

Mona Ibrahim Zen El-abdeen

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Professional Summary

I am a clinical instructor in community health nursing department, faculty of nursing, Damanhur University who is interested in advancing activities aimed at enhancing the level of education and producing graduates with the highest competence in nursing and community care through research that will help students better understand what various technologies need to develop and progress.

I'm seeking a position that will utilize my experience studying nursing sciences to help develop and serve academic populations.

Education

- *PhD. Gerontological Health Nursing /3.6 GPA / 2022*

Faculty of Nursing, Alexandria University

Dissertation: "Effect of Lavender Oil Inhalation Versus Acupressure on Anxiety Level of Geriatric Patients Undergoing Hemodialysis".

- *M.Sc. gerontological Health Nursing /Graduated with Distinction (Excellent Grade)/2018*

Faculty of Nursing, Mansoura University

Dissertation: "Stresses Self-assessment Among Community Dwelling Older Adults".

- *B.Sc. Nursing / Graduated with Distinction (Excellent with honors) /2009*
Faculty of Nursing, Mansoura University

Work Experience

Clinical instructor in community health nursing department, faculty of nursing, Damanhur University/2011-2025

- *Training of students in specialized training places (health centers (family centers & maternal and child health centers), schools and villages)*

- *Participate in the work of conferences, workshops and training courses inside the college.*
- *Participate in the various standards and committees of the quality assurance unit.*
- *Doing the assigned work of the Education Development Center.*
- *Member of the quality assurance team in Community Health Department- Faculty of Nursing since 2016 until now.*
- *Organize and participate in Community Health Nursing Department annual health education sessions for school children, maternity women and rural population in Damanhour from 2011 and until now*

Skills

Teaching the following courses:

- Clinical training of Community Health Nursing for 4th year students- Faculty of Nursing - Damanhour University.*
- Community Health Nursing for 3rd year students- Faculty of Nursing- Damanhour University.*
- Community Health Nursing for 4th year students- Faculty of Nursing- Damanhour University.*
- Family health course for 3rd year students- Nursing Department, Technical Health Institutes of the Armed Forces during the Academic Year.*
- Community health nursing course for 2nd year students- Nursing Department, Technical Health Institutes of the Armed Forces during the Academic Year 2020/2021.*
- Infection control course for 1st year students- Nursing Department, Technical Health Institutes of the Armed Forces during the Academic Year 2022/2023.*
- Epidemiology course for 1st year students- Nursing Department, Technical Health Institutes of the Armed Forces during the Academic Year 2022/2023.*
- Nutrition course for 1st year students- Nursing Department, Technical Health Institutes of the Armed Forces during the Academic Year 2022/2023.*

-Human Rights course for 1st year students- Nursing Department, Technical Health Institutes of the Armed Forces during the Academic Year 2022/2023&2023/2024&2024/2025.

Publications

El-abdeen, Z., El Geneidy, M. M., Abd El Moniem, M. M., & Dawood, S. S. (2022). Effect of lavender oil inhalation versus acupressure on anxiety level of geriatric patients undergoing hemodialysis. Alexandria Scientific Nursing Journal, 24(2), 85-97.

Zen El-Abdeen, M., Abd Elhameed, S., & Hassaneen, A. (2018). STRESSES SELF-ASSESSMENT AMONG COMMUNITY DWELLING OLDER ADULTS. Mansoura Nursing Journal, 5(1), 68-85.

Professional Membership

Member of Egyptian Novice Nurses and Students Scientific Association (ENSSA)

Member of the quality assurance team in Community Health Department- Faculty of Nursing since 2016 until now

Personal Interests

I actively participate in community development volunteer work aimed at improving individuals' living standards and providing comprehensive educational and healthcare services to raise community awareness. I also take part in medical convoys to deliver healthcare services, provide medications, and assist in the early detection of diseases.