



Curriculum Vitae (C.V)



Name	First	Middle	Third	Last Name
	Ola	Ezzat	Eltohamy	Mohamed
Name	Full Legal Name			
	Ola Ezzat Eltohamy Mohamed			
Nationality	Egyptian			
Mobile	01112981680			
Email	Ola.ezzat @nur.dmu.edu.eg ORCID id: 0000-0002-4109-7318			
Languages Proficient In	Arabic: (Mother tongue) English: (Read, Write, Speak) Good			
Academic Rank	Assistant Professor of Gerontological Nursing of Gerontological Nursing Department, Faculty of Nursing, Damanshour university Head Gerontological Nursing Department			



Academic Qualifications

Degree	Date Obtained	Degree Title	Issuing Institution	Thesis Title
BSC "Nursing"	1990	Registered Nurse	Faculty of Nursing, , Alexandria university	-----
Master of Gerontological Nursing	2003	Assistant Lecturer	Gerontological Nursing Department, Faculty of Nursing, Alexandria university	Quality of life among elderly patients with coronary artery diseases
Doctorate of Gerontological Nursing	2014	Lecturer	Gerontological Nursing Department , Faculty of Nursing, Alexandria university	Effect of implementing a discharge nursing plan on Quality of life of elderly patients with coronary artery diseases
Assistant Professor of	29-6-2025	Assistant Professor of	The Permanent Scientific	The Permanent Scientific Committee for the

Gerontological Nursing		Gerontological Nursing	Committee for the Promotion of Professors and Assistant Professors, established by the Supreme Council of Universities	Promotion of Professors and Assistant Professors, established by the Supreme Council of Universities
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Scientific and Professional Experience:

Teaching characteristics & Methods I Use in My University Teaching

✓ Set goals
✓ Be prepared
✓ Don't lecture directly from the textbook
✓ Write key points on the board briefly
✓ Encourage students to participate in class
✓ Use visual aids, videotapes, overheads, and films
✓ Use real-world examples (Use concrete examples)
✓ Discuss current research findings in class
✓ Be fair with all students
✓ Be available for students
✓ Use different teaching strategies such as Lecture, cooperative learning, flipped classroom, group discussion, and gamification.

Personal characteristics & Technologies Used (examples)

✓ Be punctual for class (Be prompt for class)
✓ Vary teaching methods (Vary class formats)
✓ Review previous day's lecture at the beginning
✓ Encourage cooperative learning
✓ Be relaxed and occasionally humorous.
✓ Utilize modern IT in teaching (Use E-Learning in the classroom)
✓ Maintain eye contact with students
✓ Do not embarrass students (Don't embarrass students by publicly calling on them)
✓ Vary voice levels

✓ Speak slowly and clearly
✓ Move around actively
✓ Base grading on various factors

Professional Experience

Duration	Employer	Position
25-3-2026 till now	Assistant Professor of Gerontological Nursing Faculty of Nursing – Damanhur University	Assistant Professor of Gerontological Nursing Faculty of Nursing – Damanhur University
1-7-2026 till now	Head Gerontological Nursing Department Nursing Faculty of Nursing – Damanhur University	Assistant Professor of Gerontological Nursing Faculty of Nursing – Damanhur University
From 2019 till 2025	Faculty of Nursing, Damanhour University, Egypt.	Lecturer at Gerontological Nursing Department – Faculty of Nursing – Damanhur University
From 2014- 2018	Faculty of Nursing – South Valley University	Head of the department & Lecturer at Gerontological Nursing Department – Faculty of Nursing – South Valley University
2011 till 2013	Faculty of Nursing – South Valley University	Assistant Lecturer at Gerontological Nursing Department – Faculty of Nursing – South Valley University
From 2009 till 2010	Faculty of Nursing – Alexandria University	Demonstrator at Gerontological Nursing Department – Faculty of Nursing – Alexandria University
2007 till 2008	Riyadh Region,(kingdom of Saudi Arabia – king Saud University)	Director & Lecturer at Al-Quwayyah Girls Health Institute, Riyadh Region,(kingdom of Saudi Arabia – king Saud University)
2006 till 2007	Alhof Region (Kingdom of Saudi Arabia – The Directorate of Health Colleges and Institutes - Ministry of Health)	Director and Lecturer at Al-Qurayat Girls Health Institute, Alhof Region (Kingdom of Saudi Arabia – The Directorate of Health Colleges and Institutes - Ministry of Health)

