

NEGARIN AKBARI

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Summary

- ❖ Highly motivated researcher with nine years of teaching experience in nursing, resulting in five neonate and pediatric books, eleven publications in peer-reviewed journals, and presentations at international conferences.
- ❖ Advanced practice nurse with over five years of experience in the care and treatment of neonates and children in NICU and different children's units. Specialist with expertise in staff management, inventory control, and strong practice skills.
- ❖ Adept at working as a collaborative team member to ensure that patients receive the highest care possible
- ❖ Publication of more than 3,000 volumes of nursing care of infants and children books

Education

Ph.D. Pediatric Nursing, Sep.2018 to May.2023

- ❖ School of Nursing and Department of Pediatric Nursing, Istanbul University of Medical Sciences, Istanbul, Turkey
- ❖ Thesis title: The effect of facilitated tucking, maternal breast milk odor and non- nutritive sucking during heel stick on procedural pain in premature neonates, Graduate School of Health Sciences, Istanbul University- Cerrahpaşa, Unpublished Ph.D. Thesis, 2023, Istanbul, Turkey

M.S.c. Neonatal Intensive Care Units, Sep.2011 to Apr.2015

- ❖ School of Nursing and Department of Pediatric Nursing, Tehran University of Medical Sciences, Tehran, Iran
- ❖ Thesis title: The Effect of Narrative Writing on Maternal Stress and Satisfaction in Neonatal Intensive care Settings, Graduate School of Health Sciences, Tehran University, published Master Thesis, 2015, Tehran, Iran

B.Sc. Nursing, Sep.2006 to Jan.2011

- ❖ School of Nursing, Gorgan University of Medical Sciences, Gorgan, Iran

Teaching Experience

Fenerbahçe University of Medical Sciences, Istanbul, Turkey, Sep.2032 to present

- ❖ Internship with undergraduate and graduate nursing students in women's units and children's units (37 nursing students)
- ❖ Teaching children's and women's health lessons to undergraduate students (120 nursing students)

Istanbul University of Medical Sciences, Istanbul, Turkey, Sep.2018 to May.2021

- ❖ Internship with undergraduate and graduate nursing students in neonatal intensive care units and children's units (60 nursing students)
- ❖ Teaching children and neonates lessons to undergraduate and graduate students (120 nursing students)

Gorgan University of Medical Sciences, Gorgan, Iran, Sep.2016 to Apr.2018

- ❖ Internship with undergraduate and graduate nursing students in neonatal intensive care units and children's units (90 nursing students)
- ❖ Teaching children and neonates lessons to undergraduate and graduate students (131 nursing students)

Shahroud University of Medical Sciences, Shahroud, Iran, Sep.2015 to July.2016

- ❖ Internship with undergraduate and graduate nursing students in neonatal intensive care units and children's units (73 nursing students)

- ❖ Teaching neonates lessons to undergraduate and graduate students (39 nursing students)

Iran University of Medical Sciences, Tehran, Iran, Jan.2014 to May.2015

- ❖ Internship with undergraduate and graduate nursing students in neonatal and labor neonatal intensive care units (27 nursing students)

Karaj University of Medical Sciences, Karaj, Iran, Sep.2013 to March.2015

- ❖ Internship with undergraduate and graduate nursing students in neonatal units (41 nursing students)

Gorgan University of Medical Sciences, Gorgan, Iran, Sep.2008 to May.2009

- ❖ Teaching children's lessons to my classmates under the supervision of Prof. Leila Jouybari (33 nursing students)

Workshop Trainer

- ❖ Comparative Study of Nursing education in Iran and Turkey, Iran University of Medical Sciences, Iran, Feb.2022
 - ❖ A common procedure in the neonatal intensive care unit, Gorgan University of Medical Sciences, Gorgan, Iran, Oct.2017
 - ❖ Breast Feeding, Gorgan University of Medical Sciences, Gorgan, Iran, Feb.2017
 - ❖ Pain management in neonates, Gorgan University of Medical Sciences, Gorgan, Iran, Jan.2017
 - ❖ Neonatal Resuscitation, Gorgan University of Medical Sciences, Gorgan, Iran, Jan.2017
 - ❖ Neonatal Resuscitation, Gorgan University of Medical Sciences, Gorgan, Iran, Sep.2016
 - ❖ Breast Feeding, Gorgan University of Medical Sciences, Gorgan, Iran, Sep.2016
 - ❖ Ethics in research, Gorgan University of Medical Sciences, Gorgan, Iran, Nov.2016
 - ❖ NIDCAP, Shahroud University of Medical Sciences, Shahroud, Iran, Des.2016
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The other Education Experiences and Activities

