

Curriculum Vitae (C.V)

Personal data:

Name: Dr. Arzak Mohamed Khalifa Ewees

Date of birth: 18/4/1983

Nationality: Egyptian

Marital status: Married/ 2 children

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• **Home address:** 12 Elmasoud Street, Abasia, Cairo

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• **Present position:** Associate Professor of Medical Surgical Nursing and Adult Health Nursing - Faculty of Nursing, Ain Shams University

• **Google Scholar link:** <https://scholar.google.com/citations?hl=ar&user=76iyRJIAAAAJ>

• **Scopus link:** <https://www.scopus.com/authid/detail.uri?authorId=58207660100>

• **Orchid:** <https://orcid.org/0000-0003-4816-2335>

• Link to World Scientist and University Rankings 2025:

<https://www.adscientificindex.com/scientist-print/5776041/>

• **AD Scientific Index ID:** 5776041

Education

• Doctorate Degree in Nursing Science (Medical Surgical Nursing and adult health nursing), 2017- Faculty of Nursing, Ain Shams University. Doctorate thesis entitled “Effect of self-care guidelines on quality of life of patients with leukemia after stem cell transplantation.”

• Master’s degree in Medical Surgical Nursing, 2011- Faculty of Nursing, Ain Shams University. Master's thesis entitled “Needs Assessment for patients with myocardial infarction.”

• Bachelor’s degree in nursing science, 2004- Faculty of Nursing, Ain Shams University.

Academic Experiences:

• Associate Professor: Dept. of Medical-Surgical Nursing, May University in Cairo (MUC) (2025 – Present).

• Associate Professor of Medical Surgical Nursing, Faculty of Nursing -Ain Shams University, from November 2022 till now.

- Assistant Professor of Medical Surgical Nursing- Faculty of Nursing -Ain Shams University (July 2017)
- Assistant lecturer of Medical Surgical Nursing – Nursing program – Batterjee Medical College in Jeddah, Saudi Arabia, November 2011)
- Assistant lecturer of Medical Surgical Nursing - Faculty of Nursing -Ain Shams University April 2011)
- Demonstrator of Medical Surgical Nursing - Faculty of Nursing -Ain Shams University (July 2007)
- Head nurse of CCU at Cairo Medical Center (2005-2009)

Teaching activities and subjects for undergraduate students:

- Fundamentals of Nursing
- Medical Surgical Nursing
- New Trend in Nursing
- Medical Terminology
- Human Rights
- Communication and Presentation Skills
- Health assessment
- Practical Training of Fundamentals of Nursing and Medical Surgical Nursing.
- Clinical training in a hospital for medical-surgical nursing

Teaching activities and subjects for postgraduate students:

- Research Methodology for the 1st semester of the Master's degree in Nursing
- Seminars in Medical surgical Nursing for 2nd and 3rd semester for master degree in Nursing
- Seminars on Critical Care Nursing
- Application of Medical Surgical Nursing for a Doctorate in Nursing
- Application for Medical Surgical Nursing for a master's degree in Nursing
- Application of Medical Surgical Nursing for a master's degree in nursing
- Complementary medicine for a master's degree in Nursing

Authorized Books

- Fundamentals of Nursing (2017)
- Fundamentals of Nursing (Medical surgical nursing I) (2022)

- Basic concepts for specialized nursing program first term (2022)
- Procedure book of basic concepts for the specialized nursing program first term (2022)
 - Nursing Care Guide for Patients with Multiple Injuries (Deposit No. 3563), 2022.
 - Living with Multiple Myeloma: A Comprehensive Guide, 2022.
 - Healing and Recovery After Burns, 2024.
 - Fundamentals of Nursing (2024)
 - Health assessment for nurses (2026)

Participation in quality tasks:

- Coordinator in the Quality Assurance Unit of the Medical Surgical Nursing Department for the academic year 2020-2021, 2021-2022& 2022-2023.
- Coordinator of the department for 1st year in the academic year 2024-2025.
- Member of the team works to prepare accreditation files (participation in preparing the teaching and learning standard).
- Participation in the preparation of the quality file for the Master's Program in Critical Nursing for the academic year 2018-2019
- Participation in preparing the quality file for the files for medical surgical department academic year: 2018-2019, 2019-2020, 2020-2021
- Participation in academic advising for Master's and PhD students in Critical Nursing and Surgical Nursing for the years 2017/2018- 2018/2019-2019/2020-2020/2021- 2022/2023

