



Samar Omar Karout, Pharm.D, M.Sc.

Clinical Assistant Professor
Pharmacy Practice Department

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BIOGRAPHY

Samar Karout is a Clinical Assistant Professor at the Faculty of Pharmacy, at Beirut Arab University (BAU). An experienced academician with a demonstrated history of work in the contemporary pharmacy higher education industry. She has passion for clinical pharmacy education, innovative pharmacy practices, and research. Prior to this, Dr. Karout graduated from BAU with a BSc in pharmacy degree in 2013, and a Doctor of Pharmacy degree in 2016 with distinction. She obtained masters in clinical pharmacy in 2022. Dr. Karout has actively contributed to the development, designing and delivery of several didactic and experiential clinical courses in the pharmacy practice department. She is also a clinical preceptor where she trains senior pharmacy students in different affiliated hospitals. She has participated in the delivery of professional development workshops and implementing objective structured clinical examinations (OSCE). In addition, she contributed to organizing and conducting various public health activities and professional development workshops. Dr. Karout's research interests are in the fields of social pharmacy, and global health targeting vulnerable refugees, and host community members in Lebanon. She has 28 publications in peer-reviewed journals. She has supervised several undergraduate students' research projects. Dr. Karout established a network with academic researchers from the Middle East and North Africa (MENA) region, aiming to conduct regional studies to assess patient care practices. She also established international collaboration with clinical experts to conduct a research tackling the mental health, and emigration choices among vulnerable nationals and refugees in Lebanon. She welcomes opportunities for research collaboration on relevant projects at national and international levels.

EDUCATION

Currently Pursuing for an American Board Certification in Cardiology Pharmacy (ACCP/ASHP BCCP).

MSc Degree in Clinical Pharmacy, Beirut Arab University, Beirut, Lebanon, 2022 (**Thesis: Assessing the Provision of Pharmaceutical Care to COVID-19 patients: A Simulated Patient Study**).

Doctor of Pharmacy Degree, Beirut Arab University, Beirut, Lebanon, 2016. (**Thesis: Prescribing Patterns of different antihypertensive classes and adherence to JNC8 treatment guidelines among a Lebanese sample**).

Diploma equivalency and validation in Brazil at Universidade de São Paulo USP, 2015.

B.S. in Pharmacy Degree, Beirut Arab University, Beirut, Lebanon, 2013, with a **GPA: 3.68/4.00**.

Further
Education

Work Ready Now course training for trainers-USAID/Lebanon Higher Education Capacity Development Program, December 2021.

Psychological First Aid Course – John Hopkins University, November 2020.

Membership of
Professional
Bodies

Lebanese Order of Pharmacists (OPL).

Member at American College of Clinical Pharmacy (ACCP).

Sindicato dos Farmacêuticos no Estado de São Paulo (SINFAR/SP).

PROFESSIONAL EXPERIENCE

From 2016 till
Present

Clinical Assistant Professor

- Develops and delivers courses.
- Mentoring of senior pharmacy students assigned to rotate in the affiliated hospitals.
- Moderate the communication between the faculty and the affiliated experiential sites.
- Participates in the organization and execution of faculty events.
- Contributes in developing and updating pharmacy experiential manuals.
- Delivers lectures and workshops for the professional development program.
- Implements new teaching strategies and assessment methodologies in the delivered courses.
- Participates in presenting the Faculty's achievements and best practices during the cyclic.

- Canadian Council for Accreditation of Pharmacy Programs (CCAPP) Site Executive Director Visits.
- Develops toolkits to provide medical teams at hospitals with an up-date, reliable & easy to use sources of medical information in order to optimize evidence-based practices.
- Participates in developing and organizing the objective structure clinical examination 'OSCE' a graduation requirement.
- Delivers online webinars to the Lebanese Pharmacy Students' Association (LPSA).
- Advising students in educational and career plans, and making appropriate course selection.

Academic
Year
Fall/Spring
2022-2023

Course Coordinator, Pharmacotherapeutics I (PHAR 374) (GI, Pulmonary and Rheumatological disorders).