2005 till 2006	Kingdom of Saudi Arabia – The Directorate of Health Colleges and Institutes – Ministry of Health	Academic Consultant and Lecturer at Al-Qurayat Girls Health Institute –Algef Region Kingdom of Saudi Arabia – The Directorate of Health Colleges and Institutes – Ministry of Health
1991 till 27/ 7/ 2005	Faculty of Nursing – Alexandria University	Demonstrator at Medical surgical nursing, Gerontological Nursing Department – Faculty of Nursing – Alexandria University

Teaching Experience

Duration	Institution	Courses Taught
1991 till 27/ 7/ 2005	Faculty of Nursing – Alexandria University	teaching and training undergraduate students Medical Surgical Nursing & Gerontological Nursing
2005 till 2009	Health Institute –Algef Region Kingdom of Saudi Arabia – The Directorate of Health Colleges and Institutes – Ministry of Health & kingdom of Saudi Arabia – king Saud University	Courses of Nutrition, Fundamentals of Nursing Adult Nursing (Medical Surgical Nursing), Community Health Nursing, Orthopedics Surgery Urologic Surgery, Neurologic Surgery, Gerontological Nursing Psychiatric Nursing
2010 till 2013	Faculty of Nursing & technical nursing Institute South Valley University	<u>Courses of:</u> • Nutrition, • Fundamentals of Nursing • Adult Nursing (Medical Surgical Nursing), • Community Health Nursing, • Gerontological Nursing

		• Geriatric medicine for undergraduate Nursing students,
2014 till now	Faculty of Nursing – South Valley University) Faculty of Nursing, Damanhour University.	“Gerontological Nursing course” for undergraduate Nursing students
2010 to 2019	Faculty of Nursing & technical nursing Institute South Valley University	• “Gerontological Nursing course & Geriatric Medicine course” Psychiatric Nursing • Methods of research • Nursing Ethics, • Nutrition, for undergraduate Nursing students.
2020-2021	Faculty of Nursing, Gerontological Nursing Department, Damanhour University,	Nutrition of the older adults course " for the Specialized Master's level –
2020-2021	Faculty of Nursing, Gerontological Nursing Department, Damanhour University	Psychological and Social Aspects course " for the Specialized Master's level – University.
2014 till now	Faculty of Nursing, Damanhour University.	“Clinical Training” for undergraduate Nursing students in a variety of settings such as elderly homes, and hospitals.
2016-2017 2017-2018	Psychological Counselling Department, Faculty of Education, South Valley University. Egypt	Public Health course for the Specialized Diploma .
2016-2017 2017-2018	Psychological Counselling Department, Faculty of Education, South Valley University. Egypt	Community Health Nursing course for Specialized Diploma
2016-2017	Technical Institute of Nursing, South Valley University. Egypt	Health and Educational Communication Methods course for the Specialized Bridging Diploma
2014-2015	Faculty of Nursing – South Valley University	New Trends in Nursing course for undergraduate Nursing students,

2015-2016	Faculty of Nursing – South Valley University	Nursing Ethics course for undergraduate Nursing students,
2016-2017	Faculty of Nursing – South Valley University	Research Methods course " for undergraduate Nursing students,
2015-2016	Faculty of Nursing – South Valley University	Teaching and Learning Strategies course for undergraduate Nursing students,
2017-2018	Faculty of Nursing – South Valley University	Nutrition course" for undergraduate Nursing students,
2023-2024	Faculty of Nursing, Damanhour University.	Etiquette Art course for undergraduate Nursing students
2024-2025	Faculty of Nursing, Damanhour University.	Medical terminology Comprehensive Care course for undergraduate Nursing students
2024-2025	Faculty of Nursing, Damanhour University.	medical terminology for undergraduate Nursing students intensive program students
2025-2026	Faculty of Nursing, Damanhour University.	Professional Ethics and Legislation in Nursing to students enrolled in the Intensive Bachelor's Degree Program in Nursing.
2025-2026	Faculty of Nursing, Damanhour University.	Gerontological Nursing for students enrolled in the Intensive Bachelor's Degree Program in Nursing.
2025-2026	- Faculty of Nursing, Damanhour University	- Psychosocial Health for Older Adults for undergraduate Nursing students, Bachelor's Degree Program in Nursing
2025-2026	Faculty of Nursing, Damanhour University	-Adaptation for Older Adults for undergraduate Nursing students, Bachelor's Degree Program in Nursing