Participation in preparing and updating the Specifications and matrix of the following courses:

- Bachelor's courses in Fundamentals of Nursing and English according to the new regulations for the academic year 2019/2020.
- Practical applications in dealing with medical and surgical instruments, a diploma in central sterilization with the credit hour system, which was implemented in the academic year 2019-2020.
- Emergency Nursing, the First Aid Diploma with the credit hour system, which was implemented in the academic year 2019-2020.

- Participation in the description of the course and matrix of dealing with medical and surgical instruments, the diploma of central sterilization with the credit hour system, which was implemented in the academic year 2019-2020
- Participation in the description of fundamental of nursing course based on competencies for the first team for the condensed bachelor the academic year 2020-2021.
- Participation in the description of bachelor's courses based on competencies for the first year of the English language subject for the academic year 2020-2021.
- Participation in the preparation of the question bank for the basics of nursing course - the first year of the college in the academic year 2021/2022.
- Participation in preparing the question bank for communication and presentation skills - the second year of college in the academic year 2021/2022.

Teaching Statement

Based on my **over 15 years of teaching experience** in academia across **Egyptian and Saudi universities**, my **teaching philosophy** can be summarized in the following points:

- **Interactive and Experiential Learning:**

I believe that effective teaching goes beyond traditional lectures; it should be active and interactive. Therefore, I integrate various methods into my lectures, such as case studies, problem-based learning, simulations, and open scientific discussions.

- **Enhancing Critical Thinking and Research Independence:**

I strive to develop students' abilities to analyze phenomena critically. This approach enhances their ability to make evidence-based decisions.

- **Integrating Technology and Innovation in Teaching:**

Given my interest in **AI applications in nursing**, I incorporate digital tools into my teaching, such as:

- **Interactive learning platforms** to foster self-directed learning.
- **Modern technologies** for studying nursing in lab training and virtual lab training.

Academic and Professional Guidance:

- **Providing individual guidance** to students and directing them toward suitable research.
- **Helping them develop academic presentation skills, research writing, and conference participation.**
- **Supporting leadership and creativity development**, especially among talented and distinguished students.

Administrative tasks

- Director of the Nursing Skills Lab at the Faculty of Nursing, Ain Shams University, since February 2021 until now
- Coordinator of department for 1st year in academic year 2024-2025 & 2025-2026
- Head of the Cumulative Grade Control Committee for the Bachelor's Degree 2025-2026

Participation in various committees in the college and society:

- Member of the Crisis and Disaster Management Unit from 2019-2020 & 2020-2021
- Assistant Director of the Crisis and Disaster Management Unit from 2021-2022& 2022-2023
- Member of the Student Services and Student Support Unit 2018-2019 & 2019-2020
- Member of the Board of the Medical Surgical Nursing Department 2020-2021& 2022-2023-2023-2024& 2024-2025
- Member of the Equipment and Laboratories Committee 2021-2022& 2022-2023 &2023-2024 &2024-2025
- Participation as an organizer in the celebration of World Diabetes Day on November 13-14, 2017
- Active participation in the World Diabetes Day under the slogan (Your Eye on Diabetes) on November 21-22, 2018.
- Participation in the activities of the medical convoy at the Girls College, 1/3/2020
- Member of the Curriculum Committee 2024-2025

Membership of professional bodies:

- Nursing syndicate membership (from 2005 till now)
- Trauma society (2017 till now)
- Alzheimer Society (2022)

Training courses: Attending courses of:

