

Heba M. Aldossary

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Professional Summary

Dedicated and highly motivated PhD-prepared nurse scientist with over 15 years of experience in clinical practice, education, and research. Recently earned a PhD in Nursing Science from Case Western Reserve University with a strong record of peer-reviewed publications and national/international presentations. Committed to leveraging research and clinical expertise to advance nursing knowledge, improve patient outcomes, and lead evidence-based innovations in health systems.

Education

Doctor of Philosophy - PhD, Nursing Science *Frances Payne Bolton School of Nursing, Case Western Reserve University, United States of America*

- 2025

Master's degree, Nursing Advancing Professional Practice *Glasgow Caledonian University, United Kingdom*

- 2018 - 2019
- Grade: Distinction

Bachelor's degree, Nursing Science *Prince Sultan Military College of Health Sciences, Saudi Arabia*

- 2009 - 2012
- Grade: 4.29/5 (Honors)

Diploma, Nursing Science *Prince Sultan Military College of Health Sciences, Saudi Arabia*

- 2004 - 2007
- Grade: 4.23/5 (Second Class Honors)

Work Experience

Assistant Professor *Prince Sultan Military College of Health Sciences, Saudi Arabia*

- June 2025 - Current

Graduate research Assistant *Frances Payne Bolton School of Nursing, Case Western Reserve University*

- Oct 2021 – May 2025
 - Contributing to research projects focused on age-friendly health systems, social determinants of sleep health, and cardiovascular risk among African American family caregivers.
 - Conducting literature reviews, data analysis, and manuscript preparation.

International office Assistant

- May 2022 – May 2024

- Providing administrative support to Nursing students.

Nursing Lecturer *Prince Sultan Military College of Health Sciences, Saudi Arabia*

- 2019 - 2025
 - Responsibilities:
 - Initiating, facilitating, and moderating classroom discussions
 - Preparing and delivering lectures
 - Keeping abreast of developments in the field
 - Supervising students' laboratory and clinical work
 - Collaborating with colleagues on teaching and research issues

Clinical Nursing Instructor *Prince Sultan Military College of Health Sciences, Saudi Arabia*

- 2012 - 2019
 - Responsibilities:
 - Demonstrating and teaching patient care in classroom and clinical units
 - Supervising student nurses
 - Administering examinations and evaluating student progress
 - Participating in curriculum planning

Registered Nurse (Cardiac) *King Fahad Military Medical Complex, Saudi Arabia*

- 2007 - 2012
 - Responsibilities:
 - Working with patients with cardiovascular conditions
 - Providing care for conditions such as unstable angina, cardiomyopathy, coronary artery disease, etc.

Nurse Intern *King Fahad Military Medical Complex*

- 2006 - 2007
 - Dhahran, Saudi Arabia

Professional Development

- Association of Cardiovascular Nursing & Allied Professions (ACNAP) Mentoring Programme, European society of Cardiology, |2024-2025
- Research Certification Program, Saudi NIH, 2024-2025

Licenses & Certifications

- **Group 2 Social and Behavioral Research**
 - CITI Program
- **Good Clinical Practice (GCP)**
 - National Drug Abuse Treatment Clinical Trials Network
- **Basic Life Support Instructor**
 - American Heart Association
- **Nursing Professional Registration**
 - Saudi Commission for Health Specialties
 - Credential ID: 12KN0029133

Organizations

- **Saudi Nurses Association**
 - Member since 2024
- **The Heart Failure Society of America**

- Member since February 2024
- **European Society of Cardiology**
 - Member Since November 2023
- **American Heart Association**
 - Member since Jun 2023
- **Sigma Theta Tau International Honor Society of Nursing**
 - Active member of 034 Alpha Mu Chapter since May 2022
- **The Gerontological Society of America**
 - Member since Feb 2022
- **Midwest Nursing Research Society**
 - Member since Jan 2021

Awards & Honors

- Midwest Nursing Research Society (MNRS) Best Student Paper Award, 2025
- Finalist for the Heart Failure Society of America (HFSA) Nursing New Investigator Awards (Research/Clinical), HFSA, 2024
- Presentation at The Graduate Student Research Showcase for the Case Western Reserve University academic affairs and student life committee of Board of Trustees, 2024
- Abstracts Reviewer for the GSA Annual Scientific Meeting, 2024
- The 3-Minute Thesis Competition, Case Western Reserve University, 2023
- Pannel discussion for the Nurses Week Symposium: Global Perspectives, Case Western Reserve University 2022.

