Stanford

Zainab (Zaina) Alzawad

Clinical Assistant Professor, Emergency Medicine

Bio

BIO

Dr. Zaina Alzawad is a clinical strategist with extensive experience advancing patient care through research, data-driven innovation, and interdisciplinary collaboration. She currently serves as a Clinical Development and Data Strategy Consultant in the Emergency Department at Stanford Health Care, where she leads and supports research and quality initiatives aimed at improving care delivery, operational efficiency, and clinical outcomes.

Dr. Alzawad's research background is grounded in pediatric intensive care, with a growing focus on emergency care systems and innovation. She brings specialized expertise in psychometrics, quantitative and qualitative methodologies, and healthcare data analysis, supported by advanced training in measurement, statistics, and nursing science. She previously served as a Nurse Scientist at Stanford Health Care, where she led interdisciplinary studies and mentored clinical teams in research and evaluation. Driven by a passion for inquiry and impact, Dr. Alzawad actively mentors interdisciplinary teams and contributes to the design, implementation, and dissemination of studies that inform clinical practice.

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Emergency Medicine

PROFESSIONAL EDUCATION

- PhD, University of Washington , Nursing (2019)
- M.Ed, University of Washington , Master in Measurement and Statistics (2019)
- MANP, University of Melbourne , Master of Advanced Nursing Practice-PICU (2010)
- BSN, Imam Abdulrahman Bin Faisal University , Nursing (2003)

Publications

PUBLICATIONS

- **Exploring Factors Affecting Parental Psychological Vulnerability During Their Child's PICU Admission: A Prospective Pilot Cohort Study** *JOURNAL OF PEDIATRIC HEALTH CARE*
  Alzawad, Z., Weiss, J. M., Lee, J., Perkhounkova, Y., Hein, M., McCarthy, A.
  2024; 38 (3): 323-336
- **The challenges of PICU research: Lessons learned from a minimal-risk study with PICU parents.** *Journal of pediatric nursing*
  Weiss, J. M., Alzawad, Z.
  2022; 62: 208-210
- **Parents' Challenges beyond the Pediatric Intensive Care Unit: Fraying at the Seams while Balancing between Two Worlds, Home and Hospital.** *Children (Basel, Switzerland)*

Alzawad, Z., Lewis, F. M., Walker, A.
2022; 9 (2)

- **Preparation for traumatic events prior to exposure for service personnel** *International Paramedic Practice*
  Griffith, G. A., Lewis, F. M., Alzawad, Z.
  2022; 12 (1): 17-27
- **Exploratory model of parental stress during children's hospitalisation in a paediatric intensive care unit.** *Intensive & critical care nursing*
  Alzawad, Z., Marcus Lewis, F., Ngo, L., Thomas, K.
  2021; 67: 103109
- **Content Validity of Parental Stressor Scale: Pediatric Intensive Care Unit (PSS:PICU).** *Western journal of nursing research*
  Alzawad, Z., Lewis, F. M., Li, M.
  2021; 43 (4): 381-391
- **A Qualitative Study of Parents' Experiences in the Pediatric Intensive Care Unit: Riding a Roller Coaster.** *Journal of pediatric nursing*
  Alzawad, Z., Lewis, F. M., Kantrowitz-Gordon, I., Howells, A. J.
  2020; 51: 8-14
- **Enhancing Connections-Palliative Care: A Quasi-Experimental Pilot Feasibility Study of a Cancer Parenting Program.** *Journal of palliative medicine*
  Lewis, F. M., Loggers, E. T., Phillips, F., Palacios, R., Tercyak, K. P., Griffith, K. A., Shands, M. E., Zahlis, E. H., Alzawad, Z., Almulla, H. A.
  2020; 23 (2): 211-219
- **Helping Her Heal: Randomized clinical trial to enhance dyadic outcomes in couples.** *Psycho-oncology*
  Lewis, F. M., Griffith, K. A., Alzawad, Z., Dawson, P. L., Zahlis, E. H., Shands, M. E.
  2019; 28 (2): 430-438
- **Being Fully Present: Gains Patients Attribute to a Telephone-Delivered Parenting Program for Child-Rearing Mothers With Cancer.** *Cancer nursing*
  Walker, A. J., Lewis, F. M., Al-Mulla, H., Alzawad, Z., Chi, N. C.
  2018; 41 (4): E12-E17
- **The Enhancing Connections-Telephone study: a pilot feasibility test of a cancer parenting program.** *Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer*
  Lewis, F. M., Griffith, K. A., Walker, A., Lally, R. M., Loggers, E. T., Zahlis, E. H., Shands, M. E., Alzawad, Z., Al Mulla, H., Chi, N. C.
  2017; 25 (2): 615-623
- **Taking Care of Her: A Pilot Feasibility Study of a Caregiver Intervention for Women with Advanced Stage Ovarian Cancer** *Journal of Cancer Therapy*
  Lewis, F. M., Alzawad, Z., Griffith, K., Almulla, H., Chi, N., Ellen, Z. H., Shands, M.
  2017; 8 (5): 472-489

PRESENTATIONS

- Parental Stress in the PICU: Concept Analysis - Western Institute of Nursing
- Parents' Coping in the Pediatric Intensive Care Unit: Holding onto Every Little Ounce of Positivity - Midwest Nursing Research Society (MNRS)
- Parents' Challenges in the Pediatric Intensive Care Unit: Fraying at the Seams while Balancing between Two Worlds, Home and Hospital - Midwest Nursing Research Society (MNRS)
- Posttraumatic stress disorder in Children admitted to pediatric intensive care and their parents: A systematic Review - Western Institute of Nursing
- A prospective clinical audit of enteral feeding practice in a tertiary PICU - World Congress on Pediatric Critical Care