

## **Prof. Nidal Farid Eshah**

Professor of Adult and Critical Care Nursing  
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### **Education:**

- PhD in Nursing  
University of Jordan, Amman – Jordan  
Graduation: 2009; Excellent.
- MSN in Critical Care Nursing  
Jordan University of Science and Technology, Irbid - Jordan  
Graduation: 2003; Very good.
- Bachelor in Nursing Sciences  
Baghdad University, Baghdad - Iraq  
Graduation: 1998; Excellent.

### **Fellowships & International Scientific Achievements:**

- Fellow of the “Research Ethics Education Program – Responsible Conduct of Research”. This diploma is a one year (2017-2018) post graduate fellowship offered by **University of California, San Diego** in collaboration with **Jordan University of Science and Technology**.
- Fellow of the “International Society of Cardiovascular Disease Epidemiology and Prevention” (2016). Attended the “International Teaching Seminars on Cardiovascular Disease Epidemiology and Prevention”. The fellowship took place during the summer semester in **Grenada, Caribbean Sea, West Indies; 2016**.
- Academic Guest during summer semester (2012/2013) to Zurich University of Applied Sciences "ZHAW" – Faculty of Health Sciences; Institute of Nursing in **Winterthur, Switzerland**.
- Academic Guest to Faculty of Health Sciences – Sifa University, Provided lectures and professional meetings with Nursing faculty staff and Graduate students. (2015), Sifa University, **Izmir, Turkey**.

### **Professional Memberships:**

- A member of the European Society of Cardiology - Council on Cardiovascular Nursing and Allied Professions (CCNAP).
- A member of the European Society of Cardiology Working Group on Hypertension and the Heart.
- A member of the European Association for Cardiovascular Prevention and Rehabilitation (EACPR).
- Jordanian Nurses and Midwives Council.
- Saudi Council of Health Specialty.

### **Awards and Honors:**

- The winner of the "**Best Researcher award**" of the year 2019, which provided by **Zarqa University – Jordan**.
- Awarded the **Educational Grant** by Association of Cardiovascular Nursing and Allied Professions "ACNAP". The award in the Annual Congress 2019, **Milan, Italy**.
- Awarded the **Travel Grant** by European Atherosclerosis Society "EAS", to attend the EAS 86<sup>th</sup> congress 2018 in **Lisbon, Portugal**.
- Granted the "**Post Doctoral Mentorship Award**" of the year 2013, which provided by the European Society of Cardiology. The award announced during Euro Heart Care congress that held in **Glasgow, Scotland**.
- The winner of the "**Best Scientific Research award**" of the year 2013, which provided by **Zarqa University – Jordan**.
- Awarded the **Travel Grant** by Council of Cardiovascular Nursing and Allied Professions "CCNAP". The award announced in the Annual Spring Meeting on Cardiovascular Nursing 2012, **Copenhagen, Denmark**.

## Scientific Achievements

### A- Published Manuscripts

- Eshah, N., Mosleh S., & Ahmed Al-Smadi. The decisional balance toward health behaviors among patients with hypertension. ***Clinical Nursing Research***. (2020); in press.
- Alsaraireh M., & Eshah, N. Factors that influence the quality of pain management in patients with skin traction. ***International Journal of Orthopaedic and Trauma Nursing***. (2020); 36, 100713.
- Eshah N. Readiness for behaviour change among patients living with ischemic heart diseases. ***Journal of Nursing Research***. (2019); 27(6), e57.
- Abed M., Eshah N., & Moser D. Risk profile of myocardial infarction in young versus older adults. ***Heart & Lung***. (2018); 47(3), 226–230.
- Haddad N., Saleh M. & Eshah N. Effectiveness of nurse-led video interventions on anxiety in patients having percutaneous coronary intervention. ***International Journal of Nursing Practice***. (2018); e12645.
- Eshah N. Investigating Cardiovascular Patients' Preferences and Perspectives regarding the Use of Social Media in Health Education. ***Contemporary Nurse***. (2018); 54(1), 52–63.
- Eshah N. & Froelicher E. Knowledge, attitudes, beliefs and patterns of waterpipe use among Jordanian adults who exclusively smoke waterpipes. ***European Journal of Cardiovascular Nursing***. (2018); 17(1), 85-92.
- Al Daken L. & Eshah N. Self-reported adherence to therapeutic regimens among patients with hypertension. ***Clinical & Experimental Hypertension***. (2017); 39(3), 264-270.
- Haddad N., Saleh M. & Eshah N. Cardiac Catheterization and patients' Anxiety levels. ***British Journal of Cardiac Nursing***. (2017); 12(7), 130-134.
- Mosleh S., Eshah N. & Dar Awwad M. Percutaneous coronary intervention and heart surgery learning needs of patients in Jordan. ***International Nursing Review***. (2016); 63(4), 562-571.

