

NERMEEN KAREEM BLEEDY

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Occupation : Assistant professor
Work place : Faculty of Applied Medical
Sciences Jerash University

Marital Status: Married

Nationality : Egyptian

Summary

Dynamic assistant professor in physiotherapy with over two years of experience in academia, dedicated to enhancing student learning and fostering innovative teaching methods. Proficient in collaborative teamwork, creative problem-solving, and effective public speaking. Committed to nurturing an engaging educational environment that promotes critical thinking and project management skills. Passionate about developing future physiotherapy professionals and contributing to the advancement of the field through education and mentorship. Seeking opportunities to further enrich knowledge and skills while positively impacting students and colleagues alike.

Qualified with extensive background in advanced management processes. Utilises superior communication skills to build meaningful, trusting relationships that exceed client demands. Highly skilled project manager with outstanding team leadership abilities to meet targets consistently.

Education:

Doctorate Degree of physical therapy, Cairo University

Degree : Very Good

Year 2020

Title "Effect of Foot Reflexology on Perimenopausal Mild Hypertension"

Hospital administration diploma, El Fayoum

University

Degree : Excellent with honor

Year 2020

Master Degree of physical therapy, Cairo University

Degree : Good

Year 2015

Title "Awareness about effect of physical therapy modalities on postmenopausal women"

Bachelor Degree of physical therapy, Misr for Science and Technology
(MUST) University

Degree : Very Good with honor
Year 2007

Personal skills:

Good listener and learner

Communicate and interact well with groups and on an individual level

Intend to achieve a high standard level in any work I undertake

Well organized with good and positive approach to problem solving.

Teamwork.

Time management.

Leadership skills:

I have experience leading as I was team leader in different project in faculty of physical therapy

Language:

Arabic : Native Speaker

English : Very Good written & spoken

Computer Skills:

- Microsoft Office (Word, Excel, Power Point)
- Excellent presentation skills
- Excellent internet searching and scientific writing

Working experiences:

- **Head of physical therapy department, Jerash University**

July 2023

Responsible for providing leadership, strategic direction, and administrative oversight to the physical therapy department. This role involves managing academic, clinical, and research activities, ensuring high standards of education and patient care, and fostering collaboration among staff and students to advance the field of physical therapy

- **Head of physical therapy and Medical laboratories department ,
Jerash University**

July 2022 - October 2024

Responsible for providing strategic leadership, administrative oversight, and academic excellence for both the Physical Therapy and Medical Laboratories departments. This role involves managing educational programs, clinical services, research initiatives, and operational functions to ensure high standards of teaching, patient care, and laboratory services. The incumbent will foster a collaborative and innovative environment that advances the institution's mission and enhances the quality of education and healthcare services.

- **Assistant Professor of physical therapy, Faculty of Applied Medical Sciences, Jerash University**

September 2022

Engaged in the role of Assistant Professor for Physiotherapy at Jerash University, contributing to the education and training of future physiotherapists. This position involves developing and delivering lectures, conducting research, and mentoring students to foster their academic growth. Collaboration with colleagues enhances the curriculum and promotes innovative teaching methods. The focus remains on preparing students for practical application in their future careers.

- **Head of physical therapy department, Golden Health Care Center**

June 2018 - July 2022

Responsible for overseeing all aspects of the hospital's physical therapy services. This includes providing leadership in clinical operations, staff management, patient care, and strategic planning. The role ensures the delivery of high-quality, evidence-based care to patients, fosters professional development among staff, and advances the department's goals in alignment with the hospital's mission and vision.

- **Working at ministry of Health and population, ministry of Health and population**

June 2009 - 2022

- Promoted awareness of mental health issues and supported the implementation of wellbeing programmed.
- Engaged with industry groups to share best practices and stay informed on emerging health and safety issues.
- Reviewed and updated health and safety procedures to reflect changes in legislation and best practices.
- Developed and implemented comprehensive health and safety policies in line with current legislation.

Teaching Experience

- Teaching kinesiology and biomechanics theoretical and practical courses, October 2022 – 2023.
- Teaching Manual therapy theoretical and practical courses, August 2022 – 2024.
- Teaching therapeutics exercises theoretical and practical courses, October 2022 – 2024.
- Teaching musculoskeletal evaluation theoretical and practical courses, October 2022 – 2024.
- Teaching Radiology and practical courses, October 2022 – 2024.
- Teaching women health theoretical and practical courses, October 2022 – 2024.
- Teaching Aqua therapy theoretical and practical courses, 2020 - 2022.

