

## KHAIRAT AL HABBAL, MD

Dr. Khairat Al Habbal is an Arab Board certified family physician, graduate of the American University of Beirut (AUB). She is completing a master's degree in Global Health Policy at the London School of Hygiene and Tropical Medicine (LSHTM, expected graduation, December 2020). She is currently working at the Lebanese American University (LAU) School of Medicine teaching family medicine, social medicine and narrative medicine to medical students and residents. She also practices family medicine at LAU Medical Center-Rizk Hospital.

# KHAIRAT AL HABBAL

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I am passionate about helping individuals be healthy enough to achieve their potential. I am also passionate about shaping the minds of future doctors and equipping them with skills needed to care for their patients. I look forward to keep employing my knowledge and skills in a career in medical education and practice that invests in my potential and provides me with opportunities to grow.

## EXPERIENCE

SEPTEMBER 2016 - PRESENT

**CLINICAL INSTRUCTOR OF FAMILY MEDICINE, SOCIAL MEDICINE** LEBANESE AMERICAN UNIVERSITY (LAU), GILBERT AND ROSE-MARIE CHAGOURY SCHOOL OF MEDICINE

I am involved in the medical education of students and residents. I teach family medicine, social medicine and narrative medicine.

SEPTEMBER 2016 - PRESENT

**FULL TIME PHYSICIAN, FAMILY MEDICINE DIVISION** LAU MEDICAL CENTER- RIZK HOSPITAL

I practice family medicine caring for both outpatients and inpatients.

JUNE 2014 – JUNE 2016

**RESIDENT PHYSICIAN AT THE DEPARTMENT OF FAMILY MEDICINE** AMERICAN UNIVERSITY OF BEIRUT MEDICAL CENTER

2017

**UNITED NATIONS DEVELOPMENT PROGRAM (UNDP) TRAINER** UNDP

After my 2016 UNDP internship at its program “support to integrated service provision at local level” in 2016, I trained health care providers in various areas in Lebanon on the school health project.

## EDUCATION

OCTOBER 2016- DECEMBER 2020

**MASTER’S IN GLOBAL HEALTH POLICY,** LONDON SCHOOL OF HYGIENE AND TROPICAL MEDICINE (LSHTM)

I received a full scholarship from the Said Foundation to pursue this MSc. I am currently completing my project on smoking cessation in pregnancy in low and middle-income countries and expect to graduate in December 2020.

**JUNE 2012-2016**

**FAMILY MEDICINE, AMERICAN UNIVERSITY OF BEIRUT MEDICAL CENTER (AUBMC)**

During my residency, I was awarded the Humanism and Professionalism Award and the Alpha Omega Alpha Award. I did my electives in social medicine and global health in Uganda and Scotland.

**AUGUST 2008- MAY 2012**

**DOCTOR OF MEDICINE, AMERICAN UNIVERSITY OF BEIRUT (AUB)**

**SEPTEMBER 2005- JUNE 2008**

**BACHELOR OF SCIENCE, AMERICAN UNIVERSITY OF BEIRUT (AUB)**

During my undergraduate studies, I was on the Dean's Honor List ranking at the top of my class. I also received the prestigious Penrose Award.

**SEPTEMBER 2002- JUNE 2005**

**LEBANESE BACCALAUREATE IN LIFE SCIENCES, INTERNATIONAL COLLEGE (IC)**

I received a full scholarship to attend IC. During my high school years, I ranked top of my class and was awarded multiple awards: Ray Irani Award, Scholar's Award, Bassil Fuleihan Award among other awards.