1. Communication skills
2. Thinking skills
3. Effective teaching skills.
4. Quality and accreditation.
5. Credit hours.
6. Correct
7. Remark office OMR
8. Effective Show.
9. Leadership and Management Skills at American University in Egypt
10. Students' Exam and Evaluation Strategies
11. Use of Technology in Teaching
12. Leading the research team
13. Principals and behaviors of the staff
14. Burn assessment and management
15. Trauma Immediate life support
16. Bleeding control
17. Food and Nutrition for Better Health
18. Student Performance Evaluation Methods
19. Fulfilling Scientific Research Standards
20. Electronic Grading and Report Preparation
21. Strategies for International Publishing
22. Scientific Publishing Skills in International Journals (Clarivate Analytics & Scopus Indexed)
23. Building and Managing Research Teams
24. Cognitive Theory and Its Impact on Science and Life
25. Applications of Artificial Intelligence (AI) in Interactive Training
26. Fundamentals of Using Learning Management Systems (LMS)
27. Electronic Testing and Item Bank Development

National and international conference participations:

- Trauma conference 12-13 October 2017
- Medical integrated students' research January 2017

- Diabetes: Multi-organ involvement 9-10 November 2017
- Bridging gaps in oncology 8-10 November 2017
- Hepatology on the Nile 5 advances in liver disease 15-16 November 2017
- Liver cancer updates 20-21 December 2017
- The study of liver and gastrointestinal diseases, 6-8 March 2018
- Clinical oncology and nuclear medicine 14-15 March 2018
- Pan Arab conference on diabetes 27-30 March 2018
- The 7th Annual International Congress of Ain Shams University: "Globalism and Prospect" 2-5 April 2018.
- Nursing development by integrating with related sciences, Beni-Suef University Center, 15-17 April 2018
- Future of pediatric nursing: Innovation and reality 22 April 2018.
- Trauma conference 12-13 October 2018
- Breast -Gynecological and immunological international conference 17-18 January 2019
- Medical microbiology and immunology department, COVID Pandemic challenges, experiences, and prospects, 7th July 2020
- The future of nursing after coronavirus, Tanta University, 7th September 2020
- Present and future challenges of the white army in the light of the coronavirus pandemic, 12th Medical Surgical Nursing Online Conference, 24/5/2021
- Critical care nursing innovations in education, research, and community nursing, The 1st visual conference of the critical care nursing department, 31/5/2021.
- Pan Arab conference on diabetes 10-12 September 2021
- Challenges and opportunities in nursing practice and education in light of pandemics 15-5-2023
- 11th Annual Ain shams university international conference 10-11 may 2023
- Ain Shams neurosurgery international congress 24-26 May 2023
- 15th International Congress, Faculty of Nursing, Ain Shams University, 30-31/10/2023
- Future challenges toward sustainability and excellence in medical surgical nursing 4-3-2024
- Artificial intelligence and its applications in the Field of HealthCare: Opportunities & Challenges 2nd International Conference, 6th October University, 17-18 December 2024.

National and international conference participations as a speaker or Poster:

- Pan Arab conference on diabetes 27-30 March 2018(Poster)
- The 7th Annual International Congress of Ain Shams University: "Globalism and Prospect") Poster)2-5 April 2018.
- Nursing development by integrating with related sciences, Beni-Suef University Center, 15-17 April 2018(Poster)
- Present and future challenges of the white army in the light of the coronavirus pandemic 12th Medical Surgical Nursing Online Conference, 24/5/2021(Talk)
- Critical care nursing innovations in education, research, and community nursing, The 1st visual conference of the critical care nursing department, 31/5/2021. (Talk)
- Challenges and opportunities in nursing practice and education in light of pandemics 15-5-2023 (Talk and Poster)
- Ain Shams neurosurgery international congress 24-26 may 2023(Talk)
- 15th International Congress, Faculty of Nursing, Ain Shams University, 30-31/10/2023(Poster)
- Future challenges toward sustainability and excellence in medical surgical nursing 4-3-2024 (Talk and Poster)
- Artificial intelligence and its applications in the Field of HealthCare: Opportunities& challenges 2nd International Conference, 6th October University, 17-18 December 2024. (Poster)
- The **3rd Annual Medical Congress by EgyptAir** May 8-9, 2025. (Talk)

Participation in training in clinical courses:

