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آدرس

گروه تغذیه
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رشته تحصیلی : تغذیه بالینی

وضعیت : متاهل

مرتبہ علمی : استاد تمام

آدرس

1- گروه تغذیه، دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد،

ایران

2- مرکز تحقیقات سندروم متابولیک، دانشکده پزشکی علوم پزشکی

مشهد

3- مرکز بین المللی یونیسکو برای علوم پایه مرتبط با سلامت و تغذیه

انسانی، گروه تغذیه، دانشکده پزشکی، دانشگاه علوم پزشکی مشهد،

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تجربیات حرفه ای

- ۱- پزشک عمومی در دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران در سال ۱۳۷۶-۱۳۷۸
- ۲- متخصص تغذیه کلینیک ویژه بیمارستان قائم (عج) و بخش خصوصی از سال ۱۳۸۶ تاکنون

تجربیات آموزشی

- ۱- مدرس تغذیه دانشجویان پزشکی در دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران. از سال ۱۳۸۴ تا کنون
- ۲- مدرس تغذیه دانشجویان داروسازی در دانشکده داروسازی مشهد، دانشگاه علوم پزشکی مشهد، ایران از سال ۱۳۸۴ تا کنون
- ۳- مدرس تغذیه دانشجویان دندانپزشکی دانشکده دندانپزشکی مشهد، دانشگاه علوم پزشکی مشهد، ایران از سال ۱۳۸۵ تا سال ۱۳۹۳
- ۴- مدرس تغذیه دانشجویان پرستاری و مامایی از سال ۱۳۸۵ تا ۱۳۹۰
- ۵- مدرس تغذیه پیشرفته و تغذیه سلولی و مولکولی دانشجویان ارشد تغذیه دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران از سال ۱۳۸۸ تا کنون
- ۶- مدرس تغذیه سلولی و مولکولی دانشجویان دکترا تغذیه دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران از سال ۱۳۹۰ تا کنون
- ۷- مدرس تغذیه بالینی دانشجویان ارشد و دکترای تغذیه در کلینیک تغذیه بیمارستان قائم از سال ۱۳۸۵ تاکنون

- ۱- برنده جایزه بهترین مقاله دانشجویی در کنگره تغذیه بالینی در مدیریت بیماریها در شهر گلاسکو بریتانیا در سال ۲۰۰۳ که توسط انجمن تغذیه بریتانیا و انجمن رژیم نویسان بریتانیا به صورت مشترک برگزار گردید
- ۲- دریافت ۸۰۰۰ پوند جایزه به دلیل اتمام زودتر از موعد دوره تحصیلی دکترا
- ۳- برگزیده چندین Travel grant در کنگره های بین المللی همچون کنگره بین المللی چاقی استرالیا در سال ۲۰۰۵ و کنگره انجمن آترواسکلروز اروپا در اسپانیا در سال ۲۰۰۴
- ۴- پژوهشگر برتر ، هفته پژوهش دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران ، در سال های ۸۵، ۸۶، ۸۷، ۸۸، ۸۹، ۹۰، ۹۱، ۹۲، ۹۶
- ۵- محقق برگزیده-رتبه سوم گروه علوم بهداشتی -مدیریت و تغذیه ، چهاردهمین جشنواره تحقیقات علوم پزشکی رازی ، سال ۱۳۸۷
- ۶- برنده ششمین دوره جایزه کتاب فصل ، کتاب تغذیه و عوامل خطر در پاتوژناترواسکلروز ، تابستان ۱۳۸۷
- ۷- سومین پروژه برتر در استان خراسان رضوی، سال ۱۳۸۸
- ۸- مقام استاد ارشد در دانشگاه نانسی فرانسه، سال ۱۳۸۸
- ۹- دریافت IUBMB Award در دوازدهمین کنگره سراسری بیوشیمی ایران و چهارمین کنگره بین المللی بیوشیمی و بیولوژی مولکولی در تاریخ ۱۵ لغایت ۱۸ شهریور ماه ۹۰ در مشهد
- ۱۰- کارمند برتر آموزشی دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران، ۱۳۹۳
- ۱۱- بنیانگذار و رئیس مرکز بین المللی یونسکو برای علوم پایه بهداشت در تغذیه انسان، ایران
- ۱۲- بهترین برگزار کننده کنگره تغذیه: تحقیقات آزمایشگاهی الی مداخلات انسانی، سال ۱۳۹۵ و ۱۳۹۶
- ۱۳- محقق برگزیده-رتبه سوم گروه علوم بهداشتی -مدیریت و تغذیه ، بیست و سومین جشنواره تحقیقاتی علوم پزشکی رازی در سال ۱۳۹۶
- ۱۴- بهترین پروژه تحقیقاتی کاربردی در وزارت بهداشت ، درمان و آموزش پزشکی سال ۱۳۹۶
- ۱۵- بهترین کتاب فصل سال ۱۳۹۶
- ۱۶- بهترین پروژه در استان خراسان در سال ۱۳۹۷