Course Coordinator, and Clinical Instructor, Integrated Case Based Learning Course I (ICBL-I PHAR376) (GI, Bone and Pulmonary Disorders).

Clinical Preceptor, Pharmacy Practice Experience V (PHAR 577), at Sahel General Hospital in the Internal Medicine Unit and Cardiology Unit.

Clinical Instructor, Pharmacy Practice I (PHAR 275) (Ethics in Pharmacy Practice, Lebanese Health Care System and Professional Communication Skills essential for provision of patient Care).

Academic
Year
Fall/Spring
2020-2022

Course Coordinator, Pharmacotherapeutics IV (PHAR 474) (Women's Health & Endocrinological Disorders).

Course Coordinator, and Clinical Instructor, Integrated Case Based Learning Course I (ICBL-I PHAR376) (GI, Bone and Pulmonary Disorders).

Clinical Preceptor, Pharmacy Practice Experience V (PHAR 577), at Sahel General Hospital in the Internal Medicine Unit and Cardiology Unit.

Clinical Instructor, Pharmacy Practice I (PHAR 275) (Ethics in Pharmacy Practice, Lebanese Health Care System and Professional Communication Skills essential for provision of patient Care).

Instructor, Work Ready Now University Elective Course (WRNL200) (Provides students with foundational soft skills and work-based learning experiences to prepare them for success in the work place).

Academic Student Advising.

Fall/Spring
2018-2020

Course Coordinator, and **Clinical Instructor**, Integrated Case Based Learning Course I (ICBL-I PHAR376) (**GI, Bone and Pulmonary Disorders**).

Clinical Preceptor, Pharmacy Practice Experience V (PHAR 577) at Sahel General Hospital and Rafik Hariri University Hospital in the Internal Medicine Unit and Cardiology Unit.

Clinical Instructor, Pharmacy Practice I (PHAR 275) (**Ethics in Pharmacy Practice, Lebanese Health Care System and Professional Communication Skills essential for provision of patient Care**).

Interprofessional Education (IPE) Facilitator (It has the objective to cultivate collaborative practice for providing patient-centered care).

Summer 2018
& 2019

Clinical Preceptor, Pharmacy Practice Experience III and IV (**Instructed level 3 and level 4 pharmacy students during their summer training**).

Course Coordinator, Pharmacy Practice Experience III (PHAR- 380)-**Summer 2018**.

Fall/Spring
2017-2018

Clinical Preceptor, Pharm.D Program at Rafik Hariri University Hospital (**Mentoring post-graduate students during their Hospital Rotation**).

Clinical Instructor, Integrated Case Based Learning Course I (ICBL-I PHAR376) (**GI, Bone and Pulmonary Disorders**).

Clinical Preceptor, Pharmacy Practice Experience VI (PHAR 577) (**Community setting**).

Interprofessional Education (IPE) Facilitator (It has the object to cultivate collaborative practice for providing patient-centered care).

Summer 2017

Executive Course coordinator, Pharmacy Practice Experience III.

Clinical Preceptor, Pharmacy Practice Experience III and IV (**Instruct and guide level 3 and level 4 pharmacy students during their summer training**).

Summer 2016

Clinical Preceptor, Pharmacy Practice Experience I, II, III and IV (**Instruct and guide level 1, 2, 3 and level 4 pharmacy students during their summer training**).

From 2015 to
2017

Community Pharmacist at Abdelmassih Pharmacy, Awkar, Lebanon.
Provision of patient care/Prescription of OTC medications for minor ailments/Inventor

PUBLICATIONS

Published Manuscripts:

