Zienab Shahada

Rheumatologist



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SUMMARY

Rheumatologist with clinical experience since 2016, specialized in the diagnosis and management of autoimmune and inflammatory joint diseases. Skilled in comprehensive patient care, treatment optimization, and intra-articular injections. PhD holder in Rheumatology (2026) with a strong academic background and research focus on genetic polymorphisms in rheumatic diseases. Experienced in integrating evidence-based medicine with patient-centered care and committed to advancing clinical practice and medical research.

WORK EXPERIENCE

2016 – Until now **Rheumatologist**

2016 – Until now **Social Literary Association Clinic,** Damascus, Syria

- Implemented personalized treatment plans encompassing medication management, physical therapy, joint injections, and surgical referrals when necessary
- Performed detailed clinical examinations and interpreted diagnostic tests like X-rays, MRIs, and blood work to identify rheumatic conditions
- Engaged in continuous patient care, optimizing treatment plans and follow-ups

2024 – Until now

Faculty of Medicine, Syrian Private University (SPU), rif Dimashq, Syria

Teaching the Rheumatology course at the Faculty of Medicine, Syrian Private University (SPU), 2024 – Present.
Supervising and mentoring medical students, Contributing to research in autoimmune diseases and genetics

VOLUNTARY EXPERIENCE

Jan 2020 – Present **Media and Social Media Team Lead**

Samma'at Hakim Foundation, Online

- Spearheading a dynamic media team, fostering creativity and driving impactful content across Facebook and Telegram platforms
- Administering Facebook page, crafting compelling posts, managing ad campaigns, and fostering lively discussions
- Administering Telegram channel, delivering engaging content, building targeted groups, and nurturing a loyal following

Mar 2023 – Jan 2024 **Health Awareness Promoter**

UNICEF, Damascus, Syria

Conducted awareness-raising activities for the local community within the Risk Communication and Community Participation Program in cooperation with the Red Crescent and UNICEF as a media officer and doctor within the Samma'at Hakim Foundation. The activities included raising awareness about the WASH sector and respiratory diseases and enhancing demand for vaccines, especially the Covid-19 vaccine.

2025 **Experience in performing joint echography**

EDUCATION AND TRAINING

2021 – 2026 **PhD in Rheumatology**

Damascus University, Damascus, Syria

2016 **Syrian Board Certification in Rheumatology**

Syrian Ministry of Health

2016 **License to practice rheumatology**

Syrian Ministry of Health

2009 – 2016 **Master's Degree in Rheumatology**

Damascus University, Damascus, Syria

2003 – 2008 **Bachelor's Degree in Medicine**

Damascus University, Damascus, Syria

2025 **Dataflow Verification – Completed**

CONTRIBUTIONS AND PUBLICATIONS

Publications

- **Acute psychosis as the presenting manifestation of lupus: case reports:** Shahada, Zienaba; Khalalyli, Naramb; Allahham, Leena; Kudsi, Maysounc. Acute psychosis as the presenting manifestation of lupus: case reports. International Journal of Surgery: Global Health 6(6):e0384, November 2023. | DOI: 10.1097/GH9.0000000000000384
- **A case report of a patient with panuveitis following COVID-19 infection:** Khalayli, Naram MDa; Shahada, Zienab PhDb; Kudsi, Maysoun MD, PhDc. A case report of a patient with panuveitis following COVID-19 infection. International Journal of Surgery: Global Health 6(5):e0358, September 2023. | DOI: 10.1097/GH9.0000000000000358
- **Golimumab therapy-induced isolated myelitis in a Behcet's disease patient: a case report:** Kudsi M, Shahada Z, Haidar G, Safiah MH, Khalayli N. Golimumab therapy-induced isolated myelitis in a Behcet's disease patient: a case report. Ann Med Surg (Lond). 2023 Mar 27;85(4):951-954. doi: 10.1097/MS9.0000000000000139. PMID: 37113905; PMCID: PMC10129211
- **Adult-onset Still's disease as the first manifestation of acute myeloid leukemia: a case report:** Ibrahim R, Drie T, Shahada Z, Al Halabi H, Kudsi M. Adult-onset Still's disease as the first manifestation of acute myeloid leukemia: a case report. Ann Med Surg (Lond). 2023 Feb 17;85(3):532-535. doi: 10.1097/MS9.0000000000000256. PMID: 36923783; PMCID: PMC10010820.
- **A case of SAPHO syndrome complicated by uveitis with good response to etanercept, a TNF inhibitor:** **Kudsi, Maysoun MD, PhD; Shahada, Zienab MD; Haidar, Ghina MD*; Drie, Tasneem MD; Tarcha, Raghad MD; Bitar, Anas MD. A case of SAPHO syndrome complicated by uveitis with good response to etanercept, a TNF inhibitor. International Journal of Surgery: Global Health 8(1):e00520, January 2025. | DOI: 10.1097/GH9.0000000000000520>**
- **Successfully treated refractory Sjögren's syndrome myelopathy with tocilizumab; case report:** Shahada, Z., & Kudsi, M. (2024). Successfully treated refractory Sjögren's syndrome myelopathy with tocilizumab; case report. IJS Global Health , 7 (5), e00470.

Academic Contributions

Aug 2022 **Lecturer**

Second Syrian Molecular Pathology Association Conference, Damascus, Syria

Participated with research on "Prevalence of genetic polymorphisms in the vitamin D receptor gene and their relationship to susceptibility to rheumatoid arthritis in Syrian patients."

June 2025 **Award**

Poster Presentation: Impact of Vitamin D Receptor Gene Polymorphisms on Rheumatoid Arthritis Risk, Disease Activity, and Vitamin D Levels in Syrians. Syrian American Medical Society (SAMS) Annual Conference, Damascus, Syria, 2024. 2nd Place Award.

Honors and Recognitions

2021 Honoured by the Minister of Health during the COVID-19 pandemic

2023/2026 Recognized by the Director of Health in Damascus during Damascus Health Days

PERSONAL SKILLS

Languages

- Arabic: Native
- English: Fluent

Core skills

- **Communication skills:** Proficient in written and verbal communication with medical team, other health providers and patients
- **Time management skills:** Prioritize, and coordinate several tasks simultaneously
- **Organizational skills:** Positive and committed attitude, ability to work as a team member as well as individually
- **Team Leadership:** Proven ability to inspire, lead, and guide teams to achieve goals
- **Analytical thinking:** Adept at analyzing data, solving complex problems, and making informed decisions
- **Research:** Contributed to research endeavors, advancing the understanding and treatment of rheumatic diseases
- **Social media management:** Content Strategist and Engagement

Computer Skills

- Microsoft Office Suite (ICDL Certified)
- Internet research