



Personal and Contact Information

First Name: Sahar

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Last Update:

Education

- ❖ Sub specialty/Fellowship (Field of Study, Name of University, Year Graduated)

Thesis (Topic, Supervisor, Advisor)

- ❖ Specialty/PhD (Field of Study, Name of University, Year Graduated)

Thesis (Topic, Supervisor, Advisor)

- ❖ Master of Science (Field of Study, Name of University, Year Graduated): Nursing education (Internal Surgery), Hamadan Medical Sciences University, 2015.

Thesis (Topic, Supervisor, Advisor): The Effect of Health Promoting Behaviors Education on Hemodialysis Patients' Life





Quality Referred to Educational Clinics in Hamadan's Medical Sciences University from 2014 to 2015 (supervisor: Dr. Seyed Reza Borzou, Advisor: Dr. Gholamhossein Falahinia and Dr. Alireza Soltanian).

- ❖ Bachelor of science (Field of Study, Name of University, Year Graduated): Nursing, Hamadan Medical sciences University, 2010.
- ❖ Related degree (Field of Study, Name of University, Year Graduated)

Honors, Awards, and Scholarships (if available)

1. Selected as the Nurse of the Year in Shahid Rahimi's Educational Clinic in 2017.
2. Appreciated for educational cooperation from the dean of the nursing collage and the educational Dep. Of the university.
3. Appreciated for educational effort from the dean of Boroujerd's Nursing College
4. Appreciated for conducting practical exams of OSCE's principles and techniques

Experiences

1. Scientific position

Full-time faculty member at Boroujerd's Nursing College

2. Clinical Experiences

Clinical nurse at ICU for 7.5 years

ICU Supervisor at Shahid Rahimi's Educational Clinic

MICU Bishop and Vice Supervisor at Shahid Rahimi's Educational Clinic

3. Teaching Experiences

Full-time faculty member at Boroujerd's Nursing College

- A. Theoretical Courses: Elderly 3 (infections, operation room, neurotics), Environmental Hygiene, Family Hygiene, Homecare Nursing, Elderly 1 (orthopedics), Nursing Principles and Skills, Individual Health Nursing, and Family Health Nursing.





B. Training Courses: ICU Training Course (264 hrs), Internal Emergency Training Course (204 Hrs), Cardiology Unit Training Course (51 hrs), Infectious Unit Training Course (51 hrs), School and Village Hygiene Training Courses (60 hrs), Men's Surgery Training Course (51 hrs), Neurosurgery Unit (40 hrs), Lung Unit (40 hrs), Nephrology Unit (40 hrs), Digestion Unit (40 hrs), MICU Training Course (68 hrs).

Grants

Supervisor

Bachelor's students at Boroujerd Nursing College at 2019

Advisor

Bachelor's students at Boroujerd Nursing College at 2019

Publication

Book

Articles

1. Articles (In English):

1-The association between obesity and migraine in a population of Iranian adults: a case-control study

2-Effect of Face-to-Face Education on Anxiety and Pain in Children with Minor Extremity Injuries Undergoing Outpatient Suturing in Emergency Department

3-[The effect of Cardiopulmonary Resuscitation Education Through Compound Method on Knowledge and Performance of Entourages of Patients With Cardiovascular Diseases](#)

4- The effect of education of health-promoting behaviors on lifestyle in hemodialysis patients





5- Effect of Electroconvulsive Therapy on Serum Electrolytes and Glucose Levels in Adolescents with Major Depressive Disorder

6- Evaluation of General Mental Health of Nursing Students of Lorestan University of Medical Sciences

2. Articles (In Persian):

1. The Effect of Health Promoting Behaviors Education on the Life Quality of Hemodialysis Patients

2. The Effect of Compound Cardiopulmonary Resuscitation Education on Consciousness and Performance of Companions of Patients Suffering from Cardiovascular Diseases

3. Reviewing the Effect of Eating Date on a Safe Delivery: An Islamic Recommendation

4. The Necessity of Education as a Two-year Program for Agriculture Graduates

Abstract

1. International:

1. Speech Presentation in the 1st International and the 2nd National Conference of Natural Resources, Agricultural Engineering, Environment and Agricultural Development:

“The Necessity of Education as a Two-year Program for Agriculture Graduates”

2. National:

1. Poster Presentation in Children’s Digestion and Nutrition Congress: “Studying the Effect of Nutrition Behavior Education of Mothers on Children’s Food Habits in Hamadan’s Kindergartens”

2. Speech Presentation in Chronic Diseases Nursing Regional Conference: “The Effect of EQ Education on Hemodialysis Patients’ Anxiety”

3. Speech Presentation in Chronic Diseases Nursing Regional Conference: “The Effect of Health Promoting Behaviors Education on Hemodialysis Patients’ Lifestyle”





4. **Poster Presentation in Chronic Diseases Nursing Regional Conference:**
“Studying the Level of Anxiety in Hemodialysis Patients in Lorestan Medical University Educational Centers”
5. **Poster Presentation in National Conference of Health Promotion Solutions and Challenges Centered on Society-based Care:**
“The Effect of Health Promoting Behaviors Education on the Life Quality of Hemodialysis Patients”
6. **Accepted Paper in the 1st National Congress of Heart and Sport:**
“Studying the Effect of EQ Items Education on the Increase of EQ of Hemodialysis Patients”
7. **Poster Presentation in National Conference of Individual, Family and Society Health Education and Services:**
“The Effect of Education of Health – Promoting Behaviors on the Lifestyle in Hemodialysis patients”
8. **Accepted Paper in National Congress of Heart and Sport:**
“The Effect of Electroconvulsive Therapy on Serum Electrolytes and Glucose Levels in Adolescents with Major Depressive Disorder”
9. **Accepted Paper in National Congress of Heart and Sport:**
“Evaluation of General Mental Health of Nursing Students of Lorestan University of Medical Sciences”
10. **Accepted Paper in National Congress of Heart and Sport:**
“Review on the effects of palm date consumption on safe labor: An Islamic recommendation”
11. **Accepted Paper in National Congress of Heart and Sport:**
“The Effects of Emotional Intelligence Training on Anxiety in Hemodialysis Patients”

Reviewer of national and international scientific journal

Reviewer of Research Plans at Lorestan Medical sciences University

Editorial Board of Medical Journals

Workshop:

ICDL Certificate

Interest:





Language Proficiency

Speaking

Reading

Writing

Listening

Language

Degree of Proficiency

