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EDUCATION

September ۲۰۱۶- May ۲۰۲۰: PhD in Nutritional Sciences, Faculty of Medicine, Mashhad University of Medical Sciences.

September ۲۰۰۹- September ۲۰۱۶: Medicine, Faculty of Medicine, Mashhad University of Medical Sciences.

ACADEMIC ACTIVITIES

Assistant professor, Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences

Director of Educational Development Office - Faculty of Medicine

Member of the Evaluation committee-MUMS

Member of the Educational Systems Integration Committee - MUMS

Member of the Institutional Self Evaluation committee (*Institutional applying for accreditation*) - Faculty of Medicine

Secretary of the Self Evaluation committee for accreditation of undergraduate medical education program - Faculty of Medicine

Member of the Electronic Learning Committee - Faculty of Medicine

Member of the Educational Research Committee- Faculty of Medicine

Member of the Post-Graduate Education Council- Faculty of Medicine

Member of the Curriculum Revision Committee- Faculty of Medicine

Reviewer of the Journal of Comprehensive Pediatrics

Reviewer of the Journal of Nutrition, Fasting and Health

Reviewer of the International Journal of Pediatrics

Publications:

Books

۱. Nutritional facts and Temperament of Food Items, Integration of Traditional Iranian Medicine and Modern Nutrition (Persian)
۲. Nutritional Management of Children with Obesity in Pediatric Intensive Care Unit (PICU) (Persian)
۳. Practical instruction of enteral nutrition in critical care adults (Persian)
۴. Enteral nutrition instructions in pediatric intensive care unit (PICU) (Persian)
۵. NUTRITIONAL DEFICIENCY & IMPACT ON HEALTH (chapter, English)

Articles

۱. Zakerian M¹, **Roudi F**¹, Eslami S, Mojahedi M, Motavasselian M. Relationship between Temperament (Mizaj) and Metabolic Parameters in a Healthy Adult Population: A Cross-sectional Study. Iran. Red. Crescent. Med. J. [Internet]. 2022 Oct. 30 [cited 2022 Nov. 26];24(10). [۱ = equally first authors]
۲. **Roudi F**, Sezavar M, Naseri M, Azadeh F, Khademi G. Nutrition Support among Critically Ill Pediatric Patients: The Current Practice. J. Pediatr. Rev. 2022; 10 (2): ۱۶۷-۱۷۴
۳. **Roudi F**, Saghi E, Ayoubi SS, Pouryazdanpanah M. Clinical nutrition approach in medical management of COVID-19 hospitalized patients: A narrative review. Nutrition and Health. 2022;28(3):357-368.
۴. Zakerian M, **Roudi F**, Ramezani M, Salari R, Refahi B, Ramezani M, Hosseini SR. The effects of Persian medicine (PM)-based Maolasal preparation process on thermal treatment indices, antioxidative and antibacterial activities of the honey: an experimental study.
۵. Kiani, M., Maamouri, G., Noori, M., **Roudi**, E., Jarahi, L., Kianifar, H., Zakerian, M. Evaluating the Awareness of Patients' Rights Based on the Charter of Patients' Rights in Medical Staff of Mashhad University of Medical Sciences in Mashhad, Iran. *Medical Education Bulletin*, 2020; 1(1): 19-31.
۶. Kiani, M., Maamouri, G., Noori, M., **Roudi**, E., Jarahi, L., Kianifar, H., Zakerian, M. Investigating the Awareness of Patient Rights based on the Patient's Rights Charter among Patients Referring to Teaching Hospitals of Mashhad University of Medical Sciences, Mashhad, Iran. *Medical Education Bulletin*, 2020; 1(1): 41-۵۲.
۷. **Roudi F**, Khademi G, Ranjbar G, Pouryazdanpanah M, Pahlavani N, Boskabady A, Sezavar M, Nematy M. The effects of implementation of a stepwise algorithmic protocol for nutrition care process in gastro-intestinal surgical children in Pediatric Intensive Care Unit (PICU). Clin Nutr ESPEN. ۲۰۲۱ Jun;۴۳:۲۵۰-۲۵۸. doi: ۱۰.۱۰۱۶/j.clnesp.۲۰۲۱.۰۴.۰۰۴. Epub ۲۰۲۱ Apr ۲۲. PMID: ۳۴۰۲۴۵۲۴.
۸. **Roudi F**, Dehnavi Z, Khademi G. A Practical Approach to the Nutritional Management of Mechanically Ventilated Children: A Review. J. Pediatr. Rev. ۲۰۲۱; ۹ (۲): ۱۱۵-۱۲۶

