

CURRICULUM VITA

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Educational Background:

- **BSC in nursing science**, June 2010 “Excellent” grade, Faculty of Nursing, **Alexandria University**.
- **MSc in the Faculty** of Nursing (obstetrics nursing), **Alexandria University**, July 2017.
- **PhD in the Faculty** of Nursing (obstetrics nursing), **Alexandria University**, June 2021.

Academic Position- Professional Experience:

- *March 2024 until now:* **Assistant Professor at Al-Isra** University, Amman, Jordan.
- *March 2023 until March 2024:* **Assistant of Vice Dean** of Education & Student Affairs. Faculty of Nursing, Alexandria University, Egypt.
- *June 2021 until March 2024:* **Lecturer**, Obstetric and Gynecological Nursing Department (maternity health). Faculty of Nursing, **Alexandria University**, Egypt
- *2017-2021:* **Assistant Lecturer**, Obstetric and Gynecological Nursing Department (maternity health). Faculty of Nursing, **Alexandria University**, Egypt.
- *2012-2017:* **Demonstrator**, Obstetric and Gynecological Nursing Department. Faculty of Nursing (maternity health), Alexandria University, Egypt.

LIST OF RESEARCH PROJECTS (published):

NO	Title	Status	Link of publication, year
1.	Unraveling the interplay between Tocophobia, Pain Catastrophic Thinking, and Childbirth Choices in Expectant Mothers.	Journal of advanced nursing	WOS (Q1), top 10% (2025) https://pubmed.ncbi.nlm.nih.gov/39582364/
2.	Effect of Virtual Reality Application on Pain Intensity, Anxiety Level, and Women's Satisfaction during Intrauterine Device Insertion	International Journal of Nursing Sciences and Research, Vol.16 No. 3	(2026) https://ejnsr.journals.ekb.eg/article_483170.html
3.	Effect of Structured Counseling Program on Knowledge, Stress, and Self-Efficacy of Women Undergoing In Vitro Fertilization	Egyptian Journal of Health Care,	(2026) https://journals.ekb.eg/article_495761.html
4.	Effect of Hands and Knees position versus lateral Position on Progress of Labor	Egyptian Journal of Health Care,	(2025) https://journals.ekb.eg/article_465534.html
5.	The relationship between the Quality of Family Planning Nurses' Performance and Women's Satisfaction at Al-Amreya District in Alexandria Governorate	Alexandria Scientific Nursing Journal (ASNJ) Vol.27 No.2,	(2025) https://asalexu.journals.ekb.eg/article_429804.html
6.	Effect of Head Lift Exercise versus Abdominal Supporting Belt on Inter-rectus among postnatal women with diastasis recti abdominis.	Egyptian Journal of Health Care,	10.21608/ejhc.2024.403287 (2024)
7.	Effect of an Alternate Nostril Breathing Exercise On Fatigue and Quality of Sleep Pattern Among Pregnant Women in Third Trimester	Tanta Scientific Nursing Journal	(2024) https://journals.ekb.eg/article_361832_0.html
8.	Effect of PLISSIT Model Based Counseling on Pain, Sexual Function, Quality of Life in Fertile Women with Cyclic Mastalgia	Egyptian Journal of Health Care,	2024 https://ejhc.journals.ekb.eg/article_377217.html
9.	Effect of Implementing Enhanced Recovery After Surgery Pathway for Women Undergoing Cesarean Section on Maternal Outcomes and Satisfaction	Egyptian Journal of Health Care	2023 https://ejhc.journals.ekb.eg/article_374873.html
10.	Traditional Practices To Control Menopausal Symptoms Among Women In El Amreya Region	Alexandria Journal of Nursing	(2023) https://asalexu.journals.ekb.eg/article_344756.html
11.	Effect of progressive muscle relaxation technique on pain intensity and physiological parameters among post hysterectomized women	Novelty journals	(2021) https://www.researchgate.net/publication/396948660_Effect_of_progressive_muscle_relaxation_technique_on_pain_intensity_and_physiological_parameters_among_post_hysterectomized_women

LIST OF RESEARCH PROJECTS (under publication):

