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Assistant professor, Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences

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EDUCATION

September 2016- May 2020: PhD in Nutritional Sciences, Faculty of Medicine, Mashhad University of Medical Sciences.

September 2009- September 2016: Medicine, Faculty of Medicine, Mashhad University of Medical Sciences.

ACADEMIC ACTIVITIES

Assistant professor, Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences

Director of Educational Development Office - Faculty of Medicine

Member of the Evaluation committee-MUMS

Member of the Educational Systems Integration Committee - MUMS

Member of the Institutional Self Evaluation committee (Institutional *applying for accreditation*) - Faculty of Medicine

Secretary of the Self Evaluation committee for accreditation of undergraduate medical education program - Faculty of Medicine

Member of the Electronic Learning Committee - Faculty of Medicine

Member of the Educational Research Committee- Faculty of Medicine

Member of the Post-Graduate Education Council- Faculty of Medicine

Member of the Curriculum Revision Committee- Faculty of Medicine

Reviewer of the Journal of Comprehensive Pediatrics

Reviewer of the Journal of Nutrition, Fasting and Health

Reviewer of the International Journal of Pediatrics

Publications

Books

1. Essentials of healthy eating: a comprehensive guide (Persian)
2. A comprehensive guide to parenteral nutrition in children (Persian)
3. Nutritional facts and Temperament of Food Items, Integration of Traditional Iranian Medicine and Modern Nutrition (Persian)
4. Nutritional Management of Children with Obesity in Pediatric Intensive Care Unit (PICU) (Persian)
5. Practical instruction of enteral nutrition in critical care adults (Persian)
6. Enteral nutrition instructions in pediatric intensive care unit (PICU) (Persian)
7. NUTRITIONAL DEFICIENCY & IMPACT ON HEALTH (chapter, English)

Articles

1. Zakerian M¹, **Roudi F**¹, Eslami S, Mojahedi M, Motavasselian M. Relationship between Temperament (Mizaj) and Metabolic Parameters in a Healthy Adult Population: A Cross-sectional Study. Iran. Red. Crescent. Med. J. [Internet]. 2022 Oct. 30 [cited 2022 Nov. 26];24(10). [1= equally first authors]
2. Saghi E, Sezavar M, Safarian M, Khademi G, Naseri M, Hejazi S, **Roudi F***. A Correlation between Nutritional Adequacy and Clinical Outcomes among Critically Children Hospitalized With Covid-19. *Journal of Nutrition, Fasting and Health*, 2022; 10(4): -. doi: 10.22038/jnfh.2022.68601.1408
3. **Roudi F**, Sezavar M, Naseri M, Azadeh F, Khademi G. Nutrition Support among Critically Ill Pediatric Patients: The Current Practice. J. Pediatr. Rev. 2022; 10 (2) :167-174
4. **Roudi F**, Saghi E, Ayoubi SS, Pouryazdanpanah M. Clinical nutrition approach in medical management of COVID-19 hospitalized patients: A narrative review. *Nutrition and Health*. 2022;28(3):357-368.
5. Zakerian M, **Roudi F**, Ramezani M, Salari R, Refahi B, Ramezani M, Hosseini SR. The effects of Persian medicine (PM)-based Maolasal preparation process on thermal treatment indices, antioxidative and antibacterial activities of the honey: an experimental study.
6. Kiani M, Maamouri G, Noori M, **Roudi E**, Jarahi L, Kianifar H, Zakerian M. Evaluating the Awareness of Patients' Rights Based on the Charter of Patients' Rights in Medical Staff of Mashhad University of Medical Sciences in Mashhad, Iran. *Medical Education Bulletin*, 2020; 1(1): 19-31.
7. Kiani M, Maamouri G, Noori M, **Roudi E**, Jarahi L, Kianifar H, Zakerian M. Investigating the Awareness of Patient Rights based on the Patient's Rights Charter among Patients Referring to Teaching Hospitals of Mashhad University of Medical Sciences, Mashhad, Iran. *Medical Education Bulletin*, 2020; 1(1): 41-52.
8. **Roudi F**, Khademi G, Ranjbar G, Pouryazdanpanah M, Pahlavani N, Boskabady A, Sezavar M, Nematy M. The effects of implementation of a stepwise

algorithmic protocol for nutrition care process in gastro-intestinal surgical children in Pediatric Intensive Care Unit (PICU). Clin Nutr ESPEN. 2021 Jun;43:250-258. doi: 10.1016/j.clnesp.2021.04.004. Epub 2021 Apr 22. PMID: 34024524.

