

Curriculum Vitae

Dr. Zouheir Ibrahim Bitar (FRCP Edin, EDIC, EDEC)

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Date of Birth : 10/9/1957

Sex : Male

QUALIFICATIONS

European Diploma in Advanced Critical Care Echocardiography (EDEC) 2019

European Diploma in Intensive Care Medicine (EDIC) April 2009

Fellowship of Royal college of Physician in Edinburgh (FRCP Edin) march 2008

Membership of Royal College of Physician (MRCP) (United Kingdom) – Sept / Oct. 1996.

Diploma, Royal College of surgeon in Dublin, 19 September 1986.

United States Medical Licensing Examination (USMLE) parts one, two & English tests were completed by March 1995.

M.B.B.C.H - Cairo University, Faculty of Medicine, Egypt. November 1981. (Degree awarded)

PRESENT POSTS

- **Senior Specialist (Consultant) in General Medical & Critical care Unit (CCU),** Ahmadi hospital. Kuwait Oil Company From 16th march 2007 till date.
- Completed volunteer period as intensivist in Adan hospital COVID-19 ICU, from April 2019 till 1/8/2020

PREVIOUS POSTS

Senior Specialist (Consultant) in General Medical & Intensive care Unit, Adan General Hospital, Kuwait, from April. 2006 till 15th march 2007.

Clinical Tutor & Instructor in Faculty of Medicine, Medical department, Kuwait University, from September 1998 till June 2007.

Specialist in General medicine & Intensive care unit from October 2001 till March 2005

Senior Registrar in General Medicine, Adan General Hospital – Kuwait, from Oct. 1997 till Oct 2001.

Registrar in General Medicine, Adan General Hospital – Kuwait, from Jan. 1992 to Oct 1997.

General Practitioner, Polyclinics – Ministry of Health – Kuwait, from Nov. 1985 to Jan. 1990.

Post Graduate Training Program, Kuwait Institute for Medical Specialization, Ministry of health of Kuwait, from August 1983 to September 1985

Residency program in internal medicine American University of Beirut. 1990 to 1992

Internship (Trainee) at Cairo University Hospitals, from June 1982 to May 1983.

EXPERIENCES

1. **MEDICAL TRAINING and PRACTICE**

Internship at Cairo University Hospitals, June 1982 to 14 May 1983.

Postgraduate Training Program conducted by Kuwait Institute for Medical Specialization, Ministry of health of Kuwait.

It is a two years program (24th August 1983 to 1st September 1985). I spent six months rotations in each of the following branches:

Medicine (ADAN HOSPITAL)
Surgery (MUBARAK HOSPITAL)
Pediatric (FARWNYA HOSPITAL)
Gyn.&Obit. (ADAN HOSPITAL)

General Practitioner in Polyclinics, Ministry of Health – Kuwait.

Appointed in Ministry of health polyclinic section after passing the exam of postgraduate training program. I was a general practitioner dealing with different medical & surgical emergencies, follow up of patients of chronic disease (e.g., D.M, hypertension, epilepsy ...etc.). During this period I got the Diploma in child health from the Royal college of surgeon in Dublin (19 September 1986).

Assistant Registrar in General Medicine, Adan General Hospital, Kuwait.

I was doing regular daily rounds in the wards and prepare the cases for discussion with in charge consultant. I was having night duties every four days covering the acute emergencies in the wards & medical emergency department. I was the first on call in my rotations in CCU and ICU dealing with different critical cases. I was taught minor invasive procedure (CVP insertion, arterial lines). In the medical outpatient, I was taking the history and examine the patients thoroughly and discuss the management with consultant in charge.

Registrar in General Medicine, Adan General Hospital, Kuwait.

My duties were:

Full responsibility toward the patients in our unit, and supervise my junior colleagues (assistant registrars and training doctors).

Run once weekly outpatient clinic, follow up and management of chronic diseases.

Covering night duties for medical emergencies in the wards and supervise junior colleague.

During this period I completed the second part of membership of the Royal College of Physicians in Edinburgh, UK (sept, 1996)

Senior registrar in general Medicine, & Intensive care unit, Adan Hospital, Kuwait

Joined the Intensive care Unit in June 1997 and with full responsibility of medical patients in the ICU. Gained experience in management of critical ill patients in ICU and ventilators.

