



## **Curriculum Vitae (Cv)**

Shahin Heidari

### ***Personal Information:***

Last Name: Heidari

First Name: Shahin

Citizenship: Iranian

Date of Birth 22/5/1972

Place of Birth: Kermanshah-IRAN

Marital Status: Married

Child: 2

### ***Address:***

Dr Shahin Heidari

Nursing PhD, MSN, BSC

Assistant Professor

Department of Fundamentals of Nursing

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*Academic Training:*

2012-2018: Ph.D. Nursing, School of Nursing and Midwifery,  
Kerman University of Medical Sciences, Kerman, IRAN

1999-2001 M.S. Medical- Surgical Nursing, School of Nursing  
and Midwifery, Shahid Beheshti University of Medical  
Sciences, Tehran, IRAN

1992-1995 B.S.Nursing, School of Nursing and Midwifery,  
Kermanshah University of Medical Sciences, Kermanshah,  
IRAN

***Academic Profile:***

Academic Position: Faculty Member Academic

Degree: Assistant Professor

University: Rafsanjan University of Medical Sciences

Research Center: Geriatric Care Research Center, Rafsanjan

University of Medical Sciences

ORCID: <https://orcid.org/0000-0001-9237-1527>

***Research Thesis:***

***Ph.D Thesis:*** Exploration of organization learning Process in clinical nursing

***M.SC Thesis:*** Investigation the feelings of patients of surgical wards in public hospitals regarding the observance of their territory and personal space in Kermanshah, Shahid Beheshti University of Medical Sciences,2001

### *Work experiences:*

2004-Present: University Lecturer-faculty member, Department of medical-Surgical Nursing, School of Nursing and Midwifery, Rafsanjan University of Medical Sciences, Rafsanjan, IRAN

2003-2004: Staff Nurse, Postpartum Unit, Niknafs hospital, Rafsanjan University of Medical Sciences, Rafsanjan, IRAN

1997-2002: Staff Nurse, Pediatrics Ward, Shahid Fahmideh hospital, Kermanshah University of Medical Sciences, Kermanshah, IRAN

1995-1997: University Lecturer, Department of medical-Surgical Nursing, School of Nursing and Midwifery, Kermanshah University of Medical Sciences, Kermanshah, IRAN

## *Research Favorites*

Issues Related to Clinical Nursing (fundamentals of nursing, pharmacology nursing, medication error, wound care, patient safety)

Issues Related to Nursing Ethics (patients rights, Privacy, Communication)

Issues Related to Nursing Education (Students, Evaluation)

Issues Related to patient Education and Health promotion

## *Publications*

### a- English Publications

- 1- Bagheri Motahareh , Heidari Shahin , Moghadari Masoud , Sadeghi Tabandeh .***The effects of Melissa officinalis leaf extract on anxiety among patients undergoing orthopedic surgeries*** . Journal of Herbal Medicine 2022; 31:100532.  
<https://doi.org/10.1016/j.hermed.2021.100532>
- 2- Fatemeh Khoshoei Parizi , Tabandeh Sadeghi , Shahin Heidari\* . ***The effect of rosemary ointment on the pressure ulcer healing in patients admitted to the intensive care unit: A randomized clinical trial***. Nursing Practice Today 2022; 9( 1): 15-23
- 3- Fariba Mazhari, **Shahin Heidari**, Sedigheh Iranmanesh and Sakineh Sabzevari. ***Examining the mother's supportive role caring for a child with cancer***. International Journal of Palliative Nursing . 2022; 28( 11): 531-9
- 4- **Shahde Bakhshi Zanjirani1**, **Heidari Sh(Corresponding Author)** , **Seifollah Zanjirani3**, **Mohammad Ali Zakeri**. ***The effect of Health Belief Model-based education on empowering cardiovascular patients for better Medication adherence*** . J Nurs Midwifery Sci; DOI:10.4103/JNMS.JNMS\_16\_20 [ In Press].
- 5- Mohammadi Torkabad S, Negahban Bonabi T, **Heidari Sh(Corresponding Author)\***,. ***Effectiveness of smartphone-based medication reminder application on medication adherence of patients with essential hypertension: A clinical trial study***. J Nurs Midwifery Sci 2020; 7:219-25 DOI:10.4103/JNMS.JNMS\_16\_20
- 6- Mehdinia A ID , Marzieh Loripoor MD , Dehghan, **Heidari SH (Corresponding Author)\***, ***The Effect of Pillbox Use on Medication Adherence Among Elderly***



