

## MARIANA EL HELOU, MD.

Date of birth: June 9, 1981  
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Languages: Arabic, French, and English.

### EDUCATION:

- **2023:** Certificate in Clinical Research, Lebanese American University, Lebanon.
- **2022:** Certificate of Mass Casualty Management Learning Program and Training of Trainer, WHO academy, Brussels.
- **2019:** Master of Science in **Disaster Medicine**, Universita del piemonte orientale, Italy and Vrije Universiteit Brussel.
- **2017:** **Clinical Simulation** Diploma, Lebanese American University, Lebanon.
- **2011:** **Emergency Medicine** Capacity, University of Picardie Jules Verne, France.
- **2010:** **Family Medicine** diploma, Saint Joseph University, Lebanon.
- **2006:** Doctor of Medicine diploma, Saint Joseph University, Lebanon.
- **1999:** Lebanese and French baccalaureate, “math elem”, Zahrat el Ihsan School, Lebanon.

### PROFESSIONAL EXPERIENCE:

- **June 2015-present:** Head of the Emergency Division, LAUMC-RH (Lebanese American University Medical Center, Rizk Hospital), Beirut, Lebanon.
- **August 2019- present:** Clinical Assistant Professor at the School of Medicine, Lebanese American University, Byblos campus, Lebanon.
- **April 2015- July 2019:** Instructor at the School of Medicine, Lebanese American University, Byblos campus, Lebanon.
- **February 2014- present:** Emergency doctor at LAUMC-RH, Beirut, Lebanon.
- **July 2010- Dec 2022:** Family doctor at Notre Dame Center, Geriatric and Rehabilitation Center, Hadath, Lebanon.
- **July 2010- June 2016:** Emergency doctor at Saint Charles Hospital, Fayadieh, Lebanon.
- **August 2009 and August 2010:** Clinical practice at El Ghanem Medical Center, Bhamadoun.
- **July 2007- June 2010:** Family Medicine residency, Hotel Dieu de France Hospital, Beirut, Lebanon.
- **July 2006- June 2007:** Internal Medicine residency, Hotel Dieu de France Hospital, Beirut, Lebanon.

### **PROFESSIONAL SOCIETY MEMBERSHIP:**

- World Association for Disaster and Emergency Medicine
- European Society of Emergency Medicine
- Disaster Medicine Section Member (EUSEM)
- Lebanese Society of Emergency Medicine
- Lebanese Society of Family Medicine

### **TEACHING EXPERIENCE:**

- **2023-present:** Thesis supervisor for Emergency Medicine residents in France
- **2022-present:** European Master in Disaster Medicine Thesis Supervisor.
- **2019- 2020 and 2020- 2021:** European Master in Disaster Medicine Tutoring
- **2021-present:** Lectures in Musculoskeletal Module, LAU Med II students.
- **June 2023:** Capstone week Associate Director for LAU Med IV students.
- **May 2019 – June 2022:** Capstone week Director for LAU Med IV students.
- **June 2018- present:** Rehabilitation clerkship director, LAU Med IV students.
- **June 2015- present:** ACLS instructor, simulation center, LAU School of medicine.
- **June 2015- present:** Emergency Medicine clerkship director, LAU Med IV students.
- **June 2015 - present:** Simulation courses for LAU Med III students.

### **ADMINISTRATIVE WORK:**

- Head of Emergency Room
- Clerkship Director in Emergency
- Clerkship Director in Rehabilitation

### **COMMITTEES:**

- Elected Member of the Medical Board (March 20, 2023 ending February 20, 2025)
- ER Committee
- CME/CPD Committee
- Antimicrobial Stewardship Committee
- Credentials Committee LAU- Saint John Hospital

## **COMMUNITY WORK:**

- Coordinator of the School Health Program with the ministry of Health: Cana project (2008), Baskinta project (2009 and 2010).
- Volunteer in the “Operation 7eme jour” Programs, launched by Saint Joseph University.
- Health Project for the prisoners of Roumieh, 2009.

## **POST GRADUATE CLINICAL TRAINING:**

- **November 2009-June 2011:** Clinical training in Emergency Medicine, SAMU 80, CHU Nord, Amiens, France.
- **2007-2010:** Clinical practice of Family Medicine at :  
Family Medicine Department, Hotel Dieu de France Hospital;  
Outpatient clinical practice and minor surgeries, Military Hospital, Badaro;  
Addiction Center: Skoun, Monot;  
Geriatric and rehabilitation center: Centre Notre-Dame, Hadath.
- **2006-2008:** Rotations in departments of Internal Medicine, ICU, Emergency, Pediatrics, and Surgery at many hospitals: Hôtel-Dieu de France Hospital, Saint Joseph Hospital, Mont Liban Hospital, Khoury Hospital.
- **2007:** Rotation in the Psychiatric Hospital de La Croix, Jal el Dib, 1 month.
- **Oct 2005:** Elective: Rotation in Oncology, Queen of the valley Hospital, California, USA.