۹. Dehnavi Z, Barghchi H, **Roudi F**, Belghaisi Naseri M , Nourozian Ostad A , et al. On the Relationship Between Non-alcoholic Fatty Liver Disease with Body Composition and Bone Mineral Density in Overweight/Obese Adolescents, *Hepat Mon.* ۲۰۲۱ ۲۱(۳): e۱۱۲۱۸۴. doi: ۱۰,۵۸۱۲/hepatmon.۱۱۲۱۸۴.
۱۰. Zakerian, M., Derakhshan, A., **Roudi, F.**, Motavasselian, M. Efficacy of Manna of *Alhagipersarum* (Taranjabin) and *Portulaca oleracea* (Khorfeh) Seed Administration in Nickel-induced Allergic Contact Dermatitis: A Case Report. *Journal of Nutrition,Fasting and Health*, ۲۰۲۱; ۹(۳): -. doi: ۱۰,۲۲۰۳۸/jnfh.۲۰۲۱,۵۶.۶۳,۱۳۲۶
۱۱. **Roudi F**, Khayyatzadeh S, Ghazizadeh H, Ferns GA, Bahrami-Taghanaki H, Mohammadzadeh M, Ghayour-Mobarhan M. The effects of dietary intakes on the risk of having Irritable Bowel Syndrome (IBS) in adolescent girls: a cross-sectional study *Indian Journal of Gastroenterology : Official Journal of the Indian Society of Gastroenterology.* ۲۰۲۱ Mar. doi: ۱۰,۱۰۰۷/s۱۲۶۶۴-۰۲۰-۰۱۱۲۶-۸.
۱۲. **Roudi F**, Khademi G, Ranjbar G, Rafatpanah H, Esmaily H, Nematy M*. Effects of High-dose Selenium Supplementation on Oxidative Stress and Inflammatory Markers in Critically Ill Children after Gastrointestinal Surgery: A Randomized Clinical Trial. *Iranian Journal of Pediatrics.* ۲۰۲۰; ۳۰(۴); e۱۰۲۱۱۸. doi: ۱۰,۵۸۱۲/ijp.۱۰۲۱۱۸ (ISI indexed, IF=۰,۷)
۱۳. Boskabady A, Dehnavi Z, Khademi G, Nematy M, Esmaily H, **Roudi F***. Nutrition Support of the Critically Ill Neonates in Post-Gastrointestinal Surgery State: Adequacy and Barriers. *Iranian Journal of Neonatology IJN*, ۲۰۲۰; ۱۱(۴): ۵۷-۶۳. doi: ۱۰,۲۲۰۳۸/ijn.۲۰۲۰,۴۶۲۸۶,۱۷۸۲ (ESCI indexed)
۱۴. **Roudi F**, Saeidi M, Zakerian M*. The study of patients' rights awareness based on patients' right charter in Mashhad medical sciences personnel. *International Journal of Pediatrics.* accepted, unpublished article)(ESCI indexed)**Roudi F**, Zakerian M, Ranjbar G*. The Beneficial Anti-inflammatory and Anti-oxidative Effects of Selenium Supplementation in Critically Ill Post-surgical Pediatric Patients. *Journal of Nutrition,Fasting and Health.* ۲۰۲۰; ۸(۲): ۷۵-۷۹. doi: ۱۰,۲۲۰۳۸/jnfh.۲۰۱۹,۴۲۵۴۹,۱۲۱۳(ISC indexed)
۱۵. **Roudi F**, Sezavar M, Rajabi O, Safarian M, Khademi G, Nematy M, Ranjbar G*. Effects of High-dose Selenium Supplementation on the Oxidative Stress Status and Inflammatory Markers in Critically Ill Pediatric Patients after Gastrointestinal Surgery: A Randomized Clinical Trial Protocol. *Journal of Nutrition,Fasting and Health.* ۲۰۲۰; ۸(۲): ۱۲۳-۱۳۱. doi: ۱۰,۲۲۰۳۸/jnfh.۲۰۲۰,۴۸۱۷۰,۱۲۶۱(ISC indexed)
۱۶. Khademi G, Nematy M, Ranjbar G, Pouryazdanpanah M, Rahimi R, **Roudi F***. Clinical Nutrition Approaches to Medical Management of Children with Obesity and Critical Illnesses. *J Compr Ped.* ۲۰۲۰; ۱۱(۱):e۹۲۱۰۸. doi: ۱۰,۵۸۱۲/compreped.۹۲۱۰۸. (Scopus indexed)
۱۷. **Roudi F**, Khosravi M, Pahlavani N*. A narrative review of general principles of nutrition status assessment in hospitalized adult patients. *Navid No.* ۲۰۱۹; ۲۱(۶۸): ۶۲-۷۶. doi: ۱۰,۲۲۰۳۸/nnj.۲۰۱۹,۳۸۱۷۱,۱۱۴۴ (ISC indexed)
۱۸. Pahlavani N^۱, **Roudi F^۱**, Zakerian M, Ferns GA, Navashenaq JG, Mashkouri A, Ghayour-Mobarhan* M, Rahimi H*. Possible molecular mechanisms of glucose-lowering activities of *Momordica charantia* (karela) in diabetes. *Journal of Cellular Biochemistry.* ۲۰۱۹ Jul;۱۲۰(۷):۱۰۹۲۱-۹. (ISI indexed, IF=۳, ۴) [۱= equally first authors]

