

Curriculum Vitae

Personal Information

Name: **Sajad Yarahmadi**

Academic Rank: Assistant Professor, H-index: 10

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Address: 4th Kilometer, Khorramabad-Aabadan Road, School of Nursing and Midwifery,
Lorestan University of Medical Sciences

Educational Background

- **BSc in Nursing**, Lorestan University of Medical Sciences (2006–2010)

- **MSc in Critical Care Nursing**, Iran University of Medical Sciences (2014–2016)

Thesis: The effect of cold therapy combined with music therapy on pain after chest tube removal
in post-cardiac surgery patients

Supervisor: Dr. Nouraldin Mohammadi

Advisors: Dr. Farideh Bastani, Dr. Mohammad Javad Tarrahi, Dr. Ali Pouria

- **PhD in Nursing**, Semnan University of Medical Sciences (2019–2024)

Dissertation: Explaining the culture of inequality in providing nursing services in ICU patients:
A critical ethnographic study

Supervisor: Dr. Mohsen Soleimani

Advisors: Dr. Mohammad Gholami, Dr. Ali Mohebi, Dr. Mohsen Saeedi Madani

Workshops and Trainings

- Workshop on the concept of cancer in Zakhireye Kharazmshahi, Lorestan University (2016)

- Fourth National Seminar on Mental Health of Students, Shiraz University (2008)

- Various workshops held by Lorestan Chamber of Commerce and Lorestan University (2015–
2021), over 500 hours of specialized and general in-service training, including SPSS, EndNote,
ethics, research methods, Excel, entrepreneurship, and CPR training.

Honors and Awards

- 13th national rank in MSc entrance exam (2014)

- National Exemplary Student (2022)

- Top Lecturer, Lorestan University of Medical Sciences (2022)

- Top Researcher, Semnan Province (2023)

- Top Researcher, Lorestan University of Medical Sciences (2022, 2023)

- Top Researcher, Lorestan University of Medical Sciences (2023, 2024)

- Top Researcher, Lorestan Province (2024)

Clinical Experience

- Internal Ward and CCU, Shafa Hospital (2009–2010)
- Cardiac Surgery ICU, Shaheed Madani Hospital (2010–2018)

Teaching Experience

- Lecturer, Lorestan University of Medical Sciences (2018–Present)
- Instructor at Islamic Azad University, Khorramabad Branch (2016–2018)
- Courses: Adult and elderly nursing, critical care nursing, nursing emergencies, fundamentals of nursing, health assessment, patient safety, and research methodology (BSc, MSc, and PhD level)

Administrative Responsibilities

- Head of Exams, School of Nursing and Midwifery, Lorestan (2018–2021)
- EDO Head, School of Nursing and Midwifery, Lorestan (2018–2022)
- Head of Accreditation Committee, Lorestan (2019–2022)
- Editor of National Research Seminars at Semnan University (2020)
- Executive Director of Interdisciplinary Journal of Acute Care (2024–Present)
- Head, Department of Critical and Emergency Nursing, Lorestan (2023–Present)

Theses Supervision

Supervised multiple MSc theses on topics such as:

- The effect of aromatherapy with Melissa essential oil on stress levels and hemodynamic parameters in patients with acute coronary syndrome in the emergency department

Master's thesis in Emergency Nursing, 2020

- The effect of olive leaf alcoholic extract on clinical and laboratory outcomes of patients with COVID-19

Master's thesis in Emergency Nursing, 2022

- The effect of sumac on liver function tests, fasting blood sugar (FBS), and common dialysis-related complications in hemodialysis patients

Master's thesis in Critical Care Nursing, 2022

- The effect of an intervention based on reducing inequality on the outcomes of patients with acute coronary syndrome in the emergency department

Master's thesis in Emergency Nursing

Research Experience

Principal Investigator or collaborator in over 13 approved university and national projects, including:

- Impact of COVID-19 on healthcare workers' concerns
- Prone positioning in non-intubated COVID-19 patients
- Effects of basil essential oil on migraine
- Spiritual and emotional intelligence in cancer caregivers

Publications

Author/co-author of over 30 peer-reviewed articles indexed in ISI, Medline, and Scopus.

Notable publications in: BMC Nursing, Complementary Therapies in Clinical Practice, Tanaffos, EXPLORE, Nursing in Critical Care, Nursing Practice Today.

