



*sabzevar university of medical sciences*

## ***CURRICULUM VITAE***

Your picture

### **PERSONAL INFORMATION**

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**Name:** narjes

**Surname:** heshmatifar

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### **EDUCATIONAL BACKGROUND**

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**PhD in**

**MSc. in Sabzevar University of Medical Sciences**

**BSc. in Sabzevar University of Medical Sciences**

### **DISSERTATIONS**

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**PhD Thesis Title:**

✓ Thesis title .....

**MSc Thesis Title:**

✓ Thesis tilte :

- ✓ THE EFFECT OF BENSON RELAXATION RESPONSE ON HEMODIALYSIS PATIENTS' FATIGUE

## Awards and Ranks

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- ✓ Awards and Ranks :
  - sample student
  - selected researcher

## TEACHING EXPERIENCES

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### *I: Teaching Experiences I*

- ✓ Title....

### *II: Teaching Experiences II*

- ✓ Title.....

### *III: Teaching Experiences III*

- ✓ Title....

### *IV: Teaching Experiences IV*

- ✓ Title....

## PROFESSIONAL MEMBERSHIP

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- ✓ Member of Nursing Department, Faculty of Medicine, Sabzevar University of Medical Sciences. ۲۰۱۴.
- ✓ Manuscript Reviewer of:
  - *Iranian Journal of*.

## RESEARCH FIELDS OF INTERESTS

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- ✓ Research Field I : nursing research
- ✓ Research Field II :Nursing Ethics

## CONFERENCE PARTICIPATION

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۱. Nursing ethics and crisis , *Iran, Tehran, ۲۰۱۳* (Poster presentation)
۲. *A Study on the Barriers to Proper Nurse-Patient Communication in Sabzevar Educational Hospitals,iran,sabzevar, ۲۰۱۳* (Oral presentation)
۳. *Barriers professional ethics in nursing practice from the perspective of nurses,iran, Shahroud University of Medical Sciences , ۲۰۱۳* (Oral presentation)

- ξ. *The effect of Benson relaxation on hemodialysis fatigue(Oral presentation)*
- ο. *The effect of educational workshop of electrocardiogram students in Sabzevar University of Medical Sciences(Poster presentation)*
- ζ. *The effect of Benson's relaxation on hemodialysis fatigue(Poster presentation)*
- ϣ. *Study of patient education in hospitals in Sabzevar(Poster presentation)*
- λ. *Evaluation of nurses' performance regarding infection control measures(Poster presentation)*
- ρ. *Nurses' performance toward patient education from the viewpoint of nurses and patients discharged from hospitals in Sabzevar city in ۲۰۱۲(Poster presentation)*
۱۰. *Spiritual health and quality of life(Poster presentation)*
۱۱. *Nursing students' perception of moral barriers(Poster presentation)*
۱۲. *The study of spiritual health of medical science students(Poster presentation)*
۱۳. *The effect of Benson's relaxation on hemodialysis patients blood tests(Oral presentation)*
- ۱ξ. *Evaluation of compliance with the standard infection control principles by nurses in Sabzevar, ۲۰۱۲(Poster presentation)*
- ۱ο. *A case report with double bladder and urinary tract(Oral presentation)*
- ۱ζ. *The relationship between e-learning and empowerment of nursing students(Oral presentation)*
- ۱ϣ. *Comparison of Sleep Quality of the Elderly Living in the Nursing Home and Home Resident(Oral presentation)*
- ۱λ. *The Relationship between Job Stress and Nursing Satisfaction and Productivity(Oral presentation)*
- ۱ρ. *The effect of Holy Quran on the quality of life for employees of Sabzevar University of Medical Sciences(Oral presentation)*
۲۰. *The study of moral sensitivity barriers*