No	Title	Status
1.	Reproductive and lifestyle factors associated with endometriosis	In reviewing process in BMC nursing
2	The Hidden Epidemic: The Prevalence of Tokophobia and Its Correlation with Feminist Identity Development and Attitudes Toward Marriage Among Females Nursing Students.	Under review in BMC Public Health journal (final revision)
3	Born in a time of Ecological Vulnerability: A Multinational Study on Unveiling the Paradox of Eco-emotional Landscape, Infant Vulnerability, and Mitigation Strategies Among Pregnant Women	Under review in Scientific Reports journal (final revision)
4	The Mediating Role of Partner Support in the Relationship Between Reproductive Health Concerns and Psychological Distress Among Cancer Survivors	Under review in the Scientific Reports journal (final revision)
5	Pregnancy in the Digital Age: How Online Health-Seeking Behavior Influences Health Anxiety and Risk Perception	Under review in the Midwifery journal
6	Bridging Generational Gaps: The Mediating Role of Emotional Intelligence in the Relationship between Cultural Sensitivity and Ageism among Nursing Students	Under review in BMC Public Health journal.
7	Nursing Implications in Maternal Mental Health: The Roles of Health Anxiety and Prenatal Body-Image Concerns in Shaping Pregnant Women's Self-Perception.	Under review in midwifery and women Health journal.
8	Breaking the Cycle: Can Strengthening Breastfeeding Confidence and Partner Support Alleviate Postpartum Blues	Under review in journal of advanced nursing.
9	Buffering the Emotional Toll: The Mediating Role of Mindfulness in the Relationship Between Emotional Intelligence and Secondary Traumatic Stress Among Midwifery Students	Under review in BMC education journal.
10	Balancing the Pre-Menstrual Storm: The Role of Emotional Regulation in Premenstrual Coping among Reproductive-Aged Women with Premenstrual Dysphoric Disorder	Under review in childbirth journal.

➤ Computer Skills:

- Attained training courses for utilizing Moodle (learning management systems)
- Attained training courses for utilizing SPSS program in medical statistics
- Had successfully completed the ICDL preparation in (IT, Windows, Ms-Word, Ms-Excel, Ms-Power Point, Ms-Access and Internet).

➤ **Scientific Conferences**

- Attended the **Seventh International Scientific Conference of the Faculty of Nursing, Sohag University**, held via Microsoft Teams from December 17–18, 2025, entitled “**Artificial Intelligence and Nursing Research Innovation.**”
- Attended the **First International Nursing Conference, Faculty of Nursing, Al-Zaytoonah University of Jordan**, held from May 8–9, 2024, entitled “**Trends in Nursing.**”
- Attended the **Second Student Scientific Conference, Faculty of Nursing, Misr University for Science and Technology**, held on April 24, 2024, entitled “**A Stepping Stone for the Future Development of Nursing.**”
- Attended the **Sixth International Scientific Conference of the Faculty of Nursing, Assiut University**, held from February 18–19, 2024, entitled “**Future of Nursing: Health Problems, Challenges and Solutions.**”
- Attended the **First International Scientific Conference of the Faculty of Nursing, Modern University for Technology and Information (MTI)**, 2023, entitled “**The Nursing Skills Needed to Advance the Nursing Profession.**”
- Attended the **37th Annual Conference of the Department of Obstetrics and Gynecology, Faculty of Medicine, Alexandria University**, held from May 25–26, 2023, entitled “**Gyne Alex 2023.**”
- Attended the **International Scientific Conference, Faculty of Medicine, Alexandria University**, held from May 13–14, 2023, entitled “**Milestone in Cancer Research: From Genomics to Practice — Action in Challenging Times.**”
- Attended the **11th Annual Scientific Conference of the Medical-Surgical Nursing Department, Faculty of Nursing, Alexandria University**, held on April 30, 2023, entitled “**Medical-Surgical Nursing Education and Practices: Facing the Facts.**”
- Attended the **Annual Conference of the Gerontological Nursing Department, Faculty of Nursing, Alexandria University**, held on December 14, 2022, entitled “**Aging in Place: Promoting Independence and Empowering Older Adults.**”
- Attended the **Fifth Annual Scientific Conference of the Psychiatric Nursing Department, Faculty of Nursing, Beni-Suef University**, held via Microsoft Teams on May 22, 2022, entitled “**New Trends in Psychiatric Nursing Care.**”
- Attended the **Second International Scientific Conference of Nursing Faculties in Upper Egypt and the Fourth Scientific Conference of the Faculty of Nursing, Assiut University**, held from February 13–14, 2022.
- Participated as an organizing committee member and attended the **International Scientific Conference of the Faculty of Nursing, Alexandria University**, in collaboration with the University of Basrah, Iraq, held on October 25, 2021, entitled “**New Trends in Medical and Nursing Towards Innovation in Healthcare.**”

