

# Curriculum Vitae

## Dr. Ithar Beshtawi



### Personal Information

**Name:** Ithar Mustafa Saleh Beshtawi

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**Date of Birth:** November 2<sup>nd</sup>, 1986

**Nationality:** Palestinian

**Gender:** Female

### Education and Qualifications

Degree	Institution	Year
Doctor of Philosophy in Optometry	University of Manchester, Manchester, UK	2013
Master of Science in Investigative Ophthalmology and Visual Sciences	University of Manchester, Manchester, UK	2010
Bachelors in Optometry	An-Najah National University, Nablus, Palestine	2008

### Current Appointment

- 2017-Present, Head of Optometry Department, Optometry Program Director, Assistant Professor/ Faculty of Medicine and Allied Medical Sciences, An-Najah National University, Nablus, Palestine
- 2025-Present, Director of the Center of Excellence for Learning, Development, and Social Responsibility, Faculty of Medicine and Allied Medical Sciences, An-Najah National University, Nablus, Palestine

### Employment History

- 2022-2024 Director of Staff Development and Appraisal Unit, Medical Education Department, Faculty of Medicine and Health Sciences, An-Najah National University, Nablus, Palestine

- 2017-2023, A member of the Institutional Review Board IRB committee, Faculty of Medicine and Health Sciences, An-Najah National University, Nablus, Palestine
- 2014-2017, Optometry Program Director, Optometry Department, Faculty of Medicine and Health Sciences, An-Najah National University, Nablus, Palestine
- 2014-2017, A member in the Institutional Review Board IRB assisting committee, Faculty of Medicine and Health Sciences, An-Najah National University, Nablus, Palestine
- 2014-2016, Project Manager, Bioethics project, Public Health and Human Rights center (PHHRC), An-Najah National University and Hospital, Nablus, Palestine
- 2012-2013, Clinical Tutor and supervisor, Optometry Department, School of Life Sciences, The University of Manchester, Manchester, M13 9PL, UK.
- 2012-2013, Demonstrator of Clinical and academic workshops for MSc students, The University of Manchester, Manchester, UK.
- 2008-2009, Teaching and Research Assistant, Optometry College, An-Najah National University, Nablus, Palestine

### **Honors and Awards in Academic Career**

- Team Lead Certificate "ProGrant Multiplication Training Qualified teacher certificate" awarded by the German Academic Exchange Service (DAAD), the DIES ProGRANT Coordination Center at the University of Cologne, and the German Rectors' Conference (HRK), 2021.
- An-Najah National University award for Research Excellence and the Quality of Publication (Citations), 2019, Nablus, Palestine.
- An-Najah National University award for Research Excellence and the Quality of Publication (Impact Factor), 2015 and 2017, Nablus, Palestine.
- An appreciation medal, The Bicentenary Ophthalmology Scientific Conference 2014 (MREH 200), 23-27 June 2014, Manchester, UK.
- An-Najah National University Scholarship for postgraduate studies: Awarded in year 2010. Three years scholarship to get a PhD degree in Optometry.
- An-Najah National University Scholarship for postgraduate studies: Awarded in year 2009. Scholarship is awarded to a final professional BSc student on the basis of four yearly academics and extracurricular activities.

### **Academic Exchange**

- Erasmus+ mobility project “Aston Optometry Summer School”, July-August 2018, Aston University, Birmingham/UK.
- Erasmus+ mobility project “Academic Exchange with the University of Warsaw, May 22-26, 2017, Warsaw/Poland

- Erasmus+ mobility project “Academic Exchange with the University of Masaryk, April 10-14, 2017, Brno/Czech Republic

## Skills and Experience

- **Optometry Program Head**

University department heads are academic leaders who collaborate with the faculty dean and other department heads to achieve faculty and university strategic goals. They foster academic leadership in their department and lead entrepreneurial activity to generate cash while promoting their department's reputation and interests within the university and in their profession. This position trains future optometric leaders to eliminate preventable blindness in Palestine. These graduates will lead clinical and executive teams that apply evidence-based science to clinical practice and quality-improvement strategies to improve vision care.

The primary duties of this post are:

- **Department management**

- Create a distinctive educational program with a vibrant curriculum.
- Offer exceptional educational programs and materials.
- Encourage innovative research.
- Manage University Teaching optometry clinics
- Improve clinical education at Teaching Hospital and Clinics towards excellence.
- Conduct school vision screenings • Implement university rules • Manage department budget
- Ensure high-quality teaching and training
- Encourage and represent the University internally and externally.