## **PUBLICATIONS :**

### **ARTICLES :**

- Farhat H, Alinier G, **Helou M**, Galatis I, Bajow N, Jose D, Jouini S, Sezigen S, Hafi S, McCabe S, Somrani N, El Aifa K, Chebbi H, Ben Amor A, Kerkeni Y, Al-Wathinani A, Al-Hajeri A, Abdulla N, Jairoun A, Morris B, Castle N, Al-Sheikh L, Abougalala W, Ben Dhiab M, Laughton J. Perspectives on preparedness for chemical, biological, radiological, and nuclear threats in the Middle East and North Africa region: Application of artificial intelligence techniques. Health Security. Accepted. In press.
- Farhat, H., Alinier, G., **Helou, M.**, Galatas, I., Josse, D., Campbell, C., Olim, N., Dökmeci, A. H., Heriza, M., Chebbi, H., El-Aifa, K., Jaafar, A., Souissi, S., Amor, A. B., Castle, N., Loua-Al-Shaikh, H., Abougalala, W., Dhieb, M. B., & Laughton, J.(2023). Exploring Attitudes Towards Health Preparedness in the Middle East and North Africa Against Chemical, Biological, Radiological, and Nuclear Threats: A Qualitative Study. Journal of Contingencies and Crisis Management, 1–17. <https://doi.org/10.1111/1468-5973.12509>

- Haykal T, Mina J, Fleifel M, Dimassi H, Nasr J, Mahdi A, Harb R, El Hout G, Franjeh E, Mokhbat J, Farra A, **Helou M**, Husni R. Evolution of COVID-19 infection characteristics in a Lebanese cohort of inpatients during different pandemic periods. *Pathog Glob Health*. 2023 Jul 23:1-10. doi: 10.1080/20477724.2023.2239492.
- Moghnieh R, Husni R, **Helou M**, Abdallah D, Sinno L, Jadayel M, Diab K, Chami C, Al Rachid M, Awad D, Zaiter A, Sayegh M. The Prevalence and Risk Factors of Acute Kidney Injury During Colistin Therapy: A retrospective cohort study from Lebanon. *Antibiotics*. 2023; 12(7):1183.
- **Helou M**, Mouawad Y, Al Tekle GA, Serhan F, Akl M, Hallit S, Soufia M. Quality of life and substance use in Lebanese medical students. *Journal of substance use*. 2023.
- Weinstein, E.S., Cuthbertson, J.L., Herbert, T.L., Voicescu G.T., Bortolin M, Magalini S, Gui D, **Helou M**, Montan K.L., Montan C, Rafalowsky C, Ratto G, Damele S, Bazurro S, Laist I, Marzi F, Borrello A, Fransvea P, Fidanzio A, Benitez C.Y., Faccincani R, Ragazzoni L, Caviglia M. Advancing the scientific study of prehospital mass casualty response through a Translational Science process: the T1 scoping literature review stage. *Eur J Trauma Emerg Surg*. 2023.
- **Helou M**, Khalil M, Husni R. The Cholera Outbreak in Lebanon: October 2022. *Disaster Med Public Health Prep*. 17(e422), 1–2.
- Sakr R, **Helou M**, Hamieh C, Estephan M, Chrabieh R, Salameh P, Khazen G, Kolanjian H, Jabbour E, Husni R. Perception of the Lebanese Adults about Vaccination: A Survey. *Vaccines*. 2023; 11(3):621.
- **Helou M**, Nasr J, El Osta N, Jabbour E, Husni R. Liver manifestations in COVID-19 patients: A review article. *World J Clin Cases* 2023; 11(10): 2189-2200.
- Husni R, Bou Zerdan M, Samaha N, **Helou M**, Mahfouz Y, Saniour R, Hourani S, Kolanjian H, Afif C, Azar E, El Jisr T, Mokhbat J, Abboud E, Feghali R, Abboud E, Matta H, Karayakouboglo G, Matar M, Moghnieh R and Daoud Z. Characterization and susceptibility of non-albicans *Candida* isolated from various clinical specimens in Lebanese hospitals. *Front. Public Health* 2023. 11:1115055.
- Daou R, Abou Khater D, Khattar R, **Helou M**. Aortic Dissection presenting as a stroke: A Case Report. *Pan African Medical Journal* 2023; 44:91.