## **CERTIFICATES**

**JUNE 2020**

**CENTER FOR INNOVATIVE LEARNING FELLOWSHIP, LAU**

Learnt basics for innovative online teaching

**JANUARY 2020-ONGOING**

**CLINICAL SIMULATION DIPLOMA, LAU**

**JUNE 2019**

**HEALTHCARE LEADERSHIP PROGRAM, LAU**

**MAY 2017**

**ARAB BOARD OF FAMILY MEDICINE**

**JULY 2016**

**SCHOLARS IN HEALTH RESEARCH (SHARP), AUB**

## COURSES

MAY 2018

**ESSENTIALS OF PALLIATIVE CARE**

JULY 2018

**UNIVERSITY COLLEGE LONDON (UCL) SUMMER SCHOOL ON SOCIAL DETERMINANTS OF HEALTH**

## RESEARCH

- Validation of the Consultation and Relational Empathy (CARE) Score in the Arab Region, June 2018- ongoing
- Impact of Narrative Medicine Course on Empathy of Third Year Medical Students, Oct 2018- ongoing
- Systematic review on the Declaration of Conflict of Interest in Quality Assurance Papers, Oct 2019- ongoing
- Applied to Youth Foundations Grant (UK)

## PUBLICATIONS

- **Physicians' Empathy Levels in a Primary Care Setting: Perceptions of Patients and their Physicians, a Qualitative Study**  
first author  
July 2020, Journal of Family Practice  
DOI: 10.1093/fampra/cmaa073
- **Systems Thinking: Advancing Health Advocacy Training; a Perspective From Junior Family Physicians in the Middle East**  
co-author  
2019, Education for Primary Care (TEPC)  
Article ID TEPC 1711201  
<https://www.tandfonline.com/eprint/IGR2TT5I3PEPPTVJHENC/full?target=10.1080/14739879.2019.1711201>
- Book chapter: **A Perspective from Lebanon** in a book entitled **The Exceptional Potential of General Practice Making a Difference in Primary Care**, edited by Prof Graham Watt, published Dec 7th, 2018  
first author
- **The Teacher**- British Journal of General Practice  
first author  
2015; 65 (636): 359. DOI: <https://doi.org/10.3399/bjgp15X685729>

## **SKILLS**

- Strong interpersonal, communication and leadership skills
- Skilled in both clinical practice and medical education
- Skilled in online education and teaching
- Languages: Native: Arabic, Fluent: English, Basic: French
- Good computer skills

## **AWARDS**

- Alpha Omega Alpha Award  
2016
- Humanism and Professionalism Award-AUBMC  
June 2015
- Best East Mediterranean Region Project  
Jan. 2010
- The first prize for the SCORP project fair- Human Rights exchange program  
Aug. 2009
- Penrose Award of the Faculty of Arts and Sciences-AUB  
June 2008
- The first prize during the International Biodiversity Day poster presentation forum-  
discovered a natural insect repellent  
May 22, 2007
- Dean's Honor List  
2005-2008
- The first recipient of the Basil Fuleihan Award in recognition of a distinguished academic  
record, exemplary attitude and conduct, service to the community and outstanding  
contribution to school life."  
June 2005
- The Scholar Award for academic achievements at International College  
June 2005

## **ACTIVITIES**

- One of the founding members of the newly established LAUMC- Rizk Hospital Act of  
Compassion Out Patient Department (AoC OPD) to serve uninsured deprived Lebanese  
individuals who need medical attention and cannot afford it.  
December 2019-ongoing
- The supervising physician at LAU School of Medicine outreach clinics at Ajyalouna NGO and  
Makhzoumi Foundation  
Sep 2016-ongoing
- Member on the Ethics Committee at the Lebanese American University Medical Center-Rizk  
Hospital  
Jan 2019- ongoing
- Member of the Lebanese Society of Family Medicine  
2016- present

