

# Curriculum Vitae

## Personal Details:

**Mahdiah Poodineh Moghadam**  
**B.S.N, M.S.N Nursing**

**Master of Sciences in Nursing Education (Medical-Surgical)**

**Date of Birth: 1986**

### **Work Address:**

Zabol University Of medical science, Faculty of nursing and midwifery  
Ferdowsi Avenue, Zabol, Iran

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## Educational and Professional Background:

**Master of Science (MScN) Nursing Education (Medical Surgical Nursing) 2011- 2013**  
in Birjand university of medical Sciences, Birjand Iran.

**Bachelor of Science (BSc) Nursing 2004- 2008**, in Zabol university of medical Sciences,  
*Zabol Iran.*

## Thesis:

A Thesis for the Degree of Master of Science in Nursing Education (medical- Surgical):  
(Impact of self care plan on Dependency of patients undergoing hemodialysis in  
Birjand hemodialysis ward)  
Birjand University of medical Sciences, Birjand, Iran (19.70/20)

**Scopus ID:** 57096224400

**ORCID ID:** <http://orcid.org/0000-0002-6245-7749>

**Researcher ID:** G-1994-2017

**google scholar Profile:**

[https://scholar.google.com/citations?user=Sgr9\\_T0AAAAJ&hl=en&oi=sra](https://scholar.google.com/citations?user=Sgr9_T0AAAAJ&hl=en&oi=sra)

**Researchgate Profile:**

[https://www.researchgate.net/profile/Mahdieh\\_Poodineh\\_Moghadam/publications](https://www.researchgate.net/profile/Mahdieh_Poodineh_Moghadam/publications)

## **Professional activities:**

### **Academic position:**

Instructor of Nursing Education (Medical- surgical), Nursing Department, Nursing & Midwifery Faculty, Zabol University of Medical Sciences, Zabol, Iran

#### **Others:**

- 1. Vice Dean for Education at School of Nursing & Midwifery** - Zabol University of medical sciences, Iran (since 2015 untill now)
- 2. Managing Editor Journal of Diabetes nursing** at zabol nursing and midwifery faculty (Since 2012 untill now)
- 3. Director of Talents Brilliant Center** in Education Developed Center (EDC) at Zabol University of medical Science (since 2012 untill 2015)
- 4. Working as a member of Student Research Committee** (2004-2008) in zabol University of Medical Sciences, Iran
- 5. Working as a member of Student Research Committee** (2011-2013) in Birjand University of Medical Sciences, Iran
- 6. Instructor at Birjand Nursing and midwifery** (2011-2013)

### **Teaching activities:**

- Medical surgical Nursing 2, 3, 4 (hematology, orthopedic and respiratory Disease) for nursing student at Faculty of nursing and midwifery, Zabol University of Medical Sciences, (since 2012 untill now)
- Community health nursing (Research Project) for nursing student at Faculty of nursing and midwifery, Zabol University of Medical Sciences, (since 2012 untill now)

- Internal emergency 1 (respiratory) for Medical Emergency technique student at Faculty of nursing and midwifery, Zabol University of Medical Sciences, (since 2012 until now)
- Physiopathology 1,2 ( respiratory and hematology system) for midwifery student for nursing student at Faculty of nursing and midwifery, Zabol University of Medical Sciences, (since 2012 until now)
- Apprenticeship of medical surgical nursing (Thalasemia, General internal, PostCCU, woman surgery) ward for nursing student at Amir al momenin(A) Hospital (since 2012 until now)

### **Skills & Expertise:**

Work with Computer programs and Software Such as: SPSS, Flash Player, Photoshop, Camtasia Studio and ...

