

# Curriculum Vitae Dr. Sahar Vahdat

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**Sahar vahdat, Nephrologist, Assistant  
professor  
Khorshid Hospital  
Isfahan University of Medical Sciences**

## Personal Information

**Last Name :** Vahdat  
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**SCOPUS ID:57104996300**

**H index in google scholar: 8**

**H index in SCOPUS: 4**

**Affiliation: Isfahan Kidney Diseases Research Center, Khorshid Hospital, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran.**

## **General Information:**

### **a) Education:**

- **1995: Arrival to medical school, Isfahan University of Medical Sciences, Isfahan, Iran.**

- **1995-2002: Doctor of Medicine (MD), Isfahan University of Medical Sciences, Isfahan, Iran.**
- **2006-2010: Residency in Internal Medicine (National Board Certification), Isfahan University of Medical Sciences, Isfahan, Iran.**
- **2013-2015: Clinical fellowship, subspecialty in Nephrology (National Board Certification), Isfahan University of Medical Sciences, Isfahan, Iran.**
- **2016 until now : Faculty member of nephrology, in Isfahan University of Medical Sciences**

#### **b) Fields of Interest and Clinical Activities:**

- **Acute kidney injury**
- **Chronic Kidney Disease**
- **End Stage Renal Disease**
- **Kidney Transplantation**
- **Glomerulonephritis**

### **Summary of University Teaching:**

- 1. Course module on pathophysiology of Nephrology for medical students: (2016 to present)**
- 2. Bedside teachings of topics in internal medicine to medical students (6-10 students), interns (2 interns), residents of internal medicine (1-2 resident) and fellowship (1-2 fellows) in each rounds (2016 to present).**

**3. Teaching of topics in Nephrology in nursery department of Isfahan University of Medical Sciences (Intermittent courses 2018 to present)**

**4. Teaching of topics in Nephrology for medical students (120-150 students) Interns (60-80 interns), residents (80-100 residents) in each session of Internal medicine course (2016 to present).**

**5. Book review in Nephrology for fellowships (4-5 fellows) in each session (may 2020 to present)**

### **Professional Duties:**

- **2016: National Reviewer, Journal of Isfahan Medical School (JIMS).**
- **2016: Member of Isfahan Kidney Disease Research Center (IKRC).**
- **2016: Member of Iranian society of nephrology**
- **2017: Director of Medical Services in Crisis, Khorshid Hospital**
- **2018: National Reviewer, Iranian Journal of Kidney Disease.**
- **2018: National Reviewer, Tehran University Medical Journal (TUMS).**
- **2018: Representative of EDO in the main Committee of Isfahan University Guideline.**
- **2018: Secretary of the Mortality Committee, Khorshid Hospital**
- **2018: Secretary of the Documentation Committee, Khorshid Hospital**
- **2019: Member of International society of nephrology**
- **2020: Educational Assistant, Khorshid Hospital**
- **2020: Member of Professionalism committee, Khorshid Hospital**
- **2021: Member of the medical Records Documentation Committee, Khorshid Hospital**

- **2021: Membership of European Renal Association**
- **2022: Responsible for the nephrology ICM courses for medical students in medical school.**
- **2022: National Reviewer, Journal of Advanced Biomedical Research**
- **2022: National Reviewer, Journal of Urology and Research**

## **Seminars& posters:**

**Evaluation of serum selenium level and its related factors in hemodialysis patients A RANDOMIZED CLINICAL TRIAL. ISN WCN 2020, ABU DHABI, UAE**

**POS-497 Characteristics and outcome of COVID-19 in patients on chronic hemodialysis in a dialysis center specific for COVID-19 ISN WCN 2021CANADA, Kidney International Reports**

**POS-214 The outcome of COVID-19 patients with acute kidney injury and the factors affecting mortality ISN WCN 2021CANADA, Kidney International Reports**

**POS-299 PHYSICAL INACTIVITY: IS IT A RISK FACTOR FOR CHRONIC KIDNEY DISEASE? ISN WCN 2022 Malaysia, Kidney International Reports**

## **National & regional Conferences:**

- 1. World Kidney day conferences as speaker (2016 to present)**
- 2. Topics in Nephrology for General Practitioner (GPs) Internists and Nephrologists as speaker (2016 to present).**
- 3. Topics in Nephrology for Iranian Nephrologist in monthly Iranian Society of Nephrology conferences.**

## **Publications:**

### **a) Original Articles:**

- The Relation between Serum Levels of Oxidants and Antioxidants with Asthma Severity. T Roshanzamir, S Vahdat. Journal of Isfahan Medical School 2011**

- The effect of vitamin D administration on serum leptin and adiponectin levels in end-stage renal disease patients on hemodialysis with vitamin D deficiency :**

**A placebo-controlled double-blind clinical trial Journal of research in medical sciences: the official journal of Isfahan ...2016**

- The effect of vitamin D administration on intracellular adhesion molecule-1 and vascular cell adhesion molecule-1 levels in hemodialysis patients: a placebo-controlled, double ... Journal of Research in Pharmacy Practice 2017**

