

# Zaher Ahmad Nazzal



**Nationality:** Palestinian

**Sex:** Male

**Marital status:** Married

**DOB:** 01 -09 -1972

**E-mail:** [znazzal@najah.edu](mailto:znazzal@najah.edu), [nazzalzaher@yahoo.com](mailto:nazzalzaher@yahoo.com)

**ORCID #:** 0000-0002-2655-6109

**Research ID:** AAW-3875-2020

**Mobile:** +972-599545421

---

## **Education & Qualifications:**

- **2009:** Arab Board in Community Medicine –Joint Program of Arab Board in Community Medicine- Hamad Medical Corporation (HMC), Doha, Qatar
- **2006:** First Part of Arab Board in Community Medicine –Joint Program of Arab Board in Community Medicine- Hamad Medical Corporation, Doha, Qatar
- **1999:** MD- Istanbul University- Cerrahpasha Medical Faculty- Turkey

## **Work duties and experience:**

- **Jan 2011- until now:**
  - Associate Professor in Community Medicine/ Department of Family and Community Medicine, Faculty of Medicine and Health Sciences/An-Najah National University (ANNU)
- **Jan 2010- Dec 2010:**
  - Community Medicine Specialist at Communicable Diseases Prevention and Control (CDC) Dept. Supreme Council of Health, Qatar.
  - Part-time trainer at Community and Family Medicine Training Program at Hamad Medical Corporation, Qatar.
- **2005- 2009:** Resident in Community Medicine (Joint Program of Arab Board in Family &Community Medicine, Hamad Medical Corporation, Doha, Qatar).
- **2001-2005:** General Practitioner (GP), Primary Health Care center/MoH, Palestine

## **Appointments:**

- Head of the Research Unit/Faculty of Medicine and health sciences. Aug 2020- Oct 2021
- Head of Family and Community Medicine Department, Faculty of Medicine and Health Sciences/ANNU. Aug 2019- Aug 2020

- Coordinator of clinical Scientific Research at the Faculty of Medicine and health sciences/ANNU Jun 2017- 2019
- Head of An-Najah Child Institute 2014- Jun 2017
- Head of An-Najah Child Institute project 2011- 2014
- Coordinator of Scientific Research, Faculty of Medicine and health sciences/ANNU 2012- 2014
- Head of Community Medicine and Public health unit- Faculty of Medicine and health sciences/ANNU 2011- 2013

### **Consultancies:**

1. Coordinator of International Accreditation of the Faculty of Medicine Project. May 2019- Dec 2021
2. Supporting Specialized Services Provided to Children with Development Disorders Project, at An-Najah National University, 2015-2017: Project Manager
3. Establishing An-Najah Child Institute for Child Developmental Disorders Project, at An-Najah National University, 2011-2014: Project Manager
4. HERA Project (Healthcare Responding to Violence and Abuse): Leading the training part of the project, 2018- March 2019
5. Impact Evaluation of Center of Excellence in Learning and Teaching (CELT) Project at An-Najah National University, 2014-2015: Team Leader
6. Designing the "*Medical Certification of Cause of Death Trainers' Guide*" and conducting TOT workshops to improve the Quality of Death Certification in Palestine with the Palestinian National Public Health Institute (PNPHI) and WHO, 2013-2015
7. Integrated Management of Non-Communicable Diseases project/ Palestinian MoH: Project manager and participated in designing the *Curriculum*, conducting TOT workshops to train Primary health care physicians on the integrated management of non-Communicable diseases. Additionally, supervising an MPH student in evaluating the project. 2011-2015.
8. Field health coordinator in flood-affected areas in SWAT valley, Pakistan/ Medical Relief Mission with Qatar Red Crescent (QRC), Sept-Oct 2010.

