



Summary of educational, research and executive background

First Name and Last Name: Najmeh Seifi

Title: Assistant Professor

Marital Status: Married

Id: @Dr_N_Seifi

E-mail: seifin@varastegan.ac.ir

Tel: ۰۵۱-۳۵۰۹۱۱۶۰ (۳۲۲)

Educational

۲۰۱۶- ۲۰۲۰, Mashhad University of Medical Sciences - Mashhad, Iran

- **PhD of Nutrition** (GPA= ۱۸,۳۷)
- **Proposal title:** Effects of synbiotic supplementation on energy and macronutrient homeostasis of critically ill patients
- **Thesis supervisor:** Dr. M. Safarian

Background

۲۰۰۹-۲۰۱۶, Mashhad University of Medical Sciences - Mashhad, Iran

- **Doctor of Medicine**, Medicine (GPA = ۱۸,۱)
- **Thesis title:** Assessment of Sense of job security in Assistant professors of Medical School of Mashhad University of Medical Sciences, ۲۰۱۵

Thesis supervisor: Dr. M. Dadgar Moghadam

Teaching

Background

۲۰۱۹- present, **Assistant Professor, Varastegan Institute for Medical Sciences**

Research

Background

Articles

۲۰۲۱, **Seifi N**, Sedaghat A, Rezvani R, Nematy M, Khadem-Rezaian M, Shirazinezhad R, Ranjbar G, Safarian M. The Effects of Synbiotic Supplementation on the Serum Endotoxin Level, Inflammatory Status, and Clinical Outcomes of Critically Ill Adult Patients: A Randomized Controlled Trial. *Nutrition in Clinical Practice* (۲۰۲۱) (ISI, IF= ۳,۰۸). Accepted

۲۰۲۱, **Seifi N**, Esfahani AJ, Sedaghat A, Rezvani R, Khadem-Rezaian M, Nematy M, Safarian M. Effect of gut microbiota modulation on feeding tolerance of enterally-fed critically ill adult patients: a systematic review. *Systematic reviews* ۱۰ (۱) (۲۰۲۱) ۱-۱۱. (ISI, IF= ۲,۴۷)

۲۰۲۰, **N. Seifi**, M. Safarian, M. Nematy, R. Rezvani, M. Khadem-Rezaian, A. Sedaghat, Effects of synbiotic supplementation on energy and macronutrients homeostasis and muscle wasting of critical care patients:

study protocol and a review of previous studies, *Trials* 11 (1) (2020) 1-11. (ISI, IF=2,18)

2020, **A. Bahrami, Z. Khorasanchi, M. Tayefi, A. Avan, N. Seifi, S.S. Tavakoly, G. Farz, H. Bahrami- Taghanaki, M. Ghayour-Mobarhan**, Anemia is associated with cognitive impairment in adolescent girls: A cross-sectional survey, *Applied neuropsychology. Child* 9 (2) (2020) 160. (ISI, IF= 1,01)

2019, **F. Shiva, N. Seifi, M. Yaghoubi, A. Momenzadeh, A. Moradi, E. Darchini-Maragheh, M. Razmara, P. Hebrani, P. Layegh**, Evaluation of Quality of Life, Anxiety and Depression in Children with Cutaneous Leishmaniasis, *International Journal of Pediatrics* 7(6) (2019) 9091-9600. (ISI)

2017, **Z. Dehnavi, M. Faghani, Z. Khorasanchi, M. Safari Bidokhti, N. Seifi, A. Norouzy**, Investigation of the Volume of Food Waste in Qaem and Imam Reza Hospitals in Mashhad, Iran, *Journal of Nutrition, Fasting and Health* 6 (2) (2017) 178-183. (ISC)

2017, **N. Seifi, M. Hashemi, M. Safarian, V. Hadi, M. Raeisi**, Effects of Ramadan fasting on common upper gastrointestinal disorders: A review of the literature, *Journal of Nutrition, Fasting and Health* 6 (1) (2017) 20-23 (ISC)

2016, **M. Shafiee, M. Belghaisi-Nasari, N. Seifi, S.M. Arabi, A. Norouzy**, An audit to evaluate the knowledge and attitude of Iranian medical specialists towards Oral Nutritional Supplements, *Journal of Nutritional Sciences and Dietetics*. (2016)

