

CURRICULUM VITAE

NAME: Haleh Ghavami

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<http://faculty.umsu.ac.ir/Site/CV.aspx?STID=352&Ln=en>

COURSES AND DEGREES

UNIVERSITY	COURSES / DEGREES	year
Azad University of Urmia/ Iran	BSN.	1992-1996
Tarbiat Modares Universit , Tehran/ Iran	MSN. in Medical Surgical Nursing Education Thesis: Effectiveness of applying continuous care model on diabetic patients` quality of life Supervisor: Prof. Fazlollah Ahmadi	2001-2004
Istanbul University, Institute of Health Sciences, Florence Nightingale Nursing Faculty/Surgical Nursing Department/ Turkey	PhD.in Surgical Nursing	2010-2015
Urmia University of Medical Sciences /Iran	Faculty Member(Lecturer of the Nursing and Midwifery Faculty)	2007-2017
Urmia University of Medical Sciences /Iran	Assistant professor at the Nursing and Midwifery Faculty	2017 - present

6 DOCTORAL DEGREE:

- *Date of thesis defence:* 20.03.2015
- PhD.in Surgical Nursing
- Florence Nightingale Nursing Faculty/Health Sciences Institute /Istanbul University/
Thesis Title: Effects of lifestyle interventions on physical and psychological health
status in breast cancer survivors.
- *Supervisor* Prof. Neriman Akyolcu
- *co-supervisor* Prof. Gulbeyaz Can

PRIOR POSITIONS

1-My work experiences as a registered nurse (RN)

Clinical nurse in obstetrics ward	Miyandoab Abbasi Hospital	Jan.1997-Jan.1998
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Clinical nurse in Neurosurgery ward	Motahhari Hospital of Urmia University of Medical Sciences	Feb. 1998-April 1998
Clinical nurse in internal medical and general surgery wards	Imam Reza Hospital of Urmia	1998-2005
Head Nurse of Diabetes Clinic And Diabetes Educator	Imam Reza Hospital of Urmia	2005-2007

2-Then I was fulltime lecturer (from 3, September ,2007 to 20, August, 2017) at the Nursing and Midwifery Faculty of Urmia University of Medical Sciences /Urmia/Iran.

LANGUAGE SKILLS

English, Persian, Turkish

SCIENTIFIC PORTFOLIO

1 CURRENT SCIENTIFIC ACTIVITY

Current Research Projects

- 1- Effect of Cognitive Therapy Based Interventions on Stigmatizing Attitudes of Nursing Students Towards People with Mental Illness
- 2- The Impact of Applying Grape Seed Oil in Umbilicus on Fatigue, Vital Signs, and Sleep Quality in ESRD Inpatients
- 3- Comparing the effect of guided imagery and cold compress on post- operative pain, vital signs, and anxiety in general surgery inpatients

Research team affiliation; Urmia University of Medical Sciences

2 SCIENTIFIC PUBLICATIONS

2.1 Bibliometric parameters

Based on Google scholar, up to now

Citation=301, H index=11 , I₁₀ index=12

LIST OF PUBLICATIONS

A) LIST OF ALL ORIGINAL WORKS IN PEER-REVIEWED JOURNALS

1-Effectiveness of Applying Continuous Care Model on Quality of Life Level in Diabetic Patients **H Ghavami**, F Ahmadi, H Entezami, R Memarian. *THE JOURNAL OF URMIA UNIVERSITY OF MEDICAL SCINCES* 2005; 16 (1), 22-27.

<https://www.sid.ir/En/Journal/JournalListPaper.aspx?ID=15383>

2-Effects of applying continuous care model on fasting blood glucose & HgbA1c levels in diabetic patients **H Ghavami**, F Ahmadi, R Meamarian, H Entezami, *Koomesh* 2005; 6 (3), 179-186.

http://koomeshjournal.semums.ac.ir/browse.php?mag_id=10&slc_lang=en&sid=1

3-Patient rights in relation to review and control of postoperative pain **H Ghavami**, A Mohammadi, F Ahmadi, N Basirnia , *Urmia Med J* 2005; 16 (2), 91-6