- **Hemoperfusion in patients with severe COVID-19 respiratory failure, lifesaving or not?**  
Journal of Research in Medical Sciences,2021
- **Pathogenic features of urinary Escherichia coli strains causing asymptomatic bacteriuria during pregnancy**  
- Gene Reports, 2022
  - **Effect of selenium on triglyceride and total cholesterol, weight gain, and physical activity on hemodialysis patients: A randomized double-blinded controlled trial**  
International Journal of Preventive Medicine,2022
  - **The Prevalence and Risk Factors for Urinary Tract Infection in Kidney Transplant Recipients in the First Year After Transplantation**  
Nephro-Urology Monthly, 2022

## **b) Review Articles:**

- **The complex effects of adipokines in the patients with kidney disease** Journal of Research in Medical Sciences: The Official Journal of Isfahan ...2018
- **D-dimer Levels in Chronic Kidney Illness: A Comprehensive and Systematic Literature Review** Proceedings of the National Academy of Sciences, India Section B: Biological ...2020
- **Vitamin D and Kidney Diseases: A Narrative Review**

**Accepted in INTERNATIONAL OF PREVENTIVE MEDICINE  
2020**

- **The role of IT-based technologies on the management of human resources in the COVID-19 era**

**Kybernetes,2021**

- **Homocysteine-lowering interventions in chronic kidney disease, Journal of Research in Pharmacy Practice,2021**

• **Clinical profile, outcome and management of kidney disease in COVID-19 patients—a narrative review**  
**Eur Rev Med Pharmacol 2022**

- **Potential benefits of selenium supplementation in patients with kidney disease.**  
**Journal of Research in Pharmacy Practice,2022**

- **A review of pathophysiological mechanism, diagnosis, and treatment of thrombosis risk associated with COVID-19 infection**  
**IJC Heart & Vasculature, 2022**

### **C) systematic review and meta-analysis:**

- **Association between the Use of Statins and Mortality in COVID-19 Patients: A Meta-Analysis, Tobacco Regulatory Science2021**
- **Effect of different types of aerobic exercise on individuals with and without hypertension: An updated systematic review**



### **Current problems in cardiology,2021**

- **Central obesity accelerates leukocyte telomere length (LTL) shortening in apparently healthy adults: A systematic review and meta-analysis**  
**Critical Reviews in Food Science and Nutrition,2021**

- **An updated systematic review on the effects of aerobic exercise on human blood lipid profile**  
**Current Problems in Cardiology, 2022**

### **D)Book Publishing:**

- **Nosocomial infections: staphylococcus aureus.201QR .8571751. 2022**
- **Physiopathology and internal diseases in pregnancy. RG571.8774594. 2022**
- **Biochemical, Pathophysiological and Clinical Characteristics of Covid- 19: Chapter in book: ADVANCES IN BIOCHEMISTRY & APPLICATIONS IN MEDICINE ISBN: 978-93-87500-49-5.**

**Publisher:**

**<https://openaccessebooks.com/biochemistry-applications-in-medicine-volume-4.html>.**

**December 2021**

### **E) Book Translation:**

**Viral Pandemics From Smallpox to covid-19.**

**RC114/5.8823362**

## **Supervision on Medical Theses:**

- **The assessment of frequently distribution of sirolimus- related side effects and associated risk factors in renal transplant patients referred to private therapeutic centers in Isfahan city between years 2008 to 2018**
- **Evaluation of the effect of garlic supplementation on dialysis adequacy and serum albumin, PTH, calcium, phosphorus and CRP levels and blood lipid profile in patients undergoing chronic hemodialysis of Khorshid and Amin Hospital in 1400 (parallel double-blind randomized clinical trial**
- **Investigating of serum selenium level and related factors in the patients undergoing hemodialysis in khorshid and alzahra and Amin hospital in 1397**
- **Prevalence and associated risk factors with urinary tract infection in renal transplant patients in first year after renal transplantation in 1390-1397 in ali asghar hospital of Isfahan**

- **Evaluation of the effects of coenzyme Q10 on the prevention of contrast-induced nephropathy (CIN) in patients with renal insufficiency undergoing coronary angiography**
- **Comparative study of the frequency distribution of restless leg syndrome in hemodialysis and peritoneal dialysis patients and its association with bone disorders, calcium, parathyroid hormone, phosphorus and vitamin D**
- **Investigation of the incidence and prevalence of nephropathy in pre-diabetic patients in Isfahan Endocrine Research Center since 2004**
- **Effect of selenium on lipid profile, weight gain and physical activity on hemodialysis patients in Isfahan (Collaborate)**
- **Registration of Membranous nephropathy in Isfahan(Collaborate)**
  - **Evaluation of the effect of empagliflozin on proteinuria in comparison with placebo in patients with glomerulonephritis in Isfahan in 1401**

## **Supervision on Medical Researches:**

- **Mortality and morbidity of patients under hemoperfusion during COVID-19 pandemic. (Collaborate)**
- **Evaluation of acute renal injury, clinical course and related factors in patients with covid -19 disease referred to Khorshid Hospital**
- **Clinical presentation outcome and risk factors of covid -19 disease in dialysis patients at dialysis center of covid 19 in the isfahan city**
- **Bleeding associated with covid 19 infection**

## **Supervision on Medical Guidelines**

**Scientific Secretary of “Preventive use Protocol of Taurolock (antiseptic and anticoagulant solution) in catheter lock in chronic hemodialysis patients”**