I have regular rounds in general medical wards, covers the acute admissions to the wards, ICU, CCU in the admission day of our unit.

Training doctors & medical students are under my supervision in our Unit, sharing with other colleagues the clinical seminars, Journal club & Radiology meetings.

Consultant (Specialist) in General Medicine & Intensive care unit, Adan General Hospital, Kuwait,

I continued looking after medical problems in the ICU besides my regular duties in the general wards. I was trained to perform transesophageal echocardiography for ventilated patients in ICU. I received training in the cardiology department to perform transthoracic echocardiology. I have once weekly outpatient echocardiography clinic.

Supervise and help in providing non invasive ventilation for certain patients in high density area of the general medical wards.

I have twice weekly teaching grand rounds, with junior colleagues and 7th year medical students.

Promoted to senior specialist in March 2006, resigned on 15th march 2007

Consultant in General Medical department & Critical care Unit (CCU), Ahmadi hospital. Kuwait Oil Company

Joined Ahmadi hospital in 16th March 2007 looking after medical ICU (including CCU) sharing the duties with other two consultants. The ICU is 11 monitored beds. I have once weekly Medical OPD and Echocardiography OPD with TEE

In 2018, after transferring to new hospital we separated from ICU and formed a new CCU team in a 12 bed area looking mainly for cardiac patients with other comorbidities

Received courses in critical care ultrasound and introduced ultrasound chest, abdomen and vascular in the management of critical ill patients

Trained in Percutaneous Dilatational tracheostomy in ICU and started the service in Ahmadi hospital ICU in 2013. Formed the tracheostomy team in Ahmadi hospital

Trained in diagnostic and intervention ultrasound chest in 2009 and introduced the service in Ahmadi hospital CCU and ICU and general medical wards.

Started diagnostic whole-body ultrasound in critically ill patients in CCU and ICU Ahmadi hospital and trained my colleagues in using ultrasound in critical ill patients

Awarded Diploma in Advanced critical care Echocardiography (EDEC) from the European Society of Intensive Care Medicine sept 2019 Berlin

2. TEACHING

As **Clinical Tutor** in Faculty of Medicine, Kuwait University, I am conducting teaching rounds (twice weekly) for medical students, Training doctors in the internship rotation program.

I share once monthly in seminars and case discussion for postgraduate training doctors in medicine.

I conduct clinical seminar for the family practitioner, once weekly, discussing with them different medical problems during their rotation in our unit, as a part of postgraduate training program for family practitioner.

3. QUALITY CONTROL

Exams:

Our department conduct twice yearly MOCK exams for the undergraduates (April and June). I am one of the local examiners in our hospital, and the Chief Invigilator in the Final Examination.

Medical Students and Postgraduates Evaluations:

I am involved in the evaluation of medical students as well as the postgraduate doctors in Adan General Hospital.

Hospitals and Healthcare:

Member of hospital laboratory committee. The main task of this committee is to ensure good quality service for the patient and different departments of the hospital. To conduct auditing for the services of the laboratory provided to other department.

Medical Department research & ethics committee. Reviewing ideas and protocols for suggested research activity and follow up them once approved

4. CONTINUEOUS MEDICAL EDUCATION:

I joined the CME programme conducted and accredited by the Kuwait institute for medical specialization.

I am the coordinator for the CME activity in Adan General Hospital (Radiology meetings, lecture series, and journal clubs).

MEMBER OF

1. Member of the Royal College of Physician (UK).
2. Kuwait Medical Association.
3. ORDRE DES MEDECINS DU LIBAN (Lebanon Médical Association).
4. European Society of Intensive Care Médecine

APPRECIATIONS AND ACKNOWLEDGEMENT

1. Certificates of Excellency due to efficient work awarded yearly since 1999 till this year, from ministry of health, quality control office, Kuwait.
2. Certificate of excellent performance awarded from the management of Adan General Hospital, Kuwait. 16th January 2001.
3. Appreciation form Kuwait oil company administration for wining best research papers in Gulf heart Association conference in 2015 in Kuwait, Emirates Critical care conferences in April 2015, 2017, and 2019 in Dubai. All research papers were published in indexed medica Journals