- Alazzam M., Albashtawy M., Manal K., Eshah N., Baker O., Alomari O. & Alkhalwaldeh A. Advantages and disadvantages of studying the family as a context approach when dealing with a school aged child diagnosed with Attention Deficit Hyperactivity Disorder. *Iran Journal of Public Health*, (2016); 45(10), 1369-1370.
- Mosleh S., Eshah N. & Almalik M. Perceived Learning Needs According to Patients who have Undergone major Coronary Interventions and their Nurses. *Journal of Clinical Nursing*. (2016); 26(3-4), 418-426.
- Eshah N. & Al Daken L. Assessing Publics' Knowledge about Hypertension in a Community-Dwelling Sample. *Journal of Cardiovascular Nursing*. (2016); 31(2): 158-165.
- Eshah N. & Rayan A. Psychological Burden of a relative's Cardiac Intensive Care Unit admission. *British Journal of Cardiac Nursing*. (2015); 10(4): 194-200.
- Eshah N. & Rayan A. Predicting the Negative Emotional Symptoms in Relatives of Patients Residing in Intensive Care Unit. *Global Journal on Advances in Pure and Applied Sciences*. (2015); 7: 21-28.
- Eshah N. "Ischemic Heart Diseases: The unrecognized killer in the Jordanian community". *Journal of behavioral Health*. (2014); 3(1), 58-64.
- Eshah N. "Predischarge Education Improves Adherence to a Healthy Lifestyle among Jordanian Patients with Acute Coronary Syndrome". *Nursing and Health Sciences*. (2013); 15: 273-279.
- Eshah N. "Seeking Medical Attention among Jordanian Patients with Acute Myocardial Infarction". *European Scientific Journal*. (2013); special edition 3: 753-761.
- Eshah N. "Knowledge of Stroke and Cerebrovascular Risk Factors among Jordanian Adults". *Journal of Neuroscience Nursing*. (2013); 45(5). 13-19.
- Eshah N. "Jordanian Acute Coronary Syndrome Patients' Learning Needs: Implications for Cardiac Rehabilitation and Secondary Prevention Programs". *Nursing and Health Sciences*. (2011); 13: 238-245.

- Eshah N. "Lifestyle and Health Promoting Behaviors in Jordanian Subjects without Prior History of Coronary Heart Disease". *International Journal of Nursing Practice*. (2011); 17: 27-35.
- Bond A., Eshah N., Bani-Khalid M. et al. "Who Uses Nursing Theory? A Univariate Descriptive Analysis of Five Years Research Articles". *Scandinavian Journal of Caring Sciences*. (2011); 25: 404 – 409.
- Eshah N., Bond A. & Froelicher E. "The Effects of a Cardiovascular Disease Prevention Program on Knowledge and Adoption of a Heart Healthy Lifestyle in Jordanian Working Adults". *European Journal of Cardiovascular Nursing*. (2010); 9: 244-253.
- Eshah N. & Bond A. "Acute Myocardial Infarction Survivors Experiences: a Qualitative Literature Review". *Jordanian Medical Journal*. (2009); 43(3): 238-246.
- Eshah N. & Bond A. "Cardiac Rehabilitation Program for Coronary Heart Disease Patients: An Integrative Literature Review". *International Journal of Nursing Practice*. (2009); 15: 131-139.

#### **B- Manuscripts in Review:**

- Empowerment Predicting Nurses' Work Motivation and Occupational Mental Health.
- Career Trends and Turnover Intention over Different Career Stages among Oncology Nurses.
- Structural, Psychological Empowerment and Organizational Commitment among Staff Nurses in Jordan.
- Factors Predicting Dependence on Waterpipe Smoking among Waterpipe Exclusive Smokers.
- Health Care Providers' Attitude and Perception toward Patients safety culture: An Integrated Literature Review.
- Workplace Violence against Healthcare Workers: An Integrative Literature Review.
- Job Satisfaction and Its Contributing Factors: An Integrative Literature Review.

