

Sedigheh Pakseresht, PhD

Associate Professor at Department of Obstetric

Women Health Promotion, Community Health (PhD), Obstetrics (MSc)

Reproductive Health Research Center

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Degrees:

- Master of Obstetrics (MBc)
- Women Health Promotion/Community Health (PhD)
- Master of English Teaching (MA)

Work experience: 25 years

Work Experience

Current position: 1990-Present. Associate professor of Obstetrics Department Guilan University of Medical Sciences, Iran. It gave me the opportunity of providing quality of care to the patients and their families (prenatal care, labor and delivery in outpatient and inpatient level).

Director: Obstetrics Department, 1995-1998

Teaching Experience

- **Undergraduate level.** Bachelors in Midwifery, Nursing, Medicine Emergency, Health Education.

Teaching normal and abnormal pregnancy, normal vaginal delivery, episiotomy, prenatal care, and sexology, mother and child health, reproductive health, breast cancer, menopause, old age health, postpartum infection, postpartum hemorrhage, dystocia during delivery, IUFD.

- **Postgraduate level.** Master in Midwifery, and Nursing

New methods in obstetrics, counseling for women health and sexology during reproductive ages (young, marriage, during pregnancy, after delivery, and menapauses), research methodology

Research Experience

- Editor- in -chief of Holistic Nursing and Midwifery Journal (<http://hnmj.gums.ac.ir/>)
- Supervisor and Co-supervisor in research projects on breast cancer, health, mother and child, breast feeding, menapauses, osteoporosis, quality of life, life style. Guilan University of Medical Sciences, Iran, 1997 -2015
- Referee of projects for women health, prenatal care, health education, breast cancer, life style, and women's counseling needs, cervical cancer, and reproductive health. Guilan University of Medical Sciences, Iran, 1996 -2015
- Reviewer in Guilan Medical Journal, Iran and Research in Medical Education of Guilan Medical Journal

Publication

A. Peer-reviewed articles

- 1- **Pakseresht S**, IngleGK, BahadurAK, RamtekeVK, SinghMM, GargS, AgarwalPN. Risk factors with breast cancer among women in Delhi.Indian J Cancer. 2009; 46(2): 132-138.
- 2- SeyednooriT, **pakseresht S**, RoshanZ. Risk of developing breast cancer by utilizing Gail model. Women Health, 2012; 52(4):391-402.
- 3- **Pakseresht S**, Ingle GK, Garg S. Quality of life of women with breast cancer at the time of diagnosis in New Delhi. J Cancer Sci Ther. 2011; 3(3): 66-69.

- 4- **Pakseresht Sedigheh**, Ingle GK, Garg S, Singh MM. Expenditure audit of women with breast cancer in a tertiary care hospital of Delhi. *Indian J Cancer*. 2011 Oct-Dec; 48(4):428-37.
- 5- Kafaie M, Sarafraz N, Bagheri F, Abbaszadeh F, **Pakseresht Sedigheh**. The relationship between unintended pregnancies and low birth weight newborn. *Archives Des Sciences*. 2012; 65(7):12-16.
- 6- Sarafraz N, Kafaie M, Abbaszadeh F, Karimian Z, **Pakseresht S**. Physical activity and related factors among elderly women. *Archives Des Sciences*. 2012; 65(8): 21-25.
- 7- **Pakseresht S**, Ingle GK, Garg S, Sarafraz N. Stage at diagnosis and delay in seeking medical care among women with breast cancer, Delhi, India. *Iran Red Crescent Med J*. 2014; 16(12):1-7.
- 8- Bostani Khalesi Z1, Rafat F2, **Pakseresht S**. Relationship between adequacy of prenatal care utilization index and neonatal outcomes. *Holistic Nursing and Midwifery* 2015, 81; 26 (3): 8-15
- 9- Fariba Mirbolouk1, **Sedigheh Pakseresht2***, Maryam Asgharnia1, Behnaz M Farjadmand1, Ehsan Kazemnezhad3 . Study of Vitamin D Status in Pregnant Women in North of Iran. *International Journal of Women's Health and Reproduction Sciences* . Vol. 4, No. 4, October 2016, 176–180
- 10- **Pakseresht S**, Rafat F, Rahebi SM, Ghasemi pour M .Explaining the Counseling Needs of Women with Breast Cancer: a Qualitative Study, *Community Health Journal* 2016, 9(4): 38-48
- 11- Jahangasht Kh , Asiri Sh, **Pakseresht S** , Kazemnejad-Leili E . Prevalence of Depression Symptoms and its related Factors in School Students. *Holistic Nursing and Midwifery* 2016, 81; 26 (3): 8-15
- 12- **Sedighe Pakseresht**, Farzane Pourshaban, Zahra Bostani khalesi. Comparing maternal breastfeeding self-efficacy during first week and sixth week postpartum. **Electronic Physician**, Volume 9, Issue 2, February 2017
- 13- Shiva Alizadeh, Asieh Namazi, **Sedigheh Pakseresht**. Prevalence and Predictors of Low Birth Weight in Guilan, Iran. *International Journal of Preventive, Curative and Community Medicine*. Vol 2, No 3&4 (2016)