Published Scientific Research

No	Title	Type
1-	Effect of pelvic floor muscle strengthening exercises on urinary incontinence and quality of life among patients after prostatectomy	Experimental study

2-	Zone Tool: Improving Self-Care and Self-Efficacy among Patients with Chronic Kidney Disease	Experimental study
3-	Clinical Training Health Education Barriers with Elderly: Nursing Students, Perspective.	Descriptive study
4-	Relationship between chronic low back pain and functional ability of community dwelling older adults	A descriptive correlational study
5-	Effectiveness of psycho-educational program on climate change distress and risk perception among older adults.	Experimental study
6-	Effect of Nursing Instructions on Reducing Selected Functional Gastrointestinal Disorders among Elderly Patients	Experimental study
7-	Effect of Health Preventive Program toward COVID-19 on Knowledge, Perceptions, and Practices among Older Adults	Experimental study
8-	Effect of Health Teaching Program on Food Hygiene Locus of Control and Self-efficacy among Community Dwelling Older Adults	Experimental study
9-	Relationship between Night Sleep and Day Time Sleepiness, Activities of Daily Living, and Cognitive Status of Community Dwelling Elders	A descriptive correlational study
10-	Physical and Emotional Discomfort Experienced by patients Undergoing Cystoscopy	Descriptive study

No	Thesis Titles	Type of Participation
1-	“Effect of Implementing a Discharge Nursing Plan on the Quality of Life of Elderly Patients with Coronary Artery Disease”	doctorate Thesis
2-	Quality Of Life among Elderly Patients with Coronary Artery Disease"	Master Thesis
3-	Effect of Nursing Instructions on Reducing Selected Functional Gastrointestinal Disorders among elderly patients	Member of Supervision committee
4-	The Relationship Between Sarcopenia Among Older Adults, Cognitive Function, and Fall Risk	Member of Supervision committee

Professional Development Participation in Conferences, Seminars, Lectures, Courses, and Workshops

No	Title	Conference/ Seminar/ Workshop	Date	Location	Institution
	Academic Textbook Development for the– (2025–2026 Academic Year) Courses Included: -Gerontological Nursing -Psychosocial Health for Older Adults -Adaptation for Older Adults -Clinical Log Book	Academic Textbook Development for the Gerontological Nursing Department	2025-2026	Gerontological Nursing Department	Faculty of Nursing, Damanshour University
1-	The 2 nd International (4 th) Annual Scientific Conference of Gerontological Nursing Department "Aging and Climate Change"	Conference	11 th December, 2022	Faculty of Nursing, Zagazig University	Faculty of Nursing, Zagazig University
2-	The Gerontological Nursing Department's Conference entitled "Aging in Place: Promoting Independence and Empowering Older Adults"	Conference	14 th December, 2022.	Faculty of Nursing, Alexandria University	Faculty of Nursing, Alexandria University
3-	The Second Gerontological Nursing Department Scientific Conference "Future Insights in Older Adults Health Care"	Conference	14 th March, 2023	Faculty of Nursing, Mansoura University	Faculty of Nursing, Mansoura University
4-	The Fourth International and the 2nd Virtual Scientific Nursing Conference" Nursing toward Sustainable Health"	Conference	14 th -15 th March, 2023	Faculty of Nursing, Damanshour University	Faculty of Nursing, Damanshour University
5-	Attending the virtual electronic workshop titled: 'Flipped or Inverted Classroom Strategies'	Workshop	March 28, 2022.	Faculty of Nursing, Damanshour University	Faculty of Nursing, Damanshour University
6-	workshop titled: 'Electronic Mind Mapping'	Workshop	October 17, 2024	Faculty of Nursing, Damanshour University	Faculty of Nursing, Damanshour University
7-	Workshop "MOOC Development & Management in Nursing Education".	Workshop	21 th September , 2023	Faculty of Nursing, Damanshour University	Faculty of Nursing, Damanshour University
8	The future of Aging in the light of Artificial Intelligence :Opportunities and Challenges”	Conference	October 23 2024	Faculty of Nursing,	Faculty of Nursing,