### **C- Manuscripts Under Construction:**

- The Role of Mindfulness and Emotional Intelligence in Conflict Resolution among Jordanian Nurse Managers.
- Professional self-concept and problem solving ability among registered nurses over different career stages.
- The role of social support and job satisfaction on work engagement among critical care nurses.
- The context, patterns, beliefs, and dependence of adult cigarettes smokers.

### **D- Thesis and Dissertation:**

- "Predictors of Patients' Delay in Seeking Medical Treatment in Jordanian Acute Myocardial Infarction Patients" (*Master Thesis*).
- "The Effects of an Intervention Program on Knowledge about Coronary Heart Disease and Adoption of Healthy Lifestyle in Working Adults in Jordan" (*Doctoral Dissertation*).

### **E- Conferences / Congresses:**

- Presenter in the Euro Heart Care- 2019; Annual Congress of the Association of the Cardiovascular Nursing and allied Professions, from 2-4 May 2019 in *Milan, Italy*.
- Presenter in the MED-HEALTH Final International Conference in Public Health Management and Practice, from 29-30 September 2018 in *Hammamet, Tunisia*.
- Presenter in the European Atherosclerosis Society Congress -EAS 2018, from 5-8 May 2018 in *Lisbon, Portugal*.
- Presenter in the Third International Conference on Waterpipe Tobacco Smoking Research "*Translating waterpipe tobacco smoking research evidence into practice, policy and regulation*", From 10-11 November, 2017 in **Beirut, Lebanon**.

- Presenter in the Euro Prevent- 2017; European Congress on Preventive Cardiology, from 6-8 April 2017 in **Malaga, Spain**.
- Invited guest Speaker in the Euro Heart Care- 2016; Annual Congress of the Council on Cardiovascular Nursing and allied Professions, from 15-16 April 2016 in **Athens, Greece**.
- Presenter in the International Cardiology & Cardiovascular Medicine Summit- 2016; Recent Advances and Future Trends in Cardiology, February, 2016 in **Dubai, United Arab Emirates**.
- Presenter in the Euro Heart Care- 2015; Annual Congress of the Council on Cardiovascular Nursing and allied Professions, from 13-15 June 2015 in **Dubrovnik, Croatia**.
- Speaker in the Second World Conference on Health Sciences, from 30<sup>th</sup> of April – 2<sup>nd</sup> of May 2015 in **Izmir, Turkey**.
- Invited speaker in National Nursing Conference: "Toward creativity in daily nursing practice", that held in University of Applied Sciences – **Amman**, November, 2014.
- Speaker and invited faculty member in the Euro Heart Care- 2014; Annual Congress of the Council on Cardiovascular Nursing and allied Professions, from 3-5 April 2014 in **Stavanger, Norway**.
- Speaker in Target Meeting's 3<sup>rd</sup> world cardiovascular, diabetes, and obesity **online conference**, September 16-18, (2013).
- Speaker in the Annual International Interdisciplinary Conference (AIIC), from 24-26 April 2013 in **Azores Islands, Portugal**.
- Presenter in the Euro Heart Care- 2013; Annual Congress of the Council on Cardiovascular Nursing and allied Professions, from 22-23 March 2013 in **Glasgow, Scotland**.
- Speaker in Target Meeting's 2<sup>nd</sup> world cardiovascular, diabetes, and obesity **online conference**, September 11-14, (2012).
- Speaker in the 12<sup>th</sup> Annual Spring Meeting on Cardiovascular Nursing, held from 16-17 March 2012 in **Copenhagen, Denmark**.