Speaker IN CONFERENCES and POSTERS

1. Speaker in ESICM 2019 Berlin, hemodynamics in sepsis (Delta PCO2 hemodynamic in septic patients).
2. Conducted Ultrasound workshops for internist in the conference Updates in Internal medicine in Collaboration with Harvard Medical faculty Physicians 7th -9th March 2019 in Kuwait
3. First prize winner in 2 posters in the **15th Emirates Critical Care Conference, 6th – 8th April 2019**. Best research poster in ICU (The **forgotten hemodynamic [PCO2 gap] in patients with sepsis**), and best case report in ICU (**adding herbal medication could be fatal**)
4. Conducted Ultrasound for internist workshop in 2ed Kuwait Medical Association Updates in Medicine , November 24-25, 2017
5. Speaker in the 30th Annual European Society of Intensive care Medicine (ESICM), Vienna, 23rd to 27th sept2017, lecture. Lung Ultrasound for the Diagnosis of Pneumonia in intensive care unit

6. First prize winner poster in the 13th Emirates Critical Care Conference, 6th – 8th April 2017, Dubai (Diagnostic accuracy of Ultrasound chest in Patients with pneumonia in intensive care unit) (published)
7. Poster presentation in ISICEM36, Brussels, march 2017. **A80 - B-lines on chest ultrasound predicts elevated left ventricular diastolic pressures** Z Bitar ; O Maadarani ; R Al Hamdan *zouheir bitar, Internal Medicine, Ahmadi hospital, Kuwait Oil Company , Kuwait*
8. Conducted critical care Ultrasound workshop , Kuwait Medical association Conference 2016
9. **Conducted** critical care Ultrasound workshop in the 5th anaesthesia and intensive case conference in Kuwait for beginners and advanced level 9th & 10th April 2013
10. Critical care ultrasound course and workshop including invasive procedures under ultrasound guidance in Ahmadis hospital, Kuwait. Supervised by intensivist visitor from Mayo clinic, USA, April, 2012.
- 11.** Highlights on Rheumatology & Immunology Conference 27-29, November 2007 Kuwait (speaker)
12. The 1st Adan hospital cardiovascular conference. In Co-operation with Kuwait Cardiac Society. 14-15 April 2004. (speaker and moderator)
13. Time to treat beyond survival. Symposium about preventing the recurrence of acute coronary syndrome. Manama, **Bahrain**, 26th October 2000. (speaker)
14. The evolving role of leukotriene receptor antagonists in the treatment of asthma. 20-21 March 1999, Beirut, **Lebanon**.
15. **Leader investigator in Kuwait for ENDORSE TRIAL**, (Epidemiologic International Day for the Evaluation of Patients at Risk of Venous Thrombosis in the acute hospital setting), March 9, 2007. **The Centre for outcomes research university of Massachusetts medical school**

CONFERENCES AND COURSES ATTENDED

1. **Advanced course in Doppler-Echocardiography in Intensive Care Course , ESICM, Austria vienna september 23-24, 2017**
2. **31st International Symposium on Intensive Care and, Emergency Medicine**, held in Brussels, from March 19-21 2013
3. King's College hospital Clinical attachment, liver intensive care and critical care ultrasound December, 2011
4. **29th International Symposium on Intensive Care and, Emergency Medicine**, held in Brussels, from March 24-27, 2009.
5. **Doppler-Echocardiography in Intensive Care Course 2008** 17/11/2008 - 19/11/2009
6. **26th international Symposium on intensive care and emergency Medicine**, Brussels, Exhibition & convention Centre, Belgium march 21-24, 2006
7. *Critical Care Board Review 2004, American College of Chest Physician, August 13-17, 2004, Orlando, Florida- USA*
8. *Mechanical ventilation, Past, Present and future. August 17, 2004, Orlando, Florida-USA*
9. Echocardiography in medicine, medical department, Jahra hospital. 25th May 2004.
10. Cardiology update symposium, Faculty of internal medicine 2-3 June 2003.
11. A course in the epidemiology of non-communicable diseases held from 22nd to 26th November 1997, Faculty of Public of Medicine, Kuwait University.