Conferences

- International conference on obesity and clinical nutrition, National Research Center, Cairo 2015.
- Fifth Annual International Middle East Conference for clinical nutrition, Intercontinental hotel, Cairo 2016.
- Eighteenth International Scientific Conference Faculty of Physical Therapy, Cairo University, Conrad hotel, 2017.
- Conference of the Egyptian Society for Nutrition and Health Counseling, Alex. 2018.
- 21st International Congress of Physiotherapy, Grand Nile Tower, Cairo, 2022.
- The first scientific day of the College of Applied Medical Sciences, Jerash University, 2023.
- Attended The Eleventh Conference on Scientific Research in Jordan, 2023.

Courses:

- **Aquatic therapy workshop, Golden Academy, 2020**
- **Dry needling course, AIMS academy, 2022**
- **New Horizon physiotherapy Management of spinal Deformities & obesity sequelae, 2021.**
- **Physiotherapy Management of Spinal Cord Injuries , ISCOS (The International Spinal Cord Society) 2022**
- **Orthopedic Manual Therapy Course ,2021**
- **P5H course for managing learning tools and resources and interactive teaching, Jerash University 2023**
- **Course on managing electronic tests and building question banks, Jerash University 2022**
- **Workshop on how to prepare the course file and the promotion file, Jerash University 2022**
- **Aesthetic Medicine & Laser 2017**
- **Osteopathic Technique for Back pain & viscera 2018**
- **Diagnostic radiology course (X-Ray , CT,MRI), faculty of medicine, Cairo University 2015**
- **Attended acupuncture course, faculty of medicine, Cairo University 2014**
- **Attended a nutritional course, the National research center 2014**
- **TOFEL Course, 2011**

Publication

- **Low-level laser therapy effect on vertebral artery blood flow in elderly with cervical disc degeneration. A randomized controlled trial., Fizjoterapia Polska, 2024. Shymaa Yussuf Abo-zaid, Nermeen Bleedy, Abdelrazak A Ahmed, Mahmoud S Asal, Amany M Abbas**
- **Using 3Dimensional Teaching in Biomechanics for Physiotherapy Education at Ahfad University for Women, Sudan., Journal for ReAttach Therapy and Developmental Diversities, 2024. Hassan Abdelnour, Nermeen Bleedy, Abdulmajeed Almalty, Asrar Elkhair, Maria Ayoub**

- **The prevalence of musculoskeletal disorders and their association with risk factors in auto rickshaw drivers - A survey in Swat city, Foot & Ankle Orthopaedics, 2024 Nermeen Bleedy** Muslim Khan^{1*}, Mshari Alghadier^{2*}, Fowzi Omer Elamin Omer Ahmed Ibrahim Al Kharusi⁴, Nawab Ali⁵, Hassan Abdelnour⁶
- **Prone plank exercises versus electrical stimulation for the treatment of diastasis rectus abdominis in postpartum women, Revista Iberoamericana de Psicologia del Ejercicio y el Deporte, 2024 Fayiz F. Elshamy Doaa S. Darwish*, Nermeen K. Bleedy**, Eman A. Elhosary, Ahmed I. Ebeed, Shaimaa E. Salem
- **Effectiveness of mirror therapy for amputation patients at National Authority of Prosthesis and Orthosis in Sudan., Fizjoterapia Polska, 2023 Nema Bushra, Roula Francis, Hassan Abdelnour, Nermeen Bleedy**
- **Extracorporeal shockwave therapy and placebo control for insomnia within diabetic neuropathy, Revista iberoamericana de psicología del ejercicio y el deporte, 2023. Engi E Sarhan, Nermeen Bleedy**, Sally Mosad Kamar, Nesma EM Barakat, Shaimaa E Salem, Amr Ali Ali Elkhodary
- **Efficacy of Massage and Stretching for Controlling Hamstring Muscle Spasticity in Children with Diplegic Spastic Cerebral Palsy: A Comparative Study, Revista Euroamericana de Ciencias del Deporte, 2024 Abdulmajeed R. Almalty, Ahmed Hussein Mashaal, Mohannad Hawamdeh, Nermeen Bleedy**, Hassan M Abdelnour, Safi Mahmood
- **EFFECT OF HIGH-INTENSITY LASER ON SACROILIAC JOINT PAIN IN ADULT WOMEN, International Journal of Multiphysics, 2024 Eman A. Mohamed 1, Takwa M. Gado², Nermeen Bleedy³, Doaa R Elazab⁴, Hosam Eldeen M Gad⁵, Fayiz F. El-Shamy¹**
- **Effect of foot reflexology on perimenopausal mild hypertension, Fizjoterapia Polska, 2022. Hala M Hanfy, Mohamed A. Awad, Hossam El Dien H Kamel, Nermeen K Eid**