2016, **N. Seifi, N. Kahani, E. Askari, S. Mahdipour, N.M. Naderi**, Inducible clindamycin resistance in *Staphylococcus aureus* isolates recovered from Mashhad, Iran, *Iranian journal of microbiology* 8 (2) (2016) 82. (PMC)

2016, **M. Hassanzadeh-Nazarabadi, S. Shekouhi, N. Seif**, The incidence of spontaneous abortion in mothers with blood group O compared with other blood types, *International journal of molecular and cellular medicine* 1 (2) (2016) 99. (ISC)

Submission

2021, **Seifi N**, Mohammadi MA, Dabagh AE, Sedaghat A, Rezvani R, Khadem-Rezaian M, Nematy M, Safarian M. Effect of Early Enteral Nutrition Supplemented with Synbiotics On Lipid and Glucose Homeostasis in Critically Ill Patients: A Randomized Controlled Trial. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*

2021, **Seifi N**, Sedaghat A, Rezvani R, Nematy M, Khadem-Rezaian M, Safarian M. The Effects of Synbiotic Supplementation on Enteral Feeding

	Tolerance, Protein Homeostasis and Muscle Wasting of Critically Ill Adult Patients: A Randomized Controlled Trial. Nutrition in Clinical Practice
Executive Background	<ul style="list-style-type: none"> • Mentor of Nutrition Science Students activities (Varastegan Institute for Medical Sciences, (۲۰۲۰-present) • Executive team member of Third International Clinical Nutrition Conference (۲۰۲۰) • Editorial board of Navid-No Journal (۲۰۱۰-۲۰۱۱) • Editorial board of Journal of Mashhad Medical Council (۲۰۱۰-۲۰۱۱) •
Technical Certifications	<ul style="list-style-type: none"> • Research fellowship course (۳۰ hours). ۲۰۲۱, Mashhad, Iran. • Approach to parenteral nutrition. LLL Course, ESPEN. ۲۰۲۰, Mashhad, Iran. • Nutritional support in cancer. LLL Course, ESPEN. ۲۰۲۰, Mashhad, Iran. • Nutritional support in gastrointestinal diseases. LLL Course, ESPEN. ۲۰۲۰, Mashhad, Iran. • Nutritional support in intensive care unit (ICU) patients. LLL Course, ESPEN. ۲۰۱۶, Tehran, Iran. • Basic Biostatistics using SPSS. IOMC professional online workshop. ۲۰۱۲. • Miracle of implementing ideas (innovation in business model design). Mashhad, ۲۰۱۹ (In Persian) • Discover a golden idea for starting a wealth-creating business. Mashhad, ۲۰۱۹ (In Persian) • Nutrition of athletes and sports supplements, Mashhad, ۲۰۱۷ (In Persian) • Presenting a scientific lecture with PowerPoint, Mashhad, ۲۰۱۶ (In Persian) • Systematic Reviews. Mashhad, ۲۰۱۶ (In Persian) • National Creativity Workshop, ۲۰۱۲ (In Persian)
Appreciation Letters	<p>-۲۰۱۶, ۱٪ of ۲d rank among medical graduates ۲۰۱۶-۱۷ according to Z score ranking of graduate students</p> <p>-۲۰۱۶, Rank ۱ in M.D. level in Mashhad University of Medical Sciences, Medical School, among ۷۰ students of class ۲۰۰۹</p> <p>- ۲۰۱۵, Rank ۳ in the fifty- fifth comprehensive pre-internship exam</p> <p>- ۲۰۱۵, Selected process in the ۷th Shahid Motahari Educational Festival (The process of forming a committee for excellence in medical education with the concurrence of elites)</p> <p>-۲۰۱۳, Rank ۳ in the forty-sixth comprehensive exam of basic sciences</p>

Skills	<ul style="list-style-type: none"> • Indirect calorimetry, Enzyme-linked Immunosorbent Assay (ELISA), PCR, HPLC, GC • Office, Statistical softwares (SPSS, STATA), Reference Manager, Endnote
Books	<p>۲۰۱۹, A practical guide to enteral nutrition in adults admitted to the intensive care unit (In Persian)</p> <p>۲۰۱۹, Enteral Nutrition Care in Pediatric Intensive Care Unit (In Persian)</p> <p>۲۰۱۹, Nutritional Deficiency & Impact on Health (book chapter, In English)</p>