

CURRICULUM VITAE



Personal Data

Name : Engy Mohamed Ibrahim El Nahas
Age : 29/11/1978
Marital state : Married
Nationality : Egyptian
Foreign Language : English
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Educational Experience:

- **High school:** St. Fatima language school.
- **B.Sc.** Degree of Physical Therapy – Faculty of Physical Therapy - Cairo University, 2000.
- **M.Sc.** Degree of Physical Therapy – Faculty of Physical Therapy - Cairo University, 2007.
- **Ph.D.** Degree of Physical Therapy – Faculty of Physical Therapy - Cairo University, 2012.

Professional Experience:

- Demonstrator in department of P.T for Obstetrics and Gynecology, Faculty of Physical Therapy, Cairo University, from March 2002 till 2007.

- Assistant lecturer in department of P.T for Obstetrics and Gynecology, Faculty of Physical Therapy, Cairo University, from October 2007 till 2012.
- Lecturer in department of P.T for Obstetrics and Gynecology, Faculty of Physical Therapy, Cairo University, from October 2012 till March 2018.
- Assistant professor in department of P.T for Women’s Health, Faculty of Physical Therapy, Cairo University, from April 2018 till August 2018.
- Member in faculty quality assurance and accreditation unit, Cairo University, from July 2012 till November 2015.
- Director of the international relations office of faculty of Physical Therapy, Cairo University, from January 2016 till August 2018.
- Assistant professor and acting head of the department of Physical Therapy for Women’s Health and children, Faculty of Physical Therapy, Heliopolis University, 2018 -2019.
- Director of quality assurance and accreditation unit, Faculty of Physical Therapy, Heliopolis University 2018-2019.
- Acting vice Dean for Education and students Affairs, Faculty of Physical Therapy, Heliopolis University 2019-2020/ 2020-2021.

Conferences and Continuing Education attended:

Conferences:

25-26 th April 2013	The 14th international scientific conference, Faculty of physical therapy, Cairo university, under title of: physical therapy the future of treatment.
17-19 th December 2013	The 11th annual congress of medical sciences “Medical research between theory & applications: challenges and innovations”
6-7 th March 2014	The 15th international scientific conference, Faculty of physical therapy, Cairo university, under title of “manual therapy & technology in physical therapy”
17-18 th December 2014	The 12th annual congress of medical sciences “Medical breakthrough technologies towards a healthy

	community”
5-6 th March 2015	The 16th international scientific conference, Faculty of physical therapy, Cairo university, under title of “ No More Disability ”
12 th March 2015	The 1st annual international conference of obesity & nutrition under title of (updates in obesity from causes to management)
9-11 th April 2015	The 10th annual meeting of the Mediterranean society of pelvic floor disorders
11-12 th June 2015	The 11th national conference of human performance in health & disability. fitness and rehabilitation unit, Kasr Al –Ainy
24-25 th October 2015	The 1st international conference for scientific research and its practical applications in physical therapy
10-11 th March 2016	The 17th international scientific conference, Faculty of physical therapy, Cairo university, under title of “ Empowering Disability ”
23-24 th March 2016	The 2nd international conference of the Arab society of therapeutic nutrition and complementary medicine, integrated approach to obesity management and aesthetic medicine.
31 st March, 1 st April, 2016	Women's health and nutrition, Alexandria regional center for women's health and development
21-22 nd April 2016	The 11th annual meeting of the Mediterranean society of pelvic floor disorders(MSPFD) and Egyptian society of colon and rectum
19-20 th May 2016	The 8th international scientific conference of alternative treatment (scientific view of obesity

	management)
23 rd February 2017	The 1st international conference for Deraya University, Faculty of physical therapy entitled “Updating weight control”
16- 17 th March 2017	The 18th international scientific conference, Faculty of physical therapy, Cairo university, under title of “ Innovative physical therapy and rehabilitation ”
16 th March 2017	The 6th annual conference of Egyptian Arabic Society for Health and Therapeutic Nutrition “ Nutrition and mental health”
6 th April 2017	The 4th international conference for the Arab Society of therapeutic nutrition and complementary medicine under the title of “Spots on vitamin D hormone and human health”
3 rd October 2018	The 2nd international scientific conference about performance and sports nutrition (ECU)
6 th -7 th April 2019	The 20th international scientific conference, Faculty of physical therapy, Cairo university, under title of “Physical Therapy from disability to life ”
14 th -15 th April 2019	International conference of Traditional Chinese medicine and functional medicine.

Activities:

Training Courses and Workshops:

- Training Seminar on "Writing Scientific Research" (1/10/2012).
- Training seminar on "Mind Management" (16/10/2012).