<https://www.sid.ir/En/Journal/JournalListPaper.aspx?ID=15791>

4-Effectiveness of applying continuous care model on diabetic patients body mass index and weight**H Ghavami**, F Ahmadi, R Meamarian, H Entezami, S Faghieh Zadeh .The Horizon of Medical Sciences 2006; 12 (2), 10-16

http://hms.gmu.ac.ir/browse.php?mag_id=2&&slc_lang=en&sid=1

5-The effect of continuous care model on diabetic patients' blood pressure **H Ghavami**, F Ahmadi, H Entezami, R Meamarian , Iranian Journal of Medical Education 2006; 6 (2), 87-95.

http://ijme.mui.ac.ir/browse.php?a_id=219&sid=1&slc_lang=en

6-Assessment of the relation between diabetic neuropathy & HbA1C concentration **H Ghavami**, F Ahmadi, SH Mehin, R Meamarian, H Entezami, Razi Journal of Medical Sciences 2007; 13 (53), 141-147.

<http://rjms.iums.ac.ir/article-1-658-en.html>

7-Investigates Complaints Incoming To The Medical Council Of West Azarbaijan Province During 1385 To 1389 .M Hemmati Maslakpak, **H GHavami**, M Yosefi, R Baghaie The journal of Urmia nursing and midwifery faculty 2013; 11 (1), 7-13.

<http://eprints.umsu.ac.ir/id/eprint/4178>

8- SHmsedin Shams, Mohammadreza Zaker, **Haleh Ghavami**.Effect of self-management educative package on quality of life among diabetic patients in Urmia diabetes centers in 2013.Nurs Midwifery J 2016, 13(10): 863-868

http://unmf.umsu.ac.ir/browse.php?a_id=2767&sid=1&slc_lang=en

9- Hossein Habibzade, Farzaneh Akbari, **Haleh Ghavami**, Khalil Moradi,A .Survey on the Establishment of Patient-Friendly Safety Standards in Urmia University of Medical Sciences. Nurs Midwifery J 2019, 17(7): 10.

<https://unmf.umsu.ac.ir/article-1-3761-en.html&sw=%D9%82%D9%88%D8%A7%D9%85%DB%8C>

10- Madine Jasemi, **Haleh Ghavami**, Rasul Gareagaji, Atefe Seyyedzavvar .The Effect of Pain Management Training in Both Speech and Electronic Methods on Nurses' Performance: A Randomized Controlled Trial Nurs Midwifery J 2019, 17(9): 12.

<https://unmf.umsu.ac.ir/article-1-3828-en.html&sw=%D9%82%D9%88%D8%A7%D9%85%DB%8C>

B) Review article

- 1- R Ghane, H Ghavami. Bed sore in ICU. *Nurs Midwifery J* 2010, 8(2):90-103.

C) Original Studies published by the ISI indexed journals

- 1- Effects of a Lifestyle Interventions Program on Quality of Life in Breast Cancer Survivors **H Ghavami**, N Akyolcu. *International Journal of Hematology and Oncology* . 2017; 27 (4), 091-099 http://www.uhod.org/pdf/PDF_739.pdf
- 2- The Impact of Lifestyle Interventions in Breast Cancer Women after Completion of Primary Therapy: A Randomized Study.**H Ghavami**, N Akyolcu *European Journal of Breast Health* 2017;13 (2)94-99.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5381682/>
- 3-The effect of applying reflexology massage on nitroglycerin induced migraine type headache: a placebo-controlled clinical trial.Nima Imani, Shams Aldin Shams, Moloud Radfar, **Haleh Ghavami**(*corresponding author*), Hamid Reza Khalkhali. *Agri* 2018;30(3):116-122. <https://pubmed.ncbi.nlm.nih.gov/30028477/>
- 4- The Effect of Self-Care Interventions on Sleep Quality in Post Coronary Artery Bypass Graft Surgery Patients .**Haleh Ghavami**, Fahimeh Safarzadeh, Rasoul Ghare Aghaji , *Turkish Journal of Thoracic and Cardiovascular Surgery* 2018;26(4):550-556.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7018196/>
- 5- The effect of lifestyle interventions on diabetic neuropathy.**Haleh Ghavami** ,Soraya Soheili, Moloud Radfar,Shams Al din Shams, Hamid Reza Khalkhali *Ağrı Dergisi: The Turkish Society of Algology Agri* 2018;30(4):165-170
<https://pubmed.ncbi.nlm.nih.gov/30403270/>
- 6-Impact of hot stone massage therapy on quality of sleep in hemodialysis patient.**H Ghavami**, SA Shams, B Abdollahpur, M Radfar, HR Khalkhali *Journal of Research in Medical Sciences* 2019;24(1):1-7
<http://www.jmsjournal.net/article.asp?issn=1735-1995;year=2019;volume=24;issue=1;spage=71;epage=71;aulast=Ghavami>
- 7-Lapse and Craving Prevention in Methadone Maintenance Treatment, Applying Continuous Care Model: A Randomized Clinical Trial. Moloud Radfar, **Haleh Ghavami** (*corresponding author*), Javad Namazpoor,Hamid Reza Khalkhali. *Anatolian Journal of Psychiatry* 2019; doi: 10.5455/apd.302642425
<http://www.anadolupsikiyatri.net/?mno=302642425>
- 8- Effects of reflexology massage on hair regrowth after chemotherapy-induced alopecia among women with cancer: a randomised clinical trial. **Haleh Ghavami**, Leyla

