

## CURRICULUM VITAE

### PERSONAL DATA

Name: Abrar Faruq Flimban RN, BSN, MS

Phone number: +966503503777

E-mail: [a.flimban@mu.edu.sa](mailto:a.flimban@mu.edu.sa) [abrar24flimban@outlook.sa](mailto:abrar24flimban@outlook.sa)

### LICENSURE:

Registered Nurse License, 12-M-N-0035091

Current until 01/2024

Saudi Commission for Health Specialties. Makkah, KSA

### OTHER LICENSURE:bv

Basic Life Support Provider License.

Indiana Regional Medical Center, Indiana, PA, USA

### EDUCATION:

*Master of Science Nursing, Education Track*

08/2015- 05/2017

Indiana University of Pennsylvania (IUP)

Indiana, Pennsylvania, the United States (USA)

GPA: 3.83 out of 4

English courses at Drexel University  
Philadelphia, PA, USA

03/2013- 06/2014

*Bachelor of Science Nursing*

08/2007- 05/2012

Umm AL-Qura University (UQU)

Makkah, Kingdom of Saudi Arabia (KSA)

GPA: 2.99 out of 4

### PROFESSIONAL EXPERIENCES

Lecturer at Al-Majmaah University, Saudi Arabia

1/12/2022 to date

NRS 243 Adult and Geriatric Health Nursing-1/ Theory

NRS 244 Adult and Geriatric Health Nursing-1/ Practical

NRS 234 Patient Care Clinical Skills Laboratory

Teaching Assistant at Al-Majmaah University, Saudi Arabia 14/09/2021 to 30/11/2022

NRS 232 Principle of Anatomy

NRS 241 Health Assessment

NRS 242 Health Assessment Skills Development/ lab

NRS 352 Adult and Geriatric Health Nursing-2/ Practical

NRS 481 Advanced Clinical training

NRS 483 Nursing Management Leadership/ Clinical

Lecturer at AlRiyada College

18//03/2018-30/01/2021

Introduction to Psychosocial Course

Sociological Aspects of Adaptation to Social Health Challenges Course

*Clinical Instructor at AlRiyada College* for nursing students 18//03/2018-30/01/2021  
at different levels in 5 hospitals ( Erfan, Baksh, Bugshan, International Medical  
Center, Dr. Samir Abbas Hospital)

*Intern*, Indiana Regional Medical Center, Indiana, USA

01/ 2017- 05/ 2017

. Indiana University of Pennsylvania, Indiana, USA

*Intern*, King Abdullah Medical City, Makkah, KSA

08/ 2011- 01/ 2012

- . Intensive Care Unit, and Cardiac Care Unit
- . Cardiac Intensive Care Unit
- . Medical ward
- . Surgical ward
- . Operation Room
- . Emergency Room
- . Oncology ward
- . Hematology ward

*Intern*, Alnoor Hospital, Makkah, KSA

02/2012 - 04/ 2012

- . Pediatrics
- . Obstetrics and Gynecology

*Elective Training*, Alnoor hospital, Makkah, KSA

04/2012-05/2012

- . Pediatrics

## **ACTIVITIES:**

**2009:**

Organization & participation, International Nursing Day in Umm AlQura University, Makkah, Saudi Arabia, 05 /31/ 2009

**2010:**

- . Attendee, the 6<sup>th</sup> Applied Medical Science Students Meeting, 27<sup>th</sup>-28<sup>th</sup> April, King Abdulaziz University, Jeddah, Saudi Arabia
- . Organization & participation, International Day of Disabled Persons, 3 December 2010 in Disabled Children Association, Makkah, Saudi Arabia
- . Organization & participation, International Nursing Day in AlHijaz Mall at 05-30-2010 Makkah, Saudi Arabia

**2011:**

- . Attendee, Multidisciplinary Approaches to Breast Cancer Symposium, December 27, Makkah, King Abdullah Medical City.
- . Attendee, The specialized workshop "Automated Blood Collection"23<sup>rd</sup> March, Grand Coral Hotel, Makkah, Saudi Arabia.
- . Attendee, Developmental Strategies in Blood Banking, March 21- 22/2011 Grand Coral Hotel, Makkah, Saudi Arabia
- . Attendee, the7<sup>th</sup> Applied Medical Science Students Meeting, April18<sup>th</sup> - 19<sup>th</sup>, King Abdulaziz University, Jeddah.
- . Attendee, The second scientific conference in Hilton Hotel in Jeddah, March28-31, 2011, Saudi Arabia.
- . Basic Life Support course in Makkah, February 16, 2011, Saudi Arabia.
- . Organization & participation, the International Nursing Day in AlHijaz Mall at, April 27, 2011 Makkah, Saudi Arabia.
- . Organization & participation, International Nursing Day in Umm Al- Qura University at, April 26, 2011 Makkah, Saudi Arabia.
- . Attendee, General Nursing Orientation, King Abdullah Medical City, Makkah, SA, August 5-20, 2011.