- **Teaching Skills**

Since 2014, I have been instructing undergraduate clinical optometry courses as an assistant professor of optometry. The curriculum is comprised of lectures, clinical and laboratory practicals, weekly tutorials, and presentations. I am responsible for the scheduling, administration, and grading of both theoretical and practical examinations. Once the exams have been graded, I compile the results and offer students feedback. I am responsible for the development and supervision of the national visual screening program, as well as the internal and external training of students in kindergartens, primary schools, disability care centers, and senior care centers.

- **Clinical Skills**

In addition to my fundamental optometry skills (e.g., Refraction, Retinoscopy, Binocular vision), I have received training at the low vision center at the German Jordanian University and the Royal Dutch Visio center. This training has enabled me to provide high-quality services to individuals with visual impairments by evaluating their visual function and magnification requirements.

## Reviewing Duties

- June 2018, reviewing the Optometry Program at Al-Buraimi University, requested by the Education and Higher Education Ministry, The Sultanate of Oman.
- 2016-Present, Reviewing scientific articles for the Malaysian Journal of Health Sciences, Contact lens and Anterior Eye, and the Jornal of Optometry.

## Projects and Grants

### ❖ **Vision Screening Training workshop in collaboration with the Palestinian Ministry of Health (May 2023-April 2024)**

The training was designed to educate healthcare providers including nurses, general practitioners, and pediatricians, on the identification and screening of common visual disorders and diseases in children. The program covered professional guidelines and evidence-based protocols for vision screening through lectures and practical sessions, focusing on screening tools for infants aged 6–12 months and preschool children aged 3–5 years. As part of the training, we developed a comprehensive manual (in Arabic and English, QR below) that includes written and video-based instructional materials. This manual was created in partnership with Royal Dutch Visio and is based on recommendations from recognized professional organizations such as the American Association for Pediatric Ophthalmology and Strabismus, the American Optometric Association, and Prevent Blindness.



### ❖ **Writing Grant Proposals for Young Palestinian Researchers” (GRYPS) Practical-oriented Training for New Researchers (June- August 2021)**

Dr. Ithar Beshtawi (Team Leader), Dr. Mohammad Abuabiah and Dr. Ihab H. Alsurakji from An-Najah National University, Miss Suha Al Butmeh from Al-Quds University, and Dr. Omar Abu Abed from the Arab American University designed this course. It helped Palestinian university lecturers write research applications for funding agencies at the end of the course. Training has three phases. The first zoom meeting occurred in June, followed by additional e-meetings in July. A face-to-face meeting in August finished the third portion of the course. Participants' research proposals were evaluated using international criteria. The DAAD, DIES ProGRANT Coordination Center at the University of Cologne, and local partners supported the training. Ms. Sara Marlen from the University of Cologne, Dr. Ayman Daoud from Palestine Academy for Science and Technology, and Ms. Evelyn from DAAD attended.

[brochure\\_GRYPS\\_2021.pdf](#)

([https://www.palast.ps/sites/default/files/inline-files/1-%20brochure%20\\_%20GRYPS%20\\_%202021.pdf](https://www.palast.ps/sites/default/files/inline-files/1-%20brochure%20_%20GRYPS%20_%202021.pdf))

❖ **JUSUR Project (2016-2023)**

Jusur began in 2016, funded by NOVUM and coordinated by Royal Dutch Visio and Bethlehem Arab Society for Rehabilitation (BASR) in the West Bank. In addition to BASR and Visio, this program's stakeholders include MOEHE, MoH, ANNU's low vision center, and Al Shuruq School, one of nine blind schools. BASR, Visio, and other important stakeholders have worked with MOEHE for two years to build a nationwide support system for the rehabilitation and education of visually impaired (VI) children aged 6–12. The second phase targets visually impaired West Bank adolescents ages 0-18, including those with other disabilities. Parents, caregivers, other pupils, healthcare, education, and rehabilitation experts, and accountable authorities were all intended to benefit. The program covered the entire West Bank and aimed to increase the number of children and youth in the target group and solidify phase 1's infrastructure (resource center, staff, professional capacity building, parents' involvement). The goal was for partially sighted and blind Palestinian youth to fully engage at home, school, and in their community.