- Attended the **35th Annual Conference of the Department of Obstetrics and Gynecology, Faculty of Medicine, Alexandria University**, held from October 5–7, 2021, entitled “**Gyne Alex 2021.**”
- Attended the **Third International and First Virtual Scientific Conference, Faculty of Nursing, Damanhour University**, held on August 18, 2021, entitled “**COVID-19 and the Era Transformation to Digitalization.**”
- Attended the **Third International, First Virtual, and Sixth Scientific Conference of the Faculty of Nursing, Sohag University**, held on July 27, 2021, entitled “**Challenges of Virtual Nursing Education and Future Opportunities.**”
- Had participated in the **third annual scientific meeting of obstetric and gynecological nursing department " innovation in obstetric nursing practice"** 16th December 2012 at faculty of nursing, Alexandria University.
- Had attendance in the 9th annual scientific meeting of pediatric nursing department "**innovation in pediatric nursing** "13th April 2013 at faculty of nursing, Alexandria University.
- Had attendance in the third annual scientific meeting of the nursing education department "**it's time to click and update**", where to", 7th September 2014, faculty of nursing, Alexandria University
- Had attendance in the 5th annual scientific meeting of obstetric and gynecological nursing department "**Teaming up For Woman's Health** "16th February 2017 at faculty of nursing, Alexandria University.

Participate in Training Courses: “As a Trainer”

Training, Workshops, and Community Outreach Activities

- Participated as **a trainer** in an awareness seminar for students of the Faculty of Pharmacy on June 2, **2021**, as part of the “Your Health in Your Hands” initiative, **Pre-Marital Counseling Track**, implemented by the Faculty of Nursing for all faculties and institutes of Alexandria University.
- Participated in the **training program for internship students**, conducted online via Microsoft Teams in September **2021**.
- Participated in the **training program for internship students**, conducted online via Microsoft Teams on Wednesday, April 17, **2022**.
- Participated in **the training program for internship students**, held at the Faculty of Nursing, Alexandria University, on Thursday, **September 15, 2022**.
- Participated in implementing **an awareness program discussing the Drug Abuse Law** and its executive regulations, as part of the “Alexandria Without Addiction” initiative, Faculty of Nursing, Alexandria University, on Sunday, February 20, **2022**.
- Participated in conducting seminars on **Female Genital Mutilation/Cutting** as part of the project “Abandonment of Female Genital Mutilation/Cutting Practices,” sponsored by Caritas Egypt, during the period from November 28–30, **2022**.

- Participated as a trainer in a training course entitled **“Emergency in Obstetrics,”** organized by the African Center for Women’s Health Services, during the period from March 28–29, **2022**.
- Participated as a trainer in a 36-hour training course entitled **“Advanced Obstetric Nursing,”** organized by the African Center for Women’s Health Services, held on February **19, 20, 21, 26, 27, and 28, 2023**.
- Participated as a coordinator in organizing a seminar entitled **“Together to Support Our International Students,”** Faculty of Nursing, Alexandria University, on Sunday, March 19, **2023**.
- Participated as a trainer in a training course entitled **“Nursing Role in Breast Cancer Screening and Prevention,”** organized by the African Center for Women’s Health Services, during the period from May 14–15, **2023**.
- Delivered a training course entitled **“Medical Terminology”** at the Training Unit, Faculty of Nursing, Alexandria University, on Monday, November 13, **2023**.
- Delivered a training course entitled **“Environmental Safety”** at the Training Unit, Faculty of Nursing, Alexandria University, on Thursday, January 4, **2024**.
- Participated as a trainer in delivering a training course for faculty members and assistant staff of the Obstetric and Gynecological Nursing Department, Faculty of Nursing, Alexandria University, entitled **“Innovative Teaching-Learning Strategies and Assessment Methods in Clinical Training,”** on Wednesday, February 14, **2024**.
- Participated in the **training program for internship students**, conducted online via Microsoft Teams on Sunday, September 14, **2025**.

➤ **Participate in the Training Workshops, Webinars, and Scientific Meetings: “As a Trainee.”**

- Attended an online training session entitled **“Test Construction,”** organized by the Measurement and Evaluation Center, Faculty of Nursing, Alexandria University, via Microsoft Teams, on December 17, **2025**.
- Attended a scientific webinar entitled **“Risk Management,”** organized by the Alumni Unit, Faculty of Nursing, Alexandria University, via Microsoft Teams, on December 16, **2025**.
- Attended a workshop entitled **“Artificial Intelligence Statistics as a Researcher Partner for Generating Innovative Research Ideas,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on December 1, **2025**.
- Attended a scientific seminar entitled **“Child Safety First: Break the Cycle of Abuse,”** organized by the Pediatric Nursing Department, Faculty of Nursing, Alexandria University, in celebration of World Children’s Day, on November 30, **2025**.
- Attended a workshop entitled **“Mastering the Art and Science of Peer Review,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on October 27, **2025**.

