

# Curriculum Vitae

## PERSONAL INFORMATION

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Date of Birth 17/10/1982

Marital status Married

Nationality Egyptian

**E-mail:** zienabeldken@isums.edu.jo

zienabeldken@ yahoo.com

zienabh@mans.edu.eg

### **1- Key experience:**

- Medical physiology teaching for medical student.
- Experimental researches related to physiology of different organs including biopack system for ECG recording for rats, record of muscle contraction for isolated muscles.
- Applications of biopack system in human experiments (nerve conduction study, pulmonary function tests, and biofeed back).

#### **- Skills:**

- **Languages:** Arabic: mother tongue.

English: Proficient in reading, writing and listening.

- **Computer knowledge:**

Competent using software including: Windows NT/98/2000/XP/2003, MS Word, MS Project, MS , PowerPoint, MS Word, MS Project, MS PowerPoint, MS Excel, Macromedia Flash, E-Mail, SPSS and Internet Research.

### **2- Employment history for last 5 years (5 periods):**

- **Assistant professor of medical physiology**

**March 2023**

Department of Basic medical sciences, Ibn Sina University for medical sciences, Amman, Jordan

- **Lecturer of medical physiology:**

**September 2018**

\*Physiology Department, Mansoura Faculty of Medicine

- Teaching Physiology curriculum to 1<sup>st</sup> and 2<sup>nd</sup> year medical students.
- Participate actively on department ongoing research programs.

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\* Faculty of medicine, Delta University (2021- 2023) teaching Physiology curriculum to 1<sup>st</sup> and 2<sup>nd</sup> year medical students.

\*Faculty of dentistry, Delta University (2021-2022).

\*Faculty of nursing, Mansoura university (2018- 2020) teaching Physiology curriculum to 1<sup>st</sup> year students.

\*Faculty of nursing, Diploma specialty in nursing program, Mansoura university (2019- 2020).

\*Lecture of medical physiology for Medical Health Institute Students, Ministry of health, Egypt (2019- 2021).

\* Assistant professor of medical physiology at Faculty of Applied Health Science Technology, Delta University for Science and Technology (2022-2023).

\*Tutor in Mansoura-Manchester Program for Medical Education teaching first and second year students (2018- 2023).

- **Assistant lecturer:** **Nov 2011 to Present**

Physiology Department, Mansoura Faculty of Medicine

- Teaching Physiology curriculum to 1<sup>st</sup> and 2<sup>nd</sup> year medical students
- Participate actively on department ongoing research programs

- **Demonstrator:** **June 2007 to Nov 2011**

Physiology Department, Mansoura Faculty of Medicine

- **General Practitioner:** **April 2007 to June 2007**

Ministry of Health, Gharbia Governorate

- Prescribed and administered treatment, therapy, medication, vaccination, and other general medical care to treat and prevent illness, disease, and injury
- Advised patients and community concerning diet, activity, hygiene, and disease prevention
- Referred patient to medical specialist and other practitioner when necessary

- **Medical House Officer:** **March 2006 to March 2007**

Mansoura University Hospitals

- Completed successfully rounding between the following departments: Emergency, Anesthesia, Internal Medicine, Surgery, Gyn&Ob., Dermatology, and Pediatric

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- Provided clinical care encompassing both acute and chronic medical conditions and injuries, admissions, discharge summaries, and managing the hypertension clinic
- Performed tests and treatments on both pediatric and adult patients including suturing, splinting, and gynecological and dermatology examinations.

## 3- Education:

### **PhD, physiology**

**September 2018**

Mansoura University, Faculty of Medicine

### **MSc, Physiology**

**November 2011**

Mansoura University, Faculty of Medicine

### **M.B.B.Ch, Medicine**

**November 2005**

Mansoura University, Faculty of Medicine - Excellent with Honor degree.

### **Certificate, Statistics & Research methodology**

**December 2007**

Mansoura University Scientific Center - Course work includes an introduction to Statistics and Research with emphasis on their Medical application. Also, the use of Computers and SPSS in medically oriented research projects.

## 4- Publications in Scientific research:

- 1- *A.-A. M. Hussein, Z. H. El-Dken, N. Barakat, H. Abol-Enein (2012). Renal ischemia/reperfusion injury: possible role of aquaporins <https://doi.org/10.1111/j.1748-1716.2011.02372.x>Citations: 21 ,Acta Physiol 2012,204, 308–316.*
- 2- *Zienab H. El-dken, Nisreen M. Abo Elmaaty, Soheir F. El-basiony, Soheir A. Helmi, Emile F. Metias (2018). Biochemical, Hormonal, and Body Weight Changes in Chronic Stressed Young and Middle Aged Sprague Dawely Rats Bull. Egypt. Soc. Physiol. Sci. 38 (2), 245-256.*
- 3- *Mamdouh Eldesoqui , Zienab Helmy Eldken , Sally Abdallah Mostafa , Rasha Hamed Al-Serwi , Mohamed El-Sherbiny , Nehal Elsherbiny , Zuhair M. Mohammedsaleh and Noha Hammad Sakr (2022). Exercise Augments the Effect of SGLT2 Inhibitor Dapagliflozin on Experimentally Induced Diabetic Cardiomyopathy, Possible Underlying Mechanisms. Metabolites 2022, 12, 635. <https://doi.org/10.3390/metabo12070635>*