- 14- **Sedigheh Pakseresht**, Fatemeh Jafarzadeh-Kenarsari, Zahra Atrkar Roushan
Publication: Exploring Married Iranian Women's Perception of the Meaning of Sexual
Marital Activity: A Qualitative Study. *The Qualitative Report*. 2016; Vol 21, N 10 , 10-24
- 15- **Sedigheh Pakseresht**, Arezo Monfared , Atefeh Ghanbari, Zahrah Atrkar Roshan, A Rahimi.
Investigating body image and the related factors among women with breast cancer at
educational and therapeutic hospitals in Rasht in 2011-12. *Mod Care J* .2014, 11 (2): 83-93.
- 16- **Sedigheh Pakseresht**, Komeil Rezaei , Afsaneh Pasha, Ehsan KazemNejad Leili,
Fateme Hasandoost. Health Promoting Lifestyle among Students at Guilan University of
Medical Sciences. *J Holist Nurs Midwifery*. 2017; 27 (1): 19-27.
- 17- Farzaneh Poorshaban , **Sedigheh Pakseresht*** , Zahra Bostani Khalesi , EhsanKazemNejad
Leili ` Factors Associated with Breastfeeding Self-Efficacy of Mothers Within 6 Weeks of
Delivery, *J Holist Nurs Midwifery*. 2017; 27 (1): 27-34.
- 18- **Sedigheh Pakseresht**, Fatemeh Jafarzadeh- Kenarsari, Fatemeh Rafat , Seyede Marzieh
Rahebi. Exploration of Women's Perspective on Cervical Cancer: A Qualitative Study. *J Holist
Nurs Midwifery*. 2016; 26 (4): 43-51
- 19- Shiva Salehi, **Sedigheh Pakseresht**, Seyadeh Noshaz Mirhaghjoo, Ehasan Kazemnejad
Leili. Relationship between Environmental Factors and Menarche of 11-14 Year Old Students
in Rasht City. *J Holist Nurs Midwifery*. 2016; 26 (4): 62-70
- 20- Khadijeh Jahangasht, Shahla Asiri , **Sedigheh Pakseresht**, Ehsan Kazemnejad Leili.
Prevalence of Depression Symptoms and its related Factors in School Students. . *J Holist Nurs
Midwifery*. 2016; 26 (3): 1-7
- 21- Monfared A , **Sedigheh Pakseresht *** , Ghanbari Khaneghah A , Atrkar Roshan Z `Health-
Related Quality of Life and its related factors among women with breast cancer. *J Holist
Nurs Midwifery* 2013, 23(2): 52-62
- 22- *Asgharnia M ** , **Pakseresht Sedigheh.**, *Hosseinzadeh F. Kazemi S., Rojaee F.* Acute
Transfusion Reactions and Associated Factors in the Obstetric and Gynecologic Teaching
Center of Rasht, 2009-2014. *Iranian Journal of Surjury*.2016; 24 (4) , 52-60

B. Book

1. Breast Cancer: Women health and quality of life
Sedigheh Pakseresht; Gopal Krishna Ingle. Verlag Dr. Müller(VDM) Publication, 2011