*Patients: A Randomized Controlled Trial* . Int Electron J Med. 2020; 9(1):38-43

10.34172/iejm.2020.07

- 7- Shahpari, Maryam; Heidari, Shahin; and Sadeghi, Tabandeh (2021) "*The effects of a telephone-based orientation program, delivered during the waiting time, on anxiety in patients undergoing coronary angiography,*" Journal of Perioperative Nursing: 34(1) Available at: <https://doi.org/10.26550/2209-1092.1102>
- 8- Mazhari, F., Rayyani, M., Iranmanesh, S. Heidari Sh. *Power of Religious Beliefs and Coping with Cancer: Opinions of Iranian Parents*. J Relig Health (2019).  
<https://doi.org/10.1007/s10943-019-00959-8>
- 9- Ali Ansari Jaber1, Tahere Norouzi, Shahin Haydari, Tayebeh Negahban Bonabi.  
*Effect of acupuncture on knee osteoarthritis symptoms in the elderly: a double blind randomized clinical trial*. Electronic Physician. April-June 2019, Volume: 11(2): 7489-7498, DOI: <http://dx.doi.org/10.19082/7489>
- 10- Salehi Derakhtanjani A, Ansari Jaber1 A, Haydari S, Negahban Bonabi T.  
*Comparison the Effect of Active Cyclic Breathing Technique and Routine Chest Physiotherapy on Pain and Respiratory Parameters After Coronary Artery Graft Surgery: A Randomized Clinical Trial*. Anesth Pain Med. 2019;9(5):e94654.  
Published 2019 Oct 16. doi:10.5812/aapm.94654
- 11- Shahin Heidari (Corresponding Author)\*, Nahid Dehghan Nayeri, Ali Ravari & Sakineh Sabzevari (2016) *How organizational learning is associated with patient rights: a qualitative content analysis*, Global Health Action, 9:1, DOI: [10.3402/gha.v9.30939](https://doi.org/10.3402/gha.v9.30939)
- 12- Jalalmanesh M, Heidari SH (Corresponding Author)\*, Kazemi M, Rahimi-Bashar F, Rostami H.R. *Effect of Transcutaneous Electrical Nerve Stimulation on pain*

*intensity in reduced consciousness patients: A randomized clinical trial*, Nurs Pract Today. 2017; 4(1):35-43

13- S Heidari, A Ravari, ND Nayeri, S Sabzevari . *Exploration of Organizational Learning Process in Clinical Nursing: A Grounded Theory*. Advances in Education Sciences Volume 13, 2017

14- Soltanmoradi Y, Ansari A, Heidari S(Corresponding Author)\*, . *Occupational stress among operating room nurses of hospitals affiliated to Kerman universities of medical sciences, Iran (2016): A cross-sectional study*. JOHE. 2017; 6 (4):225-233  
URL: <http://johe.rums.ac.ir/article-1-255-en.html>

15- A Ravari, ND Nayeri, S Sabzevari, S Heidari(Corresponding Author)\*, . *Factors hindering organizational learning: perspectives of Iranian nurses*. Journal of Advances in Medicine and Medical Research,2015;9(9):1-12\_Doi: 10.9734/BJMMR/2015/19367

16- Heydari M, Razban R, Mirzaei T , Heidari Sh Corresponding Author. *The Effect of Problem Oriented Coping Strategies Training on Quality of Life of Family Caregivers of Elderly with Alzheimer*. Asian J. Nur. Edu. and Research.2017; 7(2): 168-172. DOI: 10.5958/2349-2996.2017.00034.9

17- Fariba Mazhari ; Ali Ravari , Ali Ansari ; Shahin Heidari ; Maryam Shahabi  
*Investigating the Relationship Between the Early Rising and Depression Studied on the Students in Rafsanjan University of Medical Sciences*. Quran and Medicine. 2014 February; 3(1)

## b-Persian Publications

1-Heidari Sh(Corresponding Author)\*, Mirzaei T, Heydarinejad Chatrodi M, Heidarzadeh A.  
*[Effect of problem-oriented coping strategies training on perceived stress in the family*

*caregivers of the elderly with Alzheimer*]. Hayat, Journal of School of Nursing and Midwifery, Tehran University of Medical Sciences. 2021; 26(4): 384-395. (Persian)

2-Khajeh Hosseini Sh, Sayadi A, Mobini Lotfabad M, **Heidari Sh(Corresponding Author)\***. [*The effect of Benson's relaxation technique on sleep quality among shift-working nurses in hospitals*]. Hayat, Journal of School of Nursing and Midwifery, Hayat, Journal of School of Nursing and Midwifery, Tehran University of Medical Sciences. 2020; 25(4): 415-428. (Persian)

3-S Khajeh Hosseini, A Sayadi, M Mobini Lotfabad, **Sh Heidari (Corresponding Author)\***, *Sleep Quality among Shift-working Nurses in the Hospitals of Rafsanjan City, Iran, in 2018*. Health and Development Journal, 2020; 8(2): 141-151

4-Sadeghi T, **Heidari Sh**, Bakhshi H. *Comparison the Lecture and E-learning Training Methods on Knowledge of Nurses Participating in Continuing Medical Education(CME) Programs in Rafsanjan University of Medical Sciences*. Biannual Journal of Medical Education Development Center Babol University of Medical Sciences.2014;2(1):59-64.

