

معاونت علوم پزشکی دانشگاه آزاد اسلامی شهر کرد

سوابق پژوهشی، آموزشی و اجرایی

مشخصات فردی:

نام	نام خانوادگی	تاریخ تولد	وضعیت تأهل	تعداد فرزند	email	مرتبه علمی
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آدرس محل کار: استان چهارمحال و بختیاری، شهرکرد، رحمتیه، دانشگاه آزاد اسلامی، دانشکده علوم پزشکی

تلفن تماس: ۰۲۸۳۳۳۶۱۰۰۱-۹

سوابق آموزشی:

مدرک تحصیلی	رشته تحصیلی	نام دانشگاه	شهر	کشور	تاریخ اخذ مدرک
کارشناسی	پرستاری	پرستاری- مامایی الزهراء	بروجن	ایران	۱۳۷۹
کارشناسی ارشد	آموزش داخلی- جراحی پرستاری	علوم پزشکی اصفهان	اصفهان	ایران	۱۳۸۹

عنوان پایان نامه فوق لیسانس:

Effect of aromatherapy on the quality of sleep in ischemic heart disease patients hospitalized in intensive care units of heart hospitals of the Isfahan University of Medical Sciences

پست‌های اداری و سازمانی:

نام موسسه یا دانشگاه	تاریخ		شهر	پست سازمانی
	شروع	خاتمه		
دانشگاه آزاد اسلامی	۱۳۸۹/۱۱/۱۵	تا اکنون	شهرکرد	مربی
دانشگاه آزاد اسلامی	۱۳۹۶/۸/۱	تا اکنون	شهرکرد	مدیر EDO
دانشگاه آزاد اسلامی	۱۳۹۶/۱۲/۱۹	تا اکنون	شهرکرد	عضو مرکز رشد و اقتصاد دانش بنیان
دانشگاه آزاد اسلامی	۱۳۹۸/۲/۲۹	تا اکنون	شهرکرد	عضو شورای آموزشی و تحصیلات تکمیلی
دانشگاه آزاد اسلامی	۱۴۰۰/۲/۲۹	تا اکنون	شهرکرد	عضو کارگروه پرستاری

کتاب منتشر شده:

ناشر	نوع		عنوان کتاب
	ترجمه	تالیف	
انتشارات بشری	✓		۱- کلیات اقدامات پرستاری
انتشارات بشری	✓		۲- کلیات رویه های درمانی و مراقبتی در پرستاری
انتشارات بشری	✓		۳- کلیات مراقبت های پرستاری مادر و نوزاد، اطفال و بزرگسال
انتشارات دانشگاه آزاد اسلامی		✓	۴- مراقبت های پرستاری در منزل
انتشارات دانشگاه آزاد اسلامی		✓	۵- پرستاری بحران
انتشارات دانشگاه آزاد اسلامی		✓	۶- اصطلاحات و نکات کاربردی در پرستاری از کارآموزی تا کارورزی
انتشارات دانشگاه آزاد اسلامی		✓	۷- رویکردهای تشخیصی و درمانی در کودکان
انتشارات دانشگاه آزاد اسلامی		✓	۸- مراقبت‌های پرستاری کودکان
انتشارات دانشگاه آزاد اسلامی		✓	۹- کمک‌های اولیه

مقالات چاپ شده در نشریات و مجلات داخلی و خارجی:
عنوان مقاله:

Effect of aromatherapy on the quality of sleep in ischemic heart disease patients hospitalized in intensive care units of heart hospitals of the Isfahan University of Medical Sciences

خلاصه مقاله (Abstract):

BACKGROUND:

Sleep disorder is one of the common problems patients face in ICU and CCU and it is usually treated by sleeping pills. Nowadays, the complementary medicine is highly considered because of its effectiveness and safety. Aromatherapy is one of the holistic nursing cares which sees human beings as a biological, mental and social unit while the psychological dimension has the central role. Each of these dimensions is dependent on each other and is affected by each other. Therefore, it is fundamental for nurses to provide aromatherapy in their clinical performance. Aromatherapy helps treatment of diseases by using vegetable oils and it seems to be effective in reducing sleeplessness.

