



1. Personal and Contact Information:

First and Last Name: Mohammad Gholami

Academic Rank: Associate Professor

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2. Education:

BSc: Nursing, Lorestan University of Medical Sciences, Khorramabad. 2001.

MSc: Medical Surgical Nursing, Baqiyatallah University of Medical Sciences, Tehran. 2006.

MSc Thesis: The effect of head nurses' empowerment behaviors on work effectiveness of staff nurses.

Supervisor MSc Thesis: Professor Abbas Ebadi, Professor Mino Asad Zandi.

PhD: Medical Surgical Nursing, University of Rehabilitation and Social Welfare Sciences (URSW), Tehran. 2014.

PhD Thesis: Process of health information seeking in patients with cardiovascular diseases: designing the model.

Supervisor of PhD Thesis: Professor Masoud Fallahi Khoshknab.

Advisors of PhD Thesis: Hamid Reza Khankeh, Fazlollah Ahmadi, Sadat Seyed Bagher Maddah.

3. Awards & Honors:

*Research festival of Lorestan University of Medical Sciences

4. Scientific Position:

* Associate Professor of Medical Surgical Nursing, School of Nursing and Midwifery, Lorestan University of Medical Sciences, since 2014 (continue), Khorramabad, Iran.

5. Executive Position:

*Head of post graduate education, 2014-2020.

*Head of Student Research Committee, School of Nursing and Midwifery, 2015-2017.

6. Teaching Experiences:

* Lecturer, medical-surgical nursing courses (e.g. urology and emergency nursing)

* Clinical educator, internship courses (e.g. physical examination, cardiac care unit and oncology setting)

7. Clinical Experiences:

*Clinical nurse in cardiac care unit (CCU) and acute care settings (e.g. trauma center)

8. Research Field:

*Empowerment of nurses and nursing students

*Rehabilitation & Chronic care

*Herbal medicine in evidence based nursing care

*Symptoms management

*Qualitative research methodology

*Clinical trials

9. H-Index:

Based on Scopus articles: 13

10. Research Grants:

1)The relationship between nurse's perception of empowerment with organizational trust and commitment, in teaching hospitals of Khorramabad (Iran).

2)The effect of problem based learning on critical thinking skills and metacognitive awareness in undergraduate nursing students.

- 3)The effects of combination of omega-3 and vitamin c on fatigue, ICU stay and post atrial fibrillation in patients undergoing CABG surgery.
- 4)The effect of cardiac rehabilitation on sexual function and coping with stress in men patients undergoing CABG surgery.
- 5)The effect of valerian extract root on sleep quality in patients undergoing CABG surgery.
- 6) A comparison effect of Citrus Aurantium and geranium on anxiety and fatigue in patients with acute myocardial infarction.
- 7)The Effect of Improving the Implementation of ESI Triage on Quality Indicators for Orthopedic Injuries in Emergency Department.
- 8)The effect of inspiratory muscle training on dyspnea and fatigue in patient with heart failure.
- 9)The effect of progressive muscle relaxation on fatigue and sleep quality in patients with COPD.
- 10)Evaluation of the relationship between medication adherence, comorbidities and symptom burden in patients with chronic obstructive pulmonary disease(COPD).
- 11)The relationship between social capital, structural empowerment and innovative behavior in nurses working in hospitals affiliated to Lorestan University of Medical Sciences.

11. Supervisor (master's thesis):

- 1)Effect of stroke massage and benson relaxation on vital signs and anxiety in patients with acute myocardial infarction. 2014.
- 2)The effect of omega-3 and vitamin c on the incidence of post-operative atrial fibrillation, lengths of ICU stay and fatigue of patients undergoing open heart surgery.2016.
- 3)The effect of improving the implementation of ESI triage on indicators of quality of care for emergency orthopedic injuries.2017.
- 4)A comparison effect of citrus aurantium and geranium aroma on anxiety and severity of fatigue among patients with acute myocardial infarction.2017.
- 5)The effect of valerian capsule on sleep quality in patients with coronary artery bypass graft (CABG) surgery. 2018.
- 6)The effect of modified cardiac rehabilitation on sexual function and coping with stress in coronary artery bypass graft (CABG) patients. 2018.
- 7)The effectiveness of intervention supportive cardiac triage on nursing evaluation of patients with acute coronary syndrome and its consequences. 2019.