- **Helou M**, Zoghbi S, El Osta N, Mina J, Mokhbat J, Husni R. COVID-19 infection and seroconversion rates in healthcare workers in Lebanon: An observational study. *Medicine*. 2023 Apr 25;102(17):e32992.
- Yammine K, Daher J, Otayek J, Jardaly A, Mansour J, Boulos K, Alam AE, Ghanimeh J, Abou Orm G, Berberi M, Daccache E, **Helou M**, Estephan M, Assi C, Hayek F. Beirut massive blast explosion: A unique injury pattern of the wounded population. *Injury*. 2022 Nov 9: S0020-1383(22)00844-0.
- **Helou, M.**; Mahdi, A.; Daoud, Z.; Mokhbat, J.; Farra, A.; Nassar, E.; Nehme, R.; Abboud, E.; Masri, K.; Husni, R. Epidemiology of Community-Acquired Respiratory Tract Infections in Patients Admitted at the Emergency Departments. *Trop. Med. Infect. Dis.* **2022**, 7, 233.
- **Helou M**, El Osta N, Husni R. Impact of the COVID-19 pandemic on healthcare workers' families. *World J Clin Cases* 2022; 10(27): 9964-9966.
- Abou Khater D, Daou R, Al Dailaty A, **Helou M**. Diphenhydramine Induced Acute Dystonia: A Case Report. *Pan African Medical Journal*. 2022; 42:289.
- **Helou M**, El Osta N, Weinstein ES. Beirut Explosion: Challenge of Hospital Emergency Preparedness. *Disaster Med Public Health Prep*. 2022 Jul 18:1-3.
- Al-Hajj S, Ariss AB, Bachir R, **Helou M**, et al. Paediatric injury in Beirut: a multicentre retrospective chart review study. *BMJ Open*. 2022;12(3).
- El Khoury J, Hlais S, **Helou M**, et al. Evaluation of efficacy and safety of subcutaneous acetaminophen in geriatrics and palliative care (APAPSUBQ). *BMC Palliat Care*. 2022;21(1):42.
- El Tawil C, El Hussein M, Souaiby N, Helou M. Emergency Department Management of COVID-19 Suspected Patients. An International Perspective. *Int J Public Health*. 2022 Apr 29; 67:1604534.
- **Helou M**, El-Hussein M, Aciksari K, et al. Beirut Explosion: The Largest Non-Nuclear Blast in History. *Disaster Medicine and Public Health Preparedness*. 2021:1-2.
- Nakhle R, EL-Hussein M, Zaatari G, **Helou M**. Survival after 43 minutes of cardiopulmonary resuscitation: A case report. *Med Clin Sci*. 2021;3(1):1-2.
- **Helou M**, Van Berlaer G, Yammine K. Factors influencing the occurrence of infectious disease outbreaks in Lebanon since the Syrian crisis. *Pathog Glob Health*. 2021 Jul 27:1-9.

- Mansour H, Bitar E, Fares Y, Makedessi A, Maalouf A, El Ghouf M, Mansour M, Chami A, Khalil M, Jalkh A, Cherfan D, Fares J, Khoury F, Mansour A, on behalf of the Beirut Port Ammonium Nitrate Explosion Consortium (including **Helou M**). The Beirut Port Explosion : injury trends from a mass survey of emergency admissions. *Lancet* 2021; 398 : 21-22. (Member of consortium).
- El Hajj C, Walrand S, **Helou M**, Yammine K. Effect of vitamin D supplementation on inflammatory markers in non-obese Lebanese patients with type 2 Diabetes: A randomized controlled trial. *Nutrients* 2020, 12, 2033.
- El Hajj C, Chardigny JM, Boirie Y, Yammine K, **Helou M**, Walrand S. Effect of vitamin D treatment on glucose homeostasis and metabolism in Lebanese older adults: A randomized controlled trial. *J Nutr Health Aging* 2018 Aug 4: 1-5.
- Platt DE, Hariri E, Salameh P, **Helou M**, Sabbah N, Merhi M, Chammas E, Ammar W, Abchee AB, Zalloua PA. Association of waterpipe smoking with myocardial infarction and determinants of metabolic syndrome among catheterized patients. *Inhal Toxicol.* 2017 Oct 24 :1-6.
- **Helou M**, Sakr R, Tanios A. Health status of Lebanese university students. *Int J Community Med Public Health* 2017; 4: 2554-7.
- **Helou MC**, Adib SM. Primary health problems in rural school children in Lebanon. *Int J Community Med Public Health* 2017; 4:1442-4.
- Platt D, Hariri E, Salameh P, Merhi M, Sabbah N, **Helou M**, Mouzaya F, Nemr R, Al Sarraj Y, El Shanti H, Abchee A, Zalloua P. Type II diabetes mellitus and hyperhomocysteinemia : A complex interaction. *Diabetol Metab Syndr.* 2017;9:19.
- **Helou M**, Rizk GA. State of family medicine practice in Lebanon. *J Family Med Prim Care* 2016;5:51-5.