۱۹. KHODABAKHSH M, **ROUDI F**, FEYZABADI Z*. The Role of Nutrition in the Treatment of Patients with Menorrhagia from the Perspective of Traditional Persian Medicine and Modern Medicine. Journal of Isfahan Medical School. ۲۰۱۹; ۳۶(۵۱۲): ۱۶۷۵-۱۶۸۳. (Scopus indexed)
۲۰. Sabzevari A, Maamouri G, Kiani MA*, Saeidi M, Kianifar H, Jafari SA, Ahanchian H, Jarahi L, **Roudi E**, Sharafkhani M. Clinical and endoscopic findings of children hospitalized in Qa'em Hospital of Mashhad due to caustic ingestion (۲۰۱۱-۲۰۱۳). Electronic physician. ۲۰۱۷ Apr; ۹(۴): ۴۲۴۸. (Pubmed indexed)
۲۱. Zakerian M, Kiani MA, Abedi F, **Roudi E**, Saeidi M*. Studying the Items of Morning Reports based on ISO ۱۰۰۱۵ Standard in Teaching Hospitals of Mashhad University of Medical Sciences, Iran. International Journal of Pediatrics. ۲۰۱۷ Aug ۱; ۵(۸): ۵۵۸۷-۹۵. (ESCI indexed)

Conference Presentations

Oral Presentations:

۱. Critical Appraisal of a scientific lecture. ۴th International Clinical Nutrition Congress, May ۲۰۲۲.
۲. Active learning strategies : A brief review. ۴th International Clinical Nutrition Congress, May ۲۰۲۲.
۳. Nutritional management of a child with gastrointestinal complications. ۴th International Clinical Nutrition Congress, May ۲۰۲۲.
۴. The Basics of the Parenteral Nutrition in Pediatric Patients. ۱۷th Children and Adolescent Nutrition Congress, March ۲۰۲۲.
۵. Medical Management of Critically Ill Obese Children: Clinical Nutrition Approaches. **Best oral presentation** at the Third International Clinical Nutrition Conference at the Mashhad University of Medical Sciences, February ۲۰۲۰.
۶. Soluble fiber intake is inversely associated to irritable bowel syndrome in adolescent girls. The first International Congress of NLRCS, "Nutrition, from the Laboratory Researches to Clinical Studies' at the Mashhad University of Medical Sciences, September ۲۰۱۷.

Poster Presentations:

۱. Nutritional support of critically ill neonates in post-gastrointestinal surgery state: adequacy and barriers. ۴th International Clinical Nutrition Congress, May ۲۰۲۲.
۲. NUTRITIONAL ADEQUACY INDICES OF CRITICALLY ILL PEDIATRIC PATIENTS DURING POST-OPERATION PERIOD. ۲۰۲۱ ESPEN virtual congress.
۳. SERUM SELENIUM STATUS AMONG CRITICALLY ILL SURGICAL PEDIATRIC PATIENTS. ۲۰۲۱ ESPEN virtual congress.
۴. Postoperative nutrition support status among critically ill pediatric patients. The ۲۰th Annual Congress of Korean Society for Parenteral and Enteral Nutrition.