مسئولیت های اجرایی

- ۱- بعهدہ داشتن اولین کنفرانس هیپنوتیزم در ایران همراه با متخصصان این زمینه و عملکرد خواب آور عملی برای شرکت کنندگان. ۲۶/۱۲/۱۹۹۵، مشهد، ایران.
- ۲- کارمند دانشکده علوم پزشکی مشهد به عنوان یک پزشک عمومی، سال ۱۳۷۵-۱۳۷۸
- ۳- عضو پژوهش در پزشکی مولکولی و متابولیک در بیمارستان سوری کانتی، گیلفورد، انگلستان، ۱۳۷۹-
۱۳۸۲
- ۴- استادیار تغذیه بالینی، دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران، ۱۳۸۳-۱۳۸۸
- ۵- مشاور تغذیه بالینی، بیمارستان قائم، دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران، ۱۳۸۳-
۱۳۸۳
- ۶- رئیس پژوهشکده بوعلی و مسئول هماهنگی مراکز تحقیقات دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران از ۱۳۸۴ تا ۱۳۸۷
- ۷- مدیر تأسیس دپارتمان جدید علوم و فناوری دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران،
۱۳۸۶
- ۸- هیئت علمی نیمه وقت مرکز تحقیقات قلب و عروق ۱۳۸۷ تا کنون
- ۹- دانشیار دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران، ۱۳۸۸
- ۱۰- رئیس مرکز آموزشی، فرهنگی و پژوهشی دانشگاهی ایران (ACECR) شعبه خراسان رضوی، از
سال ۱۳۸۹ الی ۱۳۹۲
- ۱۱- دبیر اجرایی دوازدهمین کنگره سراسری بیوشیمی و چهارمین کنگره بین المللی بیوشیمی و بیولوژی مولکولی شهریور ۱۳۹۰ به میزبانی گروه بیوشیمی دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران
- ۱۲- عضو مؤسس مرکز تحقیقات سندرم متابولیک، دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد،
ایران، سال ۱۳۹۰
- ۱۳- رئیس مدرسه پیشرفتهای IUBMB تحت عنوان جنبه های مولکولی سندرم متابولیک، ۱۳۹۱
- ۱۴- عضو هیئت تحریریه چندین مجله، ۱۳۹۴
- ۱۵- استاد تمام دانشکده پزشکی، دانشگاه علوم پزشکی مشهد، مشهد، ایران، ۱۳۹۵

چهار پروژه اصلی تحقیق شامل: مطالعه کوهورت MASHAD (مرحله I و II)، مطالعه ویتامین D استحکام بخشی (اثر بخشی استحکام ویتامین D محصور شده نانو در لینیات بر جنبه های جسمی و روانی سلامت؛ پروتکل برای یک مطالعه سه فاز)، تعیین مرجع رفرنس ها و پروژه های ثبت ملی چاقی ایران (IRNOR).

1- مطالعه کوهورت مشهد، یک مطالعه کوهورت آینده نگر، ۱۰ ساله است، که شامل ۹۷۰۴ مرد و زن ۳۵ تا ۶۵ ساله.