Arjomand, Moloud Radfar & Hamid Reza Khalkhali. *Bezmialem Science* 2020;8(3):215-21 DOI: 10.14235/bas.galenos.2019.3473

http://cms.galenos.com.tr/Uploads/Article_39939/BezmialemScience-8-215-En.pdf

9- Impact of chromotherapy on professional quality of life in intensive care unit nurses: a randomized controlled trial. Roghiye Emani , **Haleh Ghavami (corresponding author)**, Moloud Radfar & Hamid Reza Khalkhali . *Fatigue: Biomedicine, Health & Behavior* 2020
<https://doi.org/10.1080/21641846.2020.1782058>

<https://www.tandfonline.com/doi/full/10.1080/21641846.2020.1782058>

10- Impact of Lifestyle Interventions on Reducing Dietary Sodium Intake and Blood Pressure in Hypertensive Patients: A Randomized Controlled Trial. Shams Aldin Shamsi-Mahsa Salehzadeh- **Haleh Ghavami (corresponding author)** -Rasoul Ghare Aghaji Asl-Kamal Khadem Vatan *Archives of the Turkish Society of Cardiology Turk Kardiyol Dern Ars.* 2021; 49(2): 143-150 DOI: 10.5543/tkda.2021.81669

<https://archivestsc.com/jvi.aspx?un=TKDA-81669&volume=49&issue=2>

11- Comparing the Effect of Heat and Cold Therapy on the Intensity of Nitrate Induced Migraine Type Headache in Cardiac Inpatients: A Randomized Controlled Trial .Aynaz Bagherzadi ,Roghiye Emani, **Haleh Ghavami (corresponding author)**, Hamid reza Khalkhali , Marziyeh Ebrahimi *Agri Dergisi: The Turkish Society of Algology Agri* 2021;33(3):148–154

https://jag.journalagent.com/agri/pdfs/AGRI_33_3_148_154.pdf

12- Tohid Tayefeh, **Haleh Ghavami (corresponding author)**, Moloud Radfar, Mohsen Mansoori,Hamid Reza Khalkhali1. Mood Status in Patients with Gastrointestinal Tract Cancer Undergoing Radiotherapy: A Randomized Cross-sectional Study. *Turk J Oncol* 2021;36(3):285–91

doi: 10.5505/tjo.2021.2709

http://onkoloji.dergisi.org/pdf/pdf_TOD_1233.pdf

C) List of Under-Review Article

- 1-**Ghavami H**, Zobeyri T, Akyolcu N.The Effects of Hibiscus Syriacus and Reteplase on Benign Breast Disease: A Case Report. *European Journal of Breast Health*
- 2- Ghahramanzad Z, **Ghavami H**, Radfar M, Khalkhali H R, Musalrezayi A. Effect of Foot Care Behavior Based Interventions on the Foot Health Status and HbA_{1C} Level in Patients with Type 2 Diabetes. *The Science of Diabetes Self-Management and Care*

- 3- Shamsalzohas, **Ghavami H**, Kalkhali HR, Impact of Cognitive Interventions on Nursing Students' Stigmatizing Attitudes toward Patients with Mental Disorders. *BMC Nursing*