- Attended a workshop entitled **“15th Academic Promotion Rules: Major Differences between the 15th and 14th Rules,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on October 4, **2025**.
- Attended a training program entitled **“Communication and Presentation Skills,”** organized by the Faculty and Leadership Development Center, Alexandria University, from August 26–27, **2025**.
- Attended a training program entitled **“Technical Writing,”** organized by the Faculty and Leadership Development Center, Alexandria University, from August 22–23, **2025**.
- Attended a scientific seminar entitled **“Natural Disasters,”** held at the Faculty of Nursing, Alexandria University, on July 15, **2025**.
- Attended a training program entitled **“Design and Production of Digital Content,”** organized by the Faculty and Leadership Development Center, Alexandria University, from July 14–15, **2025**.
- Attended a training program entitled **“Legal and Financial Aspects in University,”** organized by the Faculty and Leadership Development Center, Alexandria University, from July 9–10, **2025**.
- Attended a workshop entitled **“Descriptive Statistics,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on May 13, **2025**.
- Attended a workshop entitled **“Efficient Data Entry Techniques,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on April 29, **2025**.
- Attended a workshop entitled **“Sample Size Calculation and Data Entry,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on April 15, **2025**.
- Attended a workshop entitled **“Mastering the International Journal Submission Process: A Step-by-Step Guide with Pro Tips,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on April 14, **2025**.
- Attended a workshop entitled **“Common Causes of Research Paper Rejections: Key Factors to Avoid in Academic Publishing,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on March 17, **2025**.
- Attended a training program entitled **“Funded Research Implementation and Research Team Management,”** organized by the Faculty and Leadership Development Center, Alexandria University, from August 9–10, **2024**.
- Attended a training program entitled **“International Publishing of Research,”** organized by the Faculty and Leadership Development Center, Alexandria University, from July 19–20, **2024**.
- Attended a workshop entitled **“Question Construction,”** organized by the Measurement and Evaluation Unit, Faculty of Nursing, Alexandria University, via Microsoft Teams, on December 13, **2023**.
- Attended a workshop entitled **“Formative Assessment,”** Faculty of Nursing, Alexandria University, **2023**.

- Attended a workshop entitled **“Question Construction,”** Faculty of Nursing, Alexandria University, **2023.**
- Attended a workshop entitled **“Blueprinting,”** Faculty of Nursing, Alexandria University, **2023.**
- Attended a scientific lecture entitled **“Mind Maps and Scientific Research,”** organized by IFAD International Academy and Platform via Zoom, on July 29, **2023.**
- Attended a workshop entitled **“Internal Review of the Quality Management System,”** organized by the Quality Assurance Unit, Faculty of Nursing, Alexandria University, on July 24, **2023.**
- Participated in a scientific dialogue entitled **“Artificial Intelligence: How Will the Future of Scientific Research Be?”** organized by IFAD International Academy and Platform via Zoom, on July 23, **2023.**
- Attended a scientific lecture entitled **“Qualities That a Researcher Should Possess,”** organized by IFAD International Academy and Platform via Zoom, on June 13, **2023.**
- Participated in the International Nurses Day event entitled **“Our Nurses ... Our Future,”** held at the Faculty of Nursing, Alexandria University, on May 18, **2023.**
- Attended a workshop entitled **“How to Select a Research Title,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on April 4, **2023.**
- Attended the **“Ramadan Gana” Workshop Series** organized by the Educational Innovations and Distance Learning Unit, Alexandria University, from March 26 to April 20, **2023,** including:
 - **Generating Automated Certificates**
 - **Becoming an Agile Educator: Lessons Learned from Software Development**
 - **Getting Prepared for Thingi Implementation**
 - **Artificial Intelligence in Education**
- Attended a scientific webinar entitled **“Professionalism and Statistical Excellence Series Using SPSS, EViews, Excel, Statistix, and GraphPad Prism,”** organized by Future Scholars Platform via Zoom, on March 21, **2023.**
- Attended a workshop entitled **“Advanced Bleeding Management,”** held on the sidelines of the First International Conference of the Faculty of Nursing, Modern University for Technology and Information, **2023.**
- Attended a training course entitled **“Infection Prevention and Control in Maternity Hospitals,”** organized by the African Center for Women’s Health Services, from January 31 to February 1, **2023.**
- Attended a workshop entitled **“Question Banks,”** Faculty of Nursing, Alexandria University, **2022.**
- Attended a workshop entitled **“Tips for International Publication,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on December 28, **2022.**
- Attended a workshop entitled **“Sampling in Research,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on November 16, **2022.**