- 8)Effect of multidisciplinary program on symptom burden and medication adherence in heart failure patients with comorbidities. 2020.**
- 9) Effect of aromatherapy with Melissa Officinalis essential oil on stress and hemodynamic parameters of patients with acute coronary syndrome at emergency department.2020.**
- 10)Effect of a multidisciplinary management program in heart failure patients with comorbidities. 2020.**
- 11)Effect of analgesia-sedation protocol on pain, agitation, and cardiovascular response of trauma patients in the surgical intensive care unit. 2021.**
- 12)The effect of hydroalcoholic rosemary extract on cognitive function and activity of daily living of patients with COPD. 2022.**
- 13)The effect of multidisciplinary brief intervention on reduction of cardio-metabolic risk factors in women admitted to the emergency department. 2022.**
- 14)Effect of an intervention to reduce disparity on outcomes of patients with acute coronary syndrome (ACS) in the emergency department.2022.**
- 15)The effect of person-centered care on the pain control and patient experience of trauma patients in the emergency department: a randomized controlled trial(RCT).2023.**
- 16)Effect of nurse-led multicomponent intervention on delirium, sleep quality and performance metrics in orthopedic surgery patients. 2023.**
- 17) The effect of a behavioral counseling program on glycemic control, physical performance and self-management of patients with diabetes susceptible to peripheral artery disease (PAD). 2024.**
- 18) The effect of a lifestyle sex-specific intervention on sexual function, health fertility and risk factors in men with cardio metabolic syndrome.2024**

12. Advisor (PhD & master's thesis):

- 1) Improve the quality of nursing records using hospital information system in coronary care unit: action research. 2016.**
- 2) The effects of n-acetylcystein on the quality of life, anxiety and antioxidants indexes of patients with cardiovascular diseases. 2017.**
- 3) Comparison of the effectiveness of rehabilitation through home visit and telephone follow up on self-efficacy in CABG patients and their caregivers' burden. 2019.**
- 4) The effect of knowledge brokering on nurses' empathy with patients suffering from cardiovascular disease: a knowledge translation study .2019.**
- 5) Comparison of the effectiveness of rehabilitation through home visit and telephone follow up on self-efficacy in CABG patients and their family caregiver's burden (2019).**
- 6) Information seeking experiences in family caregivers of patients with decreased level of consciousness. 2020.**
- 7) The effect of the online flipped classroom on self-directed learning readiness and metacognitive awareness in nursing students. 2021.**
- 8) The effect of aromatherapy with geranium leaves essential oil on fatigue and sleep quality of nurses working in the intensive care unit. 2022.**
- 9) The effect of telehealth program on health literacy and self-care behaviors in patients with hypertension at risk of peripheral artery diseases. 2022.**
- 10) Comparison of the effect of aromatherapy of bergamot essential oil and peppermint essential oil on acute stress and sleep quality in the elderly with heart attack. 2023.**
- 11) Evaluating the effects of Bacopa monnieri on cognitive performance and sleep quality of patients with mild cognitive impairment: A triple-blinded, randomized, placebo-controlled trial. 2023.**
- 12) Explaining the culture of health disparities in the provision of care services to patients hospitalized in the intensive care unit: a critical ethnographic study. [PhD dissertation](#). 2024.**

13. Papers:

- 1)Gholami M, Fallahi Khoshknab M, Maddah SS, Ahmadi F, Khankeh H. Barriers to health information seeking in Iranian patients with cardiovascular disease: a qualitative study. *Heart Lung*. 2014 May-Jun;43(3):183-91. **First author.**

- 2)Gholami M, Fallahi Khoshknab M, Khankeh HR, Ahmadi F, Maddah SS, Mousavi Arfaa N. The Motivations of Iranian Patients With Cardiovascular Disease to Seek Health Information: A Qualitative Study. *Iran Red Crescent Med J*. 2016 May 11;18(5):e26039. **First author.**

- 3)Gholami M, Moghadam PK, Mohammadipoor F, Tarahi MJ, Sak M, Toulabi T, Pour AH. Comparing the effects of problem-based learning and the traditional lecture method on critical thinking skills and metacognitive awareness in nursing students in a critical care nursing course. *Nurse Educ Today*. 2016 Oct;45:16-21. **First author.**

- 4)Gholami M, Saki M, Toulabi T, Kordestani Moghadam P, Hossein Pour AH, Dostizadeh R. Iranian Nursing Students' Experiences of Case-Based Learning: A Qualitative Study. *J Prof Nurs*. 2017 May-Jun;33(3):241-249. **First author.**

- 5)Shirzadegan R, Gholami M, Hasanvand S, Birjandi M, Beiranvand A. Effects of geranium aroma on anxiety among patients with acute myocardial infarction: A triple-blind randomized clinical trial. *Complement Ther Clin Pract*. 2017 Nov;29:201-206. **Corresponding author.**