PUBLICATIONS

Peer-reviewed Data Based Published Articles

Aldossary, H., Griggs, S., Pignatiello, G. A., Wang, F., & Irani, E. (2025). A Mixed-Methods Study of Daily Bedtime Routines of African American Family Caregivers. *Western Journal of Nursing Research*, 01939459251397766.

Aldossary, H. M., Dolansky, M. A., & Hickman, R. (2025). Psychological Interventions to Enhance Well-Being in Adults with Cardiovascular Disease: A Systematic Review of Randomized Trials. *Western Journal of Nursing Research*, 47(12), 1248-1256.

Wleklik, M., Diakowska, D., Lee, C. S., Vellone, E., Lisiak, M., Szczepanowski, R., **Aldossary, H.M.**, Jędrzejczyk, M. and, & Uchmanowicz, I. (2025). Risk factors for adverse clinical outcomes in elderly patients with heart failure and cognitive frailty. *Applied Nursing Research*, 152043.

Ponikowska, M., Hill, L., Lee, C. S., Barisone, M., Ponikowski, P., **Aldossary, H.**, Jędrzejczyk, M., Kubiela, G., & Uchmanowicz, I. (2025). Cardiovascular Disease and Psoriasis. *Dermatology and Therapy*. <https://doi.org/10.1007/s13555-025-01566-0>

Schiltz NK, Ahmed B, **Aldossary H**, Armstrong GQ, Greenberg SA, Bender AE, Pohnert A, Dolansky MA. Patient-Centered Priorities for Older Adults in Ambulatory Care. *JAMA Netw Open*. 2025;8(10):e2535769. doi:10.1001/jamanetworkopen.2025.35769

Irani, E., **Aldossary, H.**, Dasari, U. S. V., Brewster, G. S., Thornton, J. D., Harmon Still, C., Miller, D. B., Hickman, R. L., Jr., & Griggs, S. (2025). Sleep health barriers and facilitators among African American family caregivers. *Behavioral Sleep Medicine*, 1–10. Advance online publication.

Ruksakulpiwat S, Phianhasin L, Benjasirisan C, Su T, Riangkam C, Thorngthip S, **Aldossary HM**, Ahmed B, Pongsuwun K, Angkaew N. Artificial Intelligence in Nursing Research: A Systematic Review of Applications, Benefits, and Challenges. *Int Nurs Rev.* 2025 Sep;72(3):e70080. doi: 10.1111/inr.70080. PMID: 40714821.

Aldossary, H. M. (2025). *The Relationship Between Caregivers' Contribution to Heart Failure Self-Care and Patient Self-Care: Exploring the Moderating Effect of Patient Cognitive Status* (Doctoral dissertation, Case Western Reserve University).

Wleklik, M., Lee, C. S., Jędrzejczyk, M., **Aldossary, H.**, & Uchmanowicz, I. (2025). Association of education level and depression with cognitive decline: findings from the examining cognitive health outcomes in heart failure study. *Frontiers in Cardiovascular Medicine*, 12, 1566400.

Buck, H. G., Durante, A., Howland, C., **Aldossary, H.**, Bidwell, J. T., Irani, E., Liebzeit, D., Massouh, A., Abshire Saylor, M., Stawnychy, M. A., & Graven, L. J. (2025). Examining Heart Failure Informal Care Partners Using Person and System Levels and Domains: A Meta-Synthesis. *Western journal of nursing research*, 1939459251314716. Advance online publication. <https://doi.org/10.1177/01939459251314716>

Wleklik, M., Lee, C. S., Lewandowski, Ł., Czapla, M., Jędrzejczyk, M., **Aldossary, H.**, & Uchmanowicz, I. (2025). Frailty determinants in heart failure: Inflammatory markers, cognitive impairment and psychosocial interaction. *ESC Heart Failure*. <https://doi.org/10.1002/ehf2.15208>

Armstrong, G. Q., **Aldossary, H. M.**, Bingham, J., Pino, L., Pohnert, A., Dolansky, M. A., & Schiltz, N. K. (2025). Outcomes of Age-Friendly Health Systems: Return to Clinic After 4Ms Care Delivery. *INQUIRY: The Journal of Health Care Organization, Provision, and Financing*, 62, 00469580241309194.