### **Committee Memberships**

- Head of the Palestinian Board Committee of Community Medicine, The Palestinian Medical Council (Feb 2024– until now)
- Editorial board member of Palestinian Medical and Pharmaceutical Journal (***Pal. Med. Pharm. J.***)
- Member of the Committee of the Master Program in Clinical Research/An-Najah National University (Nov 2019 – until now)
- Member of the Committee of the High Specialization in Family Medicine Program at An-Najah National University (Dec 2019 – until now)
- Member of the Arab Board of Community Medicine/Exams Committee, The Arab Board of Medical Specializations (Jan 2019 – until now)
- Member of the Palestinian Board of Family Medicine, The Palestinian Medical Council (Jan 2014 – until now)

## **Publications:**

1. Lower urinary tract symptoms among male patients on hemodialysis: Prospective and multi-central cross-sectional study. SAGE Open Med. 2024 Jul 30;12: 1-9. <https://doi.org/10.1177/20503121241263302>
2. Stress and occupational burnout levels among Palestinian dentists, and associated factors: A cross-sectional study in 2023. Heliyon. 2024 June; 10 (11). <https://doi.org/10.1016/j.heliyon.2024.e32034>
3. Bone mineral density and related clinical and laboratory factors in peritoneal dialysis patients: Implications for bone health management. PLoS One. 2024 May 16;19(5). <https://doi.org/10.1371/journal.pone.0301814>
4. Healthcare workers' attitudes toward and factors influencing their acceptance of an annual COVID-19 booster vaccine: a cross-sectional study in Palestine. BMC Health Serv Res. 2024 May 14;24(1):624. <https://doi.org/10.1186/s12913-024-11016-w>
5. Exploring the prevalence, knowledge, attitudes and influencing factors of e-cigarette use among university students in Palestine: a cross-sectional study. BMJ Open. 2024 Feb 17;14(2). <https://doi.org/10.1136/bmjopen-2023-080881>
6. Factors contributing to the rising prevalence of waterpipe smoking dependence among university students: a cross-sectional study. BMC Med Educ 24, 164 (2024). <https://doi.org/10.1186/s12909-024-05156-0>
7. The Impact of Polypill on Adherence and Cardiovascular Outcomes: A Comprehensive Systematic Review with Meta-Analysis. Curr Cardiol Rev. 2024 Jan 23. doi: 10.2174/011573403X283174240110025442
8. Exploring the prevalence, knowledge, attitudes and influencing factors of e-cigarette use among university students in Palestine: a cross-sectional study. BMJ Open. 2024 Feb 17;14(2):e080881. <https://doi.org/10.1136/bmjopen-2023-080881>
9. Dapagliflozin in peritoneal dialysis patients: a pilot study evaluating peritoneal membrane function. BMC Nephrol 25, 37 (2024). <https://doi.org/10.1186/s12882-023-03429-2>
10. Adolescents' electronic devices use during the COVID-19 pandemic and its relationship to anxiety and depression levels: a cross-sectional study. BMC Psychiatry 24, 38 (2024). <https://doi.org/10.1186/s12888-023-05482-5>
11. Prevalence of depression and anxiety among elderly primary care patients in Palestine. Front Psychiatry. 2024 Jan 19;14:1291829. <https://doi.org/10.3389/fpsy.2023.1291829>.
12. Comprehensive Assessment of Colistin Induced Nephrotoxicity: Incidence, Risk Factors and Time Course. Infection and Drug Resistance. 2023;16 3007–3017. <https://doi.org/10.2147/IDR.S409964>
13. Palestinian physicians' self-reported practice regarding antibiotic use for upper respiratory tract infections in primary healthcare. Front Med (Lausanne). 2023;10:1139871. <https://doi.org/10.3389/fmed.2023.1139871>
14. A prospective cohort study assessing the relationship between long-COVID symptom incidence in COVID-19 patients and COVID-19 vaccination. Sci Rep. 2023 Mar 25;13(1):4896. <https://doi.org/10.1038/s41598-023-30583-2>
15. Spirometric Profile among Detergents Factory Workers in the North West Bank of Palestine: A Cross-Sectional Study. Processes 2023, 11, 955. <https://doi.org/10.3390/pr11030955>
16. The association between renal impairment and polypharmacy among older Palestinian patients: a multi-center cross-sectional study. BMC Prim. Care 24, 50 (2023). <https://doi.org/10.1186/s12875-023-02005-9>
17. Growing a peritoneal dialysis program in Palestine from zero to 178 patients in 5 years: a single-center experience. BMC Nephrol 24, 21 (2023). <https://doi.org/10.1186/s12882-023-03064-x>
18. Vitamin D level, pain severity and quality of life among hemodialysis patients: a cross-sectional study. Sci Rep 13, 1182 (2023). <https://doi.org/10.1038/s41598-022-25793-z>
19. The Mental Health Impact of the COVID-19 Pandemic on Healthcare Workers in the Eastern Mediterranean Region: A Scoping Review. Int J Public Health. 2023 Jan 4;67:1604814. <https://doi.org/10.3389/ijph.2022.1604814>
20. Prevalence and associated risk factors of tinnitus among adult Palestinians: a cross-sectional study. Sci Rep 12, 20617 (2022). <https://doi.org/10.1038/s41598-022-24015-w>

