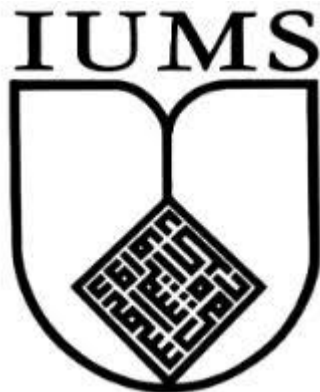


## Curriculum Vitae

|                                                                                   |                                                                                                                                                                                                                                                                           |                                                                                                                                       |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
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|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|

### NAME:

Dr Somayeh Ghafari

### POSITION TITLE: Associated Professor

### RESEARCH IDS

| Item             | Value               | Web address                                                                                                                               |
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| ORCID            | 0000-0001-9331-0902 | <a href="https://orcid.org/0000-0001-9331-0902">https://orcid.org/0000-0001-9331-0902</a>                                                 |
| Researcher ID    | U-7326-2017         | <a href="https://www.webofscience.com/wos/author/rid/U-7326-2017">https://www.webofscience.com/wos/author/rid/U-7326-2017</a>             |
| Scopus Author ID | 56494852800         | <a href="https://www.scopus.com/authid/detail.uri?authorId=56494852800">https://www.scopus.com/authid/detail.uri?authorId=56494852800</a> |

### EDUCATION AND TRAINING

| INSTITUTION AND LOCATION                                               | DEGREE<br>(if applicable) | Start Date<br>MM/YYYY | Completion<br>Date<br>MM/YYYY | FIELD OF STUDY             |
|------------------------------------------------------------------------|---------------------------|-----------------------|-------------------------------|----------------------------|
| University of Social Welfare and Rehabilitation Sciences, Tehran, IRAN | Ph.D.                     | 2009                  | 2014                          | Nursing Education          |
| Tarbiat Modares University, Tehran, IRAN                               | M.Sc.                     | 2004                  | 2007                          | Medical & Surgical Nursing |
| Shiraz University of Medical Sciences, Shiraz, IRAN                    | B.S                       | 1999                  | 2003                          | Nursing                    |

## RESEARCH INTEREST

My research interests focus on critical care nursing, evidence-based practice in intensive care settings, prevention and management of complications in critically ill patients, patient safety, nursing interventions to improve clinical outcomes, family-centered care in the ICU, and the development of innovative nursing care strategies for vulnerable populations.

### **Secondary Research Interests:**

**Neuro-Critical Care Nursing:** Specializing in evidence-based nursing interventions for patients with acute neurological injuries, including traumatic brain injury (TBI), stroke, and post-neurosurgical care.

**Clinical Neuro-monitoring & Hemodynamics:** Investigating the impact of nursing care protocols on Cerebral Perfusion Pressure (CPP), intracranial pressure (ICP) dynamics, and brain tissue oxygenation (SjvO<sub>2</sub>/NIRS).

**Patient Safety & Quality in ICU:** Developing and validating nursing care bundles to prevent secondary brain injury and systemic complications (e.g., VAP, pressure injuries, and ICU-acquired weakness).

**Critical Care Technology & Innovation:** Exploring the role of advanced monitoring systems and mHealth in enhancing clinical decision-making and patient outcomes in intensive care settings.

**Family-Centered Care in Acute Settings:** Researching the psychological and clinical effects of family involvement and structured visitation protocols on the recovery process of critically ill patients.

**Ethics & Palliative Care in Neuro-ICU:** Examining nursing challenges in end-of-life care and ethical decision-making for neurologically devastated patients.

## HONORS AND AWARDS

2024 Selected as the best member faculty in clinical and theoretical education, Isfahan University of Medical Sciences, Isfahan, IRAN.