- 6)Seyedi Chegeni P, Gholami M, Azargoon A, Hossein Pour AH, Birjandi M, Norollahi H. The effect of progressive muscle relaxation on the management of fatigue and quality of sleep in patients with chronic obstructive pulmonary disease: A randomized controlled clinical trial. *Complement Ther Clin Pract*. 2018 May;31:64-70. **Corresponding author.**

- 7)Kaikhosro Doulatyari, P., Gholami, M., Toulabi, T. *et al.* The Effect of Modified Cardiac Rehabilitation on Erectile Dysfunction and Coping with Stress in Men Undergoing Coronary Artery Bypass Graft (CABG): A Clinical Trial. *Sex Disabil* 37, 455–467 (2019). **Corresponding author.**

- 8)Gholami M, Najafizadeh H, Teimouri H, Ardalan A, Pooria A, Tarrahi MJ. The combined effect of vitamin C and omega-3 polyunsaturated fatty acids on fatigue following coronary artery bypass graft surgery: a triple-blind clinical trial. *J Complement Integr Med*. 2019 Aug 21;16(4):/j/jcim.2019.16.issue-4/jcim-2018-0113/jcim-2018-0113.xml. **First author.**

- 9)Sepahvand M, Gholami M, Hosseinabadi R, Beiranvand A. The Use of a Nurse-Initiated Pain Protocol in the Emergency Department for Patients with Musculoskeletal Injury: A Pre-Post Intervention Study. *Pain Manag Nurs*. 2019 Dec;20(6):639-648. **Corresponding author.**

- 10)Gholami M, Saki M, Hossein Pour AH. Nurses' perception of empowerment and its relationship with organizational commitment and trust in teaching hospitals in Iran. *J Nurs Manag*. 2019 Jul;27(5):1020-1029. **First author.**

- 11) Shirzadegan R, **Gholami M**, Hasanvand S, Beiranvand A. The effects of Citrus aurantium aroma on anxiety and fatigue in patients with acute myocardial infarction: A two-center, randomized, controlled trial. *Journal of herbal medicine*. Volume 21, June 2020, 100326. **Corresponding author.**
- 12) Hossein Pour AH, **Gholami M**, Saki M, Birjandi M. The effect of inspiratory muscle training on fatigue and dyspnea in patients with heart failure: A randomized, controlled trial. *Jpn J Nurs Sci*. 2020 Apr;17(2):e12290. **Corresponding author.**
- 13) Pourfallahi M, **Gholami M**, Tarrahi MJ, Toulabi T, Kordestani Moghadam P. The effect of informational-emotional support program on illness perceptions and emotional coping of cancer patients undergoing chemotherapy. *Support Care Cancer*. 2020 Feb;28(2):485-495. **Corresponding author.**
- 14) Veiskaramian A, **Gholami M**, Yarahmadi S, Amanolahi Baharvand P, Birjandi M. Effect of aromatherapy with Melissa essential oil on stress and hemodynamic parameters in acute coronary syndrome patients: A clinical trial in the emergency department. *Complement Ther Clin Pract*. 2021 Aug;44:101436. **Corresponding author.**
- 15) **Gholami M**, Changae F, Karami K, Shahsavaripour Z, Veiskaramian A, Birjandi M. Effects of multi-episode case-based learning (CBL) on problem-solving ability and learning motivation of nursing students in an emergency care course. *J Prof Nurs*. 2021 May-Jun;37(3):612-619. **Corresponding/first author.**
- 16) Zare Elmi HK, **Gholami M**, Saki M, Ebrahimzadeh F. Efficacy of Valerian Extract on Sleep Quality after Coronary Artery bypass Graft Surgery: A Triple-Blind Randomized Controlled Trial. *Chin J Integr Med*. 2021 Jan;27(1):7-15. **Corresponding author.**
- 17) **Gholami M**, Abdoli Talaei A, Tarrahi MJ, Mirzaei Taqi F, Galehdar N, Pirinezhad P. The effect of self-management support program on patient activation and inner strength in patients with cardiovascular disease. *Patient Educ Couns*. 2021 Dec;104(12):2979-2988. **Corresponding/first author.**
- 18) **Gholami M**, Fayazi M, Hosseinabadi R, Anbari K, Saki M. Effect of triage training on nurses' practice and triage outcomes of patients with acute coronary syndrome. *Int Emerg Nurs*. 2023 May;68:101288. **Corresponding/first author.**
- 19) Momeni Safarabadi A, **Gholami M**, Kordestani-Moghadam P, Ghaderi R, Birjandi M. The effect of rosemary hydroalcoholic extract on cognitive function and activities of daily living of patients with chronic obstructive pulmonary disease (COPD): A clinical trial. *Explore (NY)*. 2024 May-Jun;20(3):362-370. **Corresponding author.**