12. Training course in Applied Biostatistics and Computer Applications workshop held from 7th -11th November 1998. Faculty of Public health, Kuwait University.
13. English course for research work. Conducted by Kuwait Institute for Medical Specialization (Nov. 1997 to Jan. 1998)
14. Critical Writing & Editing for Scientific Journal held by Journal of the Kuwait Medical Association, from December 13 to 18, 1997. Prof. Stephen Lock was the quest speaker (the BMJ ex-Editor).
15. Critical Writing and Editing for scientific Journals. Kuwait Medical Journal. April 22-25, 2000.

PUBLICATION

- 1- Polyangitis Epididymo-orchitis secondary to Hepatitis C. Case report. Ibrahim Tarif, **Zouheir Bitar**, MS Basharuthulla. Kuwait Medical Journal, 30(2): 162-164(1998).
- 2- Primary spontaneous pneumothorax in Arabs. Does its frequency differ from elsewhere? MR Sonbaty, **Zouheir Bitar**, AA Marafie, Prema Sharma. Journal of Clinical Epidemiology 53; 631-633(2000)
- 3- A 3-year Retrospective Study of Community –acquired Pneumonia in Kuwait with Emphasis on Microbial Aetiology. Nasser Behbahani, **Zouheir Bitar**, Fatima Al-Enezi, Sana Al-Mutairi. **Med Principles Pract**; 9:214-219(2000).
- 4- Total Spinal anaesthesia following Epidural bupivocaine, case report. **Zouheir Bitar**, Maryam Alhussaini, Iram Kiani Kuwait Medical Journal, 32(2):179-180.(2000)
- 5- Spontaneous Tumor Lysis Syndrome in Pregnant Woman with Non-Hodgkin's lymphoma. M R Sonbaty, **Zouheir Bitar**, Adel Abdulrazak. **International Journal of hematology**. Case Report. 73;86-389(2000).
- 6- Bacteriological study of Diabetic foot infections. Prospective study. Adel Abdulrazak, **Zouheir Bitar**, Abdullah Ayesh, Lubna Ahmed. **Journal of Diabetes and its complications** 19(2005) 138-141
- 7- Methanol poisoning: Diagnosis and management. **Zouheir Bitar**, Sherif Ahmed, Samael Asubu **International Journal of Clinical Practice**, volume 58:issue 11, November 2004
- 8- Plexopathy in Heroin Addict. Case Report. Ahmed S, Hashem A, **Zouheir Bitar**. Qatar Medical Journal vol 14,no 2, November 2005

9- Idiopathic Intracranial Hypertension in Neuro-Behcet's disease. Report of Three cases. S Abdelfatah, **Zouheir Bitar**, A Abdulrazak. Tanta Medical Journal 2005(July); 33:1-4

10- Significance of Atypical Pathogens among Community-Acquired Pneumonia Adult Patients Admitted to Hospital in Kuwait. N.Behbehani, A. Mahmood, E.M. Mokaddas, **Zouheir Bitar**, B. Jayakrishnan, M. Khadadah, R. Dhar, TD Chugh. **Medical principles and practice**. 2005; 14:235-240.

11- Prevalence of mitral valve prolapse in primary spontaneous pneumothorax. **Zouheir Ibrahim Bitar**, Sherif Ahmed^a, Amin Elsayed Amin^a, Khaled Jamal^a and Mustafa rhida [Volume 15, Issue 6](#) , December 2006, Pages 342-345. Primary care respiratory journal.

12- Ridha M, Amin AA, Saleh SA, Cherian B, Al-Kandari F, Redha F, Jamal K, Bitar Z. The prevalence of atrial fibrillation among acute medical admissions in Kuwait. Medical Principles and Practice. 2005;14(3):136-9.