D) INTERNATIONAL SCIENTIFIC CONGRESSES

1. **H Ghavami (Keynote lecture)** Ethical Dilemmas Facing Nurses During The Coronavirus Pandemic: Mapping The Moral Dimensions Of The Outbreak. *IV. International Health Sciences Congress Kirklareli University Oct.2021*
2. **H Ghavami**, N Taghizadeh, RG Asl, M Mansoori. The incidence of chemotherapy-induced peripheral neuropathy and cognitive impairment in patients with gastrointestinal tract cancer. *The World Congress of Neurology (WCN 2021). Journal of the Neurological Sciences 429, 118455 Oct.2021*
3. **H Ghavami**, A Bagerzadi, R Emani, HR Khalkhali. Comparing the effect of heat and cold therapy on the severity of nitrate induced migraine type headache in cardiac inpatients: a randomized controlled trial. **Migraine Trust Virtual 2020.Cephalalgia 40 (1_ Suppl), 40-41**
4. Atefe Seyyed Zavvar, Madineh Jasemi,**Haleh Ghavami**,Rasoul Ghare Aghaji. Comparative Study of The Effect of Pain Management Training Via Lecture and Electronic Methods on Knowledge, Attitude and Practice of Surgical Nurses *Palandoken International Nursing Education Congress 24-26-Oct.2019*
5. **Haleh Ghavami**. Supportive Care for Malnutrition in Childhood Cancer. International Congress of Supportive care in childhood cancer **18-20 September 2019 Urmia, Iran.**
6. Neriman Akyolcu ,**Haleh Ghavami**. Supportive Care Interventions In Taste And Smell Alterations In Childhood Cancer And Hematopoietic Stem Cell Transplantation *International Congress of Supportive care in childhood cancer 18-20 September 2019 Urmia, Iran.*
7. **Haleh Ghavami**, Fahimeh Safarzadeh, Rasoul Ghare AghajiThe effect of self-care interventions on sleep quality in post coronary artery bypass graft surgery patients **24th Congress of 24th Congress of the European Sleep Research Society, 25 – 28 September 2018 Basel, Switzerland.**
8. Namazpoor J,Radfar M,**Ghavami H**. Sheikhi N. *Effectiveness of applying continuous care model on relapse and craving of patients that are treated with metahadone maintenance therapy 18th International Conference on Psychology & Behavioural Sciences (ICPBS), 08-09 June 2017, Rome, Italy* *PEOPLE: International Journal of Social Sciences*
 - a. ISSN 2454-5899

9. **H Ghavami** , N Imani , S Shams , H. Khalkhali. *The effect of applying reflexology massage on Nitroglycerin Induced Migraine Type Headache. 9th EUROPEAN CONGRESS FOR INTEGRATIVE MEDICINE .ECIM 2016 Global Summit on Integrative Medicine and Healthcare 9-10-11th September 2016 – Budapest, Hungry European Journal of Integrative Medicine 8:32 · 9-11 September 2016 DOI: 10.1016/j.eujim.2016.08.078*

10. **H Ghavami** *The effect of reflexology massage on hair regrowth after chemotherapy induced alopecia in cancer women ECIM 2016 Global Summit on Integrative Medicine and Healthcare 9-10-11th September 2016 – Budapest, Hungry European Journal of Integrative Medicine 8:32 • 9-11 September 2016 DOI:10.1016/j.eujim.2016.08.082*

11. **H. Ghavami** , N. Akyolcu, A. Nanbakhsh Effects of Lifestyle Interventions on fatigue in Breast Cancer Patient , *12th International Conference of the Society for Integrative Oncology November 14-16,2015 in Boston, MA, USA*

12. **H. Ghavami** , N. Akyolcu ,Effects of lifestyle interventions on body mass index in breast cancer patients - *4th Global Summit on Healthcare November 09-10, 2015 Dubai, UAE*
 - a. Value in Health Volume: 18 Issue: 7 Pages: A433 Published: NOV 2015

13. **H. Ghavami** , N. Akyolcu, Effects of lifestyle interventions on quality of sleep in breast cancer patients , *7th World Congress of the World Sleep Federation 31 october-3 November, 2015 in Istanbul ,Turkey*

14. **H. Ghavami** , N. Akyolcu, Effects of Lifestyle Interventions on quality of life in Breast Cancer Patients , *22nd Annual Conference of the International Society for Quality of Life Research October 21-24 ,2015 in Vancouver, British Colombia, Canada Quality of Life Research Volume: 24 Pages: 68 Published: OCT 2015*

15. SH Shams, S Soheili, **H Ghavami**, and H Khalkhali,Effect of Lifestyle Interventions on Diabetic Neuropathy. *Euro Neuro 2014 Congress/Istanbul/Turkey.Turk J Anaesth Reanim. 2014 Apr; 42(Suppl 1): S19.*

16. N Akyolcu, **H Ghavami** , *Children In Pain Excellence in Pediatrics Istanbul/Turkey December 2011Acta Paediatrica 100:50-50*

C) SUPERVISION OF GRADUATE STUDENTS

Students supervised up to their master degree, with the applicant serving as main supervisor

1. MSN Thesis of **Tohid Tayefeh** , Medical Surgical Nursing Department /Urmia University of Medical Sciences , 2020, “ Mood status in patients with gastrointestinal tract cancer undergoing radiotherapy in Urmia”
2. MSN Thesis of **Nasrin Taghizadeh** , Medical Surgical Nursing Department /Urmia University of Medical Sciences , 2020, “ Assessing the prevalence of chemotherapy induced peripheral neuropathy and chemotherapy induced cognitive impairment among gastrointestinal cancer patients in chemotherapy centers of Urmia”
3. MSN Thesis of **Mahsa Salehzadeh** , Medical Surgical Nursing Department /Urmia University of Medical Sciences , 2019, “ Effects of applying continues care model on the mean of dietary sodium intake and blood pressure in hypertensive patients ”
4. MSN Thesis of **Atefeh Seyyed Zavvar**, Medical Surgical Nursing Department /Urmia University of Medical Sciences , 2019, “ *Comparative study of the effect of pain management training via lecture and electronic methods on knowledge, attitude and practice of surgical nurses* ”
5. MSN Thesis of **Roghiye Imani**, Critical Care Nursing Department /Urmia University of Medical Sciences , 2018, “*Effects of chromo therapy/color therapy on professional quality of life in nurses of intensive care units*”
6. MSN Thesis of **Fahimeh Safarzadeh**, Medical Surgical Nursing Department /Urmia University of Medical Sciences ,2018, “*The effects of self- care interventions based on sleep health, healthy diet and physical activity on quality of sleep in post CABG patients: A Randomized Clinical Trial*”
7. MSN Thesis of **Leyla Arjomand** , Medical Surgical Nursing Department /Urmia University of Medical Sciences ,2016, “ *Effects of reflexology massage on hair regrowth after chemotherapy induced alopecia among cancer women* ”

Students supervised up to their master degree, with the applicant serving as co-supervisor

1. MSN Thesis of **Javad Namazpooor**, Psychiatric Nursing Department/Urmia University of Medical Sciences ,2017, “*Effectiveness of applying continuous care model on relapse and craving of patients that are treated with metahadone maintenance therapy*”
2. MSN Thesis of **Nima Imani** , Critical Care Nursing Department/Urmia University of Medical Sciences ,2016, “*Effects of applying reflexology massage on nitroglycerin induced headache* ”
3. MSN Thesis of **Mohammad Reza Zaker**, Critical Care Nursing Department, /Urmia University of Medical Sciences ,2014 “*Effect of self-management educative package on quality of life among diabetic patients in Urmia Diabetes Center*”
4. MSN Thesis of **Soraya Soheili** , Critical Care Nursing Department , /Urmia University of Medical Sciences , 2014“ *The effect of lifestyle interventions on diabetic neuropathy*”

5 THESIS EVALUATION

5.1 Serving as a member of a thesis examination committee

35 times

5.2 External thesis reviewer

5 times

6 EVALUATION OF OTHERS' WORK

Reviewer or advisor for other scientific bodies

-ACTA SCIENTIFIC CARDIOVASCULAR SYSTEM

-Journal of Alternative and Complementary Medicine

<https://home.liebertpub.com/.../journal-of-alternative-and-complementary-medicine.../ov>

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Hologram

By virtue of the Clauses-14/ Article-1 of the Formation Act of Ministry of Health, Medical Treatment and Education approved on May 24, 1988 and the by-Laws Concerning the Issuance of Nurses Professional Qualification License and the affiliated Groups ratified by the Minister of Health on Apr.27, 2016, and based on the documentation provided, it is certified that, **Ms. Haleh GHAVAMI**, Daughter of Parviz, National No. 1375738348 and Nursing Council No. 90101755, Holder of PhD Diploma in Nursing, meets the required qualification to practice Nursing in the Islamic Republic of Iran as per the current national rules and regulations. This Certificate is valid until Mar.16, 2023 on condition of observing the professional regulations and principles of nursing ethics.

SIGNED AND SEALED: DEPUTY FOR NURSING AFFAIRS

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