

## NESSRIEN AFIFY ABED ELRASHID AFIFY

### Personal Information:

Date of Birth: 5/1982

Place of Birth: EYGPT

Marital Status: Married

Nationality : Egyptian

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### Education:

Year	Degree	Department, Faculty, and University	Grade
2003	Bachelor Degree in Physical Therapy	Department of SURGERY Physical Therapy, Faculty of Physical Therapy, Cairo University	VERY GOOD with Honor
2009	Master degree (MSc) in physical therapy FOR SURGERY	Department of SURGERY Physical Therapy, Faculty of Physical Therapy, Cairo University	VERY Good
2013	Doctoral degree (PhD) in physical therapy FOR SURGERY	Department of SURGERY Physical Therapy, Faculty of Physical Therapy, Cairo University	VERY Good
2015	DIPLOM OF LASER MEDICAL APPLICATION	NATIONAL INSTITUTE OF LASER SCIENCs,CAIRO UNIVERSITY	VERY GOOD

### Licensure:

- Egyptian professional license, Practitioner Physical Therapist (2288– 3/8/2003).

### Work Experiences:

From	To	Job	Job description
2006	2009	<b>Demonstrator</b> in the Department of Physical Therapy FOR SURGERY, Faculty of Physical Therapy, Cairo University	Preparing and presenting physical therapy clinical and applied sections.
2009	2013	<b>Assistant lecturer</b> in the Department of Physical Therapy FOR SURGERY, Faculty of Physical Therapy, Cairo University	-Preparing and presenting physical therapy clinical and applied sections. -Evaluating the students practically.
2013	2018	<b>Lecturer</b> in the Department of Physical Therapy FOR SURGERY, Faculty of Physical Therapy, Cairo University	-Preparing and presenting physical therapy lectures for undergraduate students. -Evaluating the students both theoretically and practically.

			-Thesis supervision.
2018	Till now	<b>Assisted Professor</b> in the Department of Physical Therapy FOR SURGERY, Faculty of Physical Therapy, Cairo University	-Preparing and presenting physical therapy lectures for undergraduate and post graduate students. -Evaluating the students both theoretically and practically -Thesis supervision.

### Training Courses & Teaching Skills:

Course Title	Year
<b>Physical Therapy for surgery (PT408)</b> <b>Physical Therapy for skin disorders (PT 414)</b>  تقييم الندبات فيما بعد الجراحة (دبلوم تخصصي) <b>(SUR510)</b> التدريب العلمي لبعض الحالات المختاره بعد الجراحه <b>(SURG 505)</b>	Under-graduate course, 4 <sup>th</sup> year students Faculty of Physical Therapy- Cairo University (Egypt 2013-till now). Post-graduate diploma courses, Faculty of Physical Therapy- Cairo University (Egypt 2018-till now).

### Training Courses and Workshops

- Attendance of Training Courses of Faculty and leadership development Center (FLDC) - Cairo University.
- Attendance of Workshops of Cairo University Center for Quality Assurance of Education (CUCQAE).
- Attendance of Training Workshops at Faculty of Physical Therapy- Cairo University.
- Attendance of Other Training Courses/Workshops.
- Participation in Training Workshops at Faculty of Physical Therapy- Cairo University.

### I- Attendance of Training Courses of Faculty and leadership development Center (FLDC) - Cairo University

N.	Title	Date
1	<b>Law and Financial Sides</b>	
2	<b>New Directions in Teaching</b>	
3	<b>Credit Hours System</b>	
4	<b>Conference Organization</b>	
5	<b>Using Technology in Teaching</b>	
6	<b>Time and Conference Management</b>	
7	<b>Quality Standards in Teaching</b>	
8	<b>Examination Techniques &amp; Student Evaluation.</b>	
9	<b>Research Ethics</b>	
10	<b>International Publication of Scientific Research</b>	
11	<b>Effective Presentation Skills</b>	
12	<b>Creative Thinking</b>	
13	<b>Fundamentals of Clinical Trials</b>	
14	<b>Decision Making and Problem Solving</b>	
15	<b>Effective Teaching Skills</b>	

16	<b>Interactive Electronic Courses</b>	2023
17	<b>Critical Thinking</b>	2023
18	<b>Essentials of Integrated Education</b>	2023
19	<b>Mobile Applications</b>	2023
20	<b>PROBLEM BASED LEARNING</b>	2023
21	<b>Egyptian Knowledge Bank(EKB)AND SEARCHING FOR SOURSES</b>	2023
22	<b>SUSTAINABLE DEVELOPMENT IN UNIVERSITY EDUCATION</b>	2023
23	<b>TOT INTERNATIONAL PROFESSIONAL TRAINER</b>	2015