### **Languages**

- Persian (Native)
- English (Professional working proficiency)

### **Publications:**

#### **Research projects:**

**1- Lived experience of nurses from care during hemodialysis (A Phenomenological Study)**

**My position:** Co-investigator **Approving authority:** Zabol University of Medical Sciences, 2017

**2- Attitude to social problems and related factors among new students Zabol University of Medical Sciences in 2015-2016**

**My position:** investigator **Approving authority:** Zabol University of Medical Sciences, 2016

**3- Evaluation of Spiritual Attitude and related factors in nursing student at zabol nursing and midwifery faculty 2016**

**My position:** investigator **Approving authority:** Zabol University of Medical Sciences, 2016

**4- The effects of preventing addiction training via multimedia method on the tendency to addiction in students residing in dormitories Zabol University of Medical Sciences .**

**My position:** Supervisor - **Approving authority:** Zabol University of Medical Sciences, 2016

**5- The effect of foot reflexology on vital signs and anxiety for blood transfusion in children with thalassemia.**

**My position:** Co-investigator - **Approving authority:** Zabol University of Medical Sciences, 2016

**6- The impact of storytelling method of preventing addiction in adolescents on Addiction Potential Scale.**

**My position:** Supervisor - **Approving authority:** Zabol University of Medical Sciences, 2016

**7- The effect of teaching by focus group discussions on the performance and knowledge of mothers of domestic accidents in children.**

**My position:** Co-investigator - **Approving authority:** Zabol University of Medical Sciences, 2016

**8- The impact of home care education on self-Efficacy at thalassemia patients**

**My position:** Supervisor- **Approving authority:** Zabol University of Medical Sciences, 2015

**9- Comparison of two methods, bolus and continuous heparin infusion on the coagulation test in hemodialysis patients**

**My position:** second Executor - **Approving authority:** Zabol University of Medical Sciences, 2015

**10- Nursing interns' viewpoints about workplace empowerment in hospitals affiliated with Birjand University of Medical Sciences in 2012**

**My position:** investigator- **Approving authority:** Birjand University of Medical Sciences, 2015

**11- Effect of sub cutaneous bolus of desferal on ferritin in thalasemia major**

**My position:** Co-investigator- **Approving authority:** Zabol University of Medical Sciences, 2015

**12- Effect of family planning on knowledge and attitude to pre marriage clinic zabol**

**My position:** Executor investigator **Approving authority:** Zabol University of Medical Sciences, 2015

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### 13- Impact of pamphlet Education on student knowledge about marriage

**My position:** investigator- **Approving authority:** Zabol University of Medical Sciences, 2015

## Research Experience

### Articles:

- 1- **Efficiency of High Blood Flow in Increasing Dialysis Efficacy versus Dialysis Complications.** Hosien Shahdadi, Maryam Jahantigh Haghighi, Eghlima Sharafi, **Mahdieh Poodineh Moghadam**, Abbas Balouchi, Esmat Bandadni. *Indian Journal of Public Health Research & Development*,2017: 8(1): 247-250.
- 2- **Effect of Ascending and Descending Stepwise Dialysate Flow Rate Profiles on Adequacy and Complications of Hemodialysis.** Hosien Shahdadi, Maryam Jahantigh Haghighi, Abdolghani Abdollahimohammad, **Mahdieh Poodineh Moghadam**. *International Journal of Advanced Biotechnology and Research (IJBR)*,2017: Vol-8, Issue-1, 202-208.
- 3- **The Relationship between Anxiety and Coping Strategies in Family Caregivers of Patients with Trauma.** Mozghan Rahnama, Hosien Shahdadi, Somyeh Bagheri, **Mahdieh Poodineh Moghadam**, Ahmad Absalan. *Journal of Clinical and Diagnostic Research*. 2017 Apr, Vol-11(4): IC06-IC09
- 4- **Comparison Internet Addiction among Students of Zahedan and Kerman Universities of Medical Sciences.** Zaynab Poodineh, Farzaneh Barati, **Mahdieh Poodineh Moghadam**, Nezar Ghanbarzahi, Abbas Balouchi. *Der Pharmacia Lettre*,2016: 8 (19):210-214.
- 5- **Study performance quality of nurses, views head nurses in special and general wards in educational hospitals of Zahedan city 2011.** Zaynab Poodineh, Farzaneh Barati, **Mahdieh Poodineh Moghadam**, Nezar Ghanbarzahi. *Der Pharmacia Lettre*, 2016: 8 (19):223-226.
- 6- **The Effect of Low-Flux and High-Flux Filters on Adequacy and Complications during Hemodialysis of Patients.** Maryam Jahantigh Haghighi, Hosien Shahdadi, Abdolghani Abdollahimohammad, **Mahdieh Poodineh Moghadam** . *Der Pharmacia Lettre*, 2016: 8 (19):395-399
- 7- **The Effects of Spiritual Self-Care Training on Caregiving Strain in Mothers of Mentally Retarded Children.** Mitra Dindar, Mozghan Rahnama, Mehdi Afshari, **Mahdieh Poodineh Moghadam**. *Journal of Clinical and Diagnostic Research* -2016: 10(12).
- 8- **Studying the relationship between internet addiction and spiritual well being among paramedicine students of zabol university.** Maryam Khamari, Abbas Balouchi\*, **Mahdieh**