**2012:**

- . Attendee, 1<sup>st</sup> Scientific Meeting for Students Achievements, Faculty of Applied Medical Sciences, Umm Al-Qura University, Makkah, SA, April 10-11, 2011.
- . Attendee, Scientific Meeting in Umm Al-Qura University, Feb 19- 22, 2012 Makkah, Saudi Arabia.
- . Attendee, The 1<sup>st</sup> International Conference of the Saudi Society of Transfusion Medicine in Intercontinental Hotel, Jeddah, march 05-08, 2012. Saudi Arabia.
- . Attendee, The 3<sup>rd</sup> Gulf Conference on Adolescents & Youths Health, Jeddah at Park Hyatt Jeddah Hotel, April 04 – 08, 2012.
- . Participation, The 3<sup>rd</sup> Scientific Conference for Students in Higher Education in KSA , Alkhobar, Saudi Arabia May, 01-04, 2012

**2016:**

- . Attendee, Creating Civil Learning Environments – A Call to Arms, Department of Nursing and Allied Health Profession, Indiana University of Pennsylvania, Indiana, PA, USA, March 20, 2016.
- . Attendee, The Health Insurance Marketplace: What Faculty and Students Need to Know for 2015, Department of Nursing and Allied Health Profession, Indiana University of Pennsylvania, Indiana, PA, USA, March 23, 2016.
- . Attendee, Stop System Errors in the Healthcare World-a panel discussion, Department of Nursing and Allied Health Profession, Indiana University of Pennsylvania, Indiana, PA, USA, April 1<sup>st</sup>, 2016.
- . Attendee, High Stakes Testing in Nursing Education, Department of Nursing and Allied Health Profession, Indiana University of Pennsylvania, Indiana, PA, USA, April 19, 2016.

#### **2017:**

- . Attendee and participation, (Midwest Business Administration Association) MBAA International Conference in Palmer House Hilton Hotel, Chicago, IL., USA, Mar. 22-24, 2017
- . Attendee, Twentieth Annual Graduate Nursing Outcomes Event, Indiana University of Pennsylvania, Indiana, PA, USA, May 10, 2017.

#### **2020:**

- . Attendee, Leadership and Quality Skills for Healthcare Practitioners, Disabled Children's Association Hall, Jeddah, KSA, Oct. 27-30, 2020
- . Attendee, Emergency and Critical Care, Online, Jeddah, KSA, Nov. 27-29, 2020

#### **2021:**

- . Attendee, start your research, Online, Al-Majmaah, KSA, Oct. 13, 2021

#### **LANGUAGE:**

- . Arabic, Native language, Fluent
- . English, Fluent (IBT TOEFL score 82)

#### **SCHOLARLY WORKS:**

##### **Research**

- . Completed group bachelor's thesis entitled *Improving the Predication of Osteoporosis Treatment Adherence Using Structured Patient Education*, 05/2011
- . Completed master's non-thesis entitled *Improving Nursing Resilience*, 05/2017
- . Completed paper was entitled *Benefits of Skin-to-Skin Care for Mothers and Newborns after Birth*
- . Completed paper was entitled *Bundle Policy to Prevent Central Line Infection*

##### **Publications**

- . Alyamani, A., Alsaffar, H., Abufaia, R., Basamad, M., Alzaher, S., Almatrafi, R. et al. (2020). Awareness and use of contraceptives in Middle East. *EC Microbiology*, 16(1), 1-7. Retrieved from <https://www.econicon.com/ecmi/awareness-and-use-of->

[contraceptives-in-the-middle-east.php](#)

- . Barabie, S., Aljohani, R., Felemban, A., Alharbi, A., Alqadheb, A., Alshammari, R., et al. (2020). Generalized anxiety disorder in adults. *EC Microbiology*, 16(1), 1-9. Retrieved from <https://www.econicon.com/ecmi/generalized-anxiety-disorder-in-adults.php>

**VOLUNTEER ACTIVITIE:**

- . Work as nurse, King Abdullah Medical City, Makkah, KSA 08/2012-09/2012