



Dr.Ola Ezzat Eltohamy Mohamed

Assistant Professor of Gerontological Nursing
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Academic Profile

Assistant Professor of Gerontological Nursing with more than 30 years of academic, teaching, leadership, and community-service experience across Egyptian and Saudi Arabian higher-education institutions. Expertise includes gerontological nursing, chronic-disease management, healthy ageing, quality of life, nursing education, clinical training, curriculum delivery, postgraduate supervision, quality assurance, and academic administration. Experienced in teaching undergraduate and postgraduate students, leading a nursing department, serving on faculty committees, and conducting applied research focused on older adults and patient education.

Areas of Academic and Research Interest

- Gerontological nursing and healthy ageing
- Quality of life and chronic-disease management
- Health education, self-care, and patient empowerment
- Nursing education, clinical training, and assessment
- Older-adult nutrition, cognition, sleep, falls, and functional ability
- Climate-change-related health risks among older adults

Academic Qualifications and Promotion

Qualification	Year	Institution	Thesis / Promotion
Assistant Professor of Gerontological Nursing	2025	Supreme Council of Universities, Egypt	Promoted by the Permanent Scientific Committee for the Promotion of Professors and Assistant Professors (29 June 2025).
Doctorate in Gerontological Nursing	2014	Faculty of Nursing, Alexandria University	Effect of Implementing a Discharge Nursing Plan on the Quality of Life of Elderly Patients with Coronary Artery Disease.
Master's in Gerontological Nursing	2003	Faculty of Nursing, Alexandria University	Quality of Life among Elderly Patients with Coronary Artery Disease.
BSc in Nursing	1990	Faculty of Nursing, Alexandria University	Registered Nurse qualification.

Academic Appointments and Professional Experience

Head of the Geriatric Nursing Department

Faculty of Nursing, Damanhour University | July 2026-Present

Assistant Professor of Gerontological Nursing

Faculty of Nursing, Damanhour University | June 2025-Present

Lecturer, Gerontological Nursing Department

Faculty of Nursing, Damanhour University | 2019-June 2025

Acting Head and Lecturer, Gerontological Nursing Department

Faculty of Nursing, South Valley University | 2014-2018

Assistant Lecturer, Gerontological Nursing Department

Faculty of Nursing, South Valley University | 2011-2013

Demonstrator, Gerontological Nursing Department

Faculty of Nursing, Alexandria University | 2009-2010

Director and Lecturer, Al-Quwayyah Girls Health Institute

Riyadh Region, Saudi Arabia / King Saud University | 2007-2008

Director and Lecturer, Al-Qurayat Girls Health Institute

Al-Jouf Region, Saudi Arabia / Ministry of Health | 2006-2007

Academic Consultant and Lecturer, Al-Qurayat Girls Health Institute

Al-Jouf Region, Saudi Arabia / Ministry of Health | 2005-2006

Demonstrator, Medical-Surgical and Gerontological Nursing

Faculty of Nursing, Alexandria University | 1991-July 2005

Teaching Experience

Undergraduate and Clinical Teaching

- Gerontological Nursing and Geriatric Medicine
- Medical-Surgical / Adult Nursing
- Fundamentals of Nursing
- Community Health Nursing
- Psychiatric Nursing
- Nutrition and Nutrition of Older Adults
- Nursing Ethics
- Research Methods
- Teaching and Learning Strategies
- Comprehensive Care
- Medical Terminology
- Etiquette and Professional Communication
- Clinical training in hospitals, outpatient clinics, and residential homes for older adults

Postgraduate and Specialized Programmes

- Nutrition of Older Adults (Specialized Master's level)
- Psychological and Social Aspects of Ageing (Specialized Master's level)
- Public Health (Specialized Diploma)
- Community Health Nursing (Specialized Diploma)
- Health and Educational Communication Methods (Bridging Diploma)

Teaching Approach

Uses student-centred and evidence-informed strategies, including cooperative learning, flipped-classroom activities, group discussion, gamification, e-learning, visual resources, real-world clinical examples, and discussion of current research findings.

Research Publications

Note: Journal titles, publication years, volume/issue details, page ranges, DOI links, indexing status, and author order should be added to create a complete promotion-ready publication record.

1. Effect of Pelvic Floor Muscle Strengthening Exercises on Urinary Incontinence and Quality of Life among Patients after Prostatectomy.
2. Zone Tool: Improving Self-Care and Self-Efficacy among Patients with Chronic Kidney Disease.
3. Clinical Training Health Education Barriers with Elderly: Nursing Students' Perspective.
4. Relationship between Chronic Low Back Pain and Functional Ability of Community-Dwelling Older Adults.
5. Effectiveness of a Psychoeducational Programme on Climate-Change Distress and Risk Perception among Older Adults.
6. Effect of Nursing Instructions on Reducing Selected Functional Gastrointestinal Disorders among Elderly Patients.
7. Effect of a Health Preventive Programme toward COVID-19 on Knowledge, Perceptions, and Practices among Older Adults.
8. Effect of a Health-Teaching Programme on Food-Hygiene Locus of Control and Self-Efficacy among Community-Dwelling Older Adults.
9. Relationship between Night Sleep, Daytime Sleepiness, Activities of Daily Living, and Cognitive Status of Community-Dwelling Older Adults.
10. Physical and Emotional Discomfort Experienced by Patients Undergoing Cystoscopy.