## **ABSTRACTS:**

### **PUBLISHED ABSTRACTS:**

- Weinstein E, Cuthbertson J, Hebert TL, Bortolin M, Magalini S, Gui D, **Helou M**, Faccincani R, Ragazzoni L, Caviglia M. The Advancement of the Scientific Study of Prehospital MCI Response from TIIDE to NIGHTINGALE: A Scoping Review. *Prehospital and Disaster Medicine.* 2023;38(S1): s134-s135. Published abstract, on behalf of WADEM 2023. Poster Presentation.

## POSTERS:

- Farhat H, Helou M, Bajow N, Abougalala W, Al-Shaikh L, Laughton J, Ben Dhiab M, Alinier G. Validating Disaster Medicine Experts' Feedback Outcome Using Artificial Intelligence Computing Techniques. Poster. SDMPH 10 Year Anniversary Conference and Annual Meeting: 10 years On: Building the Discipline of Disaster Medicine and Public Health. Dec 4-6, 2023. Washington DC, USA.
- Helou M, Weinstein E, Mouawad Y, Abou Khater D. Hospital MCI Response Plan Analysis in a Low Resource Country After a Mass Casualty Incident: The Beirut Blast. Poster. SDMPH 10 Year Anniversary Conference and Annual Meeting: 10 years On: Building the Discipline of Disaster Medicine and Public Health. Dec 4-6, 2023. Washington DC, USA.
- Farhat H, Alinier G, Helou M, El Aifa K, Chebbi H, Ben Amor A, Somrani N, Al Hajeri A, Abougalala W, Castle N, Ben Dhiab M, Laughtonn J. Leveraging Artificial Intelligence for Quality Improvement: A Focus on Multidisciplinary Disaster Medicine in Middle EAST and North Africa. Poster. The 11th international Conference on Interprofessional Practice and Education, 6-9 November 2023. Qatar.
- Farhat H, Alinier G, Helou M, Al Shaikh L, El Aifa K, Chebbi H, Ben Amor A, Somrani N, Al Hajeri A, Abougalala W, Ben Dhiab M, Laughton J. Utilisation of artificial intelligence in understanding opinions about Middle East and North Africa region preparedness for chemical, biological, radiological and nuclear perils. Poster. The 11th international Conference on Interprofessional Practice and Education, 6-9 November 2023. Qatar.
- Farhat H, Alinier G, Helou M, Al Shaikh L, El Aifa K, Chebbi H, Ben Amor A, Morris B, Somrani N, Al Hajeri A, Abougalala W, Ben Dhiab M, Laughton J and Owen R. Promoting Machine Learning Based Approach in Disaster Medicine quality improvement. Poster. 19th Emirates Critical Care Conference, 12-14 May 2023, Dubai.
- Farhat H, Alinier G, Helou M, Al Shaikh L, El Aifa K, Morris B, Chebbi H, Ben Amor A, Somrani N, Al Hajeri A, Abougalala W, Ben Dhiab M, Laughton J and Owen R. Perspectives on health sector preparedness for chemical, biological, radiological and nuclear emergencies in the Middle East and North Africa. Poster. 19th Emirates Critical Care Conference, 12-14 May 2023, Dubai.
- Husni R, Bou Zerdan M, Samaha N, Helou M, Mahfouz Y, Saniour R, Hourani S, Kolanjian H, Afif C, Azar E, El Jisr T, Mokhbat J, Abboud E, Feghali R, Abboud E, Matta H, Karayakouboglo G, Matar M, Moghnieh R, Daoud Z. Susceptibility profiles of clinical isolates of Non-albicans Candida. Iposter. ASM Microbe. June 15 - 19, 2023 | Houston, TX.
- El Khoury J, Hlais S, Helou M, et al. Evaluation of efficacy and safety of

subcutaneous acetaminophen in geriatrics and palliative care (APAPSUBQ). Poster. WONCA. November 10-12, 2022. Muscat, Oman.