## **PUBLICATIONS**

۱. *Heshmatifar N, Sadeghi H, Mahdavi A, Shegarf Nakhaie MR, Rakhshani MH. The effect of benson relaxation technique on depression in patients undergoing hemodialysis. Journal of Babol University of Medical Sciences. ۲۰۱۵; ۱۷(۸): ۳۴- ۴۰.*
۲. *Alikhah L, Heshmatifar N, Mansouri M, Boskabadi A, Khamene Bagheri A. Complete Duplication of Bladder and Urethra: A Case report. Journal of Mazandaran University of Medical Sciences. ۲۰۱۶ Apr ۱۵; ۲۶(۱۳۵): ۱۶۲-۸.*
۳. *Hashmatifar N, Mohsenpour M, Rakhshani M. Barriers to moral sensitivity: viewpoints of the nurses of educational hospitals of Sabzevar. Journal of Medical Ethics & History of Medicine. ۲۰۱۴ Jan ۱; ۷( ۱).*
۴. *Heshmatifar N, Sadeghi H, Jometodoki H, Akrami R, Evaluation of patient's educational performance at three time points (admission, hospital, discharge) from patients and nurses in Sabzevar Hospitals ۲۰۱۴, Volume ۲۰, Number ۵; Page(s) ۶۳۵ To ۶۴۲.*
۵. *, HeshmatifarNarjes , koushan Mohsen , Rakhshani Mohammad Hassan, Mohsenpour Mohaddeseh Mohsenpour , The effect of benson relaxation technique on fatigue in patients undergoing hemodialysis, Journal of Sabzevar University of Medical Sciences*
۶. *Observance of the principles of nursing report in nurses of Sabzevar hospitals, Beyhagh, Journal of Student Research Committee, Sabzevar University of Medical Sciences*
۷. *Critical Thinking and Development Strategies in Nursing Education Beyhagh, Journal of Student Research Committee, Sabzevar University of Medical Sciences,*

4. *Effects of spirituality and spirituality on quality of life, Beyhagh, Journal of Student Research Committee, Sabzevar University of Medical Sciences*
9. *Barriers of nurse-patient communication in Sabzevar hospitals, Beyhagh, Journal of Student Research Committee, Sabzevar University of Medical Sciences*
10. *The study of compliance with the standard principles of infection control in nurses of Sabzevar in ۲۰۱۲*
11. *Alikhah L, Koushan M, Tadayonfar M, Akrami R, Heshmatifar N, Rastaghi S. The effect of supportive care plan on anxiety in patients with acute coronary syndrome after admission to CCU. Hayat. ۲۰۱۹; ۲۰(۱): ۹۰-۱۰۰*

## **WORKSHOPS**

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1. *Workshop Familiarity with vaccination and adverse drug reactions, sabzevar university of medical sciences, sabzevar, Iran, ۲۰۰۹*
۲. *ADR workshop , sabzevar university of medical sciences, sabzevar, Iran, ۲۰۰۹*
۳. *Advice techniques, sabzevar university of medical sciences, sabzevar, Iran, ۲۰۰۰*
۴. *Life Skills, sabzevar university of medical sciences, sabzevar, Iran, ۲۰۰۰*
۵. *Nosocomial infections, sabzevar university of medical sciences, sabzevar, Iran, ۲۰۰۰*
۶. *cpr and advanced intubation, sabzevar university of medical sciences, sabzevar, Iran, ۲۰۰۰*
۷. *Cardiovascular training topics*
۸. *ECG interpretation*
۹. *Care of patients with CVA*
۱۰. *Care education for poisoned patients*
۱۱. *Restrain*
۱۲. *Mental Health Nursing*
۱۳. *Adult Autoimmune Entropathy*
۱۴. *Interpretation of ABG*
۱۵. *Radiogram interpretation*
۱۶. *Hmvvyzhylans*
۱۷. *The seven ICDL Skills*
۱۸. *Workshop search of electronic resources*
۱۹. *Workshop "SPSS" -*
۲۰. *Workshop "STATA"*
۲۱. *Ethics in nursing*
۲۲. *Banquet professors thought*
۲۳. *Research Methodology*
۲۴. *Endnote*
۲۵. *Basic statistics*
۲۶. *Familiar with the National Library of Digital Medicine*
۲۷. *reporting*
۲۸. *Ethics in research*
۲۹. *OSCE workshop*
۳۰. *Lesson Plan and Course Design in Medical Education*
۳۱. *Infection control management, occupational health and patient safety in the hospital*
۳۲. *Medical Ethics*

- ३३. *Work with medical equipments (electrocardiogram) (ECG-*
- ३४. *Use of physical restraints in the intensive care unit and nursing care associated with it*
- ३५. *Ways to reduce drug errors*
- ३६. *Nursing care within the ICU*
- ३७. *Nursing care in the CCU*
- ३८. *Instrumentation in research*
- ३९. *Patient safety*
- ४०. *Anxiety and stress management*
- ४१. *Nursing care during blood transfusion*
- ४२. *Common Skills in the Emergency Department*
- ४३. *Insulin therapy*

## **EXPERIENCE**

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### **Computer Skills**

- *Operating Systems: Windows*
- *ICDL*

### **Software:**

- *ENDNOTE, Statistical analysis software (SPSS)*
- *Microsoft office (Word, Power point, Excel)*
- *Software for Statistics and Data Science (stata)*