20)Gholami, M., Zohrabi Salari, F., Yarahmadi, R. *et al.* Effects of balance training on cognitive function and activities of daily living in older adult patients with heart failure: a randomized controlled trial. *Ir J Med Sci* 193, 111–121 (2024). **Corresponding author.**

21)Mohammadi-Kalaveh S, Toulabi T, Hasanvand S, Gholami M, Ghasemi F. The Impact of Multidisciplinary Rehabilitation on Depressive Symptoms in Hemodialysis Patients. *West J Nurs Res.* 2018 May;40(5):738-752. **Coauthor.**

22)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*, 06 Feb 2018, 31:71-75. **Coauthor.**

23)Moshki, M., Mohammadipour, F., Gholami, M., Heydari, F., & Bayat, M. (2020). The evaluation of an educational intervention based on Pender's health promotion model for patients with myocardial infarction. *International Journal of Health Promotion and Education*, 60(1), 25–37. **Coauthor.**

24)Galehdarifard A, Radfar M, Gholami M, Khademi M, Ebrahimzadeh F, Imani-Nasab MH. The effect of knowledge brokering on nurses' empathy with patients receiving cardiac care: a study protocol. *BMC Health Serv Res.* 2020 Jul 23;20(1):680. **Coauthor.**

25)Gohari F, Hasanvand S, Gholami M, Heydari H, Baharvand P, Almasian M. Comparison of the effectiveness of home visits and telephone follow-up on the self-efficacy of patients having un-dergone coronary artery bypass graft surgery (CABG) and the burden of their family caregivers: A randomized con-trolled trial. *Invest Educ Enferm.* 2022 Mar;40(1):e14. **Coauthor.**

26)Ghobadi P, Gholami M, Hasanvand S, Toulabi T, Moradifar N, Birjandi M. Effects of a multidisciplinary management program on symptom burden and medication adherence in heart failure patients with comorbidities: A randomized controlled trial. *BMC Nurs.* 2022 Dec 7;21(1):346. **Coauthor.**

27)Mousavi SL, Saki M, Mohammadipour F, Gholami M, Almasian M, Pour FJ. Experiences of cancer patients about seeking health information: a qualitative study. *Support Care Cancer.* 2022 Sep;30(9):7697-7704. **Coauthor.**

28)Saki M, Najmi S, Gholami M, Ebrahimzadeh F, Pour FJ. The effect of patient-centered education in adherence to the treatment regimen in patients with coronary artery disease. *J Vasc Nurs.* 2022 Mar;40(1):28-34. **Coauthor.**

29)Khodaei, S., Hasanvand, S., **Gholami, M.** *et al.* The effect of the online flipped classroom on self-directed learning readiness and metacognitive awareness in nursing students during the COVID-19 pandemic. *BMC Nurs* 21, 22 (2022). **Coauthor.**

30)Delfan M, Kordestani-Moghaddam P, **Gholami M**, Kazemi, Mohammadi R. Evaluating the effects of Bacopa monnieri on cognitive performance and sleep quality of patients with mild cognitive impairment: A triple-blinded, randomized, placebo-controlled trial. *Explore (NY)*. 2024 Mar 3;20(5):102990. **Coauthor.**

31)Yarahmadi S, Soleimani M, **Gholami M**, Fakhr-Movahedi A, Madani SMS. Ageism and lookism as stereotypes of health disparity in intensive care units in Iran: a critical ethnography. *Int J Equity Health*. 2024 Jun 3;23(1):114. **Coauthor.**

32)Karimi N, Hasanvand S, Beiranvand A, **Gholami M**, Birjandi M. The effect of Aromatherapy with Pelargonium graveolens (P. graveolens) on the fatigue and sleep quality of critical care nurses during the Covid-19 pandemic: A randomized controlled trial. *Explore (NY)*. 2024 Jan-Feb;20(1):82-88. **Coauthor.**

33)Moosivand S, Nazari O, Shahverdi A, **Gholami M**, Mohammadi R, Yarahmadi S. Predictors of emotional intelligence among family caregivers of cancer patients: A cross-sectional study. *Cancer Rep (Hoboken)*. 2024 Jan;7(1):e1943. **Coauthor.**

34)Asadi E, **Gholami M**, Shirzadegan R, Mokhayeri Y, Beiranvand A. Comparing the Effects of Rosemary Ointment and Ginger Ointment on Pain and Physical Performance of Elderly People With Knee Osteoarthritis: A Randomized Controlled Clinical Trial. *Salmand: Iranian Journal of Ageing* 2024, 19(1): 70-83. **Coauthor.**

