

Dr. Kathleen Benjamin RN, BScN, MScN, PhD
kmbenjam@ucalgary.edu.qa



EDUCATION

PhD (Nursing) (2011) University of Ottawa, Ontario

Thesis: The Social Organization of Personal Support Work in Long-Term Care and the Promotion of Physical Activity for Residents: An Institutional Ethnography. Supervisor: Dr. Nancy Edwards

Diploma in Health Services and Policy Research (2011)

Ontario Training Centre (OTC). Policy Practicum with VON Canada. Advisor: Dr. Nancy Edwards

Master of Science in Nursing (1998-2001) University of Ottawa, Ontario

Thesis: Attitudinal, Perceptual, and Normative Beliefs Influencing the Exercise Decisions of Community- Dwelling Physically Frail Seniors: An Application of the Theory of Planned Behaviour. Supervisor: Dr. Nancy Edwards

Bachelor of Science in Nursing (1994-1998) (Magnum cum Laude) University of Ottawa

Courses-Community Health Nursing Program Concordia University, Montreal

Diploma-Registered Nurse Royal Victoria Hospital, Montreal, Quebec.

WORK EXPERIENCE

Sessional Instructor (Jan. 2021- Apr.8, 2021), University of Calgary in Qatar (UCQ)

- Research Methods (NURS. 309, Section LO4, winter 2021, BN program)
- Research Methods (NURS. 309, Section LO5, winter 2021, BN program)
- Quantitative design and analysis (NURS 621, winter 2021, MN program)

Assistant Professor (Aug. 7, 2018 – Aug. 25, 2020), University of Calgary in Qatar (UCQ)

- Qualitative Designs and Analysis (NURS. 683; fall 2018, MN program)
- Quantitative design and analysis (NURS 621, winter 2019, MN program)
- Research Methods (NURS. 309, Section 02, winter 2019, BN program)
- Research Methods (NURS. 309, Section 02, winter 2020, BN program)
- Qualitative Designs (NURS. 683, winter 2020, MN program)

Sessional Instructor (Aug 1st, 2017 – Jan 31st 2018), University of Calgary in Qatar (UCQ)

- Part time contract (8 hours /week) to mentor UCQ MN students from Canada.

Assistant Professor (Mar 23, 2014-Aug 1st 2017) University of Calgary in Qatar (UCQ)

Courses taught:

- Nursing Leadership and Management (spring, 2014, BN program)

- Leadership in Advanced Nursing Practice, Practicum 11 (fall 2014, MN program)
- Quantitative Designs and Analysis (fall 2014, MN program)
- Leadership in Advanced Nursing Practice (winter 2015, MN program)
- Quantitative Designs and Analysis (winter 2015, MN program).
- Leadership in Advanced Nursing Practice (fall 2016, MN program)
- Quantitative Designs and Analysis (winter 2016, MN program).
- Leadership in Advanced Nursing Practice (winter 2016, MN program)
- Academic and Scholarly Writing (winter 2017, MN program).
- Qualitative Designs (winter 2017, MN program)
- Leadership in Advanced Nursing Practice and Practicum (winter 2017, MN program)

Committee Activities: (selected)

- Graduate Program committee member 2014-2020
- Selection Committee for Graduate Students, Graduate Program Committee,
- Member of the Subcommittee Surveillance, Monitoring, and Evaluation of the Nutrition and Physical Activity Action Plan- Qatar (Ministry of Public Health, Qatar).

Post-Doctoral Fellow (Aug. 1st 2012 - Mar 22, 2014) University of Calgary in Qatar

- Highlights: developed a National Priorities Research Program (NPRP) proposal to study the physical activity and diets of Arabic adults in Qatar. Other responsibilities included: manuscript writing, completing ethics applications, recruitment/hiring of research staff, onsite mentor for research team and co-investigator on this project.
- First authored a manuscript “barriers and facilitators to physical activity among Arabic adults”
- Co-taught Research Methods (Winter 2013, BN program), Supervisor Dr. T. Donnelly

Teaching (2011) University of Ottawa, Ontario

- Teaching assistant for Dr. Christine McPherson (Winter 2011), Research Methods (MScN program). Main responsibilities: Classroom teaching, monitoring online discussion groups & grading papers.