2004 First place in the master's degree entrance exam in the country, IRAN.

2004 Member of the country's brilliant talent, IRAN.

2014 First Rank among PhD Candidate of nursing, University of Social Welfare and Rehabilitation Sciences, Tehran, IRAN

2007 First Rank among MS graduates of nursing, Tarbiat Modares University, Tehran, IRAN

## POSITIONS AND EMPLOYMENT

Assistant Professor (Full-time), Dept. of Critical Care Nursing, Isfahan University of Medical Sciences | 2014 – Present]

Faculty Instructor (Full-time), Fasa University of Medical Sciences | 2007 – 2009]

## PUBLICATIONS AND CONTRIBUTIONS

Ghafari, S., Ahmadi, F., Nabavi, M., Memarian, R., & Kazemnejad, A. (2007). Effect of progressive muscle relaxation technique on activities of daily living in patients with multiple sclerosis. *Rehabilitation (Tavanbakhshi)*, 8(2), 73-80.

Ghafari, S., Ahmadi, F., Nabavi, M., Memarian, R., & Kazemnejad, A. (2008). The effect of progressive muscle relaxation technique on fatigue among patients with multiple sclerosis. *Journal of Shahrekord University of Medical Sciences*, 10(1), 61-68.

Ghafari, S., Ahmadi, F., Nabavi, M., & Memarian, R. (2008). The effect of progressive muscle relaxation technique on depression, anxiety, and stress in patients with multiple sclerosis. *Medical Research (Shahid Beheshti University of Medical Sciences)*, 32(1), 45-53.

Ghafari, S., & Mohammadi, E. (2006). Reasons for non-implementation of discharge planning by nurses in hospitals. *Iranian Journal of Nursing*, 19(48), 55-66.

Ghafari, S., Ahmadi, F., & Nabavi, M. (2008). The effect of hydrotherapy technique on fatigue among patients with multiple sclerosis. *Journal of Mazandaran University of Medical Sciences*, 18(66), 71-81.

Ghafari, S., Ahmadi, F., Nabavi, M., & Kazemnejad, A. (2008). The effect of hydrotherapy on the quality of life in female patients with multiple sclerosis. *Rehabilitation (Tavanbakhshi)*, 9(3), 41-46.

Ghafari, S., & Mohammadi, F. (2011). Concept analysis of nursing care: Presenting a hybrid model. *Journal of Mazandaran University of Medical Sciences*, 21(1), 152-164.

Ghafari, S., Khanke, H., Ghanbari, V., & Ranjbar, M. (2012). Assessment of preparedness of hospitals affiliated with University of Social Welfare and Rehabilitation towards unexpected disasters in 2011. *Scientific Quarterly of Rescue and Relief*, 4(3), 21-34.

Ghafari, S., Fallahi-Khoshknab, M., Norouzi, K., & Mohammadi, E. (2013). Identifying barriers to rehabilitation care in patients with multiple sclerosis: A qualitative study. *Urmia Journal of Nursing and Midwifery*, 11(11), 863-874.

Habibi, Y., Yousefi, H., & Ghafari, S. (2018). The effect of a self-care program on asthma control. *Health and Care*, 20(3), 207-214.

Ghafari, S., Atashi, V., Taleghani, F., Irajpour, A., Sabouhi, F., & Yazdanik, A. R. (2022). Comparison of the effects of two clinical teaching methods (field internship vs. hospital internship) on the clinical competence of nursing students. *Journal of Medical Education Research*, 14(1), 65-72.

Ghafari, S., Ahmadi, F., Nabavi, M., Kazemnejad, A., Memarian, R., & Rafarbakhsh, M. (2009). Effectiveness of applying progressive muscle relaxation technique on quality of life of patients with multiple sclerosis. *Journal of Clinical Nursing*, 18(17), 2465-2473.

Ghafari, S., Fallahi-Khoshknab, M., Norouzi, K., & Mohammadi, E. (2014). Spousal support as experienced by people with multiple sclerosis: A qualitative study. *Journal of Neuroscience Nursing*, 46(5), 282-289.

Ghafari, S., Fallahi-Khoshknab, M., Norouzi, K., & Mohammadi, E. (2014). Experiences of hospitalization in patients with multiple sclerosis: A qualitative study. *Iranian Journal of Nursing and Midwifery Research (IJNMR)*, 19(3), 255-261.

Fallahi-Khoshknab, M., Ghafari, S., Norouzi, K., & Mohammadi, E. (2014). Confronting the diagnosis of multiple sclerosis: A qualitative study of patient experiences. *Journal of Nursing Research*, 22(4), 256-264.

