

**CYNTHIA J. MOSHER**  
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## MISSION STATEMENT

Enhance personal growth and inspire change by consistently embodying integrity in all actions, and through deliberate practice of principles. By understanding the complexities and obstacles in daily application, we can refine our teaching methods and advocate for strategies that are pertinent, feasible, effective, and sustainable, thereby influencing individual behaviors, shaping cultural norms, and improving patient outcomes and quality of care.

## EDUCATION

**Massachusetts General Hospital Institute of Health Professions USA** PhD | 2022  
*Doctorate in Philosophy in Health Professions Education*

**University of Alabama at Birmingham USA** MSHS | 2020  
*Master of Science in Healthcare Simulation*

**Alfaisal University College of Medicine Riyadh.** MBBS | 2017  
*Bachelor of Medicine Bachelor of Surgery*

**Girls College of Education Riyadh** Diploma | 2010  
*Diploma in Arabic Language and Islamic Culture*

**Clayton University USA** BS | 2007  
*Bachelor of Science in Natural Health Sciences*

## POSITIONS HELD

**2017-current** Senior Lecturer, Health Professions Educator, Assistant Course Director  
Alfaisal University College of Medicine

Assistant Course Director, Department of Clinical Skills

- Leads development and innovation strategies for new courses and projects.
- Assesses, designs, implements, and evaluates educational needs and programs.
- Establishes and fosters relationships with industry and institutional leaders in higher education and technology.
- Delivers onboarding and training for faculty and teaching assistant facilitators.
- Conducts faculty development workshops for educators and teaching assistants in simulation methodology, facilitation, and use of debriefing.
- Offers weekly training sessions for teaching assistant facilitators

Faculty, College of Medicine

- Establishes and fosters relationships with industry and institutional leaders in higher education and technology.
- Serves as liaison between Alfaisal University and international institutions, including:
  - MGH Institute of Health Professions

- Rochester University
- Emory University
- Harvard Medical School
- Seeks internal and external collaboration opportunities.
- Mentors MBBS students Years 1-5

Research, College of Medicine

- Development lead, Department of Clinical Skills
- Research liaison for the College of Medicine, AI Research Center, and Research & Innovation Center
- Collaborates with internal and external faculty in writing journal quality articles.
- Provides simulation research education and mentorship in best practices, scientific updates, and institutional research processes for students and educators.
- Develops and conducts student simulation research projects, supervising medical/pharmacy students in research.
- Develops, implements, assesses, and participates in local, regional, and international conferences for research and workshop projects.
- Initiates, develops, implements, assesses, and participates in joint educational programs and research activities with international institutions.

Coordinator, Alfaisal - MGH Institute of Health Professions Programs

- Co-leads development, implementation, and management of MGH IHP Health Professions Education programs, including MS, MS-to-PhD, and PhD, [at Alfaisal University \(AU\)](#).
- Teaches [synchronous and asynchronous](#) for health professions education, simulation, and leadership courses.
- Serves as dissertation committee member for PhD students, advisor for MS & PhD students.
- Reviews MS and PhD candidate applications and selection.
- Plans and implements regional marketing activities and recruitment.
- Synthesizes needs and prepares resources for on campus Innovation Seminars
- Contributes to development and implementation of online interprofessional community of practice, sustaining impact of MGH IHP AU graduates.
- Collaborates with internal and external faculty in research activities.
- Prepares and facilitates elements of accreditation processes of IHP programs at Alfaisal University.

**2017-current**

**Primary Care Physician**

Alfaisal University Primary Care Clinic

- Provides primary care services to a diverse university community, including diagnosis and treatment of acute illnesses.
- Offers lifestyle medicine counselling and assessment, educating patients on health and wellness.

**2017-2020**

**Primary Care Physician**

Dr Seima Bakheet Clinic

- Conducted full history and physical examination of patients.
- Provided primary assessments of patients presenting for treatment.
- Delivered prescribed treatments and managed constitutional imbalances post-procedure.