- Trainer for Lebanese General Practitioners studying for family medicine certification in Lebanon  
Nov 3rd, 2018
- Designing health education pamphlets for general practitioners- project for the MoPH  
March 2016
- Member elect of the IC Alumni Association  
2012-2016
- Med IV student representative on AUB's Med IV curriculum review committee  
2011-2012
- Member of AUB's Humanism and Professionalism Ethics Award Committee  
2010-2012
- National Officer of the Standing Committee On human Rights and Peace (SCORP)  
Sep. 2009-Sep. 2011
- Member of the Lebanese Medical Students' International Committee (LeMSIC) executive board  
Sep. 2009-Sep. 2011
- Regional Assistant for SCORP in the East Mediterranean Region  
Sep. 2009-Sep. 2011
- Member of the international SCORP team of the International Federation of Medical Students' Associations (IFMSA)  
Sep. 2009-Sep. 2011
- Volunteer with the medical division at the Special Olympics  
May 2010
- Active member in both SCORP and SCOPH (Public Health)  
Sep. 2008-Sep.2009
- Senior representative of the students in the Biology Student Society (BSS)  
Sep. 2007-2008
- Member of the UNESCO club  
Sep. 2007-2008
- Volunteer at the Children's Cancer Center  
Sep-Nov. 2007
- Member of the International Model United Nations club  
Sep. 2006-2007

## **CAMPAIGNS LED**

- AUBMC Mobile Clinic-Syrian Refugees, Bekaa Thursday team leader  
Jan2014-June 2014
- Showing an all SCORP student production play about child abuse as a fundraiser for the juvenile prison project  
May 25, 2011
- Supporting the juveniles in Roumieh prison by providing some of their needs  
Feb-Aug2011
- Fundraising for an orphanage  
Dec. 2010

- Volunteer Outreach Clinic  
2009-2010
- Head of the Go Green-SCORP exchange project  
2009-2010
- Head of the Fitness Awareness campaign, part of the Health Day Project  
March 2009

## **CONFERENCES**

- AMEE (Association for Medical Education in Europe)  
Sep 7-9, 2020
- WHO Palliative Care Expert Management Meeting  
Sep 26-27, 2019
- First Regional Palliative Care Conference  
Sep 25-26, 2019
- Presenter at the WONCA EMR (2 workshops, 1 presentation)  
March 21-2, 2019
- Moderator at The Exceptional Potential of General Practice, RCGP conference  
Feb 14-15, 2019, Glasgow, UK
- Lebanese Society of Family Medicine's (LSFM) Annual Conference  
Oct 2012- present
- Moderator at the LSFM conference  
Oct 2018
- Transformation of Medical Education in the New Era  
Sep 27-29, 2018, Lebanon
- Mental Health Across the Lifespan, MEMA  
April 18-21, 2018, Lebanon
- Designed and delivered a workshop entitled Young Family Physicians: Opportunities and Challenges Faced, LSFM conference  
Oct 2017
- 20th Nordic Conference of General Practice:  
Delivered a research oral presentation  
Designed and delivered a workshop entitled Social Activism in Medicine alongside remarkable General Practitioners from the UK  
June 14-16, 2017, Reykjavik, Iceland
- Research presentation at LSFM conference  
Oct 2016
- Research oral presentation at SCORE Research Day-AUB  
June 18th, 2016
- Research poster presentation at Middle East Medical Assembly (MEMA)  
May 12-14, 2016
- Lebanese International Nutrition Conference- AUB  
April 2nd, 2016
- WONCA Europe  
Oct. 22-25, 2015
- Lancet Palestinian Health Association Conference- Beirut

