

Curriculum Vitae

Name: **SAHAR EFTEKHARI (MD-MPH)**

Department of Occupational Medicine

School of Medicine

Tehran University of Medical Sciences

Tel: +98 (21) 66405588

+98 (912) 1115542

E-mail : s_eftekhari@sina.tums.ac.ir

sahareftekhari32@gmail.com

Education:

2012 – 2015: Occupational Medicine Residency, Tehran University of Medical Sciences, Tehran, Iran

2011: Attended the 4st International Summer School "Occupational Health Crossing Borders", Munich International Summer University (MISU), Munich, Germany

2009 – 2011: Master of Public Health, Tehran University of Medical Sciences, Tehran, Iran

1998 – 2006: Doctorate in Medicine, Tehran University of Medical Sciences, Tehran, Iran

1998: Medical School Nationwide Entrance Exam, ranked 172th out of 429137 Participants

Professional Experiences:

2016-present: Assistant professor in occupational medicine at Tehran University of Medical Sciences, Tehran, Iran

2017-present: Vice dean for educational affairs of medical school at "Pardis International Campus", Tehran University of Medical Sciences, Tehran, Iran

2016-2017: Director of occupational medicine affairs at "Vice Chancellor for Health", Tehran University of Medical Sciences, Tehran, Iran

2012 – 2015: Occupational medicine resident at "Baharloo Hospital", Tehran University of Medical Sciences, Tehran, Iran

2012-2014: Committee member of "Guideline Development for Family Physicians" at "Vice Chancellor for Health", Tehran University of Medical Sciences, Tehran, Iran

2007-2012: Physician of "Occupational Medicine Department" at "Shahre Rey Health & Treatment Network", Shahre Rey, Iran

2007-2012: Participated in a plan entitled "Screen and Control of Silicosis in workers of Stone Cutting Enterprises located in Shahre Rey", Shahre Rey, Iran

2009-2010: Researcher at "The Center for Academic and Health Policy (CAHP)", Tehran University of Medical Sciences, Tehran, Iran

2009-2010: Member of "Clinical Governance Committee" at "Shahre Rey Health & Treatment Network", Shahre Rey, Iran

2006-2007: Family physician (P.H.C) at "Kahrizak Urban & Rural Health Care Center" located in a deprived area of Iran

Practical Experiences in Occupational Medicine:

2016-Present: Involved in pre-replacement and periodic medical examination of Locomotive Engineers, Train Drivers and Railway Controllers of "Railway Transportation Company», Tehran, Iran

2015-2018: Involved in 3 consecutive periodic medical examination of 7000 workers of “SAIPA Automobile Assembling Company “in different tasks including Spot welders, Automobile painters, Mechanic engineers, Electronic engineers ..., Teheran, Iran

2015-2016: Involved in pre-replacement and periodic medical examination of 3000 health care workers of “Imam Khomeini Hospital Center”, the teaching hospital complex and biomedical research facility of Tehran University of Medical Sciences, Tehran, Iran

2012-2015: Involved in pre-replacement and periodic medical examination of professional and commercial drivers, Tehran, Iran

Professional Skills:

- Fitness-to-work examinations
- Pre-employment and periodic occupational health evaluation
- Return to work medical evaluation
- Audiometry screening and interpretation
- Spirometry screening and interpretation
- Body Plethysmography and interpretation
- Methacholine Challenge Test and interpretation
- Polysomnography and interpretation
- Maintenance of Wakefulness Test (MWT) and interpretation
- Multiple Sleep Latency Test (MSLT) and interpretation

Honors & awards:

2015: First rank in the nationwide occupational medicine board exam, Iran

2015: Top-ranking resident in occupational medicine, Tehran University of Medical Sciences, Tehran, Iran

2013: Outstanding rank in Master program of Public Health (GPA: 18.53 out of 20)

2011: Awarded a scholarship by DAAD for participation in the 4st Munich Summer School "Occupational Health Crossing Borders".

2007: Considered as a talented student by “National Organization for Development of Exceptional Talents (NODET)”

2006: Medical diploma with G.P.A (Grade-Point Average): 16.56 out of 20.

1998: Outstanding rank in “Medical School Nationwide Entrance Exam “, with the Rank of 172nd among 429137 participants

1998: High School Diploma with GPA of 19.79 out of 20.