				Alexandria University	Alexandria University
9	The 2nd International upper Egypt Nursing colleges conference 4th International conference Nursing college Assiut University	Conference	February 13-14, 2023	Nursing college Assiut University	Nursing college Assiut University
10	Workshop " Virtual Reality in Nursing Education " at the Faculty of Nursing, Damanhur University.	Workshop	3th June, 2023	Faculty of Nursing, Damanhur University	Faculty of Nursing, Damanhur University
11	Covid -19and Era of Nursing Transformation to Digitalization entitled Tips for successful Academic Promotion) the 1st virtual, the 3rd international Scientific Nursing Conference)	Workshop	18August 2021	Faculty of Nursing, Damanhur University	Faculty of Nursing, Damanhur University
12	Participation in a workshop entitled: " Using Artificial Intelligence (Scobot) Technology in Scientific Research ". Saudi Arabia,	Workshop	September 3, 2024	Ifad Scientific Platform and the Rashad Foundation for Science and Scientific Saudi Arabia,	Ifad Scientific Platform and the Rashad Foundation for Science and Scientific Saudi Arabia,
13	Participation in a workshop via the Ifad Scientific Platform and the Rashad Foundation for Science and Scientific Publishing entitled: " Artificial Intelligence for Scientific Researchers " on	Workshop	November 22, 2024.	Ifad Scientific Platform and the Rashad Foundation for Science and Saudi Arabia, Scientific Publishing	Ifad Scientific Platform and the Rashad Foundation for Science and Scientific Publishing Saudi Arabia,
14	Participation in a workshop entitled: " Application of Academic Guidance in the Credit Hours Regulations "	workshop	November 2, 2024	Faculty of Nursing, Damanhour University,	Faculty of Nursing, Damanhour University

15	Participation in workshop for the on entitled: "Mechanical Ventilator"	workshop	March 9, 2022	Graduates Unit in cooperation with the Excellence Committee - Faculty of Nursing - Damanhour University	Graduates Unit in cooperation with the Excellence Committee - Faculty of Nursing - Damanhour University
16	Participation in a workshop entitled: "Virtual Reality in Nursing Education."	workshop	June 3, 2023,	Education Development Unit at the Faculty of Nursing, Damanhour University,	Education Development Unit at the Faculty of Nursing, Damanhour University,
17	Participation in a workshop entitled "Cardiopulmonary Resuscitation,"	workshop	August 12, 2024,	Education Development Unit at the Faculty of Nursing, Damanhour University	Education Development Unit at the Faculty of Nursing, Damanhour University
18	Participation in a workshop held via the, on entitled "Modern Communication Strategies." Saudi Arabia,	workshop	September 9, 2024,	Abha platform, Saudi Arabia,	Abha platform, Saudi Arabia,
19	Participation "Professional PowerPoint Presentation." Saudi Arabia,	workshop	September 10, 2024	Abha platform, Saudi Arabia,	Abha platform, Saudi Arabia,
20	participation in a workshop as part on titled: "Art of Team Management" Saudi Arabia	workshop	October 13, 2024,	The "Shatharat Al-Ibda'a" Volunteer Team platform,	The "Shatharat Al-Ibda'a" Volunteer Team platform, Saudi Arabia
21	Participated in a workshop as part of the "Shatharat Al-Ibda'a" Volunteer Team on titled: "Applying Theories in Scientific Research" Saudi Arabia	workshop	October 20, 2024,	The "Shatharat Al-Ibda'a" Volunteer Team platform, Saudi Arabia	The "Shatharat Al-Ibda'a" Volunteer Team platform, Saudi Arabia