Senior Learning and Development co-ordinator, Gorgan University of Medical Sciences, Gorgan, Iran, Jan.2017 to Apr.2018

- ❖ Coordinated and held various educational workshops for nursing students and nurses in the province of Iran
- ❖ Holding at least one workshop per month (A total of 14 workshops)

Supervisor for Bachelor students, Gorgan University of Medical Sciences, Gorgan, Iran, Jan.2017 to Apr.2018

- ❖ Layout informative curriculums, supervising and advising students
- ❖ Supervisor of 45 nursing bachelor students

Clinical Experience

Clinical practice educator, Shahid Sayad Shirazi hospital, Gorgan, Iran, Sep.2016 to Apr.2018

- ❖ Training of 38 nurses in the neonatal intensive care units and having periodic probationary sessions

Line manager, Sorena Hospital, Tehran, Iran, Mar.2014 to Nov.2015

- ❖ Level II NICU
- ❖ Covered Leadership, management, coordinator, advisor, and assessor role in the neonatal intensive care unit for nursing students and newly qualified nurses

Staff nurse, Children's Medical Center Hospital, Tehran, Iran, Jan.2012 to Jan.2014

- ❖ Level III NICU
 - ❖ Always tried to bridge with parents, communicate with them professionally, and do group work to optimize their involvement in case of supporting their child and being more confident in dealing with the unpredictable situation.
 - ❖ Clarifying the importance of family-oriented care on the newborns' treatment journey by delegating assumptions to parents and reassuring their role and effectiveness
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Trained Examiner

OSCE examiner, Gorgan University of Medical Sciences, Gorgan, Iran, Sep.2016 to Apr.2018

- ❖ Twice a year for undergraduate nursing students

Publication

1. Books

1. Nursing care of infants and children,3rd Edition, Tehran, Iran, Feb.2022, ISBN:978- 689-78312-0-0 (Compiled book- third edition)
2. Breastfeeding in preterm neonates, Tehran, Iran, June.2016, ISBN: 978-567-62133-0- 0 (
3. Kangaroo care, Tehran, Iran, Sep.2016. ISBN: 978-403-64973-0-0
4. Feeding of premature and sick neonate book, Tehran, Iran, Apr.2015, ISBN: 978-605- 62373-0-0
5. Common procedures in neonatal intensive care units, Tehran, Iran, Apr.2015, ISBN: 978-975-01795-7-0

2. Journal Papers

1. **Akbari N**, Mutlu B, Khoddam H. Comparison of the Effect of Maternal Breast Milk Odor, Facilitated Tucking, and Nonnutritive Sucking Applied to Preterm Neonates During Heel Stick on Pain and Physiological Parameters: A Randomized Controlled Trial. *Breastfeeding Medicine.* 2025 Apr 1;20(4):244-55.
2. **Akbari N**, Parhiz J, Sabzi Z. Tinea capitis (Favus) in a 8-year-old child: Case report. *Clinical Case Reports.* 2024 Aug;12(8):e9174.
3. **Akbari N**. Developmental care in Iran: An approach to optimal utilization of nursing care aimed at reducing long-term complications in preterm neonates. *Journal of Neonatal Nursing.* 2024 Jun 1;30(3):312-3.
4. Mirafzali R, Laeli M, Ghanbari F, **Akbari N**. Effect of Betty Neuman's systemic model on the anxiety of patients undergoing endoscopy: A randomized control trial. *Journal of Nursing Advances in Clinical Sciences.* 2024 Feb 25;1(1):31-6.
5. **Akbari N**, Mutlu B, Nadali J. Effect of Non-Nutritive Sucking During Heel Stick Procedure in Pain Management of Term Infants in the Neonatal Intensive Care Unit: A Systematic Review and Meta-Analysis. *Current Pediatric Reviews.* 2022 Apr 10. (citation=1)