Ruksakulpiwat, S., Zhou, W., Phianhasin, L., Benjasirisan, C., Su, T., **Aldossary, H. M.**, ... & Praditukrit, K. (2024). A Systematic Review and Meta-Analysis Assessing the Accuracy of Blood Biomarkers for the Diagnosis of Ischemic Stroke in Adult and Elderly Populations. *eneuro*, 11(11).

Ruksakulpiwat, S., Thongking, W., Kannan, N., Wright, E., Niyomyart, A., Benjasirisan, C., Chiaranai, C., Smothers, C., **Aldossary, H.M.** & Still, C. H. (2024). Understanding the Relationship Between Comorbidities, Medication Nonadherence, Activities of Daily Living, and Heart Condition Status Among Older Adults in the United States: A Regression Analysis and Machine Learning Approach. *Journal of Cardiovascular Nursing*, 10-1097.

Ruksakulpiwat,S., Thorngthip,S., Niyomyart,A., Benjasirisan,C., Phianhasin,L., **Aldossary,H.**, Ahmed, B., and Samai, T. (2024) A Systematic Review of the Application of Artificial

Intelligence in Nursing Care: Where are We, and What's Next? *Journal of Multidisciplinary Healthcare*. 1603-1616.

Buck, H.G., Howland, C., Stawnychy, M., **Aldossary, H.**, Cortes, Y., Deberg, J., Durante, A., Graven, L., Irani, E. Jaboob, S., Massouh, A., Oberfrank, N., Saylor, M.A., Wion, R., Bidwell, J. (2023) *Caregivers' Contributions to Heart Failure Self-care: An Updated Systematic Review*. *The Journal of Cardiovascular Nursing*. 10-1097.

Yousif, M. E. A., **Aldossary, H.**, Aldosari, H., Almutairy, A., Ali, H., & Abdeldafie, S. Y. (2022). *Awareness of diabetic Children Caregivers about Complications of Type 1 Diabetes Mellitus in Dhahran, Saudi Arabia*. *International Journal of Innovative Science and Research Technology* 7 (3) <https://doi.org/10.5281/zenodo.6378262>

Njoku, D. C., **Aldossary, H.**, & Njoku, U. (2020). *The History, Sexual, And Reproductive Consequences of Female Genital Mutilation on Women: A Focus on Sub-Saharan Africa*. *Sapientia Foundation Journal of Education, Sciences and Gender Studies*, 2(4).

Peer-reviewed Published Abstracts

Aldossary, H., Irani, E., Dolansky, M., & Vellone, E. (2025). Exploring The Relationship Between Caregiver Contributions to Heart Failure Self-care and Patient Self-care. *Journal of Cardiac Failure*, 31(1), 183. DOI: 10.1016/j.cardfail.2024.10.015

Aldossary, H., Kouts, H., & Dolansky, M. (2024). Implementation Booster: A Frontline Innovation Using An AFHS-Questionnaire. *Innovation in Aging*, 8(Suppl 1), 149.

Aldossary, H., Brewster, G., Griggs, S., & Irani, E. (2024). Sleep Barriers and Facilitators in African American Family Caregivers. *Innovation in Aging*, 8(Suppl 1), 850.

Schiltz, N., & **Aldossary, H.** (2024). Policy Series: Ensuring Scale-Up and Spread of Evidence-Based Practice: Age-Friendly Health Systems Implementation Boosters. *Innovation in Aging*, 8(Supplement_1), 148-148.

Howland, C., Buck, H. G., Stawnychy, M. A., **Aldossary, H.**, Cortes, Y. I., Deberg, J., ... & Bidwell, J. T. (2023). Caregivers' Growing Contributions to Heart Failure Self-Care: An Updated Systematic Review. *Circulation*, 148(Suppl_1), A15394-A15394.

Irani, E., Griggs, S., **Aldossary, H.**, Still, C. H., & Hickman, R. L. (2023). Family Caregiving Support and Sleep Duration Among African American Family Caregivers. *Circulation*, 148(Suppl_1), A12464-A12464.

Aldossary, H., Bender, M., Pohnert, & Dolansky, M. (2023). *Evaluation Of a Provider-Driven Strategy To Ensure Age-Friendly Care*. *Innovation in Aging*, 7(Supplement_1),838-839. <https://doi.org/10.1093/geroni/igad104.2704>

Aldossary, H., Bender, A., Foradori, M., Pohnert, A., Hughes, R., Greenberg, S., & Dolansky, M. (2022). *Strategies to implement Age-Friendly care for older adults across convenient care clinics*. *Innovation in Aging*, 6(Supplement_1), 66–66.
<https://doi.org/10.1093/geroni/igac059.261>

PRESENTATIONS

International/National Research Presentations

Schiltz, N., Pohnert, A., Armstrong, G., **Aldossary, H.**, Dolansky, M., Napoleon, B. (2024, November). *Ensuring Scale-up and Spread of Evidence Based Practice: Age-Friendly Health Systems Implementation Boosters*. The Gerontological Society of America (GSA) 2024 Annual Scientific Meeting, Seattle, WA, USA.