C. Oral presentations.

1. **Pakseresht S.** Socio demographic of Indian women with breast cancer. 8th international congress in obstetrics and gynecology. Tehran, Iran. 2014.
2. **Pakseresht S, Monfared A.** Risk factors of breast cancer in women. 8th international congress in obstetrics and gynecology. Tehran. Iran. 2014.
3. **Pakseresht S, Rahebi SM, Orang Z.** Delayed versus early umbilical cord clamping in delivery. First international congress in women health and third stage of delivery. Ahvaz, Iran. 2012.
4. **Pakseresht S.** Breast cancer and care. Guilan University of Medical Sciences. Rasht, Iran. 2009.
5. **Pakseresht S.** Women health promotion. Guilan University of Medical Sciences. Rasht, Iran. 2009.
6. **Pakseresht S, Ingle GK, Garg S.** Factors influencing quality of life in women with breast cancer. The 52nd all Indian annual Conference, Indian Public Health Association. Delhi, India. 2008.
7. **Pakseresht S, Ingle GK, Garg S, Sing MM.** Seeking behavior of women with breast cancer. 35th national conference of IAPSM. India. 2008.
8. **Pakseresht S, Ingle GK, Garg S, Sing MM.** Quality of life of women with breast cancer at the time of diagnosis, 51st all Indian annual conference (IPHA). India. 2007.
9. **Pakseresht S, Ingle GK, Garg S.** Breast cancer in young women. 34th national conference all Indian institute of medical sciences. India. 2007.
10. **Pakseresht S, Mirhagjo N, Rahebi SM.** Counseling needs of women in family planning. First international congress in health promotion and health education. Iran. 2003.

11. Monfared A, **Pakseresht S**, Ghanbari A. Quality of life of women with breast cancer in Rasht. Reproductive health; menopause, andropause. Research center and infertility congress. Tehran. 2012.
12. Monfared A, **Pakseresht S**, Ghanbari A. Body image among women with breast cancer. Reproductive health; menopause, andropause. Research center and infertility congress. Tehran, Iran. 2012.

D. Poster presentation.

1. **Pakseresht S**, Monfared A. Quality of life and body image among women with breast cancer. The 23rd annual congress in women health, USA. 2015.
2. **Pakseresht S**, Mirbolouk F, Asgharnia M, Farjadmand B. Vitamin D deficiency in pregnant women in Rasht, Iran. The 23rd annual congress in women health, USA. 2015.
3. KhaliliSabet M, Pakseresht S, **Vahedi MA**. Knowledge and attitude of virtual students at Guilan University about e-learning education. The IAFOR International Conference on Education. Dubai. 2015.
4. **Pakseresht S**, Rafat F, Rahebi SM, Hasanzadeh A. Women's need for counseling regarding to sexual activity during pregnancy, a qualitative study. International congress in women health. Urimeh, Iran. 2014.
5. **Pakseresht S**, Rafat F, Rahebi SM. Educational need of women with breast cancer. Sixth international congresses in breast cancer. Tehran, Iran, 2014.
6. **Pakseresht S**, Rafat F, Rahebi SM. Educational need of women with prenatal care. 10th international congress in obstetrics and gynecology. Tehran, Iran, 2014.
7. **Pakseresht S**, Rafat F, Rahebi SM. Educational needs regarding patients with cervical cancer. 9th congress on women health & diesis. Athena, Greece. 2014.
8. **Pakseresht S**, Yosafi N, Pasokhi M. Socio-demographic of volunteers in physiological birth classes. 15th world congresses on human reproduction. Venice, Italy. 2013.
9. **Pakseresht S**, Rafat F, Rahebi SM. Educational needs of women with menopause; qualitative study. 15th world congress on human reproduction. Venice, Italy. 2013.

10. **Pakseresht S**, Rafat F, Rahebi SM. Nutrition and exercise during menopause: a qualitative research. Reproductive health; menopause, andropause. Research center and infertility congress. Tehran. 2012.
11. **Pakseresht S**, Ingle GK, Garg S. Quality of life of women with breast cancer at the time of diagnosis and after six month. First international congress in reproductive health, Mashhad, Iran, 2012.
12. **Pakseresht S**, Ingle GK, Garg S. Cost of treatment of breast cancer patients in Delhi. First international congress in health education. Tabriz, Iran, 2012.
13. **Pakseresht S**, Rafat F, Rahebi SM. Protection of maternal and infant morbidity and educational needs of prenatal care women; a qualitative study. Shiraz, Iran. 2012.
14. **Pakseresht S**, Ingle GK, Sing MM. Factors influencing quality of life on women with breast cancer in Delhi: a follow-up study. The BITS4th world cancer congress. China, 2010.
15. **Pakseresht S**, Ingle Gk, Sing MM. Quality of life of women with breast cancer: 6 months after intervention of treatment in Delhi. The bits4th world cancer congress. China, 2010.
16. Sarafras N, Kafaie M, Abbaszadeh F, Karimian Z, **Pakseresht S**. Maternal factors predictor for low birth weight infants. International congress obstetrics and gynecology. Spain. 2010.
17. **Pakseresht S**, Roushan Z. Age at menopause in women's, Rasht. International congress of menopause, Kuala Lumpur, Malaysia. 2004.
18. Maryam asgharnia¹, **Sedigheh Pakseresht** ², Fatemeh Rojaee³. The survey of blood products consumption, acute transfusion reactions and its associated factors in women who admitted at the Al-Zahra hospital in Rasht during 2-year experience (4113-4102). Debatable Topics on Obstetrics Gynecology & Infertility. Shahid Beheshti University International Conference Cancer, Teheran, Iran. 17-16 Februry, 2016.
19. Mahdokht Taheri, **Pakseresht S**, Vahedi A. Comparative Study of knowledge and Attitudes of Virtual with Traditional Students regarding to E-learning. International Conference on Education and Social Sciences (ICEASS 2016) from February 18-20, 2016 in Singapore.