۵. Nutritional adequacy, challenges and barriers of optimum nutrition support of the critically ill neonates in post-gastrointestinal surgery state. ۲۰۲۰ ESPEN virtual congress.
۶. Low selenium serum levels are associated with poor clinical outcomes in critically ill children. ۲۰۲۰ ESPEN virtual congress.
۷. High dose selenium effects on oxidative stress and inflammatory markers in post gastrointestinal surgery state: A randomized trial in critically ill children. ۲۰۲۰ ESPEN virtual congress.
۸. Nutritional adequacy of children with critical illnesses: where are we now? ۲۰۲۰ ESPEN virtual congress.
۹. Development of A Stepwise Algorithmic Protocol for Nutrition Support of critically ill children. Third International Clinical Nutrition Conference at the Mashhad University of Medical Sciences, February ۲۰۲۰.
۱۰. Nutritional Adequacy of Gastrointestinal Surgical PICU Patients: Where Are We Now?. Third International Clinical Nutrition Conference at the Mashhad University of Medical Sciences, February ۲۰۲۰.
۱۱. Possible beneficial effects of selenium supplementation on inflammation and oxidative stress status in critically ill pediatric patients. Third International Clinical Nutrition Conference at the Mashhad University of Medical Sciences, February ۲۰۲۰.
۱۲. Learning the principles of modern nutrition: a necessity in comprehensive and individualized treatment of patients in Iranian medicine clinics. Iranian Conference on Medicine and Decades of Academic Activity: The Past Criticism, the Future Horizon at the Mashhad University of Medical Sciences, January ۲۰۱۹.
۱۳. Bio impedance analysis, Indirect Calorimetry, and Pulse wave velocity: ۳ useful equipment for Traditional Persian Medicine clinics. Iranian Conference on Medicine and Decades of Academic Activity: The Past Criticism, the Future Horizon at the Mashhad University of Medical Sciences, January ۲۰۱۹.
۱۴. Nutritional management of obese children in pediatric intensive care unit (PICU). Obesity and Diabetes: From Basic Sciences to Human Interventions at the Mashhad University of Medical Sciences, August ۲۰۱۸.
۱۵. Momordica charantia as an anti-diabetic agent: possible hypoglycemic mechanisms and challenges. Obesity and Diabetes: From Basic Sciences to Human Interventions at the Mashhad University of Medical Sciences, August ۲۰۱۸.
۱۶. Role of CETP inhibitors on HDL-C and cardiovascular outcomes. Obesity and Diabetes: From Basic Sciences to Human Interventions at the Mashhad University of Medical Sciences, August ۲۰۱۸.

Research Projects

۱. Study on rate of respecting patient's rights according to Patient Bill of Rights in doctors, nurses and students in training hospitals in Mashhad University of Medical Sciences
۲. Investigating the nutritional status and Nutrition support adequacy of children admitted to the pediatric intensive care unit (PICU), a cross sectional study
۳. Pharmacokinetic and toxicological evaluation of sodium selenite in the treatment of critically ill children in the acute phase of major stress and severe inflammation: a pilot study
۴. Designing a protocol related to enteral nutrition support in the Pediatric Intensive Care Unit (PICU) of Akbar children Hospital

۵. Comparison of muscle mass of persons with new type ۲ diabetes and persons without diabetes
۶. Nutritional Assessment in Patients with Leukemia admitted in hematology ward, Ghaem hospital
۷. Nutritional Assessment in patients with pressure Ulcer Admitted in Ghaem Hospital
۸. Investigating the nutrient dietary intake in Iran and its association with the incidence of cardiovascular disease
۹. The Relationship between body composition Index and Sexual Function in Women
۱۰. Evaluation of the acute effect of Traditional Persian Medicine based hot and cold foods on Metabolic Responses and Arterial Stiffness in healthy men
۱۱. Examination of influence of macronutrients composition on metabolic responses and arterial stiffness indexes during postprandial phase in lean and obese adults
۱۲. Evaluation of the effect of high doses of selenium on oxidative stress status and inflammatory factors in post gastrointestinal surgery children in intensive care unit
۱۳. Investigating of hot and cold temperament with Some Lifestyle factors (sleep, feed, activity), anthropometry, calorimetry, and biochemical findings in a population of health volunteers in the Persian cohort
۱۴. Investigating the nutritional status and adequacy of children hospitalized in the intensive care unit
۱۵. The effect of curcumin supplementation on pulse wave velocity in metabolic syndrome patients
۱۶. Study on rate of awareness of patient's rights according to Patient Bill of Rights in Medical Staffs hospitals at Mashhad University of Medical Sciences
۱۷. Study on Rate of Knowledge of patient's Rights and informations about Patient Bill of Rights in Patients Refer to Educational Hospitals in Mashhad University of Medical Science
۱۸. Study on relationship between clinical findings and endoscopic results in children admitted with caustic ingestion from ۲۰۱۱ to ۲۰۱۳ in training, research and treatment Ghaem (A. S.) center