- Attended a workshop entitled **“EndNote,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on November 14, **2022.**
- Attended a workshop entitled **“Plagiarism in Research,”** organized by the Research Consultation Office, Faculty of Nursing, Alexandria University, via Microsoft Teams, on November 10, **2022.**
- Attended **“Item Club Week III,”** a 5-hour online training program organized by the Measurement and Evaluation Center, Alexandria University, via Microsoft Teams, from October 22–31, **2022,** entitled **“Measurement and Assessment Concepts, E-Correction, Selective and Constructive Items.”**
- Successfully completed a continuing medical education training course entitled **“Diabetes Masterclass,”** organized for healthcare team members, in October 2022.
- Successfully completed a training course entitled **“Training on ThinQ Learning Management System,”** organized by the Educational Innovations and Distance Learning Unit, Faculty of Nursing, Alexandria University, from September 19–25, 2022.
- Attended a webinar entitled **“Quality Improvement in Healthcare Systems,”** organized by the Nursing Community of Practice via Zoom, on July 16, 2022.
- Attended the **“Ramadan Gana” Workshop Series** organized by the Educational Innovations and Distance Learning Unit, Alexandria University, from April 3 to April 28, 2022, including:
 - **Interactive E-Book Development**
 - **Digital Skills Needed for the Job Market**
 - **Incorporating Entrepreneurship and Sustainability in Curricula**
 - **Incorporating SDG5 in Curricula**
 - **Virtual Labs Technologies for Science Curricula**
 - **Virtual Labs: Advancing Science Education Globally**
 - **Sustainability on Campuses: On and Off the Curriculum**
 - **Tools for Creating Sharable Learning Scenarios**
 - **Methodology for Creating Sharable Learning Scenarios: Applications on SDG5**
- Attended the **“Ramadan Gana” Workshop Series** organized by the Educational Innovations and Distance Learning Unit, Alexandria University, from March 12 to April 7, 2022, including:
 - **AI-Powered Infographic Generators for Research and Education**
 - **Foundations of AI**
 - **Introduction to Prolog**
- Attended a scientific webinar entitled **“How to Save Copyright,”** organized by IFAD Platform and the International Foundation for Academic Development via Zoom, on November 27, 2021.
- Attended a scientific webinar entitled **“Teaching and Training Skills and Strategies: An Introduction to TOT,”** organized by IFAD Platform and YENİYİĞ Strategy Group via Zoom, on November 24, 2021.

- Attended an online training session entitled **“For Better MS Teams Educational Experience – Part Two: Insights,”** organized by the Educational Innovations and Distance Learning Unit, Alexandria University, on November 21, 2021.
- Attended an online training session entitled **“For Better MS Teams Educational Experience – Part One: Class Notebook and Electronic Portfolio,”** organized by the Educational Innovations and Distance Learning Unit, Alexandria University, on November 14, 2021.
- Successfully completed a training course entitled **“Relaxation Techniques and Reflexology,”** organized by the Supreme Authority for Complementary Medicine, Arab-African Union for Integrated Sustainable Development, on November 10, 2021.
- Attended a scientific webinar entitled **“Body Language and the Rules of Success,”** organized by IFAD Platform and the International Foundation for Academic Development via Zoom, on November 2, 2021.
- Attended a scientific lecture entitled **“Scientific Writing and Publishing Skills,”** organized by IFAD International Academy and Platform in collaboration with YENİYİG Strategy Group via Zoom, on October 31, 2021.
- Attended **“Item Club Week: Question Banks,”** a 5-hour online training program organized by the Measurement and Evaluation Center, Alexandria University, via Microsoft Teams, from September 27–30, 2021.
- Attended a scientific webinar entitled **“Ergonomics and COVID-19,”** organized by the Community Health Nursing Department, Faculty of Nursing, Alexandria University, on September 7, 2021.
- Attended an online training session entitled **“Production of Pedagogical Videos: Part II,”** organized by the Educational Innovations and Distance Learning Unit, Alexandria University, on September 5, 2021.
- Attended a scientific webinar entitled **“Explanation and Practical Applications of the SPSS Program in the Statistical Analysis of Data – Part 5: Practical Application,”** organized by the National Research Centre via Zoom, on September 1, 2021.
- Attended an online training session entitled **“Production of Pedagogical Videos: Part I,”** organized by the Educational Innovations and Distance Learning Unit, Alexandria University, on August 31, 2021.
- Attended an online workshop entitled **“Teaching and Learning Standard: Tips and Tricks,”** organized by the Quality Assurance Unit, Faculty of Nursing, Alexandria University, on August 30, 2021.
- Attended an online training session entitled **“OER Production Steps,”** organized by the Educational Innovations and Distance Learning Unit, Alexandria University, on August 29, 2021.
- Attended an online training session entitled **“Sway App: Electronic Book Publications,”** organized by the Educational Innovations and Distance Learning Unit, Alexandria University, on August 29, 2021.