**Poodineh Moghadam**, Hosien Shahdadi. (*IJPT*) *International Journal of Pharmacy & Technology*. 2016. Vol. 8 / Issue No.3 / 18888-18897.

- 9- **Effects Of Home-Care Training On The Self-Efficacy Of Patients With Beta Thalassemia Major.** **Mahdieh Poodineh Moghadam**, Hajar Nourisanchoi, Hossein Shahdadi, Sohila Shahraki, Batoul Azarkish, and Abbas Balouchi. Journal , VOL,NO: Mater Sociomed.2016. 28(5): 357-360
- 10-**Effects of Storytelling-based Education in the Prevention of Drug Abuse among Adolescents in Iran Based on a Readiness to Addiction Index.** **Mahdieh poodineh moghadam**, Mahdieh sari, Abbas balouchi, Farah Madarshahian, Khadije moghadam. Journal of Clinical and Diagnostic Research - 2016: 10(11)
- 11-**Investigating the Relationship between caregiver Burden and Demographics among the Mothers of children with Intellectual Disability.** Mitra Dindar, Mozhgan Rahnama, Mehdi Afshari, **Mahdieh Poodineh Moghadam** . Der Pharmacia Letter, 2016: 8(15): 57-61
- 12-**The Impact of Evidence Based Practices on postoperative pain in patients undergoing Gastrointestinal Surgery in Amiralmomenin Hospital in zabol During 2014-2015.** Maryam JahantighHaghighi, Hossein Shahdadi, **Mahdieh PoodinehMoghadam**, AbbasBalouchi. Journal of Clinical and Diagnostic Research -2016: 10(7)
- 13-**Effect of Heparin on Coagulation Tests: A Comparison of Continuous and Bolus Infusion in Haemodialysis Patients.** Aliakbar Nasiri, Sudabeh Ahmadidaresima, Abbas balouchi, Hossein Shahdadi, **Mahdiye poodine moghadam**. Journal of Clinical and Diagnostic Research - 2016: 10(2).
- 14-**THE EFFECT OF SELF- CARE PROGRAM ON THE DEPENDENCE OF HEMODIALYSIS PATIENTS BASED ON OREM'S SELF-CARE THEORY.** **Mahdiye Poodine Moghadam**, Ahmad Nasiri. INTERNATIONAL JOURNAL OF CURRENT LIFE SCIENCES, 2014. vol.4, Issue12.
- 15- **The Impact of Evidence-Based Education on Nursing Students' Critical Thinking.** **Poodineh Moghadam M**, Jahantigh Haghighi M ,Shahdadi H , Saravani S,Shojaei Shad F . Journal of Nursing Education (JNE) 2015 vol4 No2
- 16-**The Effect of Ginger Powder on Blood Lipid Profile, Fasting Blood Glucose, and Blood Pressure in Hyperlipidemic Men: A Clinical Trial Study.** Shahdadi H, Nasiri A A, Sepehri Z, **Poodineh Moghadam M**, Kiani Z. Journal of Zabol University of medical sciences and health services. 2014; 6 (3) :78-87.
- 17-**The Impact of a Self-care Program Based on Orem's Self-Care Model on Psychological Self-Care Deficits in Hemodialysis Patients.** **Mahdieh Poodineh Moghadam**, Ahmad Nasiri. Journal of Zabol University of medical sciences and health services. 2014; 6 (3) :40-49.
- 18-**Evaluation of Serum Magnesium Level in Patients with Type 2 Diabetes.** **Poodineh Moghadam M**, Shahdadi H, Bamari F, Khammari M, Mir E. Journal of diabetes nursing. 2014;1 (3):71-62.