1. Mukattash TL, Jarab A, Abu-Farha R, Itani R, **Karout S.** (2022). The effect of the emerging omicron variant on the willingness to take or continue with COVID-19 vaccination in the Middle East. *Journal of Applied Pharmaceutical Sciences*, In Press;1-8.
2. **Karout, S.**, Khojah, H. M. J., Itani, R*, Jaffal, F., & El-Lakany, A. (2022). Assessing the pharmaceutical care provision to suspected COVID-19 patients in community pharmacies: a simulated patient study. *BMC Health Services Research*, 22(1), 467.
3. Itani, R*, Soubra, L., **Karout, S.**, Rahme, D., Karout, L., & Khojah, H. M. J. (2022). Primary Dysmenorrhea: Pathophysiology, Diagnosis, and Treatment Updates. *Korean J Fam Med*, 43(2), 101–108.
4. **Karout, S.**, Khojah, H. M. J., Karout, L., & Itani, R*. (2022). A nationwide assessment of community pharmacists ' attitudes towards dispensing errors : A cross-sectional study. *Journal of Taibah University Medical Sciences*, In press, 1–8.
5. Mukattash, T. L., Alkhalidy, H., Alzu'bi, B., Abu-Farha, R., Itani, R., **Karout, S.**, Khojah, H. M. J., Khmour, M., El-Dahiyat, F., & Jarab, A. (2022). Dietary supplements intake during the second wave of COVID-19 pandemic: A multinational Middle Eastern study. *European Journal of Integrative Medicine*, 49, 102102.
6. **Karout, S.**, Soubra, L., Rahme, D., Karout, L., Khojah, H. M. J., & Itani, R*. (2021). Prevalence, risk factors, and management practices of primary dysmenorrhea among young females. *BMC Women's Health*, 21(1), 392.
7. Itani, R., Khojah, H. M. J., Jaffal, F., Rahme, D., Karout, L., & **Karout, S***. (2021). Provision of pharmaceutical care to suspected high-risk COVID-19 patients through telehealth: a nationwide simulated patient study. *BMC Health Services Research*, 21(1), 997.
8. COVIDSurg Collaborative, G. C. (2022). SARS-CoV-2 infection and venous thromboembolism after surgery: an international prospective cohort study. *Anaesthesia*, 77(1), 28–39.
9. Khojah, H. M. J., Itani, R., Mukattash, T. L., **Karout,S.**, Jaffal, F., & Abu-Farha, R. (2021). Exposure of Community Pharmacists to COVID-19: A Multinational Cross- Sectional Study. *Journal of Taibah University Medical Sciences*, 16(6), 920–928.

10. Mukattash, T. L., Jarab, A. S., Al-Qerem, W., Abu Farha, R. K., Itani, R., **Karout, S.**, Mukattash, I. L., & Basheti, I. (2021). COVID-19 Patients' Views and Experiences of Pharmaceutical Care Services in Lebanon. *International Journal of Pharmacy Practice*, 30(1), 82–85.
11. COVIDSurg Collaborative, G. C. (2021). Effects of pre-operative isolation on postoperative pulmonary complications after elective surgery: an international prospective cohort study. *Anaesthesia*, 76(11), 1454–1464.
12. Abu-Farha, R., Mukattash, T., Itani, R., **Karout, S.**, Khojah, H., Al-Mahmood, A., & Alzoubi, K. (2021). Willingness of Middle Eastern Public to Receive COVID-19 Vaccines. *Saudi Pharmaceutical Journal*, 29(7), 734–739.
13. Chowdhary, A., Nirwan, L., Abi-Ghanem, A. S., Arif, U., Lahori, S., Kassab, M. B., **Karout, S.** O., Itani, R. M., Abdalla, R., Naffaa, L., & Karout, L. (2021). Spontaneous Pneumomediastinum in Patients Diagnosed with COVID-19: a Case Series with Review of Literature. *Academic Radiology*, 28(11), 1586–1598.
14. COVIDSurg Collaborative, & G. C. (2021). Timing of surgery following SARS-CoV-2 infection: an international prospective cohort study. *Anaesthesia*, 76(6), 748–758.
15. Itani, R., **Karout, S.**, Khojah, H. M. J., Jaffal, F., Abbas, F., Awad, R., Karout, L., Abu-Farha, R., Kassab, M. B., & Mukattash, T. L. (2021). Community Pharmacists' Preparedness and Responses to COVID-19 Pandemic: A Multinational Study. *International Journal of Clinical Practice*, 75(9), e14421.
16. COVIDSurg Collaborative, G. C. (2021). SARS-CoV-2 vaccination modelling for safe surgery to save lives: data from an international prospective cohort study. *The British Journal of Surgery*, 108(9), 1056–1061.
17. Mukattash, T. L., Jarab, A. S., Al-Qerem, W., Abu Farha, R. K., Itani, R., **Karout, S.**, Mukattash, I. L., & Basheti, I. (2021). Providing pharmaceutical care during the COVID-19 pandemic: attitudes and experiences of home-treated patients in Jordan. *Journal of Pharmaceutical Health Services Research*, 12(2), 321–324.
18. Soubra L, **Karout S.** Dispensing errors in Lebanese community pharmacies: incidence, types, underlying causes, and associated factors. *Pharm Pract (Granada)*. 2021 Jan-Mar;19(1):2170. doi: 10.18549/PharmPract.2021.1.2170. Epub 2021 Mar 2. PMID: 33727991; PMCID: PMC7939114.
19. Itani, R., **Karout, S.**, Khojah, H. M. J., Rabah, M., Kassab, M. B., Welty, F. K., AlBaghdadi, M., Khraishah, H., El-Dahiyat, F., Alzayani, S., Khader, Y. S., Alyahya, M. S., Alsane, D., Rana, A.-