❖ **Public Health and Human Rights Center- Bioethics Project (2013-2021)**

Public health is crucial in Palestine. Healthy living, health education, and disease, illness, and injury prevention are severely limited, and most people lack basic services. This project was started to provide an ideal platform for organizing community projects with key partners and community organizations by coordinating with general practitioners, hospitals and medical institutions, non-governmental organizations, the private sector, and government agencies to advance public health in the West Bank with a human rights focus. The centre will collaborate with other groups to enhance human rights-focused public health. This project sought to help Palestine's medical community in the short and long term through research, awareness, training, consultancy, and strategy. The Open-Society Foundation financed this project.

❖ **Skills and Curriculum development in Vision Rehabilitation (2013-2016)**

Health care professionals in the Middle East and elsewhere typically neglect rehabilitation services, which limits the potential of visually impaired people. This project was funded by the EU Tempus program, and a consortium of European and Middle Eastern universities and non-governmental organizations developed vision rehabilitation curricula and training resources to improve the quality and quantity of services for visually impaired people. Aston, Focus Birmingham, Eötvös Loránd, Hamburg, Radboud, Nijmegen, Royal Dutch Visio, German-Jordanian, U. of Jordan, An-Najah National, Bethlehem, and Bethlehem Arab Society for Rehabilitation are project participants. This study sought to improve ophthalmologists, optometrists, and occupational therapists' vision rehabilitation courses in target programs. Workshops, practical assignments, study trips, and practical training gave lecturers and clinical instructors the skills to improve curricula and serve the community. The third year of the initiative focused on meetings and workshops in Jordan and Palestine to develop awareness of visual impairment rehabilitation needs and prospects among universities, professionals, parents, and teachers. Additional visual rehabilitation training and awareness materials are supplied, translated to Arabic, and available online. A multi-disciplinary network of vision rehabilitation professionals was formed to facilitate regional service development.

## **Professional Qualifications (Training)**

- November 2021, Assessment of Cerebral Visual Impairment in Children with Profound Intellectual and Multiple Disabilities, *Webinar Visio International*
- July 2020, Training Observation, assessment and interpretation of visual functioning and visual behaviour of children with multiple disabilities, Bethlehem Arab Society for Rehabilitation, Bethlehem, Palestine. Training organized by Royal Dutch Visio institute for low vision in Holland
- March 2020, Training Observation, Communication and Behavior of Multiple Disabled and Visually Impaired Children, Bethlehem Arab Society for Rehabilitation, Bethlehem, Palestine. Training organized by Royal Dutch Visio institute for low vision in Holland.
- July-August 2018, Aston Optometry Summer School, Aston University, Birmingham, UK.
- Dec 2017, DIES ProGRANT Alumni Workshop 2017, organized by the German Academic Exchange Service (DAAD) at the University of Cologne, Cologne, Germany
- Jan 2016, Low Vision Assessment in Children and Disabled Children workshop (Theoretical & Practical aspect), German Jordanian University, Amman, Jordan.
- March-Sep 2015, DIES ProGRANT Proposal Writing for Research Grant-Practical oriented training for new researchers, organized by the German Academic Exchange Service (DAAD) at the University of Cologne, together with the DAAD Information Centre Amman, Jordanian University, Amman, Jordan.
- Sep 2014, Low Vision workshop (Theoretical and Practical aspects) at Royal Dutch Visio, Amsterdam, Holland.
- Sep 2014, Low Vision workshop (Practical aspect), German Jordanian University, Amman, Jordan.
- May 2014, Low Vision workshop (Theoretical aspect), by Dr. Frank Eperjesi (Aston University, Birmingham, UK), German Jordanian University, Amman, Jordan.
- May 2012, How to fit hybrid lenses workshop, by Dr. Caroline Burnett-Hodd and Katie Harrop. British Contact Lens Association (BCLA) clinical conference, Birmingham, U.K
- May 2012, Gizmos and gadgets - latest advances in clinical dry eye diagnosis and management workshop, by Dr Jennifer Craig and Simon Dean. British Contact Lens Association clinical conference, Birmingham, U.K
- March 2012, Basic RGP fitting and material selection, by Martin Conway, British Contact Lens Association (BCLA) office, BCLA, London, UK
- March 2012, How good, contact lenses fitting, is good?, by Ian Forrest, BCLA office, BCLA, London, UK.
- March 2012, Successful keratoconus fitting in general practice, by Neil Cox, BCLA office, BCLA, London, UK.
- November 2011, Faculty of Life Sciences Training for Teaching by Demonstrating (GTA), University of Manchester, Manchester, UK