22	Participated in a workshop at the on titled: "Effective Academic Advising"	workshop	November 24, 2024,	Faculty of Nursing, Damanhour University	Faculty of Nursing, Damanhour University
23	Active participation in a seminar within the "New Beginning for Building the Human Being" initiative at the on titled: "Climate Change and Its Impact on the Elderly"	workshop	November 25, 2024,	Faculty of Nursing, Damanhour University	Faculty of Nursing, Damanhour University
24	articipated in a training workshop on the following fundamentals at the on titled: "Modern Assessment Methods and Test Item Construction" under the theme: "Requirements of Modern Assessment Techniques"	workshop	December 26, 2024,	Measurement and Evaluation Center – Damanhour University	Measurement and Evaluation Center – Damanhour University
25	Participated in a workshop organized by the, titled: "How to Design Test Items for Practical and Oral Examinations (VIVA CARD)"	workshop	December 26, 2024	Education Development Unit – Faculty of Nursing, Damanhour University	Education Development Unit – Faculty of Nursing, Damanhour University
26	Attended a training course online with titled: "Preparing a Remote AI Technology Instructor"	workshop	October 30, 2024.	the Shatharat Team, platform, Saudi Arabia	the Shatharat Team, platform, Saudi Arabia,
27	Participated in a training course at the, titled: "How to Design and Use a Rubric for Practical and Theoretical Exams"	workshop	October 31, 2024	Measurement and Evaluation Center – Damanhour University	Measurement and Evaluation Center – Damanhour University
28	Attended a meeting to discuss "Implementation of Academic Advising in Spring 2025"	workshop	January 28, 2025.	Scientific Leadership and Academic Advising Unit – Faculty of Nursing, Damanhour University	Scientific Leadership and Academic Advising Unit – Faculty of Nursing, Damanhour University
29	Successfully completed the training program for the "Digital	workshop	July 18, 2020	Faculty and Leadership Developme	Faculty and Leadership Development

	Transformation Certificate" , included the following: "Fundamentals of IT", "Operating Systems", and "Word Processing".			nt Center – Damanhour University	Center – Damanhour University
30	Attendance and contribution to the scientific activities of the Scientific, entitled: "Towards a Unification of a National Guidelines for Asthma and COPD."	Scientific Conference	October 19–20, 2017	Faculty of Medicine, Alexandria University	Faculty of Medicine, Alexandria University
31	Participation in the scientific conference <i>Cardio Alex 2019</i> , held from June 18–21, under the title: "The European Board for Accreditation in Cardiology (EBAC)	Scientific Conference	June 18–21-2019	Faculty of Medicine, Alexandria University	Faculty of Medicine, Alexandria University
32	Attendance and contribution to the scientific activities of the Joint International Conference of the Faculties of Nursing – University of Basrah and University of Alexandria , under the title: "International Conference on New Trends in Medical and Nursing: Towards Innovations in Health Care."	Scientific Conference	October 25, 2021	Faculty of Nursing, Alexandria University	Faculty of Nursing, Alexandria University
33	Attendance and participation in the scientific activities of the 2nd International Conference Egyptian Gastro-Hepato-Oncologic Summit	Scientific Conference	November 30, 2019.	Faculty of Medicine, Alexandria University	Faculty of Medicine, Alexandria University

Community Service Participation

No	Participation	Date	Location	Type of Participation	Institution
1-	Participated in the activities of the Sixth Environmental Week for Community Awareness	March 2014	South Valley University	activities of the Sixth Environmental Week for Community Awareness	South Valley University in Qena, as part of the university's community service plan
2-	Actively Participated in the activities Environmental Week for Community Awareness	March 2016.	South Valley University	activities Environmental Week for Community Awareness,	South Valley University in Qena, as part of the university's community service plan
3-	Actively Participated in the activities of the Environmental Week for Community Awareness	March 2018.	South Valley University	activities Environmental Week for Community Awareness,	organized by South Valley University in Qena, as part of the university's community service plan
4-	Actively Participated in a healthcare convoy for community awareness organized by South Valley University to Al-Harageya Village, Qena, as part of the university's community service plan –	April 2019.	Al-Harageya Village, Qena	healthcare convoy for community	organized by South Valley University to Al-Harageya Village, Qena, as part of the university's community service plan
5-	Participated in a healthcare convoy for community awareness organized by South	March 2018	Hegaza Village, Qena –	healthcare convoy for community	organized by South Valley University to Hegaza