21. Coverage and Determinants of COVID-19 Vaccination Among Pregnant Women: An Experience from a Low-Income Country. *American Journal of Health Promotion*. August 2022.  
<https://doi.org/10.1177/08901171221111107>
22. Perceived barriers to Palestinian pregnant women's acceptance of COVID-19 vaccination using the Health Believe Model: a cross-sectional study. *Women Health*. 2022 Aug 3:1-10.  
<https://doi.org/10.1080/03630242.2022.2108194>
23. Distal Radial Artery Access in comparison to Forearm Radial Artery Access for Cardiac Catheterization: A Randomized Controlled Trial (DARFORA Trial). *Journal of Interventional Cardiology*, vol. 2022, Article ID 7698583, 9 pages, 2022. <https://doi.org/10.1155/2022/7698583>
24. The vulnerability of maintenance dialysis patients with COVID-19: mortality and risk factors from a developing country. *Annals of Medicine*, 2022, Vol 54, No. 1.  
<https://doi.org/10.1080/07853890.2022.2075914>
25. COVID-19 vaccine uptake and its associated factors among Palestinian healthcare workers: Expectations beaten by reality. *Vaccine*, 2022, VOL. 40, NO. 26. <https://doi.org/10.1016/j.vaccine.2022.05.026>
26. eRegTime—Time Spent on Health Information Management in Primary Health Care Clinics Using a Digital Health Registry Versus Paper-Based Documentation. *JMIR Formative Research*. 2022 May 13;6(5):e34021.  
[doi: 10.2196/34021](https://doi.org/10.2196/34021).
27. Virtual class room as a learning format in a family medicine residency program Lessons learned in Palestine. *Medical Teacher*, 2022. <https://doi.org/10.1080/0142159X.2022.2058387>
28. Tolerability and Epidemiology of Nephrotoxicity Associated with Conventional Amphotericin B Therapy: A Retrospective Study in Tertiary Care Centers in Palestine. *BMC Nephrol* 23, 132 (2022).  
<https://doi.org/10.1186/s12882-022-02770-2>
29. The practice of COVID-19 preventive measures in Palestine on the limits of vaccine provision a population-based study. *J Infect Dev Ctries*. 2022 Jan 31;16(1):81-89. <https://doi.org/10.3855/jidc.15013>
30. The Rate and Risk Factors of Acute Kidney Injury among Cancer Patients' Admissions in Palestine: A Single-Center Study. *International Journal of Nephrology*. Jan 2022. <https://doi.org/10.1155/2022/2972275>
31. Epidemiological and Clinical Characteristics of Headache Among Medical Students in Palestine: A cross Sectional Study. *BMC Neurol*. Jan 2022. <https://doi.org/10.1186/s12883-021-02526-9>
32. Exploring the Perceptions of Nurses on Receiving the SARS CoV-2 Vaccine in Palestine: A Qualitative Study. *Canadian Journal of Nursing Research*. December 2021. <https://doi.org/10.1177/08445621211066721>
33. Mammography uptake and Barriers among Palestinian women attending primary health care in North Palestine. *European Journal of General Practice*, 2021, VOL. 27, NO. 1, 264-270.  
<https://doi.org/10.1080/13814788.2021.1985996>
34. Prevalence of SARS-CoV-2 antibodies in the Palestinian population: a primary health center-based cross-sectional study. *PLoS ONE* 16(10): 2021. <https://doi.org/10.1371/journal.pone.0258255>
35. Eating Disorders and the Use of Cognitive Enhancers and Psychostimulants Among University Students: A Cross-Sectional Study. *Neuropsychiatr Dis Treat*. 2021;17:1633-45. <https://doi.org/10.2147/NDT.S308598>
36. Metabolic Syndrome Associated with Tobacco and Caffeine Products Use Among Refugee Adolescents Risk of Dyslipidemia. *Diabetes Metab Syndr Obes*. 2021; 14:4121-33. <https://doi.org/10.2147/DMSO.S329675>
37. Hospital outcomes of hospitalized severe COVID-19 patients managed with supportive care and steroids. *J Infect Dev Ctries* 2021; 15(8):1094-1103. <https://doi.org/10.3855/jidc.14709>
38. Mid-term cumulative patency of fistula and PTFE grafts among hemodialysis patients: a retrospective, single-center study from Palestine. *The Journal of Vascular Access*, 2021  
<https://doi.org/10.1177/11297298211040988>
39. Swept-Source Optical Coherence Tomography changes and visual acuity among Palestinian Retinitis Pigmentosa patients: a cross-sectional study. *BMC Ophthalmolgy* 21, 289 (2021).  
<https://doi.org/10.1186/s12886-021-02047-6>
40. Psychological Morbidity among Primary Health Care Attendees in Palestine: a study in a stressful environment. *Current Psychology*, (2021). <https://doi.org/10.1007/s12144-021-02107-6>