- May 2011, An essential guide for the community optometrist clinical workshop, by Dr. Waheeda Illahi and Katie McGuinness, British Contact Lens Association clinical conference, Manchester, UK
- February 2011, Good Clinical Practice (GPC) training - in research methods. This training is approved by the Federation of the Royal College of Physicians of the U.K.
- Aug-Sep 2009, Pre-sessional Academic English course for academic purposes. The University Language Center, The University of Manchester, Manchester, UK.
- November 2007, Training course in Clinical Contact Lenses, by Vanessa Moodley University of KWA-ZULU NATAL, Email: [Moodleyvr@ukzn.ac.za](mailto:Moodleyvr@ukzn.ac.za), which was held at An-Najah University, Nablus, Palestine. Tel: +972 9 2345113

## **Professional Registration and Memberships**

- Active ANNU representative, Member of Volunteer Optometric Services to Humanity (VOSH) International
- Active ANNU representative, Member of World council of Optometry (WCO)
- Active Member of the International Association of Contact Lens Educators (IACLE)
- Past Member of the British Contact Lens Association (BCLA).
- Past Member of the Association for Research in Vision and Ophthalmology (ARVO).

## **Public Engagement and Volunteer Work in Eye Health**

- April 2016- Present, yearly awareness campaigns on the importance of contact lens care and hygiene. An-Najah National University, Nablus, Palestine.  
This event raised awareness of contact lens care and dangers associated with improper usage, and it boosted optometry graduating students' confidence when educating patients. The event had stations for soft and hard lens insertion and removal, contact lens components and qualities, replacement schedule adherence, and contact lens care and aftercare. The event emphasizes that contact lenses, especially cosmetic ones, are medical devices that must be fitted and prescribed by a licensed contact lens fitter. Contact lenses have many benefits, but overuse can have adverse effects. Patients should clean their contact lenses properly, use the correct lens solution, and follow the manufacturer's replacement schedule. Contact lens wearers should see, feel, and look fantastic. If contact lenses cause impaired vision, discomfort, or redness, patients should remove them and see an eye care professional.
- Jan 2014-Present, Pediatric Vision Screening at different Kindergartens in Nablus city, Nablus, Palestine.  
The Vision of children aged between 3-5 years were examined. Tests included visual acuity, Retinoscopy, Ophthalmoscopy, Ocular alignment, Eye muscles, Stereopsis and color vision. Children who failed the screening were referred to An-Najah Optometry clinic for comprehensive eye examination.

- Online workshops in Low Vision field organized in partnership with Eyezone Education, Kuwait. Online training (zoom )
  - 28 Aug 2021, Pediatric Low Vision Webinar: Evaluating and Managing Vision Loss in Children.
  - 28 Feb 2021, Low Vision Webinar: Insights on Low Vision Practice.
  - March 2021, one-on-one interview on Understanding low vision rehabilitation.
- March 2018, Optometry World Day Exhibition, An-Najah National University, Nablus, Palestine. The exhibition aimed at raising students' awareness with regards to eye diseases' definition, treatment and prevention measures. The Exhibition included booths through which the department students introduced the visitors to eye anatomy, Vision 2020, a global initiative that aims to eliminate avoidable blindness by the year 2020 and common eye problems and infections as well as LASIK and Laser Eye Surgery and choosing glasses for face shape. It also included a booth for vision testing.
- November, 2017. International Keratoconus Day Exhibition and Awareness Activity, An-Najah National University, Nablus, Palestine.

An exhibition was organized to raise awareness of keratoconus as it has a 4% incidence rate in Palestine. Keratoconus is a disease that affects the cornea of the eye and leads to thinning and bulging forward of the cornea, which leads to deterioration in vision due to increased degrees of myopia and astigmatism. The exhibition aimed at raising students' awareness with regards to this diseases' definition, treatment and prevention measures.
- October 2017, Pediatric Vision Screening at An-Najah Child Institute, Nablus, Palestine. The Vision of children aged between 3-5 years were examined. Tests included visual acuity, Retinoscopy, Ophthalmoscopy, Ocular alignment, Eye muscles, Stereopsis and color vision. Children who failed the screening were referred to An-Najah Optometry clinic for comprehensive eye examination.
- 2017, Publishing videos to raise awareness of eye health and better vision. Samples can be found at:
  1. <https://www.youtube.com/watch?v=J5GG4zG-YuE>
  2. <https://www.youtube.com/watch?v=GWuiwO-AHVw>
  3. <https://www.youtube.com/watch?v=2ocAWlcmDc4>
  4. <https://www.youtube.com/watch?v=J4g5wUaKYpM>
  5. <https://www.youtube.com/watch?v=qvEXmXw1m5g>
- April, 2016, Environment & Occupational Vision Exhibition. An-Najah National University, Nablus, Palestine.