9. **Roudi F**, Dehnavi Z, Khademi G. A Practical Approach to the Nutritional Management of Mechanically Ventilated Children: A Review. J. Pediatr. Rev. 2021; 9 (2) :115-126
10. Dehnavi Z, Barghchi H, **Roudi F**, Belghaisi Naseri M , Nourozian Ostad A , et al. On the Relationship Between Non-alcoholic Fatty Liver Disease with Body Composition and Bone Mineral Density in Overweight/Obese Adolescents, Hepat Mon. 2021 21(3): e112184. doi: 10.5812/hepatmon.112184.
11. Zakerian, M., Derakhshan, A., **Roudi, F.**, Motavasselian, M. Efficacy of Manna of Alhagipersarum (Taranjabin) and Portulaca oleracea (Khorfeh) Seed Administration in Nickel-induced Allergic Contact Dermatitis: A Case Report. *Journal of Nutrition, Fasting and Health*, 2021; 9(3): -. doi: 10.22038/jnfh.2021.56063.1326
12. **Roudi F**, Khayyatzadeh S, Ghazizadeh H, Ferns GA, Bahrami-Taghanaki H, Mohammadzadeh M, Ghayour-Mobarhan M. The effects of dietary intakes on the risk of having Irritable Bowel Syndrome (IBS) in adolescent girls: a cross-sectional study Indian Journal of Gastroenterology : Official Journal of the Indian Society of Gastroenterology. 2021 Mar. doi: 10.1007/s12664-020-01126-8.
13. **Roudi F**, Khademi G, Ranjbar G, Rafatpanah H, Esmaily H, Nematy M*. Effects of High-dose Selenium Supplementation on Oxidative Stress and Inflammatory Markers in Critically Ill Children after Gastrointestinal Surgery: A Randomized Clinical Trial. Iranian Journal of Pediatrics. 2020; 30(4); e102118. doi: 10.5812/ijp.102118 (ISI indexed, IF=0.7)
14. Boskabady A, Dehnavi Z, Khademi G, Nematy M, Esmaily H, **Roudi F***. Nutrition Support of the Critically Ill Neonates in Post-Gastrointestinal Surgery State: Adequacy and Barriers. *Iranian Journal of Neonatology IJN*, 2020; 11(4): 57-63. doi: 10.22038/ijn.2020.46286.1782 (ESCI indexed)
15. **Roudi F**, Saeidi M, Zakerian M*. The study of patients' rights awareness based on patients' right charter in Mashhad medical sciences personnel. International Journal of Pediatrics. accepted, unpublished article)(ESCI indexed)
16. **Roudi F**, Zakerian M, Ranjbar G*. The Beneficial Anti-inflammatory and Anti-oxidative Effects of Selenium Supplementation in Critically Ill Post-surgical Pediatric Patients. *Journal of Nutrition, Fasting and Health*. 2020; 8(2): 75-79. doi: 10.22038/jnfh.2019.42549.1213(ISC indexed)
17. **Roudi F**, Sezavar M, Rajabi O, Safarian M, Khademi G, Nematy M, Ranjbar G*. Effects of High-dose Selenium Supplementation on the Oxidative Stress Status and Inflammatory Markers in Critically Ill Pediatric Patients after Gastrointestinal Surgery: A Randomized Clinical Trial Protocol. *Journal of Nutrition, Fasting and Health*. 2020; 8(2): 123-131. doi: 10.22038/jnfh.2020.48170.1261(ISC indexed)
18. Khademi G, Nematy M, Ranjbar G, Pouryazdanpanah M, Rahimi R, **Roudi F***. Clinical Nutrition Approaches to Medical Management of Children with Obesity and Critical Illnesses. J Compr Ped. 2020; 11(1):e92108. doi: 10.5812/compreped.92108. (Scopus indexed)