- Training course in "statistical analysis in the medical field using statistical program SPSS" (1/12/2013).
- Training course in "Quality Culture" (11/5/2014).
- Work shop “Pelvic floor dysfunction assessment and treatment demonstrated” by: Dr. Anitta Schilling on 4/3/2009.
- Work shop “Course specification”, demonstrated by: Prof. Dr. Saed Sallam on 2/10/2011.
- Work shop “Your future in Science: Writing and Publishing a Scientific paper” on 23/4/2013.
- Workshop “Reference management” on 16/4/2015.
- Workshop “Hirschsprung’s disease” of the MSPFD on 26/2/2015.
- Workshop “Rectal prolapse” of the MSPFD on 26/11/2015.
- Workshop “Systematic review” on 28/11/2015.
- Workshop “Introduction to kinesio taping in women’s health” on 9/3/2016.
- Seminar on “Lively Learning” Methods and Techniques for Effective Teaching on 28th & 30th of April 2019 by **Prof. Dr. Ulrich Muller at Heliopolis University.**

Attended Quality Assurance Work Shops:

- Workshop on "Credibility and Ethics" (6/3/2013).
- Workshop on "Strategic Plan of the Educational Foundation" (13/3/2013).
- Workshop on "Financial resources and facilities in support of the educational process" (15/3/2013).
- Workshop on "Organizational Structure and Administrative System" (18/3/2013)
- Workshop on "Students, graduates, education and learning" (25/3/2013).
- Workshop on "Scientific Research and Graduate Studies" (27/3/2013).

- Workshop on "Course Report and Program" (27/11/2013).
- Workshop on "Design and Evaluation of a Study Program" (2/12/2013).
- Workshop on "Preparation of an electronic course"(3/12/2013).
- Workshop on "Academic Advising" (9/12/2013).
- Workshop on "Question banks and fundamentals of classical and advanced measurement" (13/12/2013).
- Workshop on “ Strategic planning of higher education colleges and institutes” (20-21/ 1/2019)
- Workshop on “Teaching and learning strategies of higher education colleges and institutes” (11-12/ 3/2019)
- Workshop on “Exam systems and student assessment of higher education colleges and institutes” (18-19/ 3/2019)
- Workshop on “External review for higher education institutes” (10-12/ 1/2021)
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Faculty and Leadership Development Center:

- From 21st to 23rd of August 2006, Effective management of meetings course.
- From 28th to 31st of August 2006, Effective teaching course.
- From 11th to 13th of September 2006, Critical thinking skills course.
- From 18th to 20th of September 2006, Scientific writing and international publication course.
- From 12th to 14th of January 2009, Ethics of scientific research course.
- From 18th to 20th of May 2009, Communication skills in different teaching ways course.
- From 17th to 19th of May 2010, Strategic planning course.
- From 19th to 21st of December 2011, the credit hour systems course.
- From 2nd to 4th of January 2012, E-Learning course.
- From 14th to 16th May 2012, financial aspects and university legal.
- From 1st -3rd of April 2013, Conference Organization.
- From 5th and 6th of August 2013, Quality standard in teaching.
- From 9th and 10th of September 2013, Managing research teams.

- From 10th and 11th of March, Use of technology in teaching.
- From 21st and 22nd of May 2014. Exams and students evaluation systems.
- From 7th and 8th of September 2015, Creative thinking.
- From 15th and 16th of August 2018, University management.

Publication:

Title	Journal title/ volume/number year of publication
Effect of Aerobic Exercise on Depression and Insomnia in Post Menopausal Women.	British Journal Of Applied Science and Technology 2013 - Volume 3 [Issue 3 (July-September)]
Post natal rehabilitation of pelvic floor muscles utilizing aerobic and kegel exercises	Bulletin of Faculty of Physical Therapy, Cairo University, 22 (2):67-73, 2017.
Impact of different exercise modality on insulin resistance during pregnancy	The 1 st international conference for scientific research and its practical applications in physical therapy ‘’ Steps toward disability free society’’ 2015
Effect of kinesio taping therapy combined with breathing exercises on childbirth duration and labor pain: a randomized controlled trial	Bulletin of Faculty of Physical Therapy, Cairo University, 21 (1): 23-31, 2016.
Bone mineral density and body composition according to menstrual status in female gymnasts	Biomedical research journal (2017)
Impact of aerobic exercises on iron deficiency anemia in girls	International Journal of

	Physiotherapy and Research, 5 (5): 2399-2404, 2017.
Impact of high intensity interval versus moderate intensity continuous training on modulating cardiovascular disease risk factors in postmenopausal women	International Journal of Physiotherapy and Research, 5 (5): 2405-2419, 2017.
Impact of resistive exercise versus aerobic exercise on bone mineral density in postmenopausal women	Journal of Clinical and Analytical Medicine (volume 8, 2017)