**II- Attendance of Workshops of Cairo University Center for Quality Assurance of Education (CUCQAE)**

N.	Title	Date
1	<b>University policies: Concept and preparation</b>	7/2014
2	<b>Preparation of the self-study and the annual report of an educational institution according to the new standards</b>	11/2016
3	<b>Academic Guidance</b>	12/2017
4	<b>Quality Management and Development</b>	2/2018
5	<b>Quality Management Systems</b>	12/2021
6	<b>Statistical Analysis</b>	1/2022
7	<b>SPSS – Statistical Program Application</b>	1/2022
8	<b>Preparing an electronic course</b>	12/2022
9	<b>Preparing feedback questionnaires</b>	12/2022

**III- Attendance of Training Workshops at Faculty of Physical Therapy- Cairo University:**

N.	Title	Date
1	<b>The academic guide</b>	6/2012
2	<b>The effective leadership</b>	9/2012
3	<b>The apply for competitive research projects</b>	1/2015
4	<b>How to present scientific paper (DAAD Cairo)</b>	6/2015
5	<b>Credit Hours</b>	4/2018
6	<b>First aids</b>	9/2004

**IV- Participation in Training Workshops at Faculty of Physical Therapy- Cairo University:**

N.	Title	Date
1	<b>PHOTOTHERAPY IN PHYSICAL THERAPY</b>	11/2016
2	<b>DIABITIC FOOT FROM PHYSICAL THERAPY POINT OF VIEW</b>	2022
3	<b>SCAR MANGEMENT</b>	2021/2020
4	<b>LYMPHATIC REHABLITATION</b>	2023
5	<b>WOUND HEALING FROMA TOZ</b>	2023

**Scientific Conferences**

No	Conference Name	Association	Date	Type of Participation
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1	<b>The 12<sup>th</sup> INTERNATIONAL CONFERENCE OF THE EGYPTIAN SOCIETY FOR SURGERY OF THE HAND AND MICROSURGERY"ESSHM"</b>	<b>EGYPTIAN SOCIETY FOR SURGERY OF THE HAND AND MICROSURGERY"ESSHM" IN COLLABORATION WITH THE AMERICAN ASSOCIATION FOR HAND SURGERY"AAHS"</b>	2019	Attendance & participatio
2	<b>The scientific conference of SURGERY Department, Faculty of physical therapy, Cairo University</b>	SURGERY Physical Therapy Department, Faculty of physical therapy, Cairo University	2022	Attendance & participatio
3	<b>The 18<sup>th</sup> international scientific conference of Faculty of physical therapy, Cairo University</b>	Faculty of physical therapy, Cairo University	3/2017	Attendance & participation
4	<b>The 19<sup>th</sup> international scientific conference of Faculty of physical therapy, Cairo University</b>	Faculty of physical therapy, Cairo University	4/2019	Attendance & participation
5	<b>SCIENTIFIC DAY OF SURGERY Department, Faculty of physical therapy, Cairo University</b>	Faculty of physical therapy, Cairo University	2020	Attendance & participation
	<b>SCIENTIFIC DAY OF SURGERY Department, Faculty of physical therapy, AL AHAM ELKANADIA University</b>	<b>Faculty of physical therapy, AL AHAM ELKANADIA University</b>	2022	Attendance & participation
	<b>SCIENTIFIC DAY OF INTERNAL Department, Faculty of physical therapy, MODERN University</b>	<b>Faculty of physical therapy, MODERN University</b>	2023	Attendance & participation

### **Publications:**

<b>N</b>	<b>Title</b>	<b>Year</b>	<b>Journal</b>
1	EFFECT OF EROBIC EXERCISE ON IMMUNE SYSTEM AFTER RENAL TRANSEPLANTATION	<b>2016</b>	MED .J.CAIRO UNIVERSITY
2	PULSED ELECTROMAGNTIC FIELDS VERSUS LASER THERAPY ON ENHANCING RECOVERY OF DIABETIC FOOT ULCER:A SINGLE BLIND RANDOMIZED CONTROLLED	<b>2017</b>	BIOMEDICAL RESEARCH