41. Somatic symptom disorders and utilization of health services among Palestinian primary health care attendees. *BMC Health Serv Res* **21**, 615 (2021). <https://doi.org/10.1186/s12913-021-06671-2>
42. Body Perceptions and Weight Control Practices among Palestinian University Female Students A Cross-Sectional Study. *J Public Health (Berl.)* (2021). <https://doi.org/10.1007/s10389-021-01602-1>
43. Eating Disorders and the Use of Cognitive Enhancers and Psychostimulants among University Students- A Cross-sectional Study. . *Neuropsychiatr Dis Treat*. 2021 May 25;17:1633-1645. <https://doi.org/10.2147/NDT.S308598>
44. COVID-19 vaccine hesitancy among health care workers in Palestine: A call for action. *Prev Med*. 2021 Aug; 149:106618. <https://doi.org/10.1016/j.ypmed.2021.106618>
45. The effect of a digital targeted client communication intervention on pregnant women's worries and satisfaction with antenatal care in Palestine – a cluster Randomized controlled trail. *PLoS One*. 2021 Apr 23;16(4):e0249713. <https://doi.org/10.1371/journal.pone.0249713>
46. Factors affecting Nurses' intention to accept the COVID-9 vaccine a cross-sectional study. *Public Health Nurs*.2021; 00;1-8. <https://doi.org/10.1111/phn.12907>
47. Effect of hemodialysis on intraocular pressure in Palestine a single-center study. *Palest Med Pharm J*. 20227 (1) <https://journals.najah.edu/in-press/article/1949/>
48. Prevalence of Vitamin D Deficiency among Hemodialysis Patients in Palestine A Cross-Sectional Study. *International Journal of Nephrology*. March 2021: 2021. <https://doi.org/10.1155/2021/6684276>
49. Determinants of Smoking Cessation Counseling Favorable Practice for Primary Care Physicians: A Cross-Sectional Study from Palestine. *J Family Med Prim Care* 2021; 10:1275-81. doi: [10.4103/jfmpc.jfmpc.1456.20](https://doi.org/10.4103/jfmpc.jfmpc.1456.20)
50. eRegCom—Quality Improvement Dashboard for healthcare providers and Targeted Client Communication to pregnant women using data from an electronic health registry to improve attendance and quality of antenatal care study protocol for a multi-arm cluster randomized trial. *Trials* 22:47(2021). <https://doi.org/10.1186/s13063-020-04980-1>
51. Mixed Method Study to Explore Ethical Dilemmas and Health Care Workers' Willingness to Work Amidst COVID 19 Pandemic in Palestinian. *Frontiers in Medicine*. Jan 5<sup>th</sup> 2021, <https://doi.org/10.3389/fmed.2020.576820>
52. Smoking cessation counseling: Attitude in the background of poor practice compliance among Palestinian primary health care physicians: a cross-sectional study. *International Journal of Healthcare*; 2020; 7(2021): 37-43 <https://doi.org/10.5430/ijh.v7n1p37>
53. Prevalence and Risk Factors of Chronic Kidney Disease among Palestinian Type 2 Diabetic Patients: a Cross-Sectional Study. *BMC Nephrology*; 2020. 21:484. <https://doi.org/10.1186/s12882-020-02138-4>
54. Bone Mineral Density in Palestinian patients with end-stage renal disease and the related clinical and biochemical factors: Cross-sectional study. *PloS one*; 2020, 15(11). <https://doi.org/10.1371/journal.pone.0241201>
55. Palestinian Health Care Workers' Stress and Stressors During COVID-19 Pandemic: A Cross-Sectional Study. *J Prim Care Community Health* [Internet]. 2020 Aug 27;11:p1-7. <https://doi.org/10.1177/2150132720955026>
56. Epidemiology of Sepsis Syndrome among Intensive Care Unit Patients at a Tertiary University Hospital in Palestine: 2019. *Indian J Crit Care Med* 2020; 24 (7):551-556.
57. Diabetic retinopathy screening barriers among Palestinian primary health care patients: A qualitative study. *Journal of Diabetes & Metabolic Disorders*, 2020. <https://doi.org/10.1007/s40200-020-00575-4>
58. The effects of waterpipe tobacco smoking on the spirometric profile of university students in Palestine: a cross-sectional study. *Canadian Respiratory Journal*. June 2020. <https://doi.org/10.1155/2020/5949834>
59. Prevalence of Hypothyroidism among Dialysis Patients in Palestine: A Cross-Sectional Study. *International Journal of Nephrology*. May 2020: 2020. <https://doi.org/10.1155/2020/2683123>
60. Prevalence of waterpipe smoking and associated factors among university students in Palestine: a cross sectional study. *Palest Med Pharm J*. Dec 2020;5(2):107–116.