Research Assistant (2001-2005) Élisabeth Bruyère Research Institute, Ottawa, Ontario

- Highlights: promoted clinical nursing research, developed a national research team dedicated to the advancement of physical activity research for the elderly, presented papers/poster at international conferences, and authored manuscripts. Mentor: Dr. Nancy Edwards.

Research Assistant (1999-2001 and 2005-2011) University of Ottawa, Ontario

- Highlights: Completed literature reviews, research proposals, ethics submissions, technical reports, abstracts, collected data, survey and tool design, authored manuscripts
- Helped to develop collaborative partnerships; Research activities (e.g. co- lead PI)
- Mentor: Dr. Nancy Edwards.

Teaching (1993-1996) Health Care Aid Certification Course, Career Canada College, Ottawa, Ontario.

- Highlights: taught skills and theory in classroom setting

Clinical Practice

- Versa Care Lodge, Ottawa, Ontario: Long Term Care (Elderly Care- LTC) (1985-2000)
- Children’s Hospital of Eastern Ontario, Ottawa, Ontario (Pediatrics)

- Oromocto Public Hospital, Oromocto, New Brunswick (Pediatrics)
- Kingston General Hospital, Kingston, Ontario (Abdominal surgery)
- Charge nurse Clinique Metro Medic, Longueuil, Quebec (Community Health)
- Royal Victoria Hospital, Montreal, Quebec (Medical unit)

RESEARCH PROJECTS

Benjamin, K. (LPI), Munir. S. Odwyer, R. & Mansoori. M.H. and student researchers Matiullah. J. Fauni, A. Danielle, H., Nuguid, A. R., Anuar, J., & Guro, F. (2020) The Physical Activity Patterns of Pregnant Women in Qatar. UREP26-014-3-003 Funding award, \$ 26, 400 USD.

Mansoori, M. **Benjamin, K.** & Ngwakongnwi. E. (2017) Nurses' Perceptions of the Electronic Clinical Information System in Primary Health Care Centers in Qatar (2017). Non-funded student research.

Nawal Ali-Ashwal, Critchley, K. & **Benjamin, K.** (2016), Cardiac Rehabilitation: An investigation into the reasons for non-attendance of patients in Qatar. Non-funded student research.

The Transitional Experience of Post-Diploma Nurses Returning to Study for an Undergraduate Nursing Degree in Qatar. Undergraduate Research Exceptional Program (UREP) \$57,625.00 USD. April 2015- March 2016. Christine MacDonald, C., **Benjamin, K.** Carolyn Wolsey, C., & Topping, A.

Benjamin, K. PI & Nazir N. (2014). Health Care Transformation and Advanced Nursing Practice in Qatar: Pilot testing a tool to assess practice patterns of Oncology Advanced Clinical Nurse Specialists (ACNSs). Non-funded student research.

Fostering Active Living and Healthy Eating Through Understanding of the Physical Activity and Dietary Behaviors of Arabic-Speaking Adults Living in Qatar, 2013-2016. National Priorities Research Program (NPRP). Funding award: \$929,292,78.00 USD. Dr Tam Donnelly (Lead PI) and Co-investigators: **Dr. Kathleen Benjamin**, Dr. Sheikha Al-Anoud bint Mohammad Al-Thani, Dr. Al-Hareth Al Khater, Dr. Kimberly Critchley, Dr. Mohamed Ahmedna. Collaborators: Dr. Kevin Teather, Dr. Ailsa Welch.

The Social Organization of Personal Support Work in Long-Term Care and the Promotion of Physical Activity for Residents: An Institutional Ethnography (doctoral thesis, 2005-2011, University of Ottawa). **Benjamin, K. (Doctoral student)**, Dr. Nancy Edwards (supervisor), Co-supervisors: Dr. J. Ploeg, Dr. J. Rankin, Dr. F. Legault.