هدف از این مطالعه بررسی تأثیر عوامل خطرزای مختلف ژنتیکی، محیطی، تغذیه ای و روانی-اجتماعی بر بروز حوادث قلبی عروقی در جمع شهری در شرق ایران بود. همه شرکت کنندگان در سال ۲۰۱۰ بطور تصادفی انتخاب شدند و متعاقباً طی ۵-۶ سال بعد پیگیری شدند. در حین پیگیری که از آوریل ۲۰۱۵ تا ماه مه ۲۰۱۶ صورت گرفت، هرگونه اتفاق جدید CVD از شرکت کنندگان توسط متخصص قلب و عروق تأیید شد. با این حال، مرحله دوم این گروه در سال ۲۰۲۰ پیگیری و به پایان رسید.

۲- هدایت یک پروژه بزرگ ملی کودکان و نوجوانان سالم جهت ایجاد یک بانک اطلاعاتی جامع از ارزشهای مرجع آزمایشگاهی برای نشانگرهای زیستی بیماریهای کودکان.

فواصل مرجع مقادیری هستند که به پزشکان کمک می کند نتایج آزمایشگاه بیماران خود را به درستی تفسیر کنند و برای ارائه خدمات درمانی با کیفیت بسیار مهم هستند و بسیار مهم است که در هنگام غربالگری کودک فواصل مرجع دقیق کودکان در دسترس باشد. متأسفانه در حال حاضر اختلال بزرگی در این اطلاعات وجود دارد و تفسیر نتایج آزمایش کودکان غالباً براساس مقادیر نامناسب یا اطلاعات منسوخ است. این باعث می شود تا تشخیص نادرست تشخیص داده شود و منجر به استرس غیرضروری، اضطراب و ماندگاری طولانی مدت در بیمارستان ها شود.

۳- اجرای یک مطالعه سه فاز از جمله تولید ویتامین D محصور شده با نانو، ارزیابی ثبات آن بعد از غنی سازی محصولات لبنی و یک کارآزمایی انسانی با ارزیابی تأثیر محصولات لبنی غنی شده بر سلامت جسمی و روحی شرکت کنندگان.

در مرحله اول ساختار بهینه نانو کپسول را برای استفاده در غنی سازی ویتامین D محصولات لبنی ایجاد شد سپس بعد از افزودن نانو ویتامین D محصور شده به محصولات لبنی، پایداری ویتامین D با کپسول نانو در دماهای مختلف و همچنین خواص ارگانولپتیک این محصولات ارزیابی شد. مرحله سوم این مطالعه به صورت کارآزمایی کنترل شده تصادفی انجام شد که شیر و ماست با نانو کپسولها غنی شدند و در بین بزرگسالان ساکن شهر مشهد توزیع شد.

۴- استفاده از یک روش Delphi اصلاح شده برای دستیابی به توافق ملی در مورد حداقل داده های مجموعه برای این ثبت بیماری های چاقی (ثبت ملی چاقی ایران (IRNOR)).

تکنیک Delphi یک فرایند ارتباطی است که برای ایجاد توافق کلی بین متخصصان در صورت وجود شواهد کافی برای تصمیم گیری محکم در مورد یک هدف مورد استفاده قرار می گیرد. این پروژه با هدف اعتبارسنجی حداقل و حداکثر بانکهای اطلاعاتی برای ایجاد ثبت آنلاین چاقی بر اساس فرآیند دلفی انجام شد. این مطالعه

حاضر شامل پنج مرحله است: (۱) یک بررسی جامع سیستماتیک برای استخراج عنصر داده مورد نیاز از انتشارات بین المللی و شناسایی متغیرهای رجیستری که باید در آن گنجانده شود. (۲) دستیابی به توافق ملی در مورد آیتم های رجیستری از طریق دعوت از کارشناسان برای پنل Delphi و رأی دادن به عناصر اساسی در دو دوره (3. Delphi فرهنگ لغت داده و ایجاد وب سایت؛ ۴) جمع آوری و ضبط اطلاعات بیمار به مدت ۲ سال و در وب سایت IRNOR ثبت شده است) (۵) تجزیه و تحلیل داده ها

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