6. Khaleghipour M, **Akbari N**, Hajaty S, Shirmohammadi Fard S, Jamalimoghaddam M, Sabzi Z, Asadi L. Evaluation of the effect of narrative writing on the stress sources of the fathers of preterm neonates admitted to the NICU. *The Journal of Maternal-Fetal & Neonatal Medicine*. 2022 Feb 16; 35(4): 651-6. (citation=1)
 7. **Akbari N**, Moradi Z, Sabzi Z, Mehravar F, Fouladinejad M, Asadi L. The effect of narrative writing on fathers' stress in neonatal intensive care settings. *The Journal of Maternal-Fetal & Neonatal Medicine*. 2021 Feb 1; 34(3): 403-8.(citation=9)
 8. Sabzi Z, **Akbari N**, Arefnia S. An Infant with Sandhoff disease: A case report. *The Journal of Clinical Case Reports and Reviews*. 2021 May 3; 46(15): 72-75.
 9. Jouybari L, Abbariki E, Jebeli M, Mehravar F, Asadi L, **Akbari N**, Sanagoo A, Moradi Z. Comparison of the effect of narrative writing and art therapy on maternal stress in neonatal intensive care settings. *The Journal of Maternal-Fetal & Neonatal Medicine*. 2020 Feb 16; 33(4): 664-70. (citation=13)
 10. Nazari R, Moradi Koosha F, Rezaie S, **Akbari N**, Qolizadeh A, Sabzi Z. Experiences of the mothers of infants hospitalized in the neonatal intensive care unit (NICU). *Journal of neonatal-perinatal medicine*. 2020 Jan 1;13(4):571-9. (citation=10)
 11. Kadivar M, Seyedfatemi N, **Akbari N**, Haghani H. The effect of narrative writing of mothers on their satisfaction with care in the neonatal intensive care unit. *The Journal of Maternal-Fetal & Neonatal Medicine*. 2017 Feb 1; 30(3): 352-6. (citation=18)
 12. Kadivar M, Seyedfatemi N, **Akbari N**, Haghani H, Fayaz M. Evaluation of the effect of narrative writing on the stress sources of the parents of preterm neonates admitted to the NICU. *The Journal of Maternal-Fetal & Neonatal Medicine*. 2017 Jul 3; 30(13): 1616-20.(citation=29)
 13. Kadivar M, Hamooleh MM, Seyedfatemi N, **Akbari N**. Mothers' perception of infant hospitalization in neonatal intensive care units: A qualitative study. *Payesh (Health Monitor)*. 2016 Aug 15; 15(4): 452-61. (citation=1)
 14. Barati F, Nasiri A, **Akbari N**, Sharifzadeh G. The effect of aromatherapy on anxiety in patients. *Nephro-urology monthly*. 2016 Sep; 8(5). (citation=73)
 15. Kadivar M, Seyedfatemi N, **Akbari N**, Haghani H. The effect of narrative writing on maternal stress in neonatal intensive care settings. *The Journal of Maternal-Fetal & Neonatal Medicine*. 2015 May 24; 28(8): 938-43. (citation=31)
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Conferences

A) International Congresses

1. **Akbari N.** Alleviating Pain During Heel Lance Sampling In Preterm Neonates Through Using Non-Nutritive Sucking: A Systematic Review and Meta-Analysis. İstanbul Beykent 4. Uluslararası Sağlık Bilimleri Araştırma Günleri Kongresi. 24 Feb 2024. İstanbul **ORAL PRESENTATION**
2. **Akbari, N.,** Mutlu, B., & Nadali, J. (2023). Effect of Non-nutritive Sucking during Heel-stick Procedure in Pain Management of Term Infants in the Neonatal Intensive Care Unit: A Systematic Review and Meta-analysis. 22nd National and 1st International Pediatrics Nursing Congress, “Oral Presentation”. 3-6 October, Iran. **ORAL PRESENTATION**
3. Kadivar M, Seyedfatemi N, **Akbari N,** The Effect of Narrative Writing on Maternal Satisfaction in Neonatal Intensive care Settings, 24. April 2015, Shiraz, Iran. **ORAL PRESENTATION**

B) National Congresses

Kadivar M, Seyedfatemi N, **Akbari N,** The Effect of Narrative Writing on Maternal Stress in Neonatal Intensive care Settings, 12.Oct. 2013, Gorgan, Iran.

Awards & Honors

The study titled "*The Effect of Kangaroo Care and Maternal Voice on the Comfort, Anthropometric Measurements, and Transition Time to Oral Feeding in Preterm Infants*" by Duygu Gözen, Negarin Akbari, and Canan Genç was awarded **First Place** by the **Midwifery and Nursing Mustela Organization** in 2025.

Workshop trainee

- ❖ Breastfeeding, İstanbul University of Medical Sciences, İstanbul, Turkey, Feb.2022
- ❖ A systematic review and meta-analysis, Tehran University of Medical Sciences, Tehran, Iran, Oct. 2021
- ❖ Neonatal Resuscitation, Tehran University of Medical Sciences, Tehran, Iran, Jan.2017
- ❖ NIDCAP, Shahroud University of Medical Sciences, Feb.2016

Research Interests

- ❖ Pain
- ❖ Developmental care
- ❖ Implementation of evidence-informed practices in NICU
- ❖ Breastfeeding promotion and support
- ❖ Nursing best practices in NICU
- ❖ A systematic review and meta-analysis

Hobbies

History, Psychology, Movies, walking, Dance