Publications and Presentations:

Peer-Reviewed Journal Publications:

1. **Eftekhari S**, Aminian O, Moinfar Z, Schettgen T, Kaifie A et al “Association of plasma PCB levels and HbA1c concentration in Iran” **Journal of Occupational Medicine and Toxicology (BMC)**, 2018, May 31;13:18.
2. Aminian O, Moradi A, **Eftekhari S*** “Assessment of psychosocial factors in office and operational groups of employees of a Regional Electricity Distribution Company in Iran–A case study” **Heliyon**, 2018, Aug 6;4(8):e00714. *corresponding author
3. Sharifian SA, Aminian O, **Eftekhari S**, Mohseni H, Morshed Zadeh SAH “Sickness absenteeism and associated factors among auto plant employees in Tehran, Iran” **International Journal of Occupational Hygiene**, 2018 , Vol 10, No 1
4. Alemohammad ZB, Aminian O, Noorani A, Sadeghniaat-Haghighi K, **Eftekhari S** “Mood and Psychological State in Patients with Obstructive Sleep Apnea (OSA) Referring to Sleep Laboratory” **Journal of Sleep Sciences**, 2017 Vol 2 No 3-4
5. Aminian O , Fegghi L, Sharifian SA, , **Eftekhari S*** “The Relation between Work-Related Psychosocial Factors and Development of Depression among Administrative Staff” **Galore International Journal of Health Sciences and Research** ,2017, Vol.2; Issue: 2 *corresponding author
6. Moinfar Z, Sedaghat M, Abolhassani F, Sharifi V, Moinfar Z , **Eftekhari S** et al "A collaborative care program for management of common mental disorders among diabetic patients in a primary healthcare setting" **J Public Health (Springer)**, 2016, Volume 24, Issue 4, 273–279
7. Sadeghniaat-Haghighi K, **Eftekhari S** et al «Adaptation of clinical practice guidelines for manual titration of CPAP and BPAP in patients with obstructive sleep apnea" **Occupational Medicine Quarterly Journal**, 2016, 8(2),37-50
8. Aminian O , **Eftekhari S*** et al “Assessment of the psychosocial work environment of professional drivers” **J Public Health (Springer)**, 2015, Volume 23, Issue 6, 341–347 *corresponding author
9. Mirzaaghaee F, Moenfar Z, **Eftekhari S** et al "Survey of complaints recorded at three hospitals affiliated to Tehran university of medical sciences and its influencing factors from 2007 to 2008", **Hospital J**, 2011, 10 (1), 19-28
10. _Mirzaaghaee F, Moinfar Z, **Eftekhari S** et al "The amount of knowledge in Iranian female adolescent students about osteoporosis and its risk factors", **Hayat Journal**, 2006, 12 (3), 43-50
11. _Davari-Tanha F, Moinfar Z, Kaveh M, **Eftekhari S** et al «Short Rib Polydactyl Syndrome – Case Report" **Acta Medica Iranica** ,2007, 45 (6), 513-514.
12. _Davari-Tanha F, Aghaee FM, Khezri MK, Far ZM, **Eftekhari S** et al "Large Cyst in the Clitoris and Review of Literature", **Saudi Medical Journal**, 2006, 27 (11), 1764-1765

Books (Translated) and Guidelines:

1. “Clinical guidelines for management of iron deficiency anemia” for family physicians of Tehran University of medical Sciences, 2015
2. Clinical guidelines for colorectal cancer screening” for family physicians of Tehran University of medical Sciences, 2015
3. “Clinical guidelines for management of hypertension and dyslipidemia” for family physicians of Tehran University of medical Sciences, 2014
4. “Clinical guidelines for management of patients with diabetes mellitus 2” for family physicians of Tehran University of medical Sciences, 2012
5. 2010-2011: “Clinical Governance Book”, by John Wright, Peter Hill. 1st published 2003 **Translation** from English to Persian

Poster Presentations

1. "Estimating of Iranian female adolescents' osteoporosis prevention behavior», 3rd IOF Asia-Pacific regional conference on osteoporosis, 2012, Kuala Lumpur, Malaysia
2. "Evaluation of combined effect of equivalent continuous sound pressure level (Leq) and cigarette smoking on hearing impairment in workers of stone cutting industry in Shahre Rey", first conference of occupational medicine and healthy work in petrol industry, 2010, Tehran, Iran
3. "Short Rib Polydactyl Syndrome – Case Report" 2nd Eastern European Conference on Rare Diseases and Orphan Drugs, 2006, Plovdiv, Bulgaria

International Collaborative Research Projects:

"Blood concentration of PCB from different industrial environments: a comparison of samples from Iran and Germany", this project is a collaboration between the Institute of Occupational and Social Medicine, RWTH Aachen University and "Department of Occupational Medicine", Tehran University of Medical Sciences

Computer Skills:

SPSS, Word, Excel, Access, Internet, Power point, Windows

Languages:

- German (Minimum Professional Proficiency) with 600 hours of German language course, and it is ongoing
- English (Full Professional proficiency), IELTS English Language Test score= 6.5
- Persian (Native or bilingual proficiency),
- Azerbaijani (Native or bilingual proficiency),

Research Interests:

- Occupational Medicine
- Occupational psychology
- Occupational Health
- Primary Health Care
- Environmental Toxicology
- Public Health
- Health Policy
- Clinical Governance and Quality improvement
- Epidemiology of diseases
- Health management and economics