METHODS: This was a clinical trial on 65 patients (male and female) hospitalized in CCU in Al-zahra and Chamran hospitals. The intervention included 7 nights, each time 9 hours aromatherapy with lavender oil for the experiment group, while the controls received no intervention. Both groups filled out the SMHSQ that includes 11 items to assess sleep quality before and after intervention.

RESULTS: Data analysis showed that the mean scores of sleep quality in the two groups of experiment and control were significantly different after the aromatherapy with lavender oil ($p < 0,001$).

CONCLUSIONS: Quality of sleep in ischemic heart disease patients was significantly improved after aromatherapy with lavender oil. Therefore, using aromatherapy can improve the quality of their sleep and health.

KEYWORDS: Aromatherapy; ischemic heart disease; sleep

نام مجله: Iranian Journal of Nursing and Midwifery Research

موضوع مقاله: CAM

وب سایت مجله: ijnmr.mui.ac.ir

عنوان مقاله:

Comparison of the Quality of Life in Three Groups: Women with Premenstrual Syndrome, Premenstrual Dysphoric Disorder and General Population in Yazd

خلاصه مقاله (Abstract):

Introduction: Premenstrual syndrome can lead to numerous problems for women and increase their susceptibility to depression compared to men. PMS is not a serious threat, but it can influence women's quality of life and mental health and reproductive. This research was conducted to compare the quality of life (QOL) in the three groups: women with premenstrual syndrome, premenstrual dysphoric disorder, and general population in Yazd (a city in the center of Iran).

Methods: This cross-sectional study was performed on 261 women referring to Yazd health centers. They were voluntarily or randomly selected. Data collection tools were quality of life questionnaire SF-36 and the premenstrual syndrome screening tool. Obtained data were analyzed by SPSS 18,0 with Kruskal-Wallis and Mann-Whitney test for comparison groups on SF-36 subscales.

Results: Among samples, 102 (39,0%) had premenstrual syndrome (PMS), in 20 (7,7%) the diagnostic characteristics for premenstrual dysphoric disorder (PMDD) were found, and 124 (47,3%) were in general population (GP) group, respectively. Comparison groups with Kruskal-Wallis test on SF-36 subscales showed that except for physical function in other components of quality of life, PMS and PMDD groups and non-clinical populations were significantly different ($p < 0,05$). Considering the Mann-Whitney test, women with PMDD reported a poor health-related quality of life as measured by the SF-36. Women with PMS and PMDD had lower mean score especially in the aspect of role limitation-emotional problems.

Conclusion: Quality of life is significantly affected by premenstrual symptoms, especially in the aspect of role limitation- emotional problems. Further studies and training program regarding PMS is recommended to improve the quality of life in this population, particularly for those experiencing severe premenstrual disorders.

Keywords: Premenstrual Syndrome, Premenstrual Dysphoric Disorder, Quality of Life, Women.

نام مجله: JCHR

موضوع مقاله: Community Health Research

وب سایت مجله: <https://creativecommons.org/licenses/by/4,0/>

عنوان مقاله:

The Impact of Training through the Telegram's Virtual Network on Promoting Women's Knowledge and Perceptions in Preventing Osteoporosis

خلاصه مقاله (Abstract):

Abstract

Introduction: Osteoporosis is the most common metabolic bone disease. Therefore, the present study was conducted to determine the effect of training through the Telegram network on increasing the knowledge and perceptions of women in preventing osteoporosis.

Methods: This study was an educational intervention, pretest and posttest type with randomized control group. Sixty women who referred to the marginal health centers of Yazd were randomly selected and assigned to intervention and control groups. After completing the questionnaires, a package of educational messages was sent to the intervention group through the Telegram group. A month later, the questionnaires were completed again, and the data were analyzed by SPSS ۱۸ software and Wilcoxon and Mann-Whitney test. **Results:** The mean age of participants in intervention and control groups was $20,56 \pm 0,71$ and $29,92 \pm 0,02$, respectively. The findings showed that the median score of knowledge (χ scores, $P = 0,001$) and subscales of women's beliefs (perceived sensitivity [χ score, $P = 0,026$], perceived severity [χ score, $P = 0,001$], perceived benefits [χ scores, $P = 0,021$], and cues to action [χ scores, $P = 0,000$]) increased significantly after intervention in the intervention group. The median score of knowledge was significantly higher than the control group (χ scores, $P = 0,000$).