- Participant member in training nurses in Eldemerdash hospital
- Evaluating the number of members in improving nurses' performance level in Eldemerdash hospital.
- Participation in the early detection of diabetes and hypertension project at Ain Shams University employers.
- Training program for nurses working in the Emergency Unit.
- Training program for nurses working in the operating room.
- Workshop entitled Green Hospital
- Workshop entitled Green Faculties and Practices

- Students' rights and responsibilities

Scientific Activities & Research

Year	Title	Journal
3/9/2010	Needs Assessment for patients with myocardial Infarction	Al-Azhar Medical Faculty (Girls) Vol 31 No 3
12/10/2011	Biopsychosocial needs of patients with acute myocardial Infarction	London international Human science conference
1/12/2016	Factors affection quality of life of patients with leukemia after stem cell transplantation	Egyptian Journal of Health Care 2015 EJHC vol No 2
1/12/2016	Effect of self-care guidelines on the quality of life of patients with leukemia after stem cell transplantation	Egyptian Journal of Health Care 2015 EJHC vol No 2
6/6/2016	Factors affecting the relationship between students and faculty members	The 2nd Medical Integrated Students' Research (MISR) Conference
12-2020	Knowledge, Risk Perception, Preventive Behavior, and Emotional Regulation regarding COVID-19 among Nurses Working in Isolation Hospitals	Egyptian Journal of Health Care
November 2020	Factors Affecting Central Venous Catheter's Dwell Time in Critically Ill Patients: Suggested Guideline	Egyptian Journal of Health Care
2020	Relation between Therapeutic Compliance and Functional Status of Patients Undergoing Hemodialysis	American Journal of Nursing Research, 2020, Vol. 8, No. 6,
September 2020	Impact of Nursing Intervention Protocol on Polytrauma Care during the Golden Hour on Nurses' Performance	Egyptian Journal of Health Care
March 2021	Effect of Shaker Exercise on Dysphagia Level among Patients with Cerebral Vascular Stroke	Egyptian Journal of Health Care
2021 September	Cardiac Dysrhythmias: Interpretation: Knowledge Enhancement Nursing Protocol	Egyptian Journal of Nursing & Health Sciences (EJNHS)
March 2022	Prognostic Factors Affecting Neurological Outcomes for Patients with Closed Traumatic Brain Injury	Egyptian Journal of Health Care, EJHC
July 2022	Effect of Educational Program on Symptom Burden, Body Image Dissatisfaction, and Psychological Distress among Patients with Multiple Myeloma	Egyptian Journal of Health Care, EJHC
Volume 13, Issue 4 December 2022	Nurses ' Performance regarding the Care of Patients with Multiple Sclerosis Relapse: A Suggested Guideline	Egyptian Journal of Health Care, EJHC
September 2023	Effect of Educational Guideline on Self-Management and Clinical Outcomes for Patients with Multiple Sclerosis	Egyptian Journal of Health Care, EJHC

Volume 14, Issue 4 December 2023	Nurses' Performance Regarding Care of Patients with Long-Term Epidural Catheter	Egyptian Journal of Health Care, EJHC
March 2024	Effect of Interventional Program on Symptoms Management for Patients Post Trans- Catheter Aortic Valve Replacement	Egyptian Journal of Nursing & Health Sciences, 2024
Volume 15, Issue 2 June 2024	Factors Associated with Nasogastric Tube Feeding Complications among Patients with Cerebrovascular Stroke	Egyptian Journal of Health Care, EJHC
March 2024	The Effectiveness of Integrative Psychological Therapy in reducing Bulimia Nervosa Disorder and some associated disorders among Female University Students,	Journal of Dirasat: Human and Social Sciences (Indexed Scopus Journal Q2)
Volume 15, Issue 1 March 2024	Relation between Self- Efficacy and Adherence to Therapeutic Regimen among Patients with Post COVID-19 Syndrome	Egyptian Journal of Health Care, EJHC
Volume 15, Issue 2 June 2024	Effect of Facial Exercises on Functional Ability for Patients with Bell's Palsy	Egyptian Journal of Health Care, EJHC
September 2024	Effect of Different Backrest Positions' Degrees on Hemodynamic Stability for Mechanically Ventilated Patients	Egyptian Journal of Health Care, EJHC
November 2024	Psychometric Properties of the Smartphone Addiction Scale (SAS) among University Students in Saudi Arabia	Journal of Dirasat: Human and Social Sciences (Indexed Scopus Journal Q2)
Volume 15, Issue 4, December 2024	Post-Burn Training Program to Enhance Patients' Quality of Life and Reduce Post-Traumatic Stress Symptoms	Egyptian Journal of Health Care, EJHC
May 30, 2025	Effectiveness of Structured Preoperative Education on Reducing Anxiety Among Surgical Patients: A Study at Bau-Bau Hospital, Indonesia.	International Journal of Epidemiology and Public Health Research
6 (22), 1-15	Effect of Educational Program on Nurses Performance regarding Caring of Patients with Multiple Sclerosis Relapse	Egyptian Journal of Nursing and Health Sciences
62 (41) (2026)	The predictive role of artificial intelligence applications in enhancing psychological flourishing & sustainable development among Fayoum University	students The Egyptian Journal of Neurology, Psychiatry and Neurosurgery Scopus Journal Q2