2025

- Yarahmadi S, Moradinia M, Birjandi M, Gholami M. The impact of a disparity-reduction intervention on outcomes of patients with acute coronary syndrome in the emergency department: a clinical trial. *International Journal for Equity in Health*. 24(1):1–13.
- Luo J, Pavlov I, Tavernier E, Perez Y, Kharat A, McNicholas B, Roca O, ... Awake prone positioning in adults with COVID-19: an individual participant data meta-analysis. *JAMA Internal Medicine*. 185(5):572–581.
- Yarahmadi S, Nobahar M, Raiesdana N, Delshad ES. Self-compassion in nursing students and its correlations with moral intelligence, and moral perfectionism: A cross-sectional study. *SAGE Open Nursing*. 11:23779608251320517.
- Roshani M, Delfan B, Yarahmadi S, Saki M, Birjandi M. Impact of olive leaf extract on pain management and functional improvement in elderly patients with knee osteoarthritis: A randomized controlled trial. *EXPLORE*. 21(2):103136.
- Yarahmadi S, Wang YN, Moosivand S. Coping strategies in family caregivers of patients with cancer: A cross-sectional study. *Interdisciplinary Journal of Acute Care*.

2024

- Saki M, Yarahmadi S, Cheraghian T. Understanding nursing protests and strikes: Factors, impacts, and recommendations for improvement. *Interdisciplinary Journal of Acute Care*. 5(2):1–3.
- Yarahmadi S, Soleimani M, Gholami M, Fakhr-Movahedi A, Saeedi-Madani SM. Reducing health disparities in providing care services in the intensive care unit: A critical ethnographic study. *BMC Medical Ethics*. 25(1):117.
- Yarahmadi S, Soleimani M, Gholami M, Fakhr-Movahedi A, Saeedi-Madani SM. Health disparities in service delivery in the intensive care unit: A critical ethnographic study. *Nursing in Critical Care*.

- Yarahmadi S, Soleimani M, Gholami M, Fakhr-Movahedi A, Saeedi-Madani SM. Ageism and lookism as stereotypes of health disparity in intensive care units in Iran: A critical ethnography. *International Journal for Equity in Health*. 23(1):114.
- Soleimani M, Fakhr-Movahedi A, Yarahmadi S. Family engagement in the care of infectious patients in intensive care units: A hybrid concept analysis. *Nursing Open*. 11(3):e2117.
- Yarahmadi S, Soleimani M, Gholami M, Fakhr-Movahedi A, Saeedi-Madani SM. Applying Carspecken's critical ethnography method to uncover the culture of health disparity in intensive care units. *Nursing Practice Today*. 11(1):5–15.
- Ahmadpour E, Yarahmadi S, Toulabi T. Effect of alcoholic extract of the olive leaf on clinical and laboratory outcomes of patients with COVID-19: A study protocol. *Interdisciplinary Journal of Acute Care*. 5(1):1–3.
- Moosivand S, Nazari O, Shahverdi A, Gholami M, Mohammadi R, ... Predictors of emotional intelligence among family caregivers of cancer patients: A cross-sectional study. *Cancer Reports*. 7(1):e1943.

2023

- Ahmadpour E, Toulabi T, Yadegarinia D, Yarahmadi S, Mohammadi R, ... Efficacy of olive leaves extract on the outcomes of hospitalized COVID-19 patients: A randomized, triple-blinded clinical trial. *Explore*. 19(4):536–543.
- Yarahmadi S, Ebrahimzadeh F, Mohamadipour F, Cheraghian T, Eskini M. Effect of prone position on clinical outcomes of nonintubated patients with COVID-19: A randomized clinical trial. *Collegian*. 30(3):449–456.
- Mehrabi Rad F, Changae F, Toulabi T, Yarahmadi S, Yari F, Rashidipour M, ... The efficacy of combined olive leaf and curcumin extract on healing human papillomavirus: A randomized clinical trial. *Evidence-Based Complementary and Alternative Medicine*. 2023(1):2001770.
- Delshad ES, Nobahar M, Raiesdana N, Yarahmadi S, Saberian M. Academic resilience, moral perfectionism, and self-compassion among undergraduate nursing students: A cross-sectional, multi-center study. *Journal of Professional Nursing*. 46:39–44.
- Soleimani M, Yarahmadi S. Cultural competence in critical care nurses and its relationships with empathy, job conflict, and work engagement: A cross-sectional descriptive study. *BMC Nursing*. 22(1):113.

2022

- Nobahar M, Yarahmadi S, Raiesdana N, Delshad ES, Hajizadegan F, ... Predicting moral intelligence in nursing students and its relationships with self-compassion, and cultural competence: A cross-sectional study. *BMC Nursing*. 21(1):327.
- Toulabi T, Yarahmadi M, Goudarzi F, Ebrahimzadeh F, Momenizadeh A, ... Effects of flaxseed on blood pressure, BMI, and total cholesterol in hypertensive patients: A randomized clinical trial. *Explore*. 18(4):438–445.
- Toulabi T, Delfan B, Rashidipour M, Yarahmadi S, Ravanshad F, ... The efficacy of olive leaf extract on healing herpes simplex virus labialis: A randomized double-blind study. *Explore*. 18(3):287–292.
- Yarahmadi S, Babamohamadi H, Nobahar M. A Comparative Study of Iranian bachelor's nursing education system with the University of Southampton, UK. *Journal of Nursing Education*. 11(3):63–72.