- F., Mukattash, T. L., Soukarieh, T., Fawzi Awad, M., Awad, R., Wehbi, A., Karout, L. (2022). Diverging levels of COVID-19 governmental response satisfaction across middle eastern Arab countries: a multinational study. *BMC Public Health*, 1–12.
20. Rana, A.-F., Itani, R., **Karout, S.**, & Alefishat, E. (2022). Evaluation of Drug Use Pattern in Pediatric Outpatient Clinics in a Tertiary Teaching Hospital Using WHO drug-prescribing Indicators. *Journal of Multidisciplinary Healthcare*, 1–9.
 21. Rana, A.-F., Alzoubi, K., Alkhawaldeh, R., Itani, R., **Karout, S.**, & Mukattash, T. L. (2022). Home Delivery of Medications Post COVID-19 Pandemic: Community Pharmacists' Perspectives on the Pros and Cons of the Service . *Journal of the American Pharmacists Association*.
 22. Tareq L Mukattash, Anan S Jarab, Walid Al-Qerem, Rana K Abu Farha, Rania Itani, **Samar Karout**, Ibrahim L Mukattash, Iman Basheti, Providing pharmaceutical care during the COVID-19 pandemic: attitudes and experiences of home-treated patients in Jordan, *Journal of Pharmaceutical Health Services Research*, Volume 12, Issue 2, June 2021, Pages 321–324.
 23. Abu-farha, R., Alzoubi, K. H., Mukattash, T., **Karout, S.**, Itani, R., Nassar, R. I., & Barakat, M. (2023). Public perceptions about home delivery of medications service in Lebanon : A cross-sectional survey. *Electronic Journal of General Medicine*, 20(1), em430-37.
 24. Itani, N., Domiati, S., **Karout, S.**, M J Khojah, H., Awad, R., & Itani, R*. (2022). Upscaling the pharmacy profession: Knowledge and willingness of the Lebanese pharmacists to practice the administration of dermal fillers. *Saudi Pharmaceutical Journal*, 30(11), 1543–1551.
 25. Abu-Farha R, Alzoubi K, Rizik M, **Karout S**, Itani R, Mukattash TL, et al. Public Perceptions about Home Delivery of Medication Service and Factors Associated with the Utilization of this Service in Jordan. *Patient Prefer Adherence*. 2022;16:2259—2269.
 26. Mukattash, T. L., Khairallah, K., Daradkeh, H., Jarab, A. S., Abu-Farha, R., Nusair, M., **Karout, S.**, & Itani, R. (2023). A qualitative exploration of children's willingness to take the COVID-19 vaccine in Jordan. *Journal of Applied Pharmaceutical Science*, 1–6.
 27. NIHR Global Health Unit on Global Surgery, & COVIDSurg Collaborative. (2022). Articles Elective surgery system strengthening : development , measurement , and validation of the surgical preparedness index across 1632 hospitals in 119 countries. *The Lancet*, 400, 1607–1617.
 28. Gaba, F., Bizzarri, N., Kamfwa, P., Saiz, A., Blyuss, O., Paranjothy, S., & Go SOAR Team. (2021). Determining post- operative morbidity and mortality following gynecological oncology surgery : protocol for a multicenter , international , prospective cohort study (Global Gynaecological Oncology Surgical Outcomes Collaborative — GO SOAR). *International Journal of G*, 31(9), 1287–1291.