- Speaker in The Cardiology Congress "*Challenges and Update in Assessment and Management of Heart Disease and Risk Factors*" 10<sup>th</sup> – 12<sup>th</sup> of December (2011). **Istanbul – Turkey.**
- Speaker and chair of the Session 3: *Cardiovascular clinical research and practice* in the Target Meeting's 1<sup>st</sup> world cardiovascular, diabetes, and obesity **online conference**, September 22-24, (2011).
- Speaker in the BIT's 2<sup>nd</sup> International Congress of Cardiology (2010) "*Translational Medicine to Healthcare*". **Shangahi - China.**
- Speaker in the Third International JNC Nursing Conference (2010). "*The Heart of the Matter: Relevance of Nursing Responsiveness*". **Amman – Jordan.**
- Speaker in the International Nursing Symposium "*Building connections for Global nursing: Engage, Transform, Empower*" (2009). **Riyadh - Saudi Arabia.**
- Speaker in the Western Institute of Nursing conference "WINS" (2009). **Utah: Salt Lake – United State of America.**
- Speaker in the First Nursing Scientific day At Zarqa University (2009). "*Nursing Challenges in the Current Era*". **Zarqa University – Jordan.**
- Speaker in the Second International JNC Nursing Conference (2008). "*The Less Traveled Road: Search for New Realities*". **Dead Sea – Jordan.**
- Speaker in the Second Nursing conference of Al Al-Bayt University (2007). "*Where We are and What We Hope?*". **Mafraq, Jordan.**

#### **F- Organizing Conferences:**

- The chairperson of the Third Nursing Scientific Day "*Empowering Nurses toward Improving Quality Care*" that was held at Zarqa University, 7 March, 2018. **Zarqa University – Jordan.**
- The Head of the Scientific Committee for the Second Nursing Scientific Day "*Innovations in nursing research, practice & education*" that was held at Zarqa University, 15 March, 2018. **Zarqa University – Jordan.**
- The Head of the Scientific Committee for the First International Nursing Conference- INC 2016 "*Improving Clients' Outcomes through Implications of Scientific Evidence*" that was held at Zarqa University, 6-7 April, 2016. **Zarqa University – Jordan.**



- Member in Organizing, and Administrative Committees for the First International Nursing Conference- INC 2016 "*Improving Clients' Outcomes through Implications of Scientific Evidence* " to be held in Zarqa University, 6-7 April, 2016. **Zarqa University – Jordan.**
- The Head of the Organizing Committee for the First Nursing National conference At Zarqa University (2010). "*Expanding Horizons of Nursing Profession: Science and Application*". **Zarqa University – Jordan.**

### **Research Interests:**

Cardiovascular nursing  
 Health Education  
 Health promotion  
 Lifestyle modification  
 Primary prevention  
 Secondary prevention  
 Cardiac rehabilitation  
 Smoking waterpipe and cigarettes

### **Work Experience:**

| <u>Position</u>                | <u>Location</u>                               | <u>Duration</u>                |
|--------------------------------|---|--------------------------------|
| Professor                      | Zarqa University – Faculty of Nursing– Jordan | November 2019 – Till now       |
| Associate Professor            | Zarqa University – Faculty of Nursing– Jordan | September 2014 – November 2019 |
| Assistant Professor            | Zarqa University – Faculty of Nursing– Jordan | June 2009 - September 2014     |
| Lecturer                       | Zarqa University – Faculty of Nursing– Jordan | September 2006 - June 2009     |
| Head Nurse,<br>Pediatric Floor | King Hussein Cancer Center (KHCC), – Jordan   | September 2005- September 2006 |

|   |  |                               |
|---|--|-------------------------------|
| First Incharge Nurse,<br>Intensive Care Unit      | King Hussein Cancer Center<br>(KHCC), – Jordan | March 2004-<br>September 2005 |
| First Incharge Nurse,<br>Burn Intensive Care Unit | Jordan University Hospital,<br>Amman – Jordan  | August 2000 -<br>March 2004   |
| Registered Nurse,<br>Emergency Department         | Jordan University Hospital,<br>Amman – Jordan  | August 1998 – July<br>2000    |

### **Administrative Experience / Academic Institutions:**

- Vice President / Zarqa University (June 2020 – till now)
- Dean of the Faculty of Nursing / Zarqa University (2017–2018), (2018 – 2019), (2019-2020).
- Vice Dean of the Faculty of Nursing /Zarqa University, years (2011-2012), (2012-2013), (2013-2014), (2014-2015), and (2015-2016).
- Acting Dean of the Faculty of Nursing / Zarqa University / Summer semester of (2011- 2012), (2012-2013), (2013-2014), (2014-2015) and (2015-2016).
- Head of the Nursing Department at the Faculty of Nursing, Zarqa University, years (2012-2013), (2013-2014), (2017-2018), (2018 – 2019), (2019-2020).