An Evaluation of the Seniors Maintaining Active Roles Together (SMART) Program Training Delivery Model: Consultation with the Victorian Order of Nurses SMART Program Coordinators (2007). Research requirement for Diploma in Health Service and Policy Research 2007. **Benjamin, K., (LPI)**, co-investigators: Edwards, N., Peacock, C.

Physical Activity for Older Adults: A Consultation with Long-Term Care Facilities (2005-2006). Seniors Health Research Transfer Network \$(15,000.) In-kind from Community Health Research Unit, University of Ottawa. **Benjamin K. (Co-PI)**, Edwards N. (Co-PI), Co-investigators: Sveistrup, H. Egan, M., Dubouloz, C.J. Guitard, P., Kozak, J, Rieck- Buckley C.,

Fahey, K., Grant, T., Morgan, K., Murray, M.A.

Successful Aging Ottawa Initiative: (focus group phase) In-kind & Community Health Research Unit, University of Ottawa. Nancy Edwards (LPI), co-investigators: Fahey, C., **Holdway, K.**

A comparison of photo novella and semi-structured interviews to examine seniors' perceptions of barriers and facilitators to physical activity in community and long-term care settings. (2004). The Canadian Nurses Foundation (\$26,000). In-kind Community Health Research Unit, University of Ottawa. Co-PI: Profit, S. & Votta, E. Co-investigators: Graham, H., Lockett, D., **Holdway, K.**, Campbell, B., Chircop, A., Sheppard-LeMoine, D., Thompson, A., Weeks, L., Lee B. A.

An Evaluation of a Nurse Practitioner Program in a Long-Term Care Facility (2004). In kind SCOHS and University of Ottawa. In-kind. Co-Investigators: Corbeil, S., Bouchard, M., **Holdway, K.**

Test-Retest Reliability: An Instrument to Determine Appropriate Care Provider (2003-2004). In kind SCOHS and University of Ottawa. In-Kind SCOHS Co-Investigators: Murray, M.A., **Holdway, K.**, McPherson, C., Elliot- Miller, P.

Implementation and Evaluation of a Nursing Summer Student Internship Program (2003-2004). In kind SCOHS and University of Ottawa. Co-Investigators: Corbeil, S., **Holdway, K.**, McPherson, C., Oremusch, S. Murray MA.

The Patient Restraints Minimization Act of Ontario: Impact on Clinical Outcomes in Geriatric Rehabilitation and Patients' Perceptions of Bedrails (2002). Funding SCOHS (Geriatric Rehabilitation Program and In-kind SCOHS and University of Ottawa. Knoefel, F., **Holdway, K.**, Leclerc, A., Sohmer, J., Swietochowski, B., Scrim, C., Patrick, L., Pisterman, S.

A Comparison of the Open and Closed Delivery Systems of Enteral Feeding (2001-2002). In kind SCOHS and University of Ottawa. Roussel, J., **Holdway, K.**, Villeneuve, C., Ferguson, U, Garrett, L., McReynolds, B., Madigan, C. A.

Attitudinal, Perceptual, and Normative Beliefs Influencing the Exercise Decisions of Community- Dwelling Physically Frail Seniors: An Application of the Theory of Planned Behaviour, 1998-2001 (MScN research). **Benjamin, K.**, Dr. Nancy Edwards (supervisor).

ARTICLES IN REFEREED JOURNALS

Fatemi, M., **Benjamin, K.**, Johnson, J., & O' Dwyer, R. (2020). Barriers to the Implementation of the Advanced Practice Nursing Role in Primary Health Care Settings: An Integrative review. Middle East Journal of Nursing. DOI: [10.5742/MEJN2020.93794](https://doi.org/10.5742/MEJN2020.93794)

Mac Donald, C. **Benjamin, K.**, Wolsey, C. & Topping, A. (2020). The Experiences of Diploma Registered Nurses Returning to Undergraduate Study in Qatar: A descriptive qualitative study. Nurse Education Today. Available @ <https://doi.org/10.1016/j.nedt.2020.104456>.