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- 4- *Abdel Ghaffar D.M., Eldken Z.H., Sultan, M.S., Khalil, R.M., Sakr, N.H., Eissa, H., Safwat, S.M. (2024)*. Insights on Protective Effect of Platelet Rich Plasma and Tadalafil on Testicular Ischemia/Reperfusion Injury in Rats Exposed to Testicular Torsion/Detorsion. *Cell Physiol Biochem*. 2024 Jan 16; 58(1):14-32. doi: 10.33594/000000680. PMID: 38232236.
- 5- *Shorouk E. M. Elmorshdy, Gehan A. Shaker, Zienab Helmy Eldken, Mahmoud A. Salem, Amira Awadalla, Hany M. Abdel Shakour, Mohammed E.E. Sarhan, Abdelaziz M. Hussein (2023)*. Impact of Cerium Oxide Nanoparticles on Metabolic, Apoptotic, Autophagic and Antioxidant Changes in Doxorubicin-Induced Cardiomyopathy: Possible Underlying Mechanisms. *Reports of Biochemistry and Molecular Biology journal* accepted August 2023.
- 6- *Zienab Helmy Eldken, Sally Mohamed Safwat , Noha Hammad Sakr, Eman Mohamed El Nashar, Hanan Eissa , Sherihan I.Gouda , Alshehri Hanan Hassan, Mohammed Hassan Alshehri , Norah Saeed Al-Zahrani and Dalia M. Abdel Ghaffar (2023)*. The possible effects of the aqueous extract of Stevia Rebaudiana on autophagic clearance and sympathetic nerve density in pancreatic  $\beta$  cells of type 2 diabetic rats. *Journal of Functional Foods*, Volume 110, 2023, 105822,ISSN 1756-4646, <https://doi.org/10.1016/j.jff.2023.105822>.
- 7- *Badran D, El-Agroudy AE, Kassab AA, El-Bayoumi KS, Eldken ZH, Elswaidy NRM (2024)*. Impact of peripheral blood mononuclear cells preconditioned by activated platelet supernatant in managing gastric mucosal damage induced by zinc oxide nanoparticles in rats. *Anat Cell Biol*. 2024 Jan 15. doi: 10.5115/acb.23.217. Epub ahead of print. PMID: 38221786.
- 8- *Azza M. El-Wakf, Mamdouh R. El-Sawi, Hadeer M. El-Nigomy and Zienab H. Eldken*. Fennel seeds extract prevents fructose-induced cardiac dysfunction via targeting abdominal obesity, hyperuricemia and NF- $\kappa$  $\beta$  inflammatory pathway in a rat model of metabolic syndrome (in press).

## 5- ORCID

Orchid number: <https://orcid.org/0000-0002-9942-3489>

## 6- Conferences Attendance

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9<sup>th</sup> annual medical physiology department conference (14<sup>th</sup> to 16<sup>th</sup> September 2022); update in neuroscience brain stimulation from bench to bedside.

physician scientist summit, Faculty of medicine, Aqaba University 4/5/2023.

The 8<sup>th</sup> Annual scientific Conference of Medical Physiology Department (2017), Mansoura University, Egypt. Updates in neuroscience: From Bench to Bed Side

Advances in Adiposity and Neurocognition (2015), Faculty of medicine, Alexandria university.

## ***Workshops:***

- Experimental stereotaxis and electrophysiological recording (16<sup>th</sup> September 2022).
- Nerve conduction study in isolated sciatic nerve using Power Lab system (16<sup>th</sup> September 2022).
- Research uses of biopack system 14<sup>th</sup> October 2020.
- Stereotaxic surgery in rodents by Dr. Robert Deacon 24<sup>th</sup>: 27<sup>th</sup> February 2019.

## **Webinars:**

Deep Brain Stimulation and Optogenetics in Neuroscience Research (24<sup>th</sup> September 2021).

## **7- Training courses**

- Communication skills in different educational styles.
- Financial and legal aspects of university business.
- Ethics of scientific research.
- Strategic Planning.
- Scientific Publication.
- Credit Hours System.
- Time and Meeting Management.
- Quality standards in the teaching process.
- Strategic Planning, Conference Organization.
- How to write scientific paper.

## **8- References:**

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**Prof .Dr. Soheir Mohamed Abas Helmi**, Professor of Physiology, Faculty of Medicine-  
Mansoura University.

**Prof. Dr. Atef Abdelazim Mansour**, Professor of Medical Physiology, Faculty of Medicine,  
Mansoura University.