13-Pancytopenia related to Graves' disease. Ann Saudi Med 28(1) January-February 008 Mohammed Hegazi, Ramesh Kumar, **Zouheir Bitar**, Eman Ibrahim

14- Hepatic hydrothorax without Ascites. International medical Journal, December 2008. **Zouheir Bitar**, H Fayed, Hazem Hafez, E al Hamer

15- An Audit of Hypertension in Electronic Medical Records. **Zouheir Ibrahim Bitar**, Elasmah Mohamed Elshably, Mohammed Zouheir Bitar. **Kuwait Medical Journal 2015; 47 (1):3**

16- Beyond a prolonged QT interval. Zouheir Ibrahim Bitar, Ossama Maadarani, Hani Alfayed1 and Mohammed Bitar
Journal of the Royal Society of Medicine Short Reports; 4(11) 1-3

17- Normal chest X-ray should not mislead. Zouheir Ibrahim Bitar, Mohammed Ibrahim, Hesham Sabry el-Emam, Mohammed Bitar
BMJ Case Rep 2013.

18- ST elevation without myocardial infarction

Zouheir Ibrahim Bitar, Mohammad Swede, Khaled Almerri
BMJ Case Rep 2014

19-Epigastric Pain in Acute Renal Infarction: The Forgotten Presentation
 Ossama Maadarani, Zouheir Bitar
EJCRIM 2015;2:doi: 10.12890/2015_000170

20-Rituximab-Induced Hepatitis C Virus Fulminant Hepatitis (Case Report)
 Zouheir Ibrahim Bitar, Mubarak Alajmi, Ossama Maadarani and Mohammed Zouheir Bitar .*International Journal of Case Reports in Medicine, Vol. 2014 (2014), Article ID 833705, DOI: 10.5171/2014.833705*

21)(Poster) Sonographic chest B-lines with echocardiography Probe anticipate Elevated.N-terminal pro-brain-type natriuretic peptide, irrespective of ejection fraction, **Zouheir Ibrahim Bitar¹**, Ossama Maadarani¹, and Khaled Almerri.
European Heart Journal Supplements (2015) 17 (Supplement), 8–24

22) Dapagliflozin- Induced Severe Ketoacidosis Requiring Hemodialysis. *Ossama Maadarani, Zouheir Bitar and Rashed Alhamdan. . Clin Med Rev Case Rep 2016, 3:150 . ISSN: 2378-3656*

23) Sonographic chest B-lines anticipate elevated B-type natriuretic peptide level, irrespective of ejection fraction. Zouheir Bitar^{*}, Ossama Maadarani and Khaled Almerri. *Ann. Intensive Care (2015) 5:56*

24) Indexed Mitral Annulus Plane Systolic Excursion Is a Reliable Surrogate for Index Left Ventricle Stroke Volume. Hany Fayed, Rashed Hamdan, Mohammed Alrashidi, Zohair Bitar, Osama Maadarini, Mohammed Habibi , Moutaz Aldaher Med Sci Hypotheses, 2018; 5: 1-5. DOI: 10.12659/MSH.908181

25) Diagnostic accuracy of chest ultrasound in patients with pneumonia in the intensive care unit: A single-hospital study. Zouheir Ibrahim Bitar, Ossama Sajeh Maadarani, AlAsmar Mohammed El-Shably, Mubarak Juwaied Al-Ajmi. *Health Sci Rep.* 2018;e102.<https://doi.org/10.1002/hsr2.102>

26) **B-Lines on Chest Ultrasound Predicts Elevated Left Ventricular Diastolic Pressures. Maadarani O, Bitar Z, and Almeri K.** Journal of Clinical and Experimental Research in Cardiology Volume 3 | Issue 2 ISSN: 2394-6504

27) Acute stroke thrombolysis in infective endocarditis. Abdulaziz Ashkanani , Zouhair Bitar and O. Maadrani. SAGE Open Medical Case Reports. Volume 6:1–3

28) Maaradarani O, Bitar Z, Mohsen M. Adding herbal products to direct-acting oral anticoagulants can be fatal. *EJCRIM* 2019;6: doi:10.12890/2019_001190.