- 19- **Application of Hyperbaric Oxygen Therapy (HBOT) in the Treatment of Diabetic Foot Ulcer: A Review of Article**Mahdieh Poodineh moghadam, Ahmad Nasiri, Khadije Moghadam, Ahmad Maghron. Journal of diabetes nursing 2013;1 (3):71-62.
- 20- **Nursing interns' viewpoints about workplace empowerment in hospitals affiliated with Birjand University of Medical Sciences in 2012.** Gholam Hossein Mahmoudi rad , Mahdieh Poodineh moghadam .Modern care j 2013, 9(3): 217-225.
- 21- **Effect of an educational plan based on Teach-Back method on hemodialysis patients' self-care deficits.** Ahmad Nasiri , Mahdieh Poodineh moghadam Modern care j 2012, 9(4): 344-354.
- 22- **Knowledge of nurses about Port catheter Utilization in Mashhad Educational Hospitals 2009.** Behzad Taleb , **Mahdieh Poodineh Moghadam**. Farasoo journal (The research-Scientific Quarterly of the student research committee Birjand university of medical science) 1 spring 2011
- 23- **Evidence based nursing.** Mahdieh Poodineh Moghadam. Farasoo journal (The research-Scientific Quarterly of the student research committee Birjand university of medical science) 1 spring 2011
- 24- **A Survey of Family Problems in Patients with Type II Diabetes: A Review Article.** Bamari F, Mansuri A, **Poodineh Moghadam M**, Hormozi T, Rohi Saadabad M.. J Diabetes Nurs. 2015; 3 (1) :69-75

## ***Books:***

1. Shahdadi Hossein. Nasiri Ali akbar. Sepehri zahra. **Poodineh moghadam Mahdieh. Pediatric nursing:** Gorgan, Nourozi Co. 2014 [Persian]
2. Shahdadi Hossein. **Poodineh moghadam Mahdieh.** Shahreki vahed Aziz. Moradian Mohamad javad. **Disaster management and Hospital Incident command system (HICS):** Tehran, Heidari Co. 2014 [Persian]
3. Shahreki vahed Aziz. Zakhiredari Neda. Asadi Bidmeshki Elahe. **Poodineh moghadam Mahdieh. Mental Health in Quran:** Mashhad, oroj andishe Co. 2014 [Persian]
4. **Poodineh moghadam Mahdieh.** Hossein Shahdadi, Shahreki vahed Aziz, Nasiri Ahmad. **A Comprehensive Guide on the care of Patients Chronic Renal failure undergoing hemodialysis :** Tehran, Heidari Co. 2016 [Persian]

5. Amirshahi Mehrbanou, Badakhsh Mahin, Hashemi Zohreh sadat, **Poodineh moghadam Mahdieh**, Mansuri Ali, Shahrekivahed Aziz. **High-risk Pregnancies and Deliveries**. Tehran, Heidari Co. 2016 [Persian].