61. Social Norms and Perception of Waterpipe Smoking among Palestinian University Students. *Palest Med Pharm J*. June 2020;5(1): 25-34
62. The Prevalence and Risk Factors of Urinary Incontinence among Palestinian Type 2 Diabetes Women: a Cross Sectional Study. *The Arab Journal of Urology*. 2019
63. Physicians' knowledge and practice on death certification in the North West Bank, Palestine: across sectional study. *BMC BMC Health Services Research*. 2018 Jan 8;18(8)
64. Quality of death notification forms in North West Bank/Palestine: a descriptive study. *BMC Res Notes*. 2017 Apr 11;10(1):154.
65. Growth modulation and remodeling by means of posterior tethering technique for correction of early-onset scoliosis with thoracolumbar kyphosis. *European Spine Journal*; 2016
66. Mammography Screening Uptake among Female Health Care Workers in Primary Health Care Centers in Palestine. *Asian Pac J Cancer Prev* 2016, **17 (5)**, 2549-2554
67. Moderate to Severe Premenstrual Syndrome and Contributing Factors among University Students in Palestine. *Jacobs Journal of Community Medicine. J J Commun Med*. 2015, 1(2): 016.
68. Influenza Vaccine Uptake among Palestinian Hospitals' Health Care Workers Barriers and Motivators. *Jacobs Journal of Community Medicine. J J Commun Med*. 2015, 1(2): 013.
69. Depression and Associated Factors among Type Two Diabetes Mellitus Patients in Palestine. *Jacobs Journal of Community Medicine. J J Commun Med*. 2015, 1(2): 012.
70. Risk factors of hepatitis B transmission in northern Palestine: a case – control study. *BMC Research Notes*. 2014; 7(190)
71. Prevalence of patients with end-stage renal disease on dialysis in the West Bank, Palestine. *Saudi J Kidney Dis Transpl*. 2013 July-August;24(4):832-837.
72. Salmonella Food Poisoning Associated with Macaroni Salad in a Labourers Camp- State of Qatar, 2010. *J Community Med Health Educ* 2012; 2(4)
73. Pandemic Influenza A/H1N1 Vaccination Uptake among Health Care Workers in Qatar: Motivators and Barriers. *Qatar 2010. Vaccine* 2011; 29 (2011) 2206–2211
74. Measles surveillance in Qatar, 2008: Physicians' knowledge and practices and support received. *EMHJ* 2011; 17(11) 818-24.
75. Measles surveillance in Qatar, 2008: Quality of surveillance data and timeliness of notification. *EMHJ* 2011; 17(11) 813-7.
76. Epidemiology of measles outbreaks in Qatar in 2007. *EMHJ* 2011; 17(3) 186-90