- Attended a scientific webinar entitled “**The Way to Get an Abroad Scholarship,**” organized by IFAD Platform and the International Foundation for Academic Development via Zoom, on August 25, 2021.
- Attended an online training session entitled “**Advanced Microsoft Word Skills,**” organized by the Educational Innovations and Distance Learning Unit, Alexandria University, on August 22, 2021.
- Attended a workshop entitled “**Nursing Digital Health Capability Framework,**” held on the sidelines of the Third International and First Virtual Conference of the Faculty of Nursing, Damanhour University, on August 18, 2021.
- Attended a scientific webinar entitled “**Building a Scientific Research Proposal,**” organized by IFAD Platform and the International Foundation for Academic Development via Zoom, on August 1, 2021.
- Attended a scientific webinar entitled “**Research Gap and Scientific Contribution,**” organized by IFAD Platform and the International Foundation for Academic Development via Zoom, on July 27, 2021.
- Attended a scientific webinar entitled “**Statistical Analysis in Clinical Research,**” held online under the auspices of Helwan University, on July 10, 2021.
- Attended a workshop entitled “**Internal Review of Educational Institutions,**” Faculty of Nursing, Alexandria University, 2021.

J. Participating in Committees:

- Member of **Community service and environmental development** committee in faculty of nursing Alexandria University from 2017 to 2021.
- Member of **student's affairs services** committee in faculty of nursing Alexandria University from 2021 to 2023.
- Member of **Postgraduate Studies Committee** in faculty of nursing Isra University from 2024 till now.
- Member of **ACEN committee** in faculty of nursing Isra University from 2024 till now.
- Member of **Egyptian Association of Continuing Medical Education committee** at Egypt from 2024 till now.

K-Teaching activities:

For the Undergraduate Level:

- **Obstetric and Gynecological Nursing - maternity health- (clinical)** for 3rd year students at Faculty of Nursing Alexandria University from 2012 till now 2024.
- **Obstetric and Gynecological Nursing (theoretical)** for 3rd year students and condensed students at Faculty of Nursing Alexandria University 2017-2024
- **Obstetric and Gynecological Nursing (theoretical)** for 2nd year students at nursing institution Alexandria University 2021-2022
- Coordinator for Obstetric and Gynecological Nursing course for condensed course at Faculty of Nursing Alexandria University 2021-2022.
- **Participate for preparation of Obstetric and Gynecological OSCE exam.**
- Coordinator for Obstetric and Gynecological medicine course for at Faculty of Nursing Alexandria University 2021-2022.
- Coordinator for reproductive health course for at Faculty of Nursing Alexandria University 2023-2024.
- Coordinator for Obstetric and Gynecological Nursing course for condensed course at Faculty of Nursing Alexandria University 2023-2024.
- Prepare and participate in written and oral exam for 3rd year students at Faculty of Nursing Alexandria University.
- **Growth and development, Health assessment, Child health nursing clinical, Nursing administration clinical, fundamental nursing and nutrition in health and illness courses** for at Faculty of Nursing Al-Isra University from 2024 to 2026.

On post, graduate Level:

- Clinical training of **midwifery Master Course,** Faculty of Nursing Alexandria University.
- Teaching clinical part of gynecological and family planning course for master students in Maternity and Gynecological Nursing Department, Faculty of Nursing Alexandria University. **L-Curriculum Development:**
- Participated with faculty members of Obstetric and Gynecological nursing department in the development of "Procedure Manual for Maternity and Gynecological Nursing"
- Participated in development and revision of obstetric & gynecologic nursing lecture book.