- Moshiri E, Mohammadi N, Yarahmadi S. Who gets the benefits from nurse migration? *Nursing Practice Today*. 9(2):81–83.

2021

- Veiskaramian A, Gholami M, Yarahmadi S, Baharvand PA, Birjandi M. Effect of aromatherapy with Melissa essential oil on stress and hemodynamic parameters in acute coronary syndrome patients: A clinical trial. *Complementary Therapies in Clinical Practice*. 44:101436.
- Yarahmadi S, Najafizadeh H, Teimouri H. A Restrictive Blood Transfusion Strategy and Patient Blood Management Improved Clinical Outcomes in Cardiac Surgery Patients. *Journal of Archives in Military Medicine*. 9(2).

2020

- Yarahmadi S, Gholami M, Saki M, Cheraghian T, Shirzadegan R. The Effect of Music Therapy on Chest Tube Removal Pain in Patients Undergoing Heart Bypasses Surgery. *Interdisciplinary Journal of Acute Care*. 1(2):51–57.
- Toulabi T, Yarahmadi S. Conducting a clinical competency test for nursing students in a virtual method during the Covid-19 pandemic: A case study. *Journal of Nursing Education*. 9(5):33–42.
- Ahmadifard M, Yarahmadi S, Ardalan A, Ebrahimzadeh F, Bahrami P, ... The efficacy of topical basil essential oil on relieving migraine headaches: A randomized triple-blind study. *Complementary Medicine Research*. 27(5):310–318.
- Yarahmadi S, Gholami M, Cheraghian T. Establishment of a Monitoring Clinic Based on Wearables for Patients with Heart Failure. *Journal of Archives in Military Medicine*. 8(3).
- Toulabi T, Rashnou F, Hasanvand S, Yarahmadi S. Promoting the quality of ventilator-associated pneumonia control in intensive care units: An action research. *Tanaffos*. 19(3):223.
- Yarahmadi S, Moradi B, Mohammadi R, Saran M, Ardalan A, ... Oral vs intravenous acetaminophen as a constituent of multimodal analgesia after coronary artery bypass graft surgery: A randomized, blinded trial. *Nursing Practice Today*.
- Nazari H, Saki M, Yarahmadi S, Mohammadi Z. Prevalence of psychiatric disorders in patients referring to a psychiatric clinic in Lorestan Province, West of Iran. *Journal of Archives in Military Medicine*. 8(2).
- Moradi B, Yarahmadi S, Ansari R, Teymouri H, Khademi M, Abdi M. Effects of Two Different Levels of Positive End-Expiratory Pressure on the Duration of Intubation in Patients Undergoing Coronary Artery Bypass Graft Surgery. *Iranian Heart Journal*. 21(3):6–153.

2018

- Yarahmadi S, Mohammadi N, Ardalan A, Najafizadeh H, Gholami M. The combined effects of cold therapy and music therapy on pain following chest tube removal among

- patients with cardiac bypass surgery. *Complementary Therapies in Clinical Practice*. 31:71–75.
- Moradi B, Ansari R, Ansari F, Yarahmadi S. Examining response time to emergency cases and causes of delay in missions of 115 prehospital emergency center in Khorramabad. *Annals of Tropical Medicine & Public Health*. 8(Special Issue):75–86.
 - Mohammadi N, Pooria A, Yarahmadi S, Tarrahi MJ, Najafizadeh H, ... Effects of cold application on chest tube removal pain in heart surgery patients. *Tanaffos*. 17(1):29.

2015

- Gholami M, Fallahi Khoshkenab M, Bagher Maddah SS, Rezai H, Yarahmadi S, ... Components of information behavior in patients with cardiovascular disease participated in cardiac rehabilitation program. *Iranian Journal of Rehabilitation Research in Nursing (IJRN)*. 1(2).

Conference Presentations

Presented at national and international congresses, including:

- 13th International Congress of Pain (Iran)
- National Congress on Traditional Medicine and Cancer
- National Research Seminars at Semnan University
- The 11th Annual Congress of Medical Ethics in Iran and the 8th Congress of Nursing Ethics

Research Interests

- Cardiovascular diseases
- Critical care nursing
- Inequality and Disparity in healthcare services
- Aromatherapy and complementary medicine

Journal Review Activities

- Reviewer: *Medical Science Monitor*
- Reviewer: *BMC Pregnancy and Childbirth*
- Reviewer: *Nursing Practice Today*

Books

1. *Pain and Stress Management in Cardiac Patients Using Complementary Medicine* (Author, 2020)
2. *Cardiovascular Drugs* (Co-author, 2020)

Memberships and Skills

- Member, Iranian Nursing Organization
- Member, Faculty Committees: Mission, Curriculum, Graduate Studies
- Skills: ICDL, EndNote, SPSS, Snagit, Microsoft Office