### **Academic Supervision (MPH) By Dr. Nazzal**

- Bayan Abu Hamdah (2022): The relationship between long COVID-19 symptoms and returning to work among COVID-19 patients in Tulkarm directorate
- Reham Khrawish (2020): Efficiency of health information management using an eRegistry for maternal and child health: Time motion study in a cluster randomized control trial, Palestine/ An-Najah National University
- Azeeza Obied (Aug 2020): Evaluation of Eye Health Care Services in the West Bank and East Jerusalem: A cross-sectional study// An-Najah National University
- Ala'a Almasri (2016): Evaluation of Governmental School Nutrition Policy in Nablus Governorate -West Bank-2015 / An-Najah National University
- Watan Nazzal (Dec 2015): Body Perceptions and Weight Control Behaviors among An-Najah National University Female Students, 2015/ An-Najah National University.
- Tamara Awwad (Dec 2015): Assessment of Data Quality for Maternal and Child Health Department at Primary Health Care Directorate-Tulkarm/ An-Najah National University.
- Rana Abu Samra (March 2015): Evaluation of the Health Education Program for Diabetic Patients at UNRWA Clinics in the Northern West Bank/ An-Najah National University.

- May Abu Alhalawa (Feb 2015): Water-Pipe Smoking and Associated Factors among An-Najah National University Students/ An-Najah National University
- Sanabel Afaneh (2014): Evaluation of Primary Health Care Physicians' and Nurses' performance for WHO PEN protocol for cardiovascular diseases applied in Salfit district, Palestine/ An-Najah National University.
- Rana Sarawan (2013): Medication errors: Nurse's Perceptions of main types and leading factors, and reporting attitudes in North West Bank Governmental Hospitals.
- Inaam Sobuh (2013): Risk factors of Hepatitis B Transmission in North West Bank: Case-Control study/ An-Najah National University

### **Skills**

- Working with all types of Microsoft office programs
- Working with the Statistical Package of Social Science (SPSS) for data entry and analysis.
- Working with Reference Manager programs (Mendeley, Endnote, ...etc.)

### **Languages**

- Arabic: mother language
- English: excellent
- Turkish: very good