- Participated in development and revision of reproductive health curriculum.
- Participated in development and revision of obstetric & gynecologic nursing procedure manual book

- **M-Thesis Supervision:**

○ **Master thesis**

1. Nurses' Literacy and Attitude Toward the use of Artificial Intelligence in Caring for Chronic Illness: An exploratory Study (2025)
2. The relationship between the Quality of Family Planning Nurses' Performance and Women's Satisfaction at Al-Amreya District in Alexandria Governorate (2024).
3. Traditional Practices To Control Menopausal Symptoms Among Women In El Amreya Region (2022)

○ **Doctorate thesis**

1. Effect of Laura Mitchell's simple physiological relaxation technique on pain intensity and quality of life among the female nursing students with primary dysmenorrhea (2024)

Personal skills:

Language skills: -English and Arabic - **Hobbies:** Reading

شهادة خبرة

تشهد جامعة الإسكندرية بأن البيانات الوظيفية الخاصة بالسيدة الدكتورة / هبة سعيد إبراهيم على السقا هي كالآتي :-

تاريخ وجهة الميلاد: ١٩٨٩/٩/٣٠ - البحيرة

المؤهلات الدراسية: درجة البكالوريوس قسم تمريض من جامعة الإسكندرية دور يونيو ٢٠١٠ بتقدير عام (GPA) B +

: درجة الماجستير في علوم تمريض أمراض النساء والتوليد من جامعة الإسكندرية عام ٢٠١٧

: درجة الدكتوراه في علوم التمريض في تمريض أمراض النساء والتوليد من جامعة الإسكندرية عام ٢٠٢١

تاريخ دخولها الخدمة: ٢٠١٠/٩/١

الوظيفة الحالية: مدرس بقسم تمريض أمراض النساء والتوليد بكلية التمريض - جامعة الإسكندرية
التدرج الوظيفي :-

- أمضت سيادتها السنة التدريبية بمستشفيات جامعة الإسكندرية إعتباراً من ٢٠١٠/٩/١ وحتى ٢٠١١/١٠/٣١

- معيدة بقسم تمريض أمراض النساء والتوليد بكلية التمريض - جامعة الإسكندرية إعتباراً من ٢٠١٢/٦/٢٧ وحتى ٢٠١٧/٨/٢٣

- مدرس مساعد بقسم تمريض أمراض النساء والتوليد بكلية التمريض - جامعة الإسكندرية إعتباراً من ٢٠١٧/٨/٢٤ وحتى ٢٠٢١/٦/٢٩

- مدرس بقسم تمريض أمراض النساء والتوليد بكلية التمريض - جامعة الإسكندرية إعتباراً من ٢٠٢١/٦/٣٠ وحتى الآن

وقد أعطيت لسيادتها هذه الشهادة بناء على طلبها بعد سداد الرسوم المقررة بالقسيمة رقم ٧٩٣٧٤٣ بتاريخ ٢٠٢٣/١١/٢٠ وذلك لتقديمها إلى المملكة العربية السعودية.

أمين عام الجامعة

٢٠٢٣/١٢/٢٦

٢٠٢٣/١٢/٢٦

٢٠٢٣/١٢/٢٦

تحريراً في: ٢٠٢٣/١٢/٢٦
نجاة/...





جمهورية مصر العربية

جامعة الإسكندرية

مستخرج رسمي

شهادة دكتوراه الفلسفة

021885

الرقم القومي : ٢٨٩٠٩٣٠١٨٠٤٨٤٢

تشهد كلية التمريض - جامعة الاسكندرية بأن / هبة سعيد ابراهيم على السقا
قد حصلت على درجة الدكتوراه في علوم التمريض في تمريض امراض
النساء والتوليد واعتمدها مجلس الكلية بتاريخ ٢٠٢١/٥/١٠ واعتمدها مجلس الجامعة
بتاريخ ٢٠٢١/٥/١٨ والممتدة بتاريخ ٢٠٢١/٥/٣١
عنوان الرسالة :

"تأثير تقنيه استرخاء العضلات التدريجي على شدة الالم والعلامات الفسيولوجية بين السيدات
المستأصلات للرحم"

وتحررت هذه الشهادة بناء على طلبها لتقديمها إلى جهة الاختصاص

تاريخ تحرير الشهادة : ٢٠٢٤/٣/١٢

الموظف المختص

ساره

بسم الله الرحمن الرحيم والتوقيع

٢٠٢٤/٣/١٢

رئيس القسم

١١



وزارة خارجية جمهورية مصر العربية
مكتب مستشارين ومندوبات القنصلية العربيتين
رقم التسجيل ٩٩٨٧٦
٢٤٢١٤
مستخرج على يد السيد / هبة سعيد ابراهيم على السقا
دون تأشير مسئولية السيد / هبة سعيد ابراهيم على السقا
الرقم القومي ٢٨٩٠٩٣٠١٨٠٤٨٤٢
مستخرج