Mansoori, M.H., **Benjamin, K.**, Ngwakongnwi, E., & Al Abdulla, S. (2019). Nurses' Perceptions of the Clinical Information System in Primary Healthcare Centres in Qatar: A Cross-Sectional Survey. *BMJ Health & Care Informatics* 2019; 26:e100030. doi: 10.1136/bmjhci-2019-100030

Donnelly TT, Al-Thani AAbM, **Benjamin K**, Al-Khater AH, Fung TS, et al. (2018) Arab female and Male Perceptions of Factors Facilitating and Inhibiting their Physical Activity: Findings from a Qualitative Study in the Middle East. *PLOS ONE* 13(7): e0199336.
<https://doi.org/10.1371/journal.pone.0199336>

Abdulla Ali, R, **Benjamin, K.**, Munir, S. & Saleh Othman Saleh, N. A Review of Informatics Competencies Tools for Nurses and Nurse Managers (2018). *Canadian Journal of Nursing Informatics*. <http://cjni.net/journal/?p=5370>

Al-Ashwal NA., Critchley K, & **Benjamin K**. Cardiac Rehabilitation Programs: An Investigation into the Reasons for Non-attendance in Qatar. (2017):1.<http://dx.doi.org/10.20421/ighpe2017.02>

Benjamin, K., Rankin, J. Edwards, N., Ploeg, J., & Legault, F. (2015) The Social Organization of A Sedentary Life for Residents in Long Term Care. *Nursing Inquiry*, available online @ onlinelibrary.wiley.com DOI:10:1111/NIN 12120.

Benjamin, K., & Rankin, J. (2014). Reflections of a Novice Institutional Ethnographer. *CJNR*, 46(1)87- 101.

Benjamin, K., Edwards, N., Ploeg, J., & Legault, F. (2014). Barriers to Physical Activity and Restorative Care for Residents in Long-Term Care Homes: A Review of the Literature. *Journal of Aging and Physical Activity*, 221 (1), 154-165. <http://dx.doi.org/10.1123/JAPA.2012-0139>

Benjamin K., & Donnelly, T. Barriers and Facilitators Influencing the Physical Activity of Arabic Adults: A Literature Review, 2013, *Avicenna*. Vol 8. DOI 10.5339/AVI.2013.

Benjamin, K., Edwards, N., Guitard, P., Murray, M.A., Caswell, W., & Perrier, M.J. (2011). Factors that Influence Physical Activity in Long-term Care: Perspectives of Residents, Staff, and Significant Others. *Canadian Journal on Aging*, 30(2), 1-12.

Benjamin, K, Edwards, N. & Caswell, W. (2009). Factors Influencing the Physical Activity of Older Adults in Long-Term Care: Perspectives of Administrators. *Journal of Aging and Physical Activity*, 17(2) 1-16.

Lang, A., Edwards, N., Hoffman, C., Shamian, J. **Benjamin, K.**, & Rowe, M. (2006). Broadening the Patient Safety Agenda to Include Home Care Services. *Healthcare Quarterly – Patient Safety Papers*, Vol 9, Special Issue, 124-126.

Ralphs-Thibodeau, S, Knoefel, F., **Benjamin, K.**, Leclerc, A., Pisterman, S., Sohmer, J., & Scrim, C. (2006). Patient Choice: An influencing factor on policy related research to minimize bedrails as physical restraints *Worldviews on Evidence-Based Nursing*, 3(1), 31-39

Benjamin, K., Edwards, N. & Bharti, V. (2005). Attitudinal, perceptual and normative beliefs influencing the exercise decisions of community-dwelling physically frail seniors *Journal of Aging and Physical Activity*, 13(3), 276-293.

Holdway, K., Corbeil, S., Mc Pherson, C., Oremush, S & Murray, M.A. (2005). Creating a Bridge between Academic and Clinical Realities for Student Nurses: Evaluation of a Summer Student Internship Program. *Canadian Journal of Nursing Leadership* Available at www.nursingleadership.net/onlineexclusive/nonline.html.

Bouchard, M., Corbeil, S., Tassé, H., **Holdway, K.** & Joanisse, J. (2004). Evaluating the Nurse Practitioner Role in Long-Term Care. *Canadian Nursing Home*, 15(1), 10-13.