The initiative raised awareness of environmental effects on the eye and optometric management of environmental ocular and visual issues. Optometry students performed a visual task analysis of several vocations and discussed their visual needs and possible visual aids. Optometric aspects of occupational health and safety, eye hazards, eye protection, ocular first-aid, ocular and visual factors in the workplace, visual ergonomics, visual standards, vision screening, lighting design, and occupational eye disease epidemiology were all covered.

- March 2013. The Eye stall, The Body Experience public engagement which was held as part of the Brain Awareness Week and National Science and Engineering Week, Manchester Science Festival, Manchester Museum, Manchester, UK.

The public were invited and received a passport to travel the human body from head to toe. They discover how the brain regulates the senses and communicates with all body organs. They saw the heart and lungs. They also performed their own surgery and explored the spine! They explored the gut and saw infecting germs!

- October 2012, The Brain storm, Manchester Science Festival, Manchester Museum, Manchester, UK.

An interactive journey from the eye to the brain was intended to show visitors how vision impacts action and other senses including touch and hearing. Four key topics included posters, hands-on activities, and computer displays. The initial theme, “The eye and vision,” allowed visitors to test their eyesight and color vision and take home a photo of their eye. “The eye and brain” was the second theme to demonstrate that vision is brain-based. Visual illusions, stereograms, and 3D vision tests were shown. Vision is essential for everyday tasks like walking and preparing tea, as discussed in the third theme, the eye and action. People might “fly through a star field” or witness how 3D vision improves eye-hand coordination. Finally, under our fourth subject, “The eye and other senses,” visitors may see how vision interacts with other senses through surprising illusions.

- March 2012, Coming to your senses stand, The Science Fair, Sackville Street Building, The University of Manchester, Manchester, UK.

In this one day event, both children and adults found out how the eye and brain give us the ability to see. Visitors were able to explore how good their own sight is and what conditions can affect vision. There were also activities demonstrating how closely vision, action and other senses such as hearing are linked.

- October 2011 Vision stand, Manchester science festival, Whitworth Hall, The University of Manchester, Manchester, UK

This family-friendly event took place at The University of Manchester. The aim of the vision stand was to take visitors on an interactive journey, starting with the eye and travelling “through” the brain to understand how vision affects action and other senses such as touch and hearing. Children of all ages, parents and grandparents visited and took part of this event and interacted with most of the science challenges.

## Fellowships and Research Grants

- May 2021. Winner of the DIES ProGRANT Multiplication Trainings in Grants Proposal Writing 2021/Middle East (€15,000)
- August 2017. IACLE Travel award of \$500 to attend the World congress of Optometry in India, Hyderabad, India
- Nov 2017. An-Najah National University Research Grants Funding Projects/First Call. [Grant number ANNU1718Sc002, 2017].
- May 2017. The Academy of Medical Sciences, Daniel Turnberg Travel Fellowship Round 9.

## ❖ ORCID ID

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## ❖ Publications

- **Beshtawi, I. M.** (2025). Low Vision Rehabilitation in a Family Affected by Peters' Anomaly Syndrome. *Clinical Optometry*, 249-254.
- **Beshtawi, I. M.**, Faqarah, S., & Abdul-Fatah, H. (2025). Patient Preferences and Satisfaction With Refractive Error Correction Methods: A Cross-Sectional Study. *Cureus*, 17(8)
- **Beshtawi, I.M.**, Ghaboun, N., Al Titi, R., Asia, H., Abu-Khalaf, N., & Frehat, R. (2025). Contact Lens Prescribing Patterns in Palestine. *Pal. Med. Pharm. J*, 11(4).
- **Beshtawi, I. M.**, Walweel, D., Sakhel, W., Shashtare, A., Sakhel, W. S., & Shashtare, A. O. (2025). Knowledge, Awareness, and Perceptions of Artificial Eyelash Use and Associated Ocular Side Effects Among Palestinian Females: A Cross-Sectional Study. *Cureus*, 17(6).
- Abualhasan, H., **Beshtawi, I. M.**, Noor, M., Mustafa, O., & Hantoli, S. (2025). Predictive factors for adherence to intravitreal anti-vascular endothelial growth factor therapy in Palestinian patients with diabetic retinopathy, retinal vein occlusion, and age-related macular degeneration: a retrospective cohort study. *BMC ophthalmology*, 25(1), 1-8. doi.org/10.1186/s12886-025-04113-9
- **Beshtawi IM**, Qaddumi J, Suboh N, Zaid A, Mansour H, Zeyadeh T (2022). Compliance of Soft Contact Lens Care and Bacterial Contamination Among University Students in Palestine. *Clin Ophthalmol*. 16:4121-4134. [doi.org/10.2147/OPTH.S352209](https://doi.org/10.2147/OPTH.S352209)
- Ghach W, Bakkar M, Aridi M, **Beshtawi I**, Doughaily R, Al-Fayoumi N (2022). Eye Cosmetic and Tobacco Use) of Symptomatic Dry Eye Disease in Four Middle Eastern Countries: Lebanon, Syria, Jordan, and Palestine. *Clin Ophthalmol*. 16:3851-3860. doi: 10.2147/OPTH.S385040. PMID: 36438590; PMCID: PMC9697459.
- **Beshtawi I M**, Qaddomi J, Khuffash H, El-Titi S, Ghannam M, Otaibi R (2019). Ocular Surface Response and Subjective Symptoms Associated to Lens Care Solutions in Palestine. *J Opto*. 12,4 :