29. Oral Contraceptive Pills Shortage Amidst the Economic Collapse in Lebanon. A Nationwide Exploratory Study. Itani R, Khojah HMJ, **Karout S***, Abu-Farha R, Mukattash TI, Rahme D, Houssary K, El-Achi H, Safar A, Al Hajj EK, El-Lakany. BMC Health Services Research.
30. Deema Rahme, Rania Itani, **Samar Karout**, Hani MJ Khojah, and Abdalla El-Lakany. Community Pharmacists' Commitment to Preventive Measures during the COVID-19 Pandemic in Light of the Economic Crisis in Lebanon: A Simulated-Client Study. Journal of Public Health Research.

Citations: 821

h-index: 12

i-10 index: 14

GRANTS

Proposal submission and fund request to the CNRS (National Council for Scientific Research).

-To fund the study entitled “Nationwide Assessment of the Impact of the Economic Crisis and COVID-19 Pandemic on the Prevalence of Mental Disorders, Suicidal Ideation, and Substance Abuse in Vulnerable Population in Lebanon” (**Primary Investigator**).

Thesis Supervision

- Nathalie Bahlawan, Massaad Hajjar, and Jihan Saeed (2023): Shortage of Cardiovascular medications in Lebanon: A call for an urgent humanitarian action.

Thesis Examiner

- Hussein Jawad (2022): Identification of Potential Drug-Drug Interactions Among Prescription Medications: A Lebanese Community Pharmacy-Based Study.
- Lara Hammoud (2023): Incidence, Risk Factors, and Management Practices of *Acinetobacter baumannii* in a Lebanese Hospital.
- Rawan Jamaledine: Drug Shortage and Substitution: Beirut Residents Perspective.

COMMITTEE AND COMMUNITY SERVICE

Case Management 2016:

Independently and with the collaboration of different NGOs in Lebanon, 2016.

- Worked together with Dr. Mohamad Kassab to fundraise money to cover the surgery of a Syrian refugee's baby boy (18 months) Hirschsprung disease who had the first surgery of the three- step surgery for Hirschsprung resection (Hartman's procedure). The patient was left with a colostomy in one of the worst shelters in Lebanon.

The surgery was performed, and the child is leading a normal life.

Health Promotion and Public Awareness:

Antibiotic Awareness Campaign 2019 (Rafik Hariri University Hospital in partnership with the International Committee of Red Cross).

-Participated, and supervised students in raising campaign aimed to increase awareness of antibiotic resistance and to encourage best practices among the public, health workers and policy makers to avoid the further emergence and spread of antibiotic resistance.

-Designed Comic Case Scenarios encountered in real life, about the irrational use of antibiotics and the consequences of their misuse. Senior students simulated the scenarios.

First Aid Awareness Campaign 2019 (Rafik Hariri University Hospital in partnership with the International Committee of Red Cross).

-Participated, organized, and supervised students in the raising campaign aimed to deliver knowledge of basic life support techniques for the patient's family members that visited the hospital, and the hospital staff.

World Pharmacists day events 2016-2019:

- Every year, on the occasion of the "World Pharmacists Day" the Faculty organizes a **patient care activity** to serve the **BAU community (Employers-Academic Staff-Students and their family members)**.

-Responsible for organizing, designing the event (Selection of topics, preparation of booth design ideas, and posters, patient education tools, selection and training of students, supervising and guiding students during the event.