Conclusions: Use of Telegram training and virtual training spaces is effective in promoting women's knowledge and perceptions in the prevention of osteoporosis and contributes to the advancement of women's health beliefs. Therefore, the adoption of this type of training is recommended to overcome the limitations of traditional education in the prevention of osteoporosis.

Key Words: Education, knowledge, osteoporosis, perceptions

نام مجله: ۲۰۱۹ Indian Journal of Rheumatology | Published by Wolters Kluwer - Medknow

موضوع مقاله: Rheumatology

وب سایت مجله: www.indianjrheumatol.com

عنوان مقاله:

Complementary and Alternative Medicine Usage and Its Determinant Factors among Infertile women

خلاصه مقاله (Abstract):

Aim: Some evidence shows an increased utilization of complementary and alternative medicine for infertility treatment, although little information is available to measure this phenomenon in infertile women. Hence, this study aimed to assess the application of Complementary and Alternative Medicine (CAM) techniques on infertile women.

Materials and methods: This study was cross-sectional. Infertile women referred to the only center of infertility in Kerman, Iran were selected using convenience sampling. In total, ۱۵۴ participants were assessed. Data were collected using a twopart researcher-made questionnaire and they were analyzed using descriptive and analytical statistics [chi-square test and logistic regression] with SPSS version ۱۸.

Results: ۵۶,۲% of participants in the present study used at least one of the CAM methods in the past year.. The multivariate logistic regression showed a significant correlation only between education and CAM users/non-users.

Conclusions: According to the results, almost one third of infertile women used CAM to treat their infertility indicating high prevalence of CAM usage among infertile women. Therefore, health care providers must pay more attention for infertility treatment to reduce the treatment interactions and increase the quality of care.

Keywords: Complementary Therapies, Infertility, traditional medicine, women

نام مجله: Current Traditional Medicine

موضوع مقاله: Bentham science

وب سایت مجله: https://www.eurekaselect.com

عنوان مقاله:

The Effect of Training Through the Telegram Social Network on Osteoporosis-preventive Behaviour of Women

خلاصه مقاله (Abstract):

Objective: Osteoporosis is the most prevalent metabolic bone disease, and women are the most important group at risk. The present study was conducted to determine the effect of training through the Telegram social network on the osteoporosis-preventive behaviour (OPB) of women.

Materials and Methods: This educational intervention study had a pre- and post-test design with a randomised control group. It was conducted on 60 women who referred to the health centres in Yazd suburbs. The women were randomly selected and assigned to the intervention and control groups. After filling out the questionnaires, the training messages package was sent to the intervention group via the Telegram group. One month later, the questionnaires were completed again, and the data were analysed using SPSS 18,0 and a paired and independent t-test.

Results: The mean age of the participants was $30,20 \pm 5,24$ years. The paired t-test was used to compare the mean scores of OPB in both groups before and after the training. The results showed that the difference in the mean scores in the intervention group ($p=0,00$) was significant compared with the control group, which was insignificant ($p=0,054$). Independent t-test results revealed that the mean behaviour score after training in the intervention group was higher than in the control group ($p=0,00$) and daily exercise behaviour had the highest mean increase.

Conclusion: Training through the virtual space of Telegram concerning osteoporosis is effective in preventing osteoporosis, and a daily exercise behavioural regimen has the highest increase compared with other preventive behaviours.

Keywords: Osteoporosis, preventive behaviour, training, Telegram

نام مجله: ۲۰۲۰; ۲۶: ۱۷۵-۹ Turk J Osteoporos

موضوع مقاله: Osteoporos

طرح- پروژه های پژوهشی:

عنوان	مؤسسه حمایت کننده
مقایسه‌ی دیدگاه مربیان و دانشجویان پرستاری از بکارگیری لاگ بوک در کارآموزی و کارورزی در سال تحصیلی ۱۳۹۷	دانشگاه آزاد اسلامی شهرکرد

تقدیرنامه:

سال	عنوان
۱۳۹۸	از مراکز برتر EDO کشور
۱۳۹۹	مولف برگزیده دانشگاه آزاد اسلامی شهرکرد در سال ۱۳۹۹

کنگره‌ها:

سال	محل	عنوان	کنگره
۲۰۱۲	Tehran	Exploring the effect of aromatherapy using the lavender oil on the patients ischemic heart disease in the intensive care units of the hospitals of the city the of Isfahan in ۲۰۰۹	National Congress on Medicinal Plants
۲۰۲۱	Tehran	The Factors Determining of Preventive Behavior against Skin Cancer Based on the Extended Parallel Process Model in Medical Students	cancer congress

معاونت علوم پزشکی دانشگاه آزاد اسلامی شهر کرد

همایش‌ها:

سال	محل	عنوان	همایش
۱۳۸۹	اصفهان	الگوی نوین معلم، فراگیر: چگونه مهارت های دانشجوی پرستاری را ارتقاء	همایش ملی
۱۳۸۹	اصفهان	فن TGT روشی کارآمد در آموزش بالینی پرستاری	همایش ملی
۱۳۹۶	تهران	مرجعیت علمی در علوم پزشکی با محوریت «اهمیت آموزش علوم پزشکی در تعالی نظام سلامت»	همایش ملی
۱۳۹۸	تهران	مدیران مراکز EDO	همایش ملی
۱۳۹۹	مجازی	وحدت حوزه و دانشگاه	همایش ملی
۱۳۹۹	تهران	Knowledge and perceptions about second hand smoke in pregnant	همایش ملی

دوره‌های گذرانده شده:

سال	محل	عنوان
۱۳۹۰	دانشگاه آزاد اسلامی شهرکرد	گواهینامه دوره تبیین حکومت اسلامی
۱۳۹۰	دانشگاه آزاد اسلامی شهرکرد	گواهینامه دوره تضمین کیفیت در آموزش عالی با رویکرد آموزشی
۱۳۹۱	دانشگاه آزاد اسلامی شهرکرد	گواهینامه دوره (IELTS)
۱۳۹۱	دانشگاه آزاد اسلامی شهرکرد	گواهینامه دوره (IELTS)
۱۳۹۵	دانشگاه آزاد اسلامی شهرکرد	آشنایی با نرم افزار spss
۱۳۹۵	دانشگاه آزاد اسلامی شهرکرد	آشنایی با نرم افزار End note
۱۳۹۵	دانشگاه آزاد اسلامی شهرکرد	آشنایی با طراحی سنوالات چند گزینه ای (MCQ)
۱۳۹۵	دانشگاه آزاد اسلامی شهرکرد	اخلاق حرفه ای
۱۳۹۷	دفتر توسعه آموزش دانشگاه آزاد	آموزش بهینه‌سازی روابط استاد و دانشجو
۱۳۹۷	دفتر توسعه آموزش دانشگاه آزاد	آشنایی با LMS
۱۳۹۸	دفتر توسعه آموزش دانشگاه آزاد	مقاله نویسی به روش پروتکل
۱۳۹۹	دفتر توسعه آموزش دانشگاه آزاد	آشنایی با مبانی آموزش مجازی
۱۳۹۹	دفتر توسعه آموزش دانشگاه آزاد	آشنایی با مبانی آموزش الکترونیکی
۱۳۹۹	دفتر توسعه آموزش دانشگاه آزاد	اصول ارزیابی الکترونیک دانشجویان
۱۴۰۰	دفتر توسعه آموزش دانشگاه آزاد	روش‌های نوین در ارزشیابی‌های بالینی

تعداد پایان نامه ها به تفکیک مقطع تحصیلی که استادراهنما، مشاور آن بوده اید.

مشاور	راهنما
کارشناسی ارشد:	کارشناسی ارشد:
دکترای حرفه ای:	دکترای حرفه ای:

موضوعات مورد علاقه برای تحقیق و پژوهش:

طب مکمل و جایگزین
پژوهش در پرستاری

معاونت علوم پزشکی دانشگاه آزاد اسلامی شهرکرد

عضویت در انجمن های علمی:

سال عضویت	نام مؤسسه
۱۳۹۴	شورای زنان فرهیخته دانشگاه آزاد واحد شهرکرد
۱۳۹۶	کارگروه مرکز رشد و اقتصاد دانش بنیان واحد شهرکرد
۱۳۹۸	شورای آموزشی و تحصیلات تکمیلی گروه پرستاری واحد شهرکرد
۱۳۹۹	کارگروه پرستاری