	Valley University to Hegaza Village, Qena – March 2018.				Village, Qena .
6-	Actively Participated in a health awareness convoy– organized by South Valley University to Qaft Village, Qena	November 2018.	Qaft Village, Qena –	health awareness convoy	organized by South Valley University to Qaft Village, Qena
7-	participated in preparing and organizing with registered students in collaboration with the manager of El-Ebaadiya Elderly Home and under the supervision of the Faculty of Nursing – Damanhour University, to organize a recreational trip promoting physical activity for older adults.	October 2019 Academic Year 2019–2020	Engineers Club in Alexandria	recreational trip promoting physical activity for older adults	Faculty of Nursing – Damanhour University
8-	Actively participated in preparing and organizing with students in conducting health education and awareness sessions on comprehensive health screening and common health issues among older adults at the Outpatient Clinics of Damanhour	December 1, 2-2024, – Academic Year 2024– 2025,	Outpatient Clinics of Damanhour General Hospital	conducting health education and awareness sessions on comprehensive health screening and common health issues among older adults	Faculty of Nursing, Damanhour Universit

	General Hospital on				
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Committees

No	Institution	Membership Type	Date	Committee Name
1.	Faculty of Nursing – Damanhour University	Member of the Faculty Council	during the academic year (2025/2026).	Faculty Council
2.	Faculty of Nursing – Damanhour University	Member of the Education and Student Affairs Committee	during the academic year (20125/2026)	Education and Student Affairs Committee
3.			during the academic year (20125/2026)	Traning and Nursing Services unit
4.	Faculty of Nursing – Damanhour University	Member of the Faculty Council,	during the academic year (2020/2021).	Faculty Council
5.	Faculty of Nursing – Damanhour University	Member of the Department Council of Gerontological Nursing	during the academic years (2019/2020) and (2024/2025).	Department Council of Gerontological Nursing
6.	Faculty of Nursing – Damanhour University	Member of the Alumni Unit	during the academic year (2024/2025).	Alumni Unit
7.	Faculty of Nursing – Damanhour University	Member of the Library Committee	during the academic year (2020/2021).	Library Committee
8. 5-	Faculty of Nursing – Damanhour University	Member of the Education and Student Affairs Committee	during the academic year (2019/2020)	Education and Student Affairs Committee
9.	Faculty of Nursing – Damanhour University	Responsible for the Faculty Members Standard	during the academic year (2024/2025)	Quality Assurance Unit
10.	Faculty of Nursing, South Valley University"	Member of the Administration Council of the Continuing Education Unit,	during the academic year(2016-2017till2018-2019)	Administration Council of the Continuing Education Unit

11.	Faculty of Nursing, South Valley University	Member of the Library Committee	during the academic year(2014- 2015 till2017- 2018)	Library Committee
12.	Faculty of Nursing South Valley University	Member of the Laboratories Committee	Academic Years: 2016/2017, 2017/2018, 2018/2019).	Laboratories Committee
13.	Faculty of Nursing – South Valley University	Member of the Faculty Council, Faculty of Nursing	Academic Years: 2014/2015, till, 2018/2019	Council, Faculty of Nursing
14.	Faculty of Nursing – South Valley University	Acting Head of the Gerontological Nursing Department	Academic Years: 2014/2015, till 2018/2019	Gerontological Nursing Department
15.	Faculty of Nursing – South Valley University- Quality Assurance Unit	Responsible for the Faculty Members Standard	Academic Years: 2016/2017, till 2018/2019	Quality Assurance Unit

Scientific and Professional Memberships

No	Membership Title	Date	Institution
1.	Member of the Dialogue Platform of the Prime Minister's Office	2026 till now	Prime Minister's Office
1-	Active member of the Egyptian Thyroid Association – Assiut, participating in conferences, seminars, and meetings.	5-3-2020 till now	Egyptian Thyroid Association – Assiut,
2-	Active member of the Upper Egypt Society for Clinical Nutrition and Metabolism – Assiut, participating in conferences, seminars, and meetings.	5-3-2020 till now	Upper Egypt Society for Clinical Nutrition and Metabolism – Assiut,
3-	Member of the Nursing Professions Syndicate of the Arab Republic of Egypt	1991till now	Nursing Professions Syndicate of the Arab Republic of Egypt

4-	Member of the Alumni Association of Faculties of Nursing.	1991 till now	Alumni Association of Faculties of Nursing.
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