20. Mahdokht Taheri, **Pakseresht S**, Asadi A. The relationship between psychological factors and the meaning of education in students of Guilan University of Medical Sciences. International Conference on Education and Social Sciences (ICEASS 2016) from February 18-20, 2016 in Singapore.
21. **Sedigheh Pakseresht**, Mohammad Ali Vahedi ·Arezo Monfared · Knowledge regarding to E-learning in MSc Virtual Students of Guilan University. Ministry of Health and Medical Education, Association of Medical Education of Iran, May 1-3 , 2016, Tehran, Iran
22. **Sedigheh Pakseresht**, Fathmeh Rafat, Sayad Marzieh Rahebi . Counseling needs regarding to breast cancer: A qualitative study. International Conference on Women's Health, Gynecology & Obstetrics. July 08-10, 2014 Chicago NorthShore, USA

Membership

- Reproductive Health Research Center AL-Zahra's Hospital, Guilan University of Medical Science.
- Social Determinants of Health Research Center of Guilan University and Medical Science(SDHRC).
- Research Committee of Nursing and Midwifery Schools College Guilan University and Medical Science.
- Member in Final Clinical Student Exam Committee.

Educational History

- 1- 2006-2010. Maulana Azad Medical College, PhD in community medicine
- 2- 1980-1985. Esfahan University of Medical Sciences, Bachelor in obstetrics
- 3- 1986-1989. Tarbiat Modares of University, Tehran, Master in obstetrics
- 4- 2013-2015 Guilan University ,Master in English Teaching

Courses Attended

1. E -learning, Iran, 2014
2. Medical journalisms, Iran, 2012 & 2013 & 2014
3. Endnote, Iran, 2012

4. Endnote, Iran, 2012
5. Triage, Iran, 2012
6. Biostatics analysis, Iran, 2010
7. Evidence based in medical, Iran, 2010
8. Digital library, Iran, 2009
9. Training in breast cancer screening, diagnosis, management and care. LokNayak Hospital, Delhi, India, 2006-2007
10. Workshop Research Methodology in advanced, Iran, 1999 & 2003
11. Workshop in Lamaze, Iran, 2001
12. Article writing in English, Iran, 2000
13. Focus group discussion study, Iran, 1999
14. Data analysis, Iran, 1999
15. Breast feeding, Iran, 1999
16. Clinical trial study, iran,1998

Certificates

1. Cochran systematic review workshop, Iran, 2012
2. Training curse on MS-Excel, India, 2008
3. Training course on statistical package for social sciences, India, 2008
4. Training course on management of training at national institute of health and family welfare (NIHFW), India, 2008
5. Medical research methodology and biostatistical methods of analysis, institute of cytology and preventive oncology (ICPO), India, 2007
6. Experimental design and biostatics, university college of medical sciences (UCMS), India, 2007
7. Experimental design and biostatistics, India, 2007
8. Clinical epidemiology, India, 2006
9. Bio-medical statistics, India, 2006
10. Basic Computer Concepts, MS-Word, MS-PowerPoint, Internet and Email, India, 2006

11. Health promotion, India, 2006

Awards

1. Lecturer at Guilan university of medical sciences, 2014
2. Obstetrician in clinical level at Guilan university of medical sciences, 2014
3. Researcher at Guilan university of medical sciences, 2011
4. The 52nd all Indian annual conference of Indian public health avocations (IPHA),
Maulana azad medical college (MAMC), 2008
5. Obstetrician in clinical level at Guilan university of medical sciences, 2003
6. Lecturer at Guilan university of medical sciences, 1998
7. Obstetrician in clinical level at Guilan university of medical sciences, 1997

References

Dr. Kam A. Newman, M. D.

Rheumatology Fellowship Program

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National Institute of Health

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Coordinator post Graduate Fellowship HIV Medicine

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