## VOLUNTEER POSITIONS AND SERVICE

- 2023-current**      **Board Member, Global Network for Simulation in Healthcare**  
International think tank dedicated to advancing patient safety, workforce wellbeing, and healthcare.
- Serves on planning committee and research projects.
- 2023-current**      **Member, Distance Simulation Collaborative**  
Research collaboration of 25 simulation organizations
- 2022-current**      **Co-Chair, Distance Simulation Affinity Group**  
Society for Simulation in Healthcare
- Co-directs the distance simulation interest group.
  - Coordinates and facilitates collaborative discussions for the group.
  - Bridges the efforts of this group with Society for Simulation in Healthcare conference meetings.
- 2021-2023**      **Research Committee Appointed Member, Coordinator**  
Alfaisal University College of Medicine
- Reviewed, screened, and recommended abstract proposals.
  - Coordinated internal and external research activities.
- 2020-2023**      **Member At Large, Media & Communications Committee**  
Society for Simulation in Healthcare
- Planned and implemented global participation in Simulation Week
  - Served on media planning committee for International Meeting for Simulation in Healthcare
- 2020-2023** **Journal Reviewer**
- Advances in Health Sciences Education Springer
  - International Breastfeeding Journal
  - The Cureus Journal of Medical Science

## AUTHORITATIVE REPORTS & WHITE PAPERS

1. Palaganas J, Bajwa M, Lababidi H, Morton A, Morris M, **Mosher C J**, Wawersik D, Weaver A, Gross I, Sindelar A, & Ahmed R. (2022). The Creation of Healthcare Distance Simulation Faculty Development Guidelines (Phase I). The Institute for Interprofessional Innovations and the Healthcare Distance Simulation Collaboration. Accessible at <https://healthsciences.nova.edu/pde/forms/sim-white-paper.pdf>
2. The Creation of Healthcare Distance Simulation Faculty Development Guidelines (Phase I). The Institute for Interprofessional Innovations and the Healthcare Distance Simulation Collaboration. (under development)

## PEER REVIEWED RESEARCH PUBLICATIONS

1. Palaganas, J. C., **Mosher, C. J.**, Morton, A., Foronda, C., Cheng, A., Anderson, T. (2024) Engagement in Distance Healthcare Simulation Debriefing: A Concept Development and Framework. *Simulation in Healthcare (accepted and in production)*
2. Morton, A., J. **Mosher, C.** & Palaganas, J.C. (2023). A Comparative Study of Debriefers Versus Debriefees Distance Simulation Engagement. *Clinical Simulation in Nursing*, 74,

- 76-86. <https://doi.org/10.1016/j.ecns.2022.08.008>.
3. Bajwa, M., Ahmed, R., Lababidi, H., Morris, M., Morton, A., **Mosher, C.**, Wawersik, D., Herx-Weaver, A., Gross, I. T., & Palaganas, J. C. (2023). Development of Distance Simulation Educator Guidelines in Healthcare: A Delphi Method Application. *Simulation in Healthcare: Journal of the Society for Simulation in Healthcare*, 10.1097/SIH.0000000000000707. Advance online publication. <https://doi.org/10.1097/SIH.0000000000000707>
  4. **Mosher, C.**, Morton, A., Tarbet, A., & Palaganas, J. C. (2023). Factors of Engagement in Synchronous Online Learning Conversations and Distance Debriefing: A Realist Synthesis Review. *Simulation in Healthcare: Journal of the Society for Simulation in Healthcare*, 18(2), 126–134. <https://doi.org/10.1097/SIH.0000000000000650>
  5. Morton, A., J. **Mosher, C.**, & Palaganas, J.C. (2022) Debriefing Engagement in Distance Debriefings: A Study of Videos On and Off. *MGH Institute of Health Professions*, 2022. ProQuest Publication Number 30314678
  6. **Mosher, C.**, Morton, A., & Palaganas, J. C. (2021). Perspectives of engagement in distance debriefings. *Advances in Simulation (London, England)*, 6(1), 40. <https://doi.org/10.1186/s41077-021-00192-y>
  7. **Mosher, C.**, Mukhtar, F., Alnaami, N., Akkielah, Y. A., Alsharif, J., Khan, T., Taskiran, H. C., & Zafar, M. (2022). Donning and Doffing of Personal Protective Equipment: Perceived Effectiveness of Virtual Simulation Training to Decrease COVID-19 Transmission and Contraction. *Cureus*, 14(3), e22943. <https://doi.org/10.7759/cureus.22943>
  8. **Mosher, C.**, Sarkar, A., Hashem, A. A., Hamadah, R. E., Alhoulan, A., AlMakadma, Y. A., Khan, T. A., Al-Hamdani, A. K., & Senok, A. (2016). Self-reported breastfeeding practices and the Baby Friendly Hospital Initiative in Riyadh, Saudi Arabia: prospective cohort study. *BMJ Open*, 6(12), e012890. <https://doi.org/10.1136/bmjopen-2016-012890>.