- Tawil Ch, el Hussein M, Helou M, Souaiby N. Covid-19 Effect on Emergency Departments Worldwide : An International Survey. Poster. The European Emergency Medicine Congress. Lisbon Oct 2021.
- Zaatari Gh, Nakhle R, Helou M. « Survival of cardiac arrest after 43 min of resuscitation ». Poster. The European Emergency Medicine Congress. Virtual 2020. 19-22 September.
- Helou M, van Berlaer G, Yammine K. « Infections outbreaks in Lebanon since the Syrian Crisis ». Poster. The European Emergency Medicine Congress. Prague Oct 2019.
- Daoud C, Khodeir J, Awwad A, Mahfouz Y, El Masri M, Sankari S, Tabbikha O, El Chakik G, Dandachi I, Helou M, Masri K, Abboud E, Samaha R, Daoud Z. “Epidemiology of Community Acquired Respiratory Pathogens in Patients Received at the Emergency Departments of Lebanese Hospitals.” Poster. ASM Microbe June 20-24, 2019. San Francisco.
- El Hajj C, Chardigny JM, Boirie Y, Yammine K, Helou M, Walrand S. Vitamin D supplementation and glucose homeostasis. Poster. International Conference on Frailty & Sarcopenia Research. February 20-22, 2019. Miami Beach, USA.

#### **ORAL PRESENTATIONS :**

- Helou M, Adib S. « Primary health care problems in rural schoolchildren : Findings from the Qana area in South Lebanon ». Oral Presentation : Annual conference of the Lebanese Epidemiological Association. Beirut Dec 2016.
- Helou M, Rizk GA. « State of Family Medicine Practice in Lebanon ». Oral Presentation: Annual Conference of the Lebanese Society of Family Medicine. Beirut Nov 2015.
- Kesrouani A, Helou M, Nemr E. « Evaluation globale des examens par les étudiants en fin de cursus médical ». Oral Presentation: SIFEM « Société internationale francophone d'éducation médicale ». Beirut May 31 - June 2, 2006.

#### **GRANTS :**

- Project NIGHTINGALE supported by European Union's Horizon 2020 research and



innovation project under grant agreement N 101021957

- 18,000 USD GSR Candida Resistance surveillance in Lebanon.
- 10,000 USD Local Grant from Laboratory of Dr Ziad Daoud, Community acquired respiratory pathogens in patients received at the Emergency Departments of Lebanese hospitals.

### **CHAPTERS:**

- Helou M, Ghazanfar O, Codreanu T. Floods. Course Unit 5. Specific Medical Disaster Management. EMDM 2020.

### **INVITED SPEAKER:**

- Beirut Blast : Simulation Exercice and Lecture about Lessons Learned. EMDM residential course. Novara, Italy, September 26-28, 2023.
- 3d IBRN Workshop « Understanding Health Challenges, Responses and Recovery: The 2020 Beirut Blast & Mass Casualty Blast Events ». Kempinski Hotel, Beirut, Lebanon. March 29, 2023.
- EUSEM EM Monthly Webinar : « How Emergency Medical Services face a crisis: examples of adaptive system to disaster ». January 2023.
- Beirut Bomb Blasts and lessons learned. International Conference on Emergency Medicine. Melbourne. June 14-19, 2022.
- Career opportunities in Disaster Medicine. EMDM residential course. Novara, Italy, May 13-27, 2022.
- Target your Therapy : Lidocaine in Persistent Cough. International Virtual Conference on Emergency Medicine. June 2021.
- Emergency Medicine : Mass Casualty Incidents and lessons from Beirut Explosion. Webinar. April 14, 2021.
- Beirut Explosion : The Largest Non-Nuclear Blast in History. The European Emergency Medicine Congress. Virtual 2020. 19-22 September.
- Advanced cardiac life support. Franco-Lebanese Medical Association Congress.

Beirut. July 2016.

**REVIEWER :**

- Medical Journals : Journal of Applied Gerontology / International Journal of Infectious Disease / Frontiers Public Health / BMC infectious diseases.
- Proposal Reviewer within the Medical Research Center (MRC) at Hamad Medical Corporation (HMC), Doha – Qatar.
- Proposal Reviewer for American University of Beirut.