29) Z. Bitar, O. Maadarani, A. El-Shably. The forgotten hemodynamic [PCO2 gap] in patients with sepsis ESICM LIVES 2019, Berlin, Germany. 28 September - 2 October 2019. *Intensive Care Medicine Experimental* (2019) , 7(Suppl 3) : 55 doi.org/10.1186/s40635-019-0265-y

30) Zaalouk, TM, Bitar, ZI, Maadarani, OS, El-shably, AM. White lung with milky effusion. *Clin Case Rep.* 2020; 00: 1– 4. <https://doi.org/10.1002/ccr3.3207>

31) Zouheir Ibrahim Bitar, Tamer Mohamed Zaalouk, Ossama Sajeh Maadarani, Ragab Desouky Elshabasy, "It Is Always Early with Point-of-Care Ultrasound", *Case Reports in Critical Care*, vol. 2020, Article ID 9431496, 3 pages, 2020. <https://doi.org/10.1155/2020/9431496>

32) Maadarani O, Bitar Z, Shoeb S, Alsaddah J. From Wellens to Kounis syndrome: an unlucky patient. *EJCRIM* 2020;7: doi:10.12890/2020_001689.

33) Mohammed A Shamsah, Zouheir Ibrahim Bitar, Huda Alfoudri, Right atrial thrombus in a patient with COVID-19 pneumonia: a case report, *European Heart Journal - Case Reports*, , ytaa296, <https://doi.org/10.1093/ehjcr/ytaa296>

34) Maadarani O, Alafayed H, Bitar Z, Daher M, Zaalouk T, Abdelfatah M. Acalculous cholecystitis complicated by liver abscess as a manifestation of cholesterol embolization syndrome- infrequent manifestation precipitated by a common procedure. *EJCRIM* 2020;7: doi:10.12890/2020_001953.

35) Zouheir Ibrahim Bitar , Ossama Sajeh Maadarani , AlAsmar Mohammed El-Shably, Ragab Desouky Elshabasy, and Tamer Mohamed Zaalouk. The Forgotten Hemodynamic (PCO2 Gap) in Severe Sepsis . *Critical Care Research and Practice* Volume 2020, Article ID 9281623, 5 pages <https://doi.org/10.1155/2020/9281623>

36) Zaalouk TM, Bitar ZI, Maadarani OS. Specific situations may require different relative indications. *Clin Case Rep.* 2020;00:1–2. <https://doi.org/10.1002/ccr3.3744>

37) Zaalouk TM, Bitar ZI, Maadarani OS, El-shably AM. White lung with milky effusion. *Clin Case Rep.* 2020;8:2557–2560. <https://doi.org/10.1002/ccr3.3207>

38) Zouheir Ibrahim Bitar , Mohammed Shamsah , Mohammed Bamasood, Ossama Sajeh Maadarani ,, and Huda Alfoudri. Point-of-Care Ultrasound for COVID-19 Pneumonia Patients in the ICU. *J Cardiovasc Imaging*. 2021 Jan;29(1):e11 <https://doi.org/10.4250/jcvi.2020.0138> pISSN 2586-7210·eISSN 2586-7296

39) Lung Ultrasound and Sonographic Subpleural Consolidation in COVID-19 Pneumonia Correlate with Disease Severity. Zouheir Ibrahim Bitar, Mohammed Shamsah , OssamaSajeh Maadarani ,Omar Mohammed Bamasood, Ali Zouheir Bitar, and Huda Alfoudri . Critical Care Research and Practice Volume 2021, Article ID 6695033, 6 pages <https://doi.org/10.1155/2021/6695033>

40) Point-of-Care Ultrasound Can Suggest COVID-19 .Ossama Maadarani, Zouheir Bitar, Tamer Zaalouk, Mohammad Mohsen, Ragab Elshabasy. *EJCRIM* 2020;7: doi:10.12890/2020_001915.

41) Zaalouk TM, Bitar ZI, Maadarani OS, Elhabibi ME. Carbamazepine-induced Stevens-Johnson syndrome in a patient with history of methotrexate-induced mast cell activation syndrome. *Clin Case Rep.* 2020;00:1–4.
<https://doi.org/10.1002/ccr3.3509>

42) The use of point-of-care ultrasound to guide clinical management in intra-abdominal hypertension . Zouheir Ibrahim Bitar · Ossama Sajeh Maadarani · Tamer Mohamed Zaalouk · Mohammed Jaber Mohsen · Ragab Desouky Elshabasy · Mahmoud Mostafa Elzoueiry. Journal of Ultrasound
<https://doi.org/10.1007/s40477-020-00546-8>