Postgraduate Thesis Supervision and Research Participation

- Doctoral thesis: Effect of Implementing a Discharge Nursing Plan on the Quality of Life of Elderly Patients with Coronary Artery Disease.
- Master's thesis: Quality of Life among Elderly Patients with Coronary Artery Disease.
- Member of supervision committee: Effect of Nursing Instructions on Reducing Selected Functional Gastrointestinal Disorders among Elderly Patients.
- Member of supervision committee: Relationship between Sarcopenia, Cognitive Function, and Fall Risk among Older Adults.

Academic Leadership, Governance, and Quality Assurance

- Acting Head, Gerontological Nursing Department, Faculty of Nursing, South Valley University (2014/2015-2018/2019).
- Member, Faculty Council, Damanhour University (2020/2021).
- Member, Gerontological Nursing Department Council, Damanhour University (2019/2020 and 2024/2025).
- Member, Education and Student Affairs Committee, Damanhour University (2019/2020).
- Member, Library Committee, Damanhour University (2020/2021).
- Member, Alumni Unit, Damanhour University (2024/2025).
- Responsible for the Faculty Members Standard, Quality Assurance Unit, Damanhour University (2024/2025).
- Member, Faculty Council, South Valley University (2014/2015-2018/2019).
- Member, Continuing Education Unit Council, South Valley University (2016/2017-2018/2019).
- Member, Library and Laboratories Committees, South Valley University.
- Responsible for the Faculty Members Standard, Quality Assurance Unit, South Valley University (2016/2017-2018/2019).

Selected Conferences and Professional Development

The Future of Ageing in the Light of Artificial Intelligence: Opportunities and Challenges

Alexandria University | 23 October 2024

Artificial Intelligence for Scientific Researchers

Ifad Scientific Platform / Rashad Foundation | 22 November 2024

Using Artificial Intelligence Technology in Scientific Research

Ifad Scientific Platform / Rashad Foundation | 3 September 2024

Modern Assessment Methods and Test-Item Construction

Measurement and Evaluation Center, Damanhour University | 26 December 2024

How to Design Test Items for Practical and Oral Examinations (VIVA Card)

Faculty of Nursing, Damanhour University | 26 December 2024

How to Design and Use a Rubric for Practical and Theoretical Examinations

Measurement and Evaluation Center, Damanhour University | 31 October 2024

MOOC Development and Management in Nursing Education

Faculty of Nursing, Damanhour University | 21 September 2023

Virtual Reality in Nursing Education

Faculty of Nursing, Damanhour University | 3 June 2023

Nursing toward Sustainable Health - Fourth International and Second Virtual Scientific Nursing Conference

Faculty of Nursing, Damanhour University | 14-15 March 2023

Future Insights in Older Adults Health Care

Faculty of Nursing, Mansoura University | 14 March 2023

Ageing and Climate Change

Faculty of Nursing, Zagazig University | 11 December 2022

Ageing in Place: Promoting Independence and Empowering Older Adults

Faculty of Nursing, Alexandria University | 14 December 2022

International Conference on New Trends in Medical and Nursing: Towards Innovations in Health Care

Alexandria University / University of Basrah | 25 October 2021

Digital Transformation Certificate: Fundamentals of IT, Operating Systems, and Word Processing

Damanhour University | 18 July 2020

Additional training: Academic advising, cardiopulmonary resuscitation, mechanical ventilation, flipped-classroom strategies, electronic mind mapping, professional presentations, team management, research theory application, and modern communication strategies.

Community Engagement and Service

- Participated in South Valley University Environmental Week community-awareness activities (2014, 2016, and 2018).
- Participated in healthcare and health-awareness convoys serving communities in Al-Harageya, Hegaza, and Qaft villages, Qena.
- Organized a recreational and physical-activity initiative for older adults in collaboration with El-Ebaadiya Elderly Home and Damanhour University students (2019/2020).
- Organized student-led health education and awareness sessions on comprehensive screening and common health issues among older adults at Damanhour General Hospital (December 2024).
- Participated in a seminar on climate change and its impact on older adults under the New Beginning for Building the Human Being initiative (November 2024).

Professional Memberships

- Active Member, Egyptian Thyroid Association, Assiut (2020-Present).
- Active Member, Upper Egypt Society for Clinical Nutrition and Metabolism, Assiut (2020-Present).
- Member, Nursing Professions Syndicate of the Arab Republic of Egypt (1991-Present).
- Member, Alumni Association of Faculties of Nursing (1991-Present).

Languages and Digital Skills

- Arabic: Native
- English: Good working proficiency in reading, writing, and speaking
- Digital teaching and communication: e-learning, virtual classrooms, online workshops, presentation tools, electronic mind mapping, and introductory artificial-intelligence applications in education and research

Academic Identifiers and Research Metrics

Add the following before submitting to universities outside Egypt or to international ranking and promotion committees:

- ORCID
- Google Scholar profile
- Scopus Author ID
- Web of Science ResearcherID
- Total publications, citations, and h-index
- Institutional profile link

References

Available upon request.