Thorngthip, S., Bender, A., **Aldossary, H.**, Pohnert, A. M. & Dolansky, M. A. (2024). Using implementation science and innovation to improve implementation of Age-Friendly Care. Midwest Nursing Research Society Forty-eighth annual research conference, Minneapolis, MN, United States. February 28 - March 2.

Dolansky, M. A., Tsviste, E., Pino, L., Pelton, L., Greenberg, S., **Aldossary, H.**, Schiltz, N., Bingham, J., Kaigler-Crawlle, L., Pohnert, A. (2023). Implementation & Improvement at the Cross Roads: The Map to Reliable Age-Friendly Care. Gerontological Society of America Conference. Invited pre-conference. Tampa, Florida.

Aldossary, H., Bender, A., Foradori, M., Pohnert, A., Hughes, R., Greenberg, S., & Dolansky, M. A. (2022, November). Strategies to Implement Age-Friendly Care for Older Adults Across Convenient Care Clinics [Paper presentation]. The Gerontological Society of America (GSA) 2022 Annual Scientific Meeting, Indianapolis, United States.

Kouts, H., **Aldossary, H.**, Hughes, R., Pohnert, A., & Dolansky, M. (2022, September 17). *Implementation of an Age-Friendly Health System MinuteClinic DNP Fellowship*. In [conference session]. 2022 Annual Gerontological Advanced Practice Nurses Association (GAPNA) Conference. Orlando, FL, United States. <https://doi.org/10.13140/RG.2.2.12686.64328>

Aldossary, H., Albagmi, S., Hickman, R. (2021, December) The Effectiveness of mHealth Applications Intervention in Enhancing Patient Health Outcomes in Saudi Arabia [Paper presentation]. Conference: King Abdullah International Medical Research Center (KAIMRC), 9th Annual Research Day 2021, Riyadh, Saudi Arabia.

Poster Presentations

Aldossary, H., Armstrong, G., Pohnert, A., Dolansky, M., Schiltz, N (2025, March). *Clinic Return Outcomes for Patients Receiving 4Ms Care in Age-Friendly Health Systems* [poster presentation]. Midwest Nursing Research Society (MNRS) 49th Annual Research Conference, Indianapolis, IN, USA.

Wleklik, M., Lewandowski, L., czapla, M., jedrzejczyk, M., **Aldossary, H.**, Uchmanowicz, I., (2025, March) *Frailty Determinants in Heart Failure: analysis of Inflammatory Markers, Cognitive Impairment, and Psychosocial Interaction*. [Poster presentation]. 5th edition of the International Conference on Frailty and Sarcopenia Research (ICFSR), Toulouse, France.

Armstrong, G., **Aldossary, H.**, Pino, L., Ball, S., Schiltz, N., Pohnert, A., Dolansky, M. (2024, December). *Successful Outcomes of Age-Friendly Health Systems Implementation: Return to Clinic Analysis* [poster presentation]. The Institute for Healthcare Improvement (IHI) Annual Forum, Orlando, FL, USA.

Aldossary, H., Irani, E, Dolansky, M, Vellone, E. (2024, November) *Impact of Caregiver Contributions on Heart Failure Self-Care Outcomes* [Poster presentation]. Dimensions in Cardiac Care 2024 at Cleveland Clinic, OH, Cleveland, USA

Aldossary, H., Irani, E, Dolansky, M, Vellone, E. (2024, September) *Exploring the Relationship Between Caregiver Contributions to Heart Failure Self-care and Patient Self-care*. [Poster presentation]. Heart Failure Society of America (HFSA) Annual Scientific Meeting 2024, Atlanta, GA, USA.

Aldossary, H., Brewster, G. S., Griggs, S., & Irani, E. (2024, November). *Sleep Barriers and Facilitators in African American Family Caregivers*. [Poster presentation]. The Gerontological Society of America (GSA) 2024 Annual Scientific Meeting, Seattle, WA, USA.