**Papers presented at International Congress:**

**1- Mahdieh Poodineh Moghadam ,D.r Ahmad Nasiri, khadije moghadam**. Self-care Program Consequences on Emotional Dependency of Women under Hemodialysis Treatment. **The Fourth Iranian International Conference on women's Health. Shiraz, Iran. 20,21 May 2015- Poster**

**2- Mahdieh Poodineh Moghadam, Soghra poodineh Moghadam, Khadije Moghadam, Mohadese Poodineh Moghadam**: Comparing Mother's Weight Gain during Pregnancy with Newborn's Birth Weight in Referents to Zabol Imam Hossein Health Center. **The Fourth Iranian International Conference on women's Health. Shiraz, Iran. 20,21 May 2015- Poster**

**3- Mahdieh Poodineh Moghadam ,D.r Ahmad Nasiri**. Impact of Self-care Program on Physical Activities of Women Afflicted with Chronic Kidney Failure under Hemodialysis Treatment. **The Fourth Iranian International Conference on women's Health. Shiraz, Iran. 20,21 May 2015- Poster**

**4- Mahdieh Poodineh Moghadam, Mohadese Poodineh Moghadam, Khadije Moghadam, Soghra Poodineh Moghadam**. Zabol Medical Sciences School Freshman Girls' Attitude toward Drugs as a Social Harm. **The Fourth Iranian International Conference on women's Health. Shiraz, Iran. 20,21 May 2015- Poster**

**5- Mahdieh Poodineh Moghadam, Mohadese Poodineh Moghadam, ,Hajer Nouri Sancholi**. Female Students' attitude toward addiction and compared based on demographic, family and educational variables. **The eighth international congress of addiction Science (ASC 2014)** Tehran, Iran 10<sup>th</sup>- 12<sup>th</sup> September - 2014 **Poster**

**6- Mahdieh Poodineh Moghadam, Mohadese Poodineh Moghadam, Hajer Nouri Sancholi** . Attitudes toward social pathologies among Freshman Students' in Zabol University of medical sciences. **The eighth international congress of addiction Science (ASC 2014)** Tehran, Iran 10<sup>th</sup>- 12<sup>th</sup> September - 2014 **Poster**

**7- Mahdieh Poodineh Moghadam, Mohadese Poodineh Moghadam, Hajer Nouri Sancholi ,Maryam Jahantigh Haghighi**. Students' Attitudes toward addiction and compared based on demographic, family and educational variables with approach to prevention. **The eighth international congress of addiction Science (ASC 2014)** Tehran, Iran 10<sup>th</sup>- 12<sup>th</sup> September - 2014 **Poster**

**8- Hossein Shahdadi, Esmat Bandani, Mahdieh poodineh moghadam**. The effect of ginger on hyperlipidemia and Fasting Blood sugar index. **1<sup>st</sup> International Nursing & Midwifery Conference on Health and Wellbeing**. Isfahan University of Medical Sciences. **6-9 May 2014. Poster**



**9-Mahdieh poodineh moghadam, Dr.Ahmad Nasiri. Impact of self care plan based on Orem Self Care model on hemodialysis patients' psychological self-care deficits. 1<sup>st</sup> International Nursing & Midwifery Conference on Health and Wellbeing. Isfahan University of Medical Sciences. 6-9 May 2014. Poster**

## **Honors, Prizes and Awards**

- 1) First Class Honours as Undergraduate Student in Birjand University of Medical Science*
- 2) First Class Honours as dergraduate Student in Zabol University of Medical Science*
- 3) Best Poster Presentation Prize in the eighth international congress of addiction Science (ASC 2014)–Tehran, Iran, 10<sup>th</sup>- 12<sup>th</sup> September 2014.*
- 4) Awarded as the Distinguished Student Researcher of Birjand University of Medical Sciences, 2011.*

## **Membership of Association:**

*Full member in Iranian Cardiac Nurses Society with Society ID: 935421275*

*Affiliated Member in Iranian Association of medical Education with Membership NO: 9343*

*Affiliated Member in Iranian Nursing Scientific Association with Membership NO: 8800207*

## **Interests:**

*Interest work about in medical- surgical such as Hemodialysis, Diabet , Talasemia ,.....*

*Interest work about in nursing Theories: Orem, Roy and so*