Lee, B., Brajtman, S., Campbell, B., Chircop, A., Edwards, N., Eldred, S., Hamel, N., **Holdway, K.**, Kothari, A., Mill, J., Sheppard-Lemoine, D. & Votta, E., (2004). A Web of Connections. *Canadian Nurse*, 100(4), 23-26.

Leclerc, A., **Holdway, K.**, Kettyle, D., Ball, A. & Keith L (2004). Nurses' Perceptions of Rehabilitation Certification. *Canadian Nurse*, 100(2), 22-25

REFEREED CONTRIBUTIONS: PAPER PRESENTATIONS (SELECTED)

MacDonald, C. Wolsey, C. **Benjamin, K.** Jouhar, Mollazehi, M. Mansoori, M. Ghaedi, M. Al-Yazeedi, A. Akyan, S. Topping, A. Returning to school for a Baccalaureate: The transitional experience of post-diploma nurses in Qatar. Presented at the 2016 NET (Networking for education in healthcare) conference, 6-8 Sept 2016, Churchill College, Cambridge UK.

Caswell, W. **Benjamin, K.** & Edwards N. *Physical Activity of Older Adults in Long- Term Care" Perspectives of Administrators*. Sixth Annual University of Ottawa/ Tau Gamma Clinical Nursing Research Conference: Where have we been? Where are we going? May 9, 2008, Ottawa, ON.

Chambers, L. Amos, S. Davis C., Fahey, K. Edwards, N., **Benjamin, K.**, Strachan, N, & O'Hagan, M.: *Successful Aging Ottawa: Building Partnership in Healthy Aging*. Symposia session V. CAG: Aging: Navigating the winds of change, October 20-23, 2005, Halifax, N.S.

Votta, E. Profit, S., Lockett, D., Lee, B, Weeks, L., **Holdway, K.**, Sheppard-LeMoine, D., Graham, B., Campbell, B., Thompson, A., & Chirop, A. *A comparison of two qualitative methodologies, photo novella and semi-structured interviews, to examine senior's perceptions of barriers and facilitators to physical activity*. Sixth World Congress on Aging and Physical Activity, Research to Action for an Aging Society, August 2004, London, ON.

Scrim, C., **Holdway, K.**, Knoefel, F., Leclerc, A., Sohmer, J., Sweitochowski, B., Patrick, S. & Pisterman, S. *The Patient Restraints Minimization Act of Ontario: Part 1: Impact on Clinical Outcomes in Geriatric Rehabilitation*. National Rehabilitation Nursing Conference, May 2003, Ottawa, ON.

Sohmer, J., Sweitochowski, **Holdway, K.**, Knoefel, F., Leclerc, A., Scrim, C., Patrick, S. & Pisterman, S. *The Patient Restraints Minimization Act of Ontario: Part 2. Patients' Perceptions of Bedrails*. National Rehabilitation Nursing Conference, May 2003, Ottawa, ON.

Holdway, K. *Perceptions, Attitudes and Subjective Norms Influencing the Decisions of Physically Frail Seniors to Exercise or Not to Exercise: An Application of the Theory of Planned Behaviour*. National Rehabilitation Nursing Conference, May 2003, Ottawa, ON.

Knoefel, F., Sohmer, J. **Holdway, K.**, Pisterman, S., & Leclerc, A. *The Patient Restraints Minimization Act of Ontario: Part 1: Impact on Clinical Outcomes in Geriatric Rehabilitation Patients*. CAG, 31st Annual Scientific and Educational Meeting: Aging and Society, October, 2002, Montreal P.Q.

Sohmer, J., Leclerc, A., **Holdway, K.**, & Patrick, L. *The Patient Restraints Minimization Act of Ontario: Part 2: Patients' Perception of Bedrails*. CAG: 31st Annual Scientific and Educational Meeting: Aging and Society, October 2002, Montreal P.Q

Holdway, K. Perceptions, Attitudes, and Subjective Norms Influencing the Decisions of Physically Frail Seniors to Exercise or Not to Exercise: An Application of the Theory of Planned Behaviour. CAG. 31st Annual Scientific and Educational Meeting: Aging and Society, October 2002, Montreal P.Q.