35)Yarahmadi S, Soleimani M, **Gholami M**, Fakhr-Movahedi A, Madani SMS. Applying Carspecken's critical ethnography method to uncover the culture of health disparity in intensive care units. *Nursing Practice Today*. Vol 11 No 1 (2024): **Coauthor.**

Papers in Persian Language:

1)**Gholami M**, Fallahi Khoshkenab M, Bagher Maddah SS, et al. Components of information behavior in patients with cardiovascular disease participated in cardiac rehabilitation program. *Iranian journal of rehabilitation research in nursing*, 2015.1(2). **First author.**

2) Seif SS, **Gholami M**. Valiniaei S, Bazgir Z. The Relationship between Health Literacy and Perceived Self-efficacy in Cardiovascular Patients Hospitalized in Khorramabad Educational Hospitals in 1396. *Journal of Nursing Education (JNE)* .2018, 7(3). **Corresponding author.**

3) Valiniaei S, Bazgir Z, **Gholami M**. The Relationship between Health Literacy and Treatment Adherence in Cardiovascular Patients Hospitalized in Khorramabad

Educational Hospitals. *Interdisciplinary Journal of Acute Care*. 2020, Issue 2, 58-65.
[Corresponding author.](#)

14. Presentation at Congresses and Conferences (oral & poster):

***Comparison of the effects of concept mapping and problem based learning on critical thinking skills of nursing students. 27th Edition of World Congress on Nursing Education & Research(Rome/Italy).2018.**

***Assessment and management of pain in patients with multiple trauma in the emergency department. 13th Congress on Iranian Pain Society (IASP).2017.**

***Diagnosis and new treatment of sleep disordered breathing in heart failure: a review article. 5th international Iranian heart failure summit.2016.**

***Effectiveness of green tea for the prevention and treatment of prostate Cancer. Complementary medicine and cancer congress. 2016.**

***AloeVera for Prevention and Treatment of Radiation and Chemotherapy induced Side effects in Patients with Cancer. Complementary medicine and cancer congress. 2016.**

***The effect of inspiratory muscle training (IMT) on pulmonary function and depression in heart failure patients. 5th international Iranian heart failure summit.2016.**

***Effects of Acupuncture on the prevention and management of symptoms associated with breast cancer. Complementary medicine and cancer congress. 2016.**

***The effect of Short and long-term aromatherapy on stress and anxiety in patients with Cancer. Complementary medicine and cancer congress. 2016.**

***The effects of polyphenols and Mediterranean diet on erectile dysfunction in men with diabetes. Men health congress. 2018.**

***Relationship between human papillomavirus(HPV), herpes...and male infertility. Men health congress. 2018.**

***Relationship between body mass index and infertility in men. Men health congress. 2018.**

***The effect of testosterone clomiphene citrate and anastrozole on fertility in men. Men health congress. 2020.**

***Relationship between lifestyle physical activity and lung cancer in men. Men health congress. 2020.**

15. BOOK

1)Saki M, Najmi S, **Gholami M**, Ebrahimzadeh F, Pour FJ. The effect of patient-centered education in adherence to the treatment regimen in patients with coronary artery disease. **Book Chapter**. Cardiovascular and Coronary Artery Imaging: Volume 2. Edited by Ayman S. El-Baz and Jasjit S. Suri. .2023. Elsevier Inc.:35-50. **Coauthor**.

2)**Gholami M**, Pirinezhad P, Hatamikia A, Salari R, Ghazvineh S, Management of symptoms in gastrointestinal cancer. Editor: Goudarzi F. Lorestan Province Academic Jihad Publishing Organization. 2024.First edition (Persian language). **Author**.

16. Workshops (Teaching & Presence):

- *Systematic review
- *Qualitative studies
- *Grounded theory
- *Clinical trials

17. Reviewer of International Scientific Journals:

- 1)Nurse Education Today (Elsevier publication)
- 2)International Emergency Nursing (Elsevier publication)
- 3)Complementary Therapies in Clinical Practice (Elsevier publication)
- 4)Journal of Advanced Nursing (JAN) (Wiley publication)
- 5)Support Care in Cancer (Springer publication)
- 6)Japan Journal of Nursing Studies (Wiley publication)

18. Editorial Board of Medical Journals:

- *Iranian journal of rehabilitation research in nursing

19. Membership in Scientific Associations:

Association of Cardiovascular Nursing and Allied Professions (ACNAP)

20. General Skills:

English reading and writing (good), also speaking (good)
End note