March, 2015

- Royal College of General Practitioners' Global Health conference- London  
March, 2015
- Speaker at Junior Doctors' Network meeting: Mobile Clinic Project- Beirut  
Nov. 22,2014
- Moderator and speaker at NISCVT (National Institution of Social Care and Vocational Training): Reflections on the experience with refugees- Beirut  
June 6-7,2014
- Speaker at Empathy In Medicine: Empathy From the Trenches- Beirut  
Nov. 2,2014
- Speaker at MEMA (Middle East Medical Assembly)- Beirut  
April 2013
- Poster Presentation at MEMA- Beirut  
April 2013
- Speaker at the Infectious Diseases Conference: Social Medicine Experience In Uganda- Beirut  
March 2013
- Humane Medicine- Beirut  
Sep. 27,2014
- Addressing the Impact Of the Syrian Refugee Crisis in Lebanon- A Policy Forum- Beirut  
May 19,2014
- Pediatric Symposium- Beirut  
Feb.28-March1,2014; Feb. 26-27, 2016
- Assessing Medical Professionalism- Beirut  
Jan. 17-18,2014
- Advancing Medical Professionalism- Beirut  
March 15-16,2014
- Child Protection- Beirut  
Sep.16,2014
- Prepared for and held the human rights and peace sessions during LeMSIC's National General Assembly  
Oct. 2010,2011
- Prepared for and held the human rights and peace sessions of the East Mediterranean Meeting in Dubai  
May 28-30,2011
- 57th EMRO- WHO conference in Egypt  
Oct. 2010
- Prepared for and held 2 days SCORP sessions for LeMSIC members  
Oct. 2010
- SCORP-LeMSIC representative during the General Assembly in Thailand  
March 2010
- Prepared for and held the 3 days SCORP sessions of the EMR, Bahrain  
Jan. 2010
- SCORP representative at the August meeting in Macedonia  
Aug. 2009
- Middle East Medical Assembly (MEMA)



April 2009, May 2012

- Research Day  
2010,2011

## **WORKSHOPS**

- Development and Adaptation of Practice Guidelines in Health  
Dec 6-7, 2018
- How to Conduct Systematic Reviews and Meta Analyses- AUB  
Oct 4-5, 2018
- Essentials of Palliative Care- Balsam  
April 14th- May 26th, 2018, Lebanon
- EBM at the point of care at the Lebanese Society of Family Medicine  
Oct 2018, Lebanon
- Mental Health in Palliative Care workshop at the Middle East Medical Assembly (MEMA)  
April 19th, 2018, Lebanon
- Eating Disorders workshop  
April 21st, 2018, Lebanon
- Metacognitive Theory, MEMA  
April 22nd, 2018, Lebanon
- Training New Trainers (I am officially an IFMSA trainer)  
June 2012, Lebanon
- Successful Learning  
Oct 2011, Lebanon
- Group Dynamics  
May 2011, Dubai
- Fundraising  
March 2010, Thailand
- Leadership and Development  
March 2010, Thailand
- Meeting Facilitation  
Feb 2010, Lebanon
- Research Workshop  
Jan.-April 2010, Lebanon
- Introduction to Meditation  
Jan. 2010, Bahrain
- Photoshop  
Jan. 2010, Bahrain
- Organized and attended a workshop on child abuse  
Jan. 2010, Bahrain
- Organized and attended a workshop on Contacting External  
Dec. 2009, Lebanon
- Conflict Resolution  
March 2008,Lebanon
- Creative Writing with Author Huda Barakat  
March 2007, Lebanon

## Social Medicine Elective: Beyond the Biologics of Disease, Uganda

- Organized and attended a workshop on Self -Management  
Nov. 2009, Lebanon
- Organized the first Organ Procurement Workshop  
Sep.26-27, 2009, Lebanon
- Advocacy and Lobbying  
Aug. 2009, Macedonia
- Organ donation (order of physicians)  
April, 2009, Lebanon

## **ELECTIVES**

- Family Medicine: Health and Health Inequalities, Scotland  
Jan- March 2015
- Masters in Primary Care course (health systems)- University of Glasgow  
Jan- March 2015
- Social Medicine Elective: Beyond the Biologics of Disease, Uganda  
Jan-Feb. 2013
- Elective in Dermatology at Columbia University Medical Center-Dermatology Department  
April 2012

## **EXTRACURRICULAR COURSES**

- Basic Life Support  
Aug. 2011,Lebanon
- Red Cross first aid sessions  
Dec. 2011, Feb. 2012, June 2009, Lebanon
- Lebanese Sign Language  
May 2009, Lebanon
- Nutrition course  
Jan-Feb 2010, Lebanon
- Kryia: Breathing course part of Yoga  
March 2011, Lebanon
- Red Cross first aid sessions  
Lebanon

## **REFERENCES**

- Available upon request