- Al-Labadi, L., Shahin, R., Eperjesi, F., Al-Shanty, Y., Rahman, Y. A., Shehadeh, M., **Beshtawi I** & Al-Khayatt, A. (2018). Prevalence of visual disorders in urban Palestinian children: a cross-sectional study. *The Lancet*, 391, S30.
- Shanti Y, **Beshtawi I**, Zyoud S, Abu-Samra A, Abu-Qamar A, Barakat R, shehadeh R (2018), Characteristics of keratoconic patients at two main eye centres in Palestine: a cross-sectional study. *BMC Ophthalmology* 18, (95), 2-7
- **Beshtawi I M**, Akhtar R, Hillarby M C, O'Donnell C, Zhao X, Brahma A, Carley F, Derby B, Radhakrishnan H (2016). Biomechanical changes of collagen cross-linking on human keratoconic corneas using scanning acoustic microscopy. *Curr Eye Res*, 41(5), 609-615.
- **Beshtawi, I.** (2017). *The Effect of Multifocal Contact Lenses on Peripheral Refractive Error*. Germany. Scholar's Press. ISBN-13:978-3-330-65282-8, ISBN-10:3330652829, EAN:9783330652828
- **Beshtawi I M**, Akhtar R, Hillarby M C, O'Donnell C, Zhao X, Brahma A, Carley F, Derby B, Radhakrishnan H (2014). Biomechanical changes after repeated collagen cross-linking on human corneas assessed in-vitro using scanning acoustic microscopy. *Invest Ophthalmol Vis Sci*, 55 (3), 1549- 1554
- **Beshtawi I M**, Akhtar R, Hillarby M C, O'Donnell C, Zhao X, Brahma A, Carley F, Derby B, Radhakrishnan H (2013). Biomechanical Properties of Human Corneas Following Low and High Intensity Collagen Cross-Linking determined with Scanning Acoustic Microscopy. *Invest Ophthalmol Vis Sci*, 54 (8), 5273-5280
- **Beshtawi I M**, O'Donnell C, Radhakrishnan H (2013) Biomechanical properties of corneal tissue after UV-A/riboflavin cross-linking: Review. *Journal of Cataract and Refractive Surgery*, 39 (3), 451–462.
- **Beshtawi I M**, Akhtar R, Hillarby M C, O'Donnell C, Zhao X, Brahma A, Carley F, Derby B, Radhakrishnan H (2013). Scanning Acoustic Microscopy for Mapping the Microelastic Properties of Human Corneal Tissue. *Curr Eye Res*, 38 (4), 437-444.

## Conference Participations

- 10<sup>th</sup> Jordanian Optometry Conference, 12-13 Apr 2025: Dead Sea, Jordan. “Approach for Ideal Hybrid Contact Lens Fitting”