Supervision of the Thesis:

<i>N</i>	<i>Title</i>	<i>Thesis</i>
1.	Factors associated with nasogastric tube feeding complications among	Master

	patients with cerebrovascular stroke	
2.	Factors Affecting Central Venous Catheter's Dwell Time in Critically Ill Patients: Suggested Guideline	Master
3.	Nurses' performance regarding care of patients with multiple sclerosis relapse: A suggested guideline	Master
4.	Assessment of self-care among patients with ureteric double J stent: suggested guideline	Master
5.	Nurses' performance regarding hypothermia management and rewarming manoeuvres among critically ill patients	Master
6.	Effect of different backrest positions' degrees on hemodynamic stability for mechanically ventilated patients	Master
7.	Self-care practices among patients with liver cirrhosis	Master
8.	Assessment of nurses' knowledge, perception, and practice concerning discharge planning for patients with open heart surgery	Master
9.	Effect of educational guideline on self-management and clinical outcomes for patients with multiple sclerosis	Doctorate
10.	Factors Affecting Arteriovenous Fistula Survival among Hemodialysis Patients	Master
11.	Nurses' Performance Regarding Care of Patients with Long-Term Epidural Catheter	Master
12.	Biopsychosocial Needs for Patients with Chronic Renal Failure	Master

Thesis Discussion:

N	Title	Thesis
1	Assessment of compliance with the therapeutic regimen among patients with ulcerative colitis: Suggested guideline	Master
2	Influences associated with altered nutrition among patients with traumatic brain injury	Master
3	Assessment of knowledge, health beliefs, and self-efficacy for patients with osteoporosis	Master
4	Factors associated with nasogastric tube feeding complications among patients with cerebrovascular stroke	Master

5	Nurses' performance regarding care of patients with multiple sclerosis relapse: A suggested guideline	Master
6	Nurses' performance regarding hypothermia management and rewarming manoeuvres among critically ill patients	Master
7	Effect of different backrest positions' degrees on hemodynamic stability for mechanically ventilated patients	Master
8	The relation between self-efficacy and adherence to the therapeutic regimen among patients with post-COVID-19 syndrome	Master
9	The effect of body position changes on endotracheal tube cuff pressure in mechanically ventilated patients.	Master
10	The relationship between early dysphagia screening and the incidence of pneumonia among acute stroke patients	Master
11	Nurses' Performance and Barriers Regarding Pain Management among Critically-Ill Patients	Master

Research Statement

Over **18 years** of scientific research in **nursing**, I have dedicated my efforts to producing **high-quality research** and supervising **master's and doctoral theses**.

I have published **over 20 research papers** in **peer-reviewed national and international journals indexed in Scopus**. Additionally, I have supervised and examined **more than 20 master's and doctoral theses**, helping to develop a **new generation of nursing researchers**.

Supervision of Master's and Doctoral Theses

I have supervised approximately **20 master's and doctoral theses** in the following areas:

- Cardiology
- Oncology
- Neurology
- Urology
- Emergency and critical care