### **Teaching Experience:**

Taught the following courses for Master students:

- Research methodology in nursing
- Data management and statistical analysis
- Master Application Project

Taught the following courses for Bachelor students:

- Pharmacology
- Health Education
- Research Methods
- Pathophysiology
- Medical Terminology
- Nursing Trends and Ethics
- Fundamentals of Nursing / Theory
- Fundamentals of Nursing / Practicum

- Adult Health Nursing - I/ Theory
- Adult Health Nursing - I / Practicum
- Adult Health Nursing - II/ Theory
- Adult Health Nursing - II / Practicum
- Critical Care Nursing / Theory
- Critical Care Nursing / Practicum
- Health Assessment & Physical examination

### **Postgraduate Studies:**

- **Supervising** several Master students at Zarqa University – Faculty of Nursing. Thesis titles:
  - The relationship between career trends and turnover intention among oncology nurses: a repeated cross-sectional survey.
  - Structural and psychological empowerment as predictors of nurses' motivation, and occupational mental health.
  - Structural, psychological empowerment and organizational commitment among staff nurses in Jordan.
  - The role of mindfulness and emotional intelligence in conflict resolution among Jordanian nursing managers.
  - The relationship between professional self-concept and problem solving among Jordanian nurses over different career stages.
- **External Examiner** in several Doctoral Dissertation Examination Committees, University of Jordan – Faculty of Nursing.
- **External Examiner** in several Master Thesis Examination Committees, University of Jordan – Faculty of Nursing.

### **Research Support and Grants:**

Abdul Hameed Shoman Fund for Supporting Scientific Research, Abdul Hameed Shoman Foundation, Jordan (2016).

Amount: \$ 11000

Role: PI

Deanship of Scientific Research Fund, Zarqa University, Jordan.

Amount: Three rounds of support from 2012 – 2015 / Total \$ 5500

Role: PI

Deanship of Scientific Research Fund, Zarqa University, Jordan.

Amount: Three rounds of support from 2009 – 2011 / Total \$ 5000

Role: PI

### **Membership in Scientific Committees:**

Member in scientific committees of the following international conferences:

- Member of the International Editorial Board of the "European Scientific Journal".
- 4th Eurasian Multidisciplinary Forum, EMF 2016, 27-29 April 2016, Vienna, Austria.
- 4th Mediterranean Interdisciplinary Forum on Social Sciences and Humanities, MIFS 2016, 16-18 May 2016, Barcelona, Spain.
- 5<sup>th</sup> Global Academic Meeting, GAM 2016, 24-26 March 2016, Budapest, Hungary.
- 3<sup>rd</sup> International Scientific Forum, ISF 2015, 22-25 April 2015, Amman, Jordan.
- 3<sup>th</sup> Global Academic Meeting, GAM 2015, 17-19 September 2015, New York, USA.

### **Training courses and workshops:**

- Attended training & management meeting supported by Erasmus Plus in **Alicante, Spain** 18<sup>th</sup> – 20<sup>th</sup> September 2018. The target was to enhance, develop the teaching materials for the core courses of the master program in PHM.
- Successfully completed the 10 modules **CITI Program (Collaborative Institutional Training Initiative)** Course entitled "Responsible Conduct of Research- RCR", September 2017.
- Attended workshop on "Dissemination and Implementation Training for Waterpipe Research" Supported by National Institute of Drug Abuse (NIDA) & National Cancer Institute (NCI) – **American University of Beirut, Lebanon**, November 9, 2017.