- 22<sup>nd</sup> Emirates Society of Ophthalmology Conference, Feb 2025: Abu Dhabi, UAE. "Comprehensive Ocular and Functional Vision Assessment in Children with Peter's anomaly syndrome: case study "
- 20<sup>th</sup> Muscat International Ophthalmology Conference, Nov 2024: Muscat, Oman. "Comprehensive Ocular and Functional Vision Assessment in a Child with Multiple Disabilities and Visual Impairment: case study"
- Vision 2023, July 2023: Denver, Colorado, USA. "The importance of access to sustainable, comprehensive and affordable services for all persons with visual impairment"
- The first An-Noor Ophthalmology conference, May 2023: Nablus, Palestine. "Prescribing for Young Children: Guidelines and Clinical Tips"
- The First National Health Research conference, 5<sup>th</sup> Dec 2022: Ramallah, Palestine. "Prevalence and Behavioral-based Risk Factors of Symptomatic Dry Eye Disease in Middle Eastern Countries"
- The 13th International Low Vision Conference, July 2022: Dublin, Ireland. "Low Vision Intervention with the Family of Peters Anomaly Syndrome"
- IACLE's Global Virtual Conference, 14th May 2022: Online Meeting. "Make Students Practice Ready- Panel Discussion"
- 6<sup>th</sup> Jordanian Palestinian Optometry Conference, 12-13 May 2022: Amman, Jordan. "Hybrid Contact Lenses Fitting Strategies for Irregular Corneas" Invited speaker
- 3<sup>rd</sup> World Council of Optometry Congress, 23-27 Oct 2019: Orlando, Florida, USA. "Bacterial Contamination of Contact Lens Cases and Non-Compliance Behaviors among Soft Contact Lenses Wearers"
- 3<sup>rd</sup> World Council of Optometry Congress, 23-27 Oct 2019: Orlando, Florida, USA. "The Effect of Lens Rinsing with Saline on Solution-Induced Corneal Staining and Subjective Symptoms"
- XIV International Congress of The Middle East Africa Council of Ophthalmology (MEACO), 05-08 Sep 2019: Dead Sea, Jordan. "Early Detection of Pediatric Visual Abnormalities and Refractive Errors Prescribing for Young Children: Guidelines and Clinical Tips"
- 5<sup>th</sup> Jordanian Palestinian Optometry Conference, 07-08 March 2019: Ramallah, West Bank. "Bacterial Contamination of Contact Lens Cases and Non-Compliance behaviors of Soft Contact Lenses Wearers in Palestine" Invited speaker
- Dubai Optical Show - Vision X 2018 conference, 12-15<sup>th</sup> November 2018: Dubai, UAE. "Early Detection of Visual Abnormalities through Vision Screening in Pre-School Children" Invited speaker
- Dubai Optical Show - Vision X 2018 conference, 12-15<sup>th</sup> November 2018: Dubai, UAE. "Prescribing for Young Children: Guidelines and Clinical Tips" Invited speaker
- 4<sup>th</sup> Jordanian Palestinian Optometry Conference, 14-16 April 2018: Amman, Jordan. "A clinical comparison of corneal staining and comfort associated with contact lens care solutions in Palestine" Invited speaker
- International Association of Contact Lens Educators (IACLE) Congress on Contact Lens Education, 09-10 Sep 2017: Hyderabad, India. " Establishing Contact Lens Growth in your Schools with Future Contact Lens Practitioners"
- 3<sup>rd</sup> Jordanian Palestinian Optometry Conference, 16-17 March 2017: Ramallah, Palestine. "Corneal Staining and Subjective Symptoms Associated with Contact Lens Care Products" Invited speaker