جمهورية مصر العربية

جامعة الاسكندرية

مستخرج رسمي

شهادة الماجستير

002139

تشهد كلية التمريض بجامعة الاسكندرية بأن الطالبة / هبة سعيد ابراهيم على

قد حصلت على درجة الماجستير في علوم تمريض امراض النساء و التوليد

بتاريخ ٢٠١٧/٧/١٠ واعتمدها مجلس الجامعة بتاريخ ٢٠١٧/٧/٢٠

وتحررت هذه الشهادة بناء على طلبها لتقديمها الى جهة الاختصاص

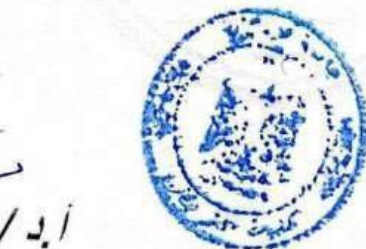
أمنية

رئيس

رئيس الختم والتوقيع
٢٠١٧/٧/١٠



وزارة خارجية جمهورية مصر العربية
مكتب التصديقات والتأهيلات القنصلية للمواطنين
رقم التماس: ٤٩٨٧٧
تاريخ: ٢٠١٧/٧/١٠
ملاحظات: على صورة الفألة والوثائق التي تقدمت بها
دون أدنى مسئولية سيجال في حقها ومضمون وثائقها
الرقم: ١٦٥
١٦٥





جمهورية مصر العربية
ARAB REPUBLIC
OF EGYPT

جامعة الإسكندرية
ALEXANDRIA
UNIVERSITY



مستخرج رسمي شهادة تخرج

00958113



كلية التمريض

تشهد كلية التمريض ان الخريجه / هبه سعيد ابراهيم على السقا

والمولوده فى محافظة البحيره الجنسيه مصريه

بتاريخ ١٩٨٩ / ٩ / ٣٠ الرقم القومى ٢٨٩٠٩٣٠١٨٠٤٨٤٢

قد حصلت على درجة البكالوريوس فى علوم التمريض

دور يونيو سنة ٢٠١٠ بتقدير عام GPA : (B +)

بمجموع نقاط قدره ٣,٤٠١ نقطه (ثلاثه واربعمانه وواحد من الف نقطه فقط لا غير)

من عدد النقاط الكلى وقدره ٤ نقطه (اربعه نقطه فقط لا غير)

اعتمدت النتيجة بمجلس الكليه بتاريخ ٢٠١٠ / ١٢ / ١٢ كما وافق عليها الاستاذ الدكتور رئيس

الجامعه فى ٢٠١١ / ١ / ٥

وقد اعطيت لها هذه الشهاده بناء على طلبها .



يعتمد / العميد



المسجل



الموظف المختص

فى الدور

مدير مكتب
أمين الجامعة



وزارة الخارجية جمهورية مصر العربية
مكتب التصديقات والخدمات القنصلية للمواطنين
رقم التصديق ٥٩٨٧٩ بتاريخ ٢٠١٤ / ٢ / ٢٤
نصق على صحة الخاتم والتوقيع النهائي
دون اى مسؤولية فيما يخص بوضوح ومحتوى الوثائق
الرسوم المقررة
ع / الشئون القنصلية للتصديق
م. الج. ب.



وَقِيَّتْ مِوْئَالَتَا

الرقم: 2024/13/ط/601291

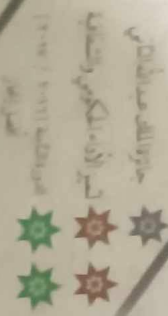
التاريخ: 9 شوال 1445 هـ

الموافق: 2024/04/18 م

تشهد وزارة التعليم العالي والبحث العلمي أن الشهادات التي تحملها الفاضلة هبه سعيد ابراهيم على السقا

وهي:

- 1 - شهادة الدراسة الثانوية العامة المصرية عام 2006.
 - 2 - درجة البكالوريوس في علوم التمريض من جامعة الاسكندرية في مصر عام 2010.
 - 3 - درجة الماجستير في علوم التمريض امراض النساء والتوليد من جامعة الاسكندرية في مصر عام 2017.
 - 4 - درجة الدكتوراه في علوم التمريض في امراض النساء والتوليد من جامعة الاسكندرية في مصر عام 2021.
- تعادل الدرجة الجامعية الثالثة (الدكتوراه) في التمريض / امراض النساء والتوليد (لغايات العمل في جامعة الامراء).



الوزير



مدير العلاقات العامة
استاذة

رئيسة اللجنة
علاء الدين