- Successfully completed the one week “ISO 9001:2015 Quality Management Systems Auditor/Lead Auditor Training Course”, October 2016.
- Attended workshop on "Principles of Strategic Planning". Quality control office – **Zarqa University, Jordan**, 24-25 June, 2015.
- Attended workshop on "Motivational Interview". European Society of Cardiology – **Valamar, Babin Kuk, Croatia**, 15<sup>th</sup> June, 2015.
- Attended workshop on "Challenges and thoughts in research designs". Council of Cardiovascular Nursing and Allied Professions – **Dubrovnik, Croatia**, 13<sup>th</sup> June, 2015.
- Attended SGS SSC QMS Training course entitled; ISO 9001:2008 Foundation Training Course, October 2014.
- Attended SGS Training course entitled; ISO 9001:2008 Internal Audit training course, October 2014.
- Attended workshop on "Reviewing for European Journal of Cardiovascular Nursing". European Society of Cardiology – **Rica Forum Stavenger, Norway**, (2014).
- Attended workshop on "How to how to build a successful international collaboration". Council of Cardiovascular Nursing and Allied Professions – **Stavenger Forum, Norway**, (2014).
- Attended workshop on "How to successfully present your research for publication". European Society of Cardiology - **Glasgow, Scotland**, (2013).
- Attended course supported by Tempus project "Developing Service-Learning and Civic engagement Partnerships across the Curriculum". Roehampton University – **London, United kingdom**, (2011).
- Attended workshop on "Reflective Learning and Learning Journals". Bournemouth University - **London, United kingdom**, (2011).
- Attended workshop on scientific writing "Writing for Publication in Nursing: Reach for the Stars". Prince Mona College – Royal Medical Services, **Amman, Jordan**, (2008).

- Attended workshop on "Preparing Faculty Members for Effective University Teaching". Zarqa University – **Zarqa, Jordan**, (2007).
- Attended Pediatric Advance Life Support (PALS) provider approved by the California Board of Registered Nursing Provider. KHCC, **Amman, Jordan**, (2006).
- Attended Pediatric Advance Life Support (PALS) Instructor approved by the California Board of Registered Nursing Instructor. KHCC, **Amman, Jordan**, (2006).
- Attended Basic Cardiac Life Support course (BCLS) in accordance with the curriculum of the American Heart Association. KHCC, **Amman, Jordan**, (2006).
- Attended Emergency and Crisis Management course. Jordan university Hospital. **Amman, Jordan**, (2003).

### **Reviewing Manuscripts:**

Serving as reviewer for many journals, for example:

- Reviewer for European Journal of Cardiovascular Nursing.
- Reviewer for Journal of Patient Education and Counseling.
- Reviewer for Western Journal of Nursing Research.
- Reviewer for Journal De Pediatria.
- Reviewer for Journal of preventive Medicine and Hygiene.
- Reviewer for the European Scientific Journal.
- Reviewer for International Journal of Preventive Medicine.
- Reviewer for International Research Journal of Microbiology.

### **Other Academic Activities:**

- Internal Auditor for General and Private Academic Accreditation– Zarqa University.
- Internal Auditor for ISO 9001 : 2015 – Zarqa University.
- Internal Auditor for ISO 9001 : 2008 – Zarqa University.
- Head of the Research and Conferences committee- Faculty of Nursing, Zarqa University.
- Head of the Clinical training committee- Faculty of Nursing, Zarqa University.

- Head of the Nursing curriculum committee- Faculty of Nursing, Zarqa University.
- Head of the Qualifying exam committee- Faculty of Nursing, Zarqa University.
- Head of the Graduates follow-up committee- Faculty of Nursing, Zarqa University.
- Member in the quality improvement, and Examination committees- Zarqa University.
- Committee Member in the "Continuous Education Center" and "Electronic Learning Center" at Zarqa University.
- Participated in examining the graduate Nurses in many universities: (Zarqa University, Al Al-Bayt University, Hashemite University, University of Jordan, Philadelphia University, and King Hussein University).

### **Voluntary Activities:**

- Provided a full day workshop entitled "Ethical responsibilities in scientific writing -Authorship, Mentoring and Plagiarism" that discussed these important topics that have major ethical challenges on how to deal with them. Target participants were Master and Doctoral students as well as Assistant professors, August (2018).
- Organize and present Basic Electrocardiogram (ECG) Interpretation course for large number of nursing students (2012).
- Organize and present a specialized course about Basic Interpretation of the Electrocardiogram (ECG) that targeted large group of the Nursing students (2011).
- Organize and present a specialized course about First aids and Basic Cardiac Life Support (BCLS) in Al-Zahra' foundation that targeted large group of the community women. Al Rusifah, Jordan (2011).
- Conducted a specialized course about First aids that targeted large group of the University students (2010).
- Conducted a specialized course about Basic Cardiac Life Support (BCLS) training that targeted large group of the University students (2009).
- Conducted a specialized course about "Clinical Teaching Course" for the Clinical Instructors in the faculty of nursing. Zarqa University (2008).