Ghafari, S., Fallahi-Khoshknab, M., Norouzi, K., & Mohammadi, E. (2015). Patients' experiences of adapting to multiple sclerosis: A qualitative study. *Contemporary Nurse*, 50(1), 58-70.

Movahedi, M., Ghafari, S., Nazari, F., & Valinai, M. (2017). The effect of acupressure on fatigue among female nurses with chronic back pain. *Applied Nursing Research*, 36, 110-114.

Yazdannik, A., Atashi, V., & Ghafari, S. (2018). Performance of ICU nurses in providing respiratory care. *Iranian Journal of Nursing and Midwifery Research*, 23(3), 209-214.

Atashi, V., Yazdannik, A., Mahjobipoor, H., Ghafari, S., Bekhroadi, R., & Yousefi, H. (2018). The effects of Aloe vera-peppermint moisturizing gel on mouth dryness and oral health among patients hospitalized in intensive care units: A triple-blind randomized placebo-controlled trial. *Journal of Research in Pharmacy Practice*, 7(2), 92-98.

Shahrokhi, R., Ghafari, S., & Haghani, F. (2018). Effect of reflection on clinical decision-making of intensive care unit nurses. *Nurse Education Today*, 67, 1-6.

Movahedi Najafabadi, M., Ghafari, S., Nazari, F., & Valiani, M. (2020). The effect of acupressure on quality of life among female nurses with chronic back pain. *Applied Nursing Research*, 53.

Abbasi, S., Ghafari, S., Shahriari, M., & Shahgholian, N. (2019). Effect of moral empowerment program on moral distress in intensive care unit nurses. *Nursing Ethics*, 26(5), 1494-1504.

Salehi, K., Shirani, F., Atashi, V., & Ghafari, S. (2020). The relationship of respecting inherent dignity with anxiety, depression, stress and quality of life in patients with heart failure. *Shiraz E-Medical Journal*, 21(5).

Ghafari, S., Yazdannik, A., & Mohamadirizi, S. (2020). Education promotion based on "mobile technology" in the Critical Care Nursing Department: A four-phase intervention. *Journal of Education and Health Promotion*, 9, 219.

Khayer, F., Ghafari, S., Saghaei, M., Yazdannik, A., & Atashi, V. (2020). Effects of open and closed tracheal suctioning on pain in mechanically ventilated patients. *Iranian Journal of Nursing and Midwifery Research*, 25(6), 461-466.

Barati, P., Ghafari, S., & Saghaei, M. (2021). The comparative assessment of the effects of two methods of pressure support adjustment on respiratory distress in patients under mechanical ventilation admitted to intensive care units. *Indian Journal of Critical Care Medicine*, 25(3), 245-252.

Movahedi, M., Ghafari, S., Vahabi, E., & Haghighat, S. (2022). Impact of povidone-iodine versus chlorhexidine for periurethral cleaning before catheterization on pyuria and bacteriuria among emergency department patients. *Shiraz E-Medical Journal*, 23(1), e12543.

## **Oral presentations**

## **Poster presentations**

Ghafari, S. (2014, December 31 – January 2). Patient Education, Self-Care, and Family Health. Presented at the 3rd Congress of Patient Education and Self-Care, Tehran, Iran.

Shahrokhi Milasi, R., & Ghafari, S. (2018, May 1 – May 3). The Effect of Reflection on Clinical Decision-Making of ICU Nurses in a Selected Hospital Affiliated with Isfahan University of Medical Sciences. Presented at the 19th National Medical Education Conference & 11th Shahid Motahhari Educational Festival, Tehran, Iran.

## **Books**

Barati, P., Ghafari, S., & Abdar Esfahani, M. (2021). *Venous Thromboembolism: From Prevention to Treatment* (1st ed.). Jame-Negar Publications.

Atashi, V., Ghafari, S., Sami, R., & Hashemi, M. (2021). *Self-Care Guide for Chronic Obstructive Pulmonary Disease (COPD)* (1st ed.). Jame-Negar Publications.

## **Translations**

## **PROFFESIONAL SERVICES**

Reviewer in the international journals

Organizing Workshops

## **TEACHING EXPERIENCE**

## **PROFESSIONAL/SCIENTIFIC ASSOCIATION MEMBERSHIP**

## **WORKSHOP AND TRAINING**