19. **Roudi F**, Khosravi M, Pahlavani N*. A narrative review of general principles of nutrition status assessment in hospitalized adult patients. *Navid No.* 2019; 21(68): 62-76. doi: 10.22038/nnj.2019.38171.1144 (ISC indexed)
20. Pahlavani N¹, **Roudi F**¹, Zakerian M, Ferns GA, Navashenag JG, Mashkouri A, Ghayour- Mobarhan* M, Rahimi H*. Possible molecular mechanisms of glucose- lowering activities of Momordica charantia (karela) in diabetes. *Journal of Cellular Biochemistry.* 2019 Jul;120(7):10921-9. (ISI indexed, IF=3.4) [1= equally first authors]
21. KHODABAKHSH M, **ROUDI F**, FEYZABADI Z*. The Role of Nutrition in the Treatment of Patients with Menorrhagia from the Perspective of Traditional Persian Medicine and Modern Medicine. *Journal of Isfahan Medical School.* 2019; 36(512): 1675-1683.(Scopus indexed)
22. Sabzevari A, Maamouri G, Kiani MA*, Saeidi M, Kianifar H, Jafari SA, Ahanchian H, Jarahi L, **Roudi E**, Sharafkhani M. Clinical and endoscopic findings of children hospitalized in Qa'em Hospital of Mashhad due to caustic ingestion (2011–2013). *Electronic physician.* 2017 Apr;9(4):4248. (Pubmed indexed)
23. Zakerian M, Kiani MA, Abedi F, **Roudi E**, Saeidi M*. Studying the Items of Morning Reports based on ISO 10015 Standard in Teaching Hospitals of Mashhad University of Medical Sciences, Iran. *International Journal of Pediatrics.* 2017 Aug 1;5(8):5587-95. (ESCI indexed)

Conference Presentations

Oral Presentations:

1. Critical Appraisal of a scientific lecture. 4th International Clinical Nutrition Congress, May 2022.
2. Active learning strategies : A brief review. 4th International Clinical Nutrition Congress, May 2022.
3. Initiation of Intestinal Activity. 4th International Clinical Nutrition Congress, May 2022.
4. Nutrition in the Prevention of Cancer. 4th International Clinical Nutrition Congress, May 2022.
5. Nutritional management of a child with gastrointestinal complications. 4th International Clinical Nutrition Congress, May 2022.
6. The Basics of the Parenteral Nutrition in Pediatric Patients. 17th Children and Adolescent Nutrition Congress, March 2022.
7. Medical Management of Critically Ill Obese Children: Clinical Nutrition Approaches. **Best oral presentation** at the Third International Clinical Nutrition Conference at the Mashhad University of Medical Sciences, February 2020.
8. Soluble fiber intake is inversely associated to irritable bowel syndrome in adolescent girls. The first International Congress of NLRCS, 'Nutrition, from the Laboratory Researches to Clinical Studies' at the Mashhad University of Medical Sciences, September 2017.

Poster Presentations:

1. Nutritional support of critically ill neonates in post-gastrointestinal surgery state: adequacy and barriers. 4th International Clinical Nutrition Congress, May 2022.
2. NUTRITIONAL ADEQUACY INDICES OF CRITICALLY ILL PEDIATRIC PATIENTS DURING POST-OPERATION PERIOD. 2021 ESPEN virtual congress.
3. SERUM SELENIUM STATUS AMONG CRITICALLY ILL SURGICAL PEDIATRIC PATIENTS. 2021 ESPEN virtual congress.
4. Postoperative nutrition support status among critically ill pediatric patients. The 20th Annual Congress of Korean Society for Parenteral and Enteral Nutrition.
5. Nutritional adequacy, challenges and barriers of optimum nutrition support of the critically ill neonates in post-gastrointestinal surgery state. 2020 ESPEN virtual congress.
6. Low selenium serum levels are associated with poor clinical outcomes in critically ill children. 2020 ESPEN virtual congress.
7. High dose selenium effects on oxidative stress and inflammatory markers in post gastrointestinal surgery state: A randomized trial in critically ill children. 2020 ESPEN virtual congress.
8. Nutritional adequacy of children with critical illnesses: where are we now? 2020 ESPEN virtual congress.
9. Development of A Stepwise Algorithmic Protocol for Nutrition Support of critically ill children. Third International Clinical Nutrition Conference at the Mashhad University of Medical Sciences, February 2020.
10. Nutritional Adequacy of Gastrointestinal Surgical PICU Patients: Where Are We Now?. Third International Clinical Nutrition Conference at the Mashhad University of Medical Sciences, February 2020.
11. Possible beneficial effects of selenium supplementation on inflammation and oxidative stress status in critically ill pediatric patients. Third International Clinical Nutrition Conference at the Mashhad University of Medical Sciences, February 2020.
12. Learning the principles of modern nutrition: a necessity in comprehensive and individualized treatment of patients in Iranian medicine clinics. Iranian Conference on Medicine and Decades of Academic Activity: The Past Criticism, the Future Horizon at the Mashhad University of Medical Sciences, January 2019.
13. Bio impedance analysis, Indirect Calorimetry, and Pulse wave velocity: 3 useful equipment for Traditional Persian Medicine clinics. Iranian Conference on Medicine and Decades of Academic Activity: The Past Criticism, the Future Horizon at the Mashhad University of Medical Sciences, January 2019.
14. Nutritional management of obese children in pediatric intensive care unit (PICU). Obesity and Diabetes: From Basic Sciences to Human Interventions at the Mashhad University of Medical Sciences, August 2018.
15. Momordica charantia as an anti-diabetic agent: possible hypoglycemic mechanisms and challenges. Obesity and Diabetes: From Basic Sciences to Human Interventions at the Mashhad University of Medical Sciences, August 2018.
16. Role of CETP inhibitors on HDL-C and cardiovascular outcomes. Obesity and Diabetes: From Basic Sciences to Human Interventions at the Mashhad University of Medical Sciences, August 2018.