- 1<sup>st</sup> International Optometry Conference, 2<sup>nd</sup> & 4<sup>th</sup> Sep 2016: ANNU, Nablus, Palestine  
“Introduction to Low Vision Examination”
- 1<sup>st</sup> Eastern Mediterranean Council of Optometry (EMCO) Congress of Optometry, 14-15 May 2016: Beirut, Lebanon. "The Effects of Progressive Contact Lenses on Peripheral Refractive Error"
- The 2nd Jordanian Palestinian Optometry Conference, 23- 25 March 2016: Amman, Jordan. "Classification of Lubricant Eye Drops: Composition and Clinical Application" Invited speaker
- The 5<sup>th</sup> Palestinian Optometry Conference and the 1<sup>st</sup> Palestinian Jordanian Optometry Conference, 17-18 April 2015: Ramallah, Palestine. ‘Cases in Low Vision - Grand Round Presentation’ Invited speaker
- The Swiss- Palestinian NCD’s workshop, 24-25 January 2015: Nablus, Palestine. ‘Current Bioethics Status in Palestine’.
- The 10<sup>th</sup> International Congress of Corneal Cross Linking, 5-6 December 2014: Zurick, Switzerland. ‘Biomechanical changes after repeated collagen cross-linking on human corneas assessed in-vitro using scanning acoustic microscopy’ Invited speaker
- The Bicentenary Ophthalmology Scientific Conference 2014 (MREH 200), 23-27 June 2014: Manchester, UK. ‘The Effects of Low and High Intensity Collagen Cross-Linking on the Human Cornea’ Invited speaker
- Liverpool ARVO 2014 Presentations, 3-8 May 2014: Liverpool, UK ‘Biomechanical Stiffness Changes of Collagen Crosslinking on Human Keratoconic Corneas using Scanning Acoustic Microscopy’.
- The 15th Emirates Ophthalmology Congress (EOC), 12-14 Dec 2013: Dubai, UAE. ‘Biomechanical changes in human corneas after repeated collagen cross-linking treatment measured using scanning acoustic microscopy’.
- XXXI Congress of the European Society of Cataract and Refractive Surgeons (ESCRS), 5-9 Oct 2013: Amsterdam, Netherlands. ‘Biomechanical changes after repeated collagen cross-linking on human corneas assessed in-vitro using scanning acoustic microscopy’
- The 7th International Conference on the Tear Film & Ocular Surface (TFOS), 18-21 Sep 2013: Taormina, Sicily, Italy. ‘Histological Changes in Eye-Banked Human Corneas after Single and Repeated Cross-Linking Treatment with Riboflavin and UVA’.
- The 17th Scientific Meeting of the International Society for Contact Lens Research (ISCLR), 25-30 Aug 2013: Kyoto, Japan. ‘Biomechanical Stiffness Differences between Low and High Intensity Collagen Cross-Linking Treatment on Human Corneas using Scanning Acoustic Microscopy’.
- The 37<sup>th</sup> British Contact Lens Association (BCLA) Clinical conference & Exhibition – June 2013: Manchester, UK ‘Immunofluorescence analysis of collagen cross-linking, Photographic entry’.
- The Association for Research in Vision and Ophthalmology (ARVO) conference – May 2013: Seattle, WA, USA ‘Biomechanical changes in human corneas after Low and High Intensity Collagen Cross-Linking Treatment measured using Scanning Acoustic Microscopy’.
- The 17<sup>th</sup> European Society of Cataract and Refractive Surgeons (ESCRS) Winter Meeting – February 2013: Warsaw, Poland ‘Immunofluorescence analysis of human eye-banked corneas after applying low and high intensity collagen cross-linking ’.

- The 8<sup>th</sup> International Congress of Corneal Cross Linking – December 2012: Geneva, Switzerland ‘Histological changes in eye-banked human corneas after low and high intensity cross-linking with riboflavin and UV-A’.
- Faculty of Life Sciences Research Symposium – September 2012: The University of Manchester, Manchester, UK ‘Mapping the Biomechanical Properties of UV Cross-Linked Human Corneal Tissue with Scanning Acoustic Microscopy’.
- The 36<sup>th</sup> British Contact Lens Association (BCLA) Clinical conference & Exhibition – May 2012: Birmingham, UK ‘Can the Effects of Collagen Cross-Linking (CXL) be studied on Human Corneal Cell Populations *In-Vitro*’
- Manchester Life Sciences PhD conference - May 2012: The University of Manchester, Manchester, UK ‘Mapping the Biomechanical Properties of Cross-Linked Human Corneal Tissue using Scanning Acoustic Microscopy’. Speaker and a session chair
- Student’s representative and event organizer, The Optometry clinic opening ceremony – Apr 2007: Optometry Department, An-Najah National university, Nablus, West Bank, Palestine.

## Links

- An-Najah Staff: <http://staff.najah.edu/dr-ithar-beshtawi>
- LinkedIn: <https://www.linkedin.com/in/ithar-beshtawi-98945366/>
- Research gate: <https://www.linkedin.com/in/ithar-beshtawi-98945366/>
- Google scholar: <https://scholar.google.com/citations?user=VeYL7egAAAAJ&hl=en>
- Web of Science: <https://www.webofscience.com/wos/author/record/OHT-9983-2025>
- Scopus: <https://www.scopus.com/authid/detail.uri?authorId=55625875100>

## Languages Skills

- Fluent in writing and speaking English and Arabic.

## Computer Skills

- Excellent knowledge and skills in Microsoft office (word, excel, etc.), Power-point, Internet, EndNote bibliography software, and Image J program as well as statistical tests like student’s *t* test and 2-way ANOVA using SPSS software.

## Interests

- Travelling, hiking, reading and learning international languages and cultures.