**5-Heidari Sh**, Sadeghi T, Vanaki Z, Khosroangam M, Rodini A. *Organizational learning capabilities of nurse*. Quarterly Journal of Nursing Management.2013;2(4):56-63

6-A Sultani, M Hadavi, **S Heydari**, M Shahabinezhad *Barriers to patient education based on the viewpoints of nurses and nurse managers in hospitals of Rafsanjan University of Medical Sciences, 2008*. Journal of Rafsanjan University of Medical Sciences,12(4): 2013: 309-318

**7-S Heidari Corresponding Author** , A Khodadadi, A Ravari, G Asadi, Z Fatehi *Prescription quality of medication chart of hospitalized patients in hospitals affiliated with Rafsanjan University of Medical Sciences, 2007*. - Journal of Rafsanjan University of Medical Sciences, 2012

8-SH Heidari (Corresponding Author), M Shahabinejad, A Soltani, F Abdoli *Rate and type of medication errors and factors in preventing the report of them in the nursing students of Rafsanjan University of Medical Sciences in 2009*, Community Health Journal, 2017;7(2): 48-55

9-T Negahban, A Ansari, M Allah Tavakkoli, Sh Heidari *Assessment of students' self-directed learning readiness in Rafsanjan University of Medical Sciences in 2012: An approach to assess the effectiveness of higher education*. The Journal of Medical Education and Development, 2014;8(4): 47-54

10-Sh Heidari ,H Yazdanpanah,F Abdoli, M Hadavi . *Frequency of delibrated self poisoning during Rafsanjan in 2008*.CHJ. 1396; 6(1): 54-60

11-H Bakhshi Z fatehi. Sh Heidari, A Khodadadi. *Survey of the effect of two educational methods on knowledge, attitude and practice regarding self care in patients with type 2 diabetes, 2005*. Quqrterly Journal of Nurding and Midwifery School of Rafsanjan; 2(3,4): 51-57.

12- Mallahigar F TSadeghi T, Heidari SH \*. *Comparison the Effect of Education Using Pictographs and Lectures on the Lifestyle of the Elderly with Type 2 Diabetes*. Journal of Gerontology (joge). 2021. 6( 2):30-39

## **Supervisor of Thesis**

1-Survey of psychometric properties and validation of the Persian version of the adherence barriers questionnaire )ABQ( in ppatients with cardiovascular disease, Rafsanjan 2020

2-The effect of educational program based on Health Belief Model on drug adherence of patients discharged from CCU ward of Ali-e-bne Abitaleb Hospital, Rafsanjan 2019

- 3- The effect of pictograph based education on the lifestyle of diabetic elderly referred to raf sanjan diabetes clinic 2019
- 4- Investigating the effect of Rosemary ointment on grade I pressure ulcer in hospitalized patient in ICU of Ali -ebn abitalib hospital, 2017
- 5- The effect of Benson's relaxation technique on sleep quality of Shift-working Nurses in Hospitals in Rafsanjan 2018
- 6- The effect of problem oriented coping strategies training on quality of life and perceived stress of family caregivers of elderly with Alzheimer
- 7- Effectiveness of smartphone-based medication reminder application on medication adherence of patients with essential hypertension
- 8- The Effect of Coping with stress strategies training on Anxiety , Depression and stress of Addicts Referring to Addiction Treatment Centers in Rafsanjan 2019
- 9- The Effect of Pillbox Use on Medication Adherence Among Elderly Patients: A Randomized Controlled Trial
- 10- Study of job stress sources and approach to dealing with them in the operating room nurses of hospitals affiliated to Kerman Universities of Medical Sciences in 2016
- 11- Assessment of the TENS effect on postoperative abdominal pain intensity in low consciousness patients hospitalized in Intensive Care Unit of Besat hospital, Hamedan 2015

### ***Advisor of Thesis***

- 1- Investigating the effect of Melissa officinalis extract on the anxiety of patients undergoing orthopedic surgeries in Bahonar hospital affiliated to Kerman University of Medical Sciences, 2018

2-Investigating the effect of telephone -based orientation during waiting time, on anxiety of patients undergoing coronary angiography referring to Ali-Ebne-Abitaleb hospital of Rafsanjan, 2018-2019

3-Study the effect of Active Cyclic breathing technique on arterial blood gas measures in patient undergoing with open heart surgery in Shafa hospital in Kerman 2018

4-The effect of eye mask and earplug on pain and physiological index in reduced consciousness patients hospitalized in Intensive Care Unit of Imam Khomeini hospital, Jiroft 2019

5- A comparative study on the effect of various doses of castor oil capsule (Gelax) on bishap score and some prinatal outcomes of delivery in nulliparous women referring to Niknafs hospital in Rafsanjan: 2018

6- Effect of acupressure on knee osteoarthritis symptoms in the elderly

7- Comparison and combination the effect of TENS and cold application on pain during chest tube removal among coronary artery bypass grafting )CABG( patient in Shafa hospital of Kerman in 2018

8-Assessment of adaptation and explaining its process among parents of children with cancer : A mixed method study