## CURRENT RESEARCH PROJECTS

1. Prompt Engineering in Generative Pre-trained Transformers (GPT) Models for Healthcare Simulation Case Scenarios. (submission February 2024)
2. 30-Minute Weekly Health Professions Education Project with the Global Network for Simulation in Healthcare (collaboration-initiated February 2024)
3. Evaluating the quality of a written clinical simulation case scenario using the Simulation Scenario Evaluation Tool before and after a dry run | A pilot study (in progress)
4. Donning and Doffing of Personal Protective Equipment: A Randomized Controlled Trial of the Efficacy of In Person versus Online Training (initiated February 2024)
5. Simulation Based Education Research Evidence at Kirkpatrick Levels 3 & 4: Systematic Review (Initiated January 2024)
6. Implicit and Explicit Weight Bias of Health Professions Students & Practitioners (initiated January 2024)

7. Healthcare Practitioners: What Precursors Influence Interactions with Patients in Larger Bodies?  
(initiated December 2023)
8. An Umbrella Review of In-person Healthcare Simulation - A 3-year multi-institution project including:  
 MGH Institute of Health Professions  
 Alfaisal University College of Medicine  
 Nova Southeastern University, College of Nursing  
 Walden University College of Nursing  
 Stanford University School of Medicine  
 Creighton University College of Nursing  
 LMU University Hospital Institut für Notfallmedizin und Medizinmanagement - INM  
 Johns Hopkins University School of Nursing  
 Yale University School of Medicine  
 SFPE Foundation  
 Boston University  
 SimConverse  
 Charles E. Schmidt College of Medicine, Florida Atlantic University  
 University of Alberta, Faculty of Medicine and Dentistry  
 (submitted November 2023, under revision)
9. "Does Distance Matter? A Comparative Study across Distance, Mixed-Distance, and In-Person Simulation Literature" (the "Work") *Simulation in Healthcare*  
(submitted October 2023, under review)
10. Effect of the Simulation Case on the Engagement of Practicing Healthcare Professionals in Distance Debriefing: A Randomized Controlled Trial *Clinical Simulation in Nursing*  
(submitted October 2023, under review)

#### INVITED LECTURES

- |      |   |
|------|---|
| 2023 | AI in Health Professions Education Women in Data Science Forum Riyadh                             |
| 2023 | VR, AR, AI: Applications in Simulation-Based Education Educational Series, Riyadh                 |
| 2022 | Introduction to Simulation-Based Education Alfaisal University Faculty Development Series         |
| 2022 | Closing the Distance in Healthcare Simulation, eSIM Bi-Monthly Grand Rounds Series Alberta Canada |

#### CONFERENCE PRESENTATIONS

- |      |   |
|------|---|
| 2024 | International Meeting on Simulation in Healthcare January 2024 San Diego CA <ul style="list-style-type: none"> <li>• Plenary Hall Presentation: Get Ready Simulationists: Implementing Guidelines for Distance Simulation Educators</li> <li>• Psychological Safety in Distance Sim: Is That Your Boss Behind You?</li> <li>• From Script to Screen: Crafting Engaging Written Distance Simulation Scenarios</li> </ul> |
| 2023 | Oral Research Presentation: Article of Influence IMSH 2023 Orlando January 2023   |
| 2023 | Workshop Presentation: Distance Simulation & Distance Debriefing IMSH 2023 Orlando January 2023   |
| 2022 | Workshop Presentation: Engagement in Distance Debriefing: The Good, The Bad, and The Ugly. Society for Simulation in Europe (SESAM) Seville Spain June 2022   |
| 2022 | Workshop Presentation: Engagement in Distance Debriefing: The Good, The Bad, and The Ugly. International Meeting on Simulation in Healthcare Los Angeles January 15-19 2022   |
| 2022 | Oral Presentation: eSIM Virtual Bi-Monthly Grand Rounds Series: Closing the Distance in Healthcare Simulation November 2022   |