	TRIAL		
3	EFFECTIVENESS OF MICRO PORE TAPE IN TREATMENT OF HYPER TROPHIC SCAR AFTER WRIST BURN	2017	MED .J.CAIRO UNIVERSITY
4	LOW INTENSITY LASER AND DEPROTEINIZED EXTRACT OF SANGUINE ON LOWER LIMB ERYTHMOUS ULKERATION	2017	.INTERNATIONAL JOURNAL OF PHARM TECH RESEARCH
5	EFFECT OF PULSED ELECTROMAGNTIC FIELD VERSUS LOW LEVEL LASER THERAPY ON COLONY COUNT ON VENOUS ULKERATION	2017	.INTERNATIONAL JOURNAL OF PHYSIOTHERAPY AND RESEARCH
6	THE EFFICACY OF LOW LEVEL LASER THERAPY ON HERPESLESIONS IN CHILDREN	2016	.INTERNATIONAL JOURNAL OF THERAPIES AND REHABLITATION RESEARCH
7	EFFECT OF PULSED ELECTROMAGNTIC FIELD versus pulsed electromagnetic field followed by low level laser therapy on vascular ulcer	2016	THE 7 <sup>th</sup> international scientific conference of physcial therapy-CAIRO UNIVERSITY
8	Effect of low level laser therapy on chronic sinusitis	2016	THE 2 <sup>th</sup> international scientific conference of community services physical therapy-CAIRO UNIVERSITY
9	Effect of erobic exercise on metabolism post burn	2019	MED .J.CAIRO UNIVERSITY
10	SHOCK WAVE VERSUS ASSISTED CLOUSEON STUMP ULKERATION	2019	.MED .J.CAIRO UNIVERSITY
11	EFFECT OF AEROBIC EXERCISES ON NITRIC OXIDE AFTER RENAL TRANSPLANTAION	2018	INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEASE AND DEVELOPMENT
12	Effect of orange polarized light on post burn pediatric scar: a single blind randomized clinical trial	2018	The Journal of Physical Therapy Science
13	Effect of 632 nm He-Ne Laser on Gram-Positive Bacteria in Second-Degree Pediatric Burn: A Prospective Double-Blind Randomized Clinical Trial	2020	Fizjoterapia Polska (Polish journal of physiotherapy) 1 (20): 124-128.
14	EFFECT OF TRANSCUTANEOUS ELECTERICAL NERVE STIMULATION ON PRURITUS IN LICHEN PLANUS PATIENT	2021	THE EGYPTAIN JOURNAL OF HOSPITAL MEDIECN
15	Laser Therapy Versus Electromagnetic Field on Mucosal Membrane Thickening in Children With	2019	Journal of Lasers

	Chronic Rhinosinusitis		in Medical Sciences
16	. Effect of orange polarized light on Metacarpo phalyngeal range of motion in pediatric hand burn: A single blind randomized trial	2019	BIOSCIENCE RESEARCH
17	Additional effect of pulsed electromagnetic fields to laser therapy on management of diabetic foot ulcer: a single blind randomized controlled trial	2019	BIOSCIENCE RESEARCH
18	<i>Transcutaneous Electric Diaphragmatic stimulation versus Pilates Method on Lung Functions Post Bariatric Surgery</i>	2021	<i>The Egyptian Journal of Hospital Medicine</i>
19	CRYOTHERAPY VERSUS CORTICOSTEROID PHONOPHORESIS IN THE TREATMENT OF KELOID SCARS:A RANDOMIZED CLINICAL TRIAL	2023	fizjoterapia polska
20	HELIUM NEON LASER VERSUS GALLIUM ARSENID LASER IN HEALING OF VENOUS ULCERS	2021	TURKISH JOURNSL OF PHYSIOTHERAPY AND REHABILITATION
21	Clinical Efficacy of Phototherapy on Pruritis with Dermatopathic Patients	2023	<i>.The Egyptian Journal of Hospital Medicine</i>
	EFFECT OF AEROBIC EXERCISES IN PREVENTIONOF BONE MASS LOSS POST BARIATRIC SURGERIES	2021	<i>.The Egyptian Journal of Hospital Medicine</i>
	Norhan,M.E.,Marwa,M.A.,Hossam,Z.Y.,&Nessrien,A.A.(2025).Pulsed Electromagntic Field Stimulation Therapy for Charcot Foot Ulcer :A Randomized Controlled Traial. Journal of WOUNDS,2025;(8):323-328.		
	Nessrien,