Schiltz, N., Ahmed, B., **Aldossary, H.**, Bender, A., Bingham, J., Pohnert, A., Dolansky, M (2024, March). *Describing What Matter Most to Older Adults who Receive Age-Friendly 4Ms Care in Retail Clinics* [Poster presentation]. *Midwest Nursing Research Society (MNRS) 48th Annual Research Conference*, Minneapolis, MN, United States of America.

Thorngthip, S., Bender, A., **Aldossary, H.**, Pohnert, A. M. & Dolansky, M. A. (2024, February 28 - March 2). *Using implementation science and innovation to improve implementation of Age-Friendly Care*. [Conference presentation abstract]. Midwest Nursing Research Society Forty-eighth annual research conference, Minneapolis, MN, United States.

Aldossary, H., Bender, A., Pohnert, A., Dolansky, M (2023, November) . *Evaluation of a Provider-Driven Strategy to Ensure Age-Friendly Care*. [Poster presentation]. The Gerontological Society of America (GSA) 2023 Annual Scientific Meeting, Tampa, FL, USA.

Irani, E., Griggs, S., **Aldossary, H.**, Still, C. H., & Hickman, R. L. (2023, November). *Family Caregiving Support and Sleep Duration Among African American Family Caregivers*. [Poster presentation]. American Heart Association Scientific Sessions 2023, Philadelphia, PA, USA.

Howland, C., Buck, H. G., Stawnychy, M., **Aldossary, H.**, Cortes, Y., Deberg, J., Durante, A., Graven, L., Irani, E., Jaboob, S., Massouh, A., Oberfrank, N., Saylor, M. A., Wion, R., & Bidwell, J. (2023, November). *Caregivers' growing contributions to heart failure self-care: an updated systematic review*. [Poster presentation]. American Heart Association Scientific Sessions, Philadelphia, PA, USA.

Aldossary, H., Dolansky, M. A., Albagmi, S., Hickman, R. (2023, August). A systematic review of mobile health effectiveness in Saudi Arabia [Poster presentation]. *Sigma's 34th International Nursing Research Congress conference*, Abu Dhabi, United Arab Emirates.

<https://doi.org/10.13140/RG.2.2.31561.93288>

Schiltz,N., Bender, A.,_ Armstrong, G., **Aldossary, H.**, Pohnert, A., Dolansky, M. (2023, June 25). Effectiveness of a Virtual Clinic on Improving Delivery of Age-Friendly Care in a Large-Scale Implementation Project. [Poster presentation]. *The 2023 AcademyHealth Annual Research Meeting (ARM)*, Seattle, WA, United States of America.

<https://doi.org/10.13140/RG.2.2.13372.82569>

Ruksakulpiwat S., Zhou W., Phianhasin L., Benjasirisan C., Su T., **Aldossary H.M.**, Kudlowitz A., Challa A., Li J., Praditukrit K., Still C. (2023). Blood Biomarkers for the Diagnosis of Ischemic Stroke: A Systematic Review and Meta-Analysis. Poster Presentation at Midwest Nursing Research Society (MNRS) 47th Annual Research Conference, Des Moines, Iowa.

Aldossary, H., Pohnert, A., Hughes, R., & Dolansky, M. (2023, March). Implementation of the Evidence-Based Age-Friendly Health Systems 4Ms Framework Using Quality Improvement and Implementation Science [Poster presentation]. *Midwest Nursing Research Society (MNRS) 47th Annual Research Conference*, Des Moines, IA, United States of America.

Hughes, R., **Aldossary, H.**, Pohnert, A., Ball, S., McCormack, M., Pino, L., Kouts, H., & Dolansky, M. (2022, October 14). Evidence-based Age-Friendly Practice in Convenient Care Settings: Implementation and Leadership Strategies. [Poster presentation]. *25th Florence Cellar Gerontology Conference*, Cleveland, OH, United States.

Aldossary, H., Zauszniewski,J., Dolansky, M. A. (2022, April) The Effectiveness of Psychological Resilience Interventions to Improve Adult Cardiac Patients Well-being: A Systematic Review Randomized Controlled Trials [Poster presentation]. *Midwest Nursing Research Society 46th Annual Research Conference*, Schaumburg, IL, United States.

Journal Articles - Under Review

Hagiyusuf., **H, Aldossary, H.**, Dolansky,M., Pino, L., Pohnert, A. (Submitted). Integrating Age-Friendly Health Systems into Convenient Care Settings. *Nurse Practitioners journal*.