- 2021 Oral Presentation: Perspectives of Engagement in Distance Debriefing. Saudi Society of Simulation Scientific Assembly 6-9 December 2021
- 2021 Poster Presentation: Donning and Doffing of PPE: Perceived Effectiveness of Virtual Simulation Training to Decrease COVID-19 Transmission and Contraction. Saudi Society for Simulation in Healthcare Scientific Assembly December 2021
- 2021 Oral Presentation: Donning and Doffing of PPE: Perceived Effectiveness of Virtual Simulation Training to Decrease COVID-19 Transmission and Contraction Saudi Society for Simulation in Healthcare Scientific Assembly
- 2018 Oral Presentation: Hereditary Multiple Exostoses King Faisal Specialist Hospital. Prince Muhammad Bin Abdulaziz Hospital & Alfaisal University Riyadh, Saudi Arabia
- 2017 Oral Presentation: TICC TOCC: Transitioning Immediate Cord Clamping to Optimal Cord Clamping to Improve Infant Iron Stores. C Mosher, Wesam Kurdi Consultant, Maternal & Fetal Medicine, King Faisal Specialist Hospital & Research Center Riyadh, Saudi Arabia
- 2017 Oral Presentation: Seckel Syndrome and Implications for Prenatal Care KFSH & RC Riyadh, Saudi Arabia
- 2015 Oral Presentation: The European Academy of Paediatrics, Congress and Master Course (EAP 2015) Oslo, Norway Improving Breastfeeding in Saudi Arabia: The Baby Friendly Hospital Initiative

#### ACADEMIC ADVISORY

2024 Sheeba Retnabai, Consultant OBGYN United Arab Emirates  
*MS-HPEd Program Advisor*

~~2024 Nuha Birido, Consultant Breast Surgeon, Ibn AlBaitar Clinical Simulation Center  
*MS-HPEd Program Advisor*~~

2024 Daij Aldaiji, Dentist, AlRass Dental Center  
*MS-HPEd Program Advisor*

2024 Iman Almkhtar Consultant, Pediatric Critical Care  
*MS-HPEd Program Advisor*

2023 Emma Darpino, RD MGH IHP  
*PhD-HPEd Dissertation Committee memberAdvisor*

2023 Abdulrahman AlMahmadi RN, Al Madinah Healthcare Cluster  
*MS-HPEd Program Advisor*

2023 Lama Alotaibi, Attending Physician, Emergency Medicine, King Faisal Specialist Hospital & Research Center  
*MS-HPEd Program Advisor*

2023 Ibrahim Alqahtani, Physician, Family Medicine, Director for Academic Affairs Ministry of Defense  
*MS-HPEd Program Advisor*

2023 Rafif Matar, General Surgeon, King Saud University & Medical City  
*MS-HPEd Program Advisor*

2022 Fatimah Alkhalifah, RN, Clinical Instructor, Pediatric Intensive Clinical Care  
*MS-HPEd Program Advisor*

2022 Nida Qureshi, Physician, King Saud Medical City  
*MS-HPEd Program Advisor*

2022 Sharouk Khanjar, Physician, Teaching Assistant, Alfaisal University  
*MS-HPEd Program Advisor*

2022 Sawsan Obeidat, Physician, Saudi Health Training Center  
*MS-HPEd Program Advisor*

2022 Sadek Obeidat, Physician, Lecturer, Alfaisal University  
*MS-HPEd Program Advisor*

2022 Dimpna Albert-Brontons MD, Pediatric Cardiologist, King Faisal Specialist Hospital  
*MS-HPEd Program Advisor*

2022 Sara Maaz, Physician, Teaching Assistant, Alfaisal University  
*MS-HPEd Program Advisor*

## EDUCATIONAL IMPACT

### Alfaisal University & MGH Institute of Health Professions

- Establishment of the first Master of Science in Health Professions Education program in the Middle East
- Initial cohort six students, Cohort 2 40% increase, Cohort 3 projected 50% increase
- 5 group research pilot studies and 5 group IRB proposals for full studies
- Interprofessional recruitment of physicians, surgeons, simulation technology specialists, nurse educators, dentists, healthcare management consultants, healthcare education instructors and administrators.
- New England Commission for Higher Education accreditation granted for the Alfaisal campus MS HPEd program after a three-day accreditation officer visit and assessment.
- Proposal and agreement to establish PhD program, launching 2024.
- Successfully facilitated sponsorship agreements with several student institutions