Research Projects

1. Study on rate of respecting patient's rights according to Patient Bill of Rights in doctors, nurses and students in training hospitals in Mashhad University of Medical Sciences
2. Investigating the nutritional status and Nutrition support adequacy of children admitted to the pediatric intensive care unit (PICU), a cross sectional study
3. Pharmacokinetic and toxicological evaluation of sodium selenite in the treatment of critically ill children in the acute phase of major stress and severe inflammation: a pilot study
4. Designing a protocol related to enteral nutrition support in the Pediatric Intensive Care Unit (PICU) of Akbar children Hospital
5. Assessing the current status of education environments in medical schools based on the DREEM model
6. Evaluating the relationship of Enteral and parenteral nutrition with incidence of ventilator-associated pneumonia in the pediatric intensive care units
7. Investigating the nutrient dietary intake in Iran and its association with the incidence of cardiovascular disease
8. Prevalence of malnutrition in patients with epidermolysis bullosa referred to the nutrition clinic of Akbar Hospital
9. The effect of educational intervention on the reproductive motives in married women in Mashhad in 2022
10. Investigating the relationship between growth indices and the level of serum inflammatory factors and clinical outcomes in children with covid-19 admitted to the intensive care unit of Akbar Hospital.
11. Comparison of muscle mass of persons with new type 2 diabetes and persons without diabetes
12. Nutritional Assessment in Patients with Leukemia admitted in hematology ward, Ghaem hospital
13. Nutritional Assessment in patients with pressure Ulcer Admitted in Ghaem Hospital
14. Investigating the nutrient dietary intake in Iran and its association with the incidence of cardiovascular disease
15. The Relationship between body composition Index and Sexual Function in Women
16. Evaluation of the acute effect of Traditional Persian Medicine based hot and cold foods on Metabolic Responses and Arterial Stiffness in healthy men
17. Examination of influence of macronutrients composition on metabolic responses and arterial stiffness indexes during postprandial phase in lean and obese adults
18. Evaluation of the effect of high doses of selenium on oxidative stress status and inflammatory factors in post gastrointestinal surgery children in intensive care unit
19. Investigating of hot and cold temperament with Some Lifestyle factors (sleep, feed, activity), anthropometry, calorimetry, and biochemical findings in a population of health volunteers in the Persian cohort
20. Investigating the nutritional status and adequacy of children hospitalized in the intensive care unit
21. The effect of curcumin supplementation on pulse wave velocity in metabolic syndrome patients

22. Study on rate of awareness of patient's rights according to Patient Bill of Rights in Medical Staffs hospitals at Mashhad University of Medical Sciences
23. Study on Rate of Knowledge of patient's Rights and informations about Patient Bill of Rights in Patients Refer to Educational Hospitals in Mashhad University of Medical Science
24. Study on relationship between clinical findings and endoscopic results in children admitted with caustic ingestion from 2011 to 2013 in training, research and treatment Ghaem (A. S.) center