B. Statistical analysis trainings and workshops

➤ **Introduction to exploratory factor analysis (using SPSS) and confirmatory factor analysis (using MPlus)**

ICPH- Birzeit University
Ramallah- Palestine
February 2014

- **Introduction to factor analysis concepts and its application using SPSS**
ICPH- Birzeit University
Ramallah- Palestine
June 2012
- **Introduction to the statistics with R.**
ICPH- Birzeit University
Ramallah- Palestine
July 2010
- **Analysis of census data**
ICPH- Birzeit University
Ramallah- Palestine
November 2009

C. Academic writing workshops

- **Writing workshop for publication: [RESCAP-MED](#) training for researchers**
Tunisia
June 2014
- **[Medchamps](#) first and second writer's workshop**
Medchamps states for (Mediterranean Studies of Cardiovascular disease and Hyperglycaemia: Analytical Modelling of Population Socio-economic transitions)
(a workshop on academic writing skills focusing on NCDs)
May 2012- Tunis - Tunisia
January 2013 Izmir –Turkey
- **Lancet Palestinian Health Alliance writer's workshop**
ICPH- Birzeit University
Ramallah- Palestine
March 2011
- **Capacity building in preparing policy papers in health and gender based violence.**
MIFTAH & UNFPA
October 2007

Other trainings and workshops

- **Introduction to GIS training**
ICPH- Birzeit University
Ramallah- Palestine
October 2009
- **Drug management cycle (DMC) and rational use of medicine (RUM)**
MDM (Medicine de mond)
Ramallah- Palestine
January 2008
- **Rational Medicine Use**
WHO & Palestinian MOH
Ramallah- Palestine
August 2007

SKILLS

- Data analysis using **SPSS** (statistical package for social sciences)
- Questionnaire design, data base development for data entry using **SPSS-IBM data entry software**
- Literature search and effective referencing using **Endnote**
- **Microsoft office** (word, excel, access, power point, outlook, one note)
- Teaching and training skills.

Language skills

Arabic: excellent speaking, reading and writing English: very good speaking and reading, good writing

References

Available upon request