### Alfaisal University, Saudi Ministry of Health, University of Rochester USA

- Contribution to requirements for recognition by the American Medical Association
- Proposal to establish Breastfeeding & Lactation Medicine fellowship program in Saudi Arabia, under consideration.
- Secured fellowship seat for one Saudi candidate, increasing as program develops.

### Alfaisal University Department of Clinical Skills, MGH Institute of Health Professions & Alfaisal AI Center and Human-Computer Interaction

- Development of artificial intelligence prompt engineering approaches for simulation scenario and debriefing plan creation.
- Assessing the quality of prompt engineering content produced by chatbots for use in medical education and simulation experiences.
- Exploration of generative artificial intelligence applications to qualitative research analysis.

### Global Healthcare Simulation Community

- Development of guidelines for distance simulation educators, presented to organizations to inform standards of competency and practice.
- Contributed to standardization terminology for Healthcare Simulation Dictionary, Society for Simulation in Healthcare

- Global Network for Simulation in Healthcare Summit Meeting proposed ideas added to action items for planning and implementation, including:
- Continuation of Global Network for Simulation in Healthcare 30 Minute Weekly research project
- Community program to identify simulation/medical education centers in need of equipment and matching them local/regional centers with unused equipment available for donation.
- Global Network for Simulation in Healthcare Planning Committee

## EDUCATIONAL ACTIVITIES

### HE742 MS Innovations Seminar

#### HE715

#### HE717A/B Foundations of Teaching, Learning, and Assessment

### HE743/HE747 Scholarship & Capstone Seminar

### HE991 PhD Mentored Research

### HE795 Scholarly Project Supervisor

#### HE795 Scholarly Project Supervisor

### HE744 Research Methods in Education, Health Professions Education Program

#### HE744 Research Methods in Education, Health Professions Education Program

## MEDIA IMPACT

2023-current	MGH Institute of Health Professions Alfaisal Master of Science Health Professions Education - Video production and dissemination
2022-current	MGH Institute of Health Professions Alfaisal Master of Science Health Professions Education - Recruitment Coordination Marketing and Communications Alfaisal University
2022-current	MGH Institute of Health Professions - HPEd Newsletter – editorial contributions in report of scholarly activities
2022-current	Society for Simulation in Healthcare Simulation Week – Department of Clinical Skills activities
2021-current	Graduate School Open House Alfaisal University – Recruitment for IHP Alfaisal HPEd programs
2020-current	Alfaisal University Open House - Presentations and recruitment activities

Commented [RE1]: Mixing of tasks, etc

## GRANTS & FUNDING

PI. Research grant, SAR 10,000 Alfaisal University Department of Clinical Skills, COVID-19 Research Initiative. Donning and Doffing of PPE: Perceived Effectiveness of Virtual Simulation Training to Decrease COVID-19 Transmission and Contraction. Funded 2021

## CURRENT LICENSES AND CERTIFICATIONS

- Primary Care Physician, Saudi Arabia
- American Board of Lifestyle Medicine USA (certification pending)
- Organic Skincare Formulation, London
- National Committee of Bioethics, Saudi Arabia
- Massachusetts General Brigham Research Training, USA
- Saudi Arabian Ministry of Education: Certificate of PhD in Health Professions Education Authenticity
- Saudi Arabian Ministry of Education: Certificate of MS in Health Professions Education Authenticity



## PAST LICENSES AND CERTIFICATIONS

- BLS, ACLS, PALS Certification
- Cupping Practitioner National Center for Alternative & Complementary Medicine, Riyadh
- Webmaster Training Certification, HTML PHP, CSS