REFEREED CONTRIBUTIONS: POSTER PRESENTATIONS (Selected)

Badshah, F. A.Q, **Benjamin, K.**, Munir, S. & Rankin, J. (2016). The Needs of Female Breast Cancer Survivors after Completion of Primary Treatment: A review of the Literature. Hamad Medical Corporation Annual Research Day, Dec. 7th 2016, Doha Qatar

Edwards, N., Lockett, D., & **Benjamin, K.** *Environmental Hazards and Fall Prevention. Defining a New Research Agenda*. 37th Public Health Association of Australia Annual Conference: Tackling the Determinants of Health: From the Bush to the Bondi, Sept 25-27, 2007 Sydney, Australia

AWARDS, SCHOLARSHIPS, FELLOWSHIPS

Doctoral Study Award (2006-2009), Royal Victoria Hospital School of Nursing, Montreal,
 Doctoral Study Award (2005, 2006), Community Health Research Unit, University of Ottawa,
 Research Fellowship (2005), Élisabeth Bruyère Research Institute, Ottawa, Ontario
 Graduate School Tuition Scholarship (2005-2009, 1998-1999), University of Ottawa, Ontario.
 Award, Advanced Studies in Gerontological Nursing (1998), Royal Canadian Legion, Ottawa.

PROFESSIONAL DEVELOPMENT (selected)

Creative writing courses, Copyediting and Proofreading, University of Calgary, 2019
 The Ontario Training Center Diploma in Health Services and Policy Research (2007-2008)
 Third Annual Summer Research Internship, University of Ottawa, Ontario (2003)

SCHOLARLY/PROFESSIONAL ACTIVITIES

Adjunct, Nursing Faculty, University of Calgary, Canada **2020- Present**

Graduate Student Supervision, University of Calgary in Qatar

Rolla Hamden (2018 -Aug 2020) (MN Leadership) Assessing the Barriers Towards Colorectal Cancer Screening: A Literature Review

Maryam Fatemi (2018 -Aug 2020) (MN Leadership) Barriers to the Implementation of the

Advanced Practice Nursing Role in Primary Health Care Settings: An Integrative Review

Maryam Ali Al Tamimi, (2018-Jan 2020). (MN Leadership) Challenges Faced by Home Care Nurses Who Care for the Elderly: A Integrated Literature Review.

Monaa Mansoori (2015 -Jan. 2017) (MN Leadership) Nurses' Perceptions of the Electronic Clinical Information System in Primary Health Care Centers in Qatar

Wafaa Shehada (2015- Jan 2017) (MN Oncology) Support groups for women diagnosed With breast cancer. An integrative literature review.

Rawda Ali (2015- Jan. 2017) (MN Leadership) Informatics Competencies for Nurses and Nursing Managers: An Analysis of Published Tools for Application in HMC.

Farzana Badshah, (2015- Jan. 2017) (MN Oncology). The Needs of Female Breast Cancer Survivors After Completion of Primary Treatment: A Review of the Literature.

Nawal Ali- Ashwal, (2013-2016), MScN (thesis), Cardiac Rehabilitation: An investigation into the reasons for non-attendance of patients in Qatar.

Nahrida Nazir, (2013-Jan. 2015) (MN Oncology) Transformation and Advanced Nursing Practice in Qatar: Pilot testing a tool to assess practice patterns of Oncology Advanced Clinical Nurse Specialists (ACNSs) in Qatar.

Samreen Pervez, (2013-Jan. 2015) (MN Oncology) Evidence Based Strategies to Prevent Central Venous Line Infections in Oncology Patients. A Review of the Literature.

CONFERENCES/WORKSHOPS/MEETINGS ATTENDED (Selected)

General Nursing Education (GNO) Program Hamad General Hospital, Doha, August 2019.

BLS recertification, Oct. 10, 2019. College of the North Atlantic, Doha, Qatar.

3rd annual Congress & Medicare Expo on Primary Healthcare. May 2016, Dubai, UAE.

PROFESSIONAL ASSOCIATIONS:

College of Nurses of Ontario

RNAO