-Supervisor of the Cardiovascular disease Booth, and the services provided every year fall in the following categories:

-Medication reviews, estimation of patient's risks for cardiovascular events, screening for Diabetes Mellitus II, Hypertension and dyslipidaemia through measurement of BP, FBG, A1C screening, and Lipid panel.

-Counselling sessions on patient's medical condition, chronic medications and life style measurements. **Contributed in the selection of senior pharmacy students to participate in the National COVID-19 vaccination program at Rafik Hariri University Hospital.**

RESEARCH SKILLS

- Design research studies/Protocols
- Conduct Literature review
- Designing questionnaires (Microsoft Word, Google Surveys, Lime)
- IRB proposal submissions
- Recruitment of patients to clinical studies
- Recruitment of Hospitals for **International Studies**
- Manuscript preparation and submission to Peer review Journals
- Recruitment of research assistants for simulated patients studies
- Development and validation of questionnaires
- Train and supervise data collectors

ATTENDED WEBINARS

Grant Writing Webinar Series “Building a Culture of Research and Grant Funding”: Higher Education Capacity Development (HECD) – June/July, 2021

- Tips and Strategies on Proposal Development**, HECD – July 8, 2021
- The Benefits of Grant Writing and Sponsored Programs**; HECD – July 1, 2021
- Planning and Setup of a Grant Administration Infrastructure**; HECD – June 24, 2021
- Building a Culture of Research and Grant Funding**, HECD – June 17, 2021

DELIVERED CONFERENCES

-Effective Patient counseling approaches: Behaviors of effective counselors; Lebanese Pharmacy Students' Association (LPSA), Beirut, Lebanon. July, 2018.

-Judge in the LPSA Symposium: Patient Care activities. Beirut, Bristol Hotel– Aug 25, 2018.

-Podcast: HIV and Ethical Issues, December 2021.

DEVELOPED TOOLKITS

Preparation and designing of informative toolkits that were distributed in the affiliated hospitals, aiming to provide practitioners with an up-to-date, reliable & easy to use source of information about commonly encountered medication therapies optimize their uses

- Heart Failure Drug Therapies Toolkit – 2019.
- The Novel oral anticoagulants Toolkit – 2019.
- Antibiotics pocket guide -2019.
- VTE Prophylaxis Algorithm – 2018.
- COPD pocket consultant guide-2018.

ACQUIRED CERTIFICATES

-Pharmacists and the Heart: Advancing Care for Patients with Cardiovascular Disease: ACCP International Symposium (Engagement in activities to apply evidence in to daily practice), Nov 16, 2018.

-Advancing Pharmacy Education in the Middle East and the Gulf Region (Participation in workshops on Workplace based assessment), April 2018.

-Inter-professional Learning Experience (Collaboration with different health care professionals for designing thorough patient care plans).

-“Protecting Human Research Participants”, National Institute of Health, Nov,2014.

-Softpharm Training course Certificate (The Specialized Software for Pharmacies), 2014.

-CPR and First aid Certification (Red Cross training), May 2013.

-Lebanese society of infectious diseases and Clinical Microbiology “Combating Resistance”, April 2014.

-Research for Business Development and Improvement with the ICTN Developers of Human Potential 2015.

REFERENCES

- **Prof. Abdalla El-Lakany, PhD in Pharmaceutical Sciences**
Dean of Faculty of Pharmacy
Beirut Arab University (BAU), Beirut, Lebanon.
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- **Prof. Tareq Mukattash, PhD in Clinical Pharmacy**
Dean of Research
Jordan University of Science and Technology (JUST), Amman, Jordan
Email address: tlmukattash@just.edu.jo
Phone: +962 7 9690 7050

- **Dr. Hani MJ Khojah, PhD in Drug Management and Policy**
Vice Dean and Associate Professor in Clinical and Hospital Pharmacy Department
Taibah University, Madinah, KSA
Email Address: hkojah@taibahu.edu.sa
Phone: +966 50 523 2584

- **Dr. Rana Abu-Farha, PhD in Clinical Pharmacy**
Associate Professor in Clinical Pharmacy and Therapeutics Department, Faculty of Pharmacy
Applied Science Private University, Amman, Jordan
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