## AWARDS

- 2022 Article of Influence 2022, Society for Simulation in Healthcare
- 2020 Honors, Alpha Eta Society for the Association of Schools Advancing the Health Professions
- 2016 1<sup>st</sup> Place Research Award, The European Academy of Pediatrics - King Faisal Specialist Hospital & Research Center
- 2010 Dean's List, Girls College of Education Riyadh

## ORGANIZATIONS & AFFILIATIONS

- 2022-current Massachusetts General Hospital Institute of Health Professions
- 2017-current Alfaisal University College of Medicine

## ORGANIZATIONAL COMMITTEES

### MGH Institute of Health Professions

- Member of the Executive Committee for HPEd
- Member of the Admissions Committee for HPEd
- Member of the Alfaisal Faculty Group Committee

## PROFESSIONAL ORGANIZATIONS

- Global Network for Simulation in Healthcare
- Society for Simulation in Healthcare
- Saudi Society for Simulation in Healthcare
- Society for Simulation in Europe
- The Healthcare Distance Simulation Collaborative
- American College of Lifestyle Medicine

## RESEARCH SKILLS

- Qualitative
- Quantitative
- Mixed Methods
- Systematic Review
- Umbrella Review
- Interventional Studies
- Randomized Controlled Trial
- Longitudinal Prospective Cohort Study

## NATIONALITIES

- United States of America
- Kingdom of Saudi Arabia (granted nationality in 2009)

## LANGUAGES

English – native speaker  
Arabic - working proficiency

## INTERESTS AND ACTIVITIES

Healthcare Simulation: Interprofessional teamwork and communication  
Interprofessional education  
Faculty development  
Defining standards for best practice  
Artificial intelligence in simulation

Healthcare Technology: Artificial Intelligence in education and healthcare  
Online platforms in health professions education  
Ethics surrounding healthcare technology  
New technology and usage

Communications: Healthcare education feedback skills  
Simulation debriefing

## COMPUTER/ONLINE SKILLS

Digital Native: User of multiple applications, online teaching, conducting virtual meetings  
Graphic Design: Adobe Photoshop, Canva  
Social Media: Instagram, Facebook, LinkedIn, Twitter  
Artificial Intelligence: ChatGPT 3 & 4, Bing, Gemini, Elicit  
Research Management: Covidence, Dedoose, Zotero, Mendeley  
Team Communication: WhatsApp, Facebook Groups, Teams  
Online Meeting: Zoom, Skype, Facetime, WhatsApp, Go-to-Meeting, When2Meet, Teams  
Presentation Apps: Prezi, Powerpoint, Mmhmm  
Video recording: GoPro, iPhone  
Storage: Dropbox, Google Drive, Teams  
Web design: Wordpress, Shopify  
Editing Software: iMovie, Adobe Photoshop  
Academic Software: Moodle, Brightspace D2L, Canvas, Word, PowerPoint, Excel, Google Docs, Google Sheets, DropBox, Microsoft 360, Microsoft Teams  
Research Software: Dedoose, R, SPSS  
Email/Calendar: Google, Outlook

## PERSONAL INFORMATION

Birthplace: Bartow, Florida USA  
Ethnicity: Western European  
Hometown: Warner Robins, Georgia USA

## HOBBIES

Entrepreneurship  
Perfumery  
Interior Design & DIY  
Reduce, Reuse, Recycle  
Intercultural events and activities

## REFERENCES

Dr. Khaled Alkattan

Dean of Medicine, Alfaisal University College of Medicine  
kalkattan@alfaisal.edu

**Dr. Muhammad Zafar**

Professor of Anatomy, Chair of the Department of Clinical Skills, Alfaisal University College of Medicine  
mzafar@alfaisal.edu

**Dr. Abiola Senok**

Chair of Basic Medical Sciences and a Professor of Microbiology and Infectious Diseases at the College of Medicine, Mohammed Bin Rashid University of Medicine and Health Sciences (MBRU)  
abiola.senok@mbru.ac.ae

**Dr. Janice Palaganas**

Professor of Interprofessional Studies, Associate Chair of the Health Professions Education Department MGH Institute of Health Professions  
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