

CURRICULUM VITAE

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1 NAME: Haleh Ghavami

2 Workplace address: Nursing and Midwifery Faculty / Urmia University of Medical Sciences Pardis –e- Nazlu-Urmia-Iran Zip code: 5756115111

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4 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 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	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 PhD 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

7 PRIOR POSITIONS

Work experiences as a registered nurse (RN)

Clinical nurse in obstetrics ward	Miyandoab Abbasi Hospital	Jan.1997-Jan.1998
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

8 LANGUAGE SKILLS

English, Persian, Turkish

SCIENTIFIC PORTFOLIO

1 CURRENT SCIENTIFIC ACTIVITY

Current Research Projects

Explaining the process of self-care in kidney transplant patients: presenting a model

Research team affiliation; Urmia University of Medical Sciences

2 SCIENTIFIC PUBLICATIONS

2.1 Bibliometric parameters

Based on Google scholar, till to now

Citation=463, H index=14, I₁₀ index=17

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 SCIENCES* 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 Faghih 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 Maslakkpak, **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- Shamsedin Shamsi, 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>

11- Z Ghahremanzad Abgarmi, **H Ghavami**, M Radfar, H Khalkhali. The Effect of Interventions Based on Strengthening Foot Care Behavior on Foot Health Status and Glycosylated Hemoglobin Level in The Patients With Type 2 Diabetes. Nursing And Midwifery Journal 20 (7), 562-569. https://unmf.umsu.ac.ir/browse.php?a_code=A-10-3598-1&slc_lang=en&sid=1

12- F Zafarramazanian, H Ghavami, V Alinejad, M Jasemi. The Effect of Virtual Healthy Lifestyle Training Program on The Sleep Quality of Female Nurses Working In The Educational And Treatment Centers of Urmia University of Medical Sciences. Nursing And Midwifery Journal 21 (5), 354-365. <https://unmf.umsu.ac.ir/article-1-4871-en.html>

13- M Heydari Alinazari, S Shamsi, H Ghavami, N Masoudi. Comparing The Effect of Guided Imagery and Cryotherapy on Post-Operative Pain Severity and Blood Pressure Among Laparoscopic Cholecystectomy Inpatients. Nursing And Midwifery Journal 21 (10), 750-761. <https://unmf.umsu.ac.ir/article-1-5014-en.html>

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 *Agri 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 *Ağrı 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- Frequency of Orthorexia Nervosa and Its Relationship with Body Composition and Fatigue among Iranian Nurses: A Cross Sectional Study

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 Kırklareli 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, Hungary 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, Hungary 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 **Salman Mangury Mustafa Said Mina**, Medical Surgical Nursing Department /Urmia University of Medical Sciences , 2023, “ Frequency of Orthorexia Nervosa and Its Relationship with Body Composition and Fatigue among Iranian Nurses: A Cross Sectional Study ”

2.MSN Thesis of **Somayye Shamsolzoha** , Medical Surgical Nursing Department /Urmia University of Medical Sciences , 2023,

3.MSN Thesis of **Zeynab Ghahramanzad** , Medical Surgical Nursing Department /Urmia University of Medical Sciences , 2022, “ Effect of Foot Care Behavior Based Interventions on the Foot Health Status and HbA1C Level in Patients with Type 2 Diabetes ”

4.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”

5.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”

6.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 ”

7.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*”

8.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*”

9.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* ”

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. 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 ”*
6. MSN Thesis of **Mahdi Heydari Alinazari**,2024 *“Comparing The Effect of Guided Imagery and Cryotherapy on Post-Operative Pain Severity and Blood Pressure Among Laparoscopic Cholecystectomy Inpatients”*

5 THESIS EVALUATION

5.1 Serving as a member of a thesis examination committee

20 times

5.2 External thesis reviewer

5 times

6 EVALUATION OF OTHERS' WORK

Reviewer or advisor for other scientific bodies

-Journal of Nursing and Midwifery /Urmia University of Medical Sciences

List of Theoretical Teaching Courses

Name of theoretical course	Level of students	Experience of teaching this course
Nursing concepts	BS in nursing	1 year(2 terms)
Terminology for premedics	Bs in premedics students	1 term
Oncology nursing	Master in medical surgical nursing students	5terms
Critical care nursing	Master in critical care nursing students	6 terms
Medical surgical nursing 1	Master in medical surgical nursing students	8 terms
Medical surgical nursing 2	Master in medical surgical nursing students	8 terms
Advanced research methodology	Master in psychiatric nursing students	3 terms
Philosophy of science in nursing	PhD in Nursing students	8 terms
Educational systems in nursing worldwide	PhD in Nursing students	8terms

List of Clinical Teaching Courses

Name of Clinical Course	Level of students	Experience in this course
Medical Surgical Nursing	BS in nursing	20 terms
Medical Surgical Nursing	Master in Medical Surgical Nursing	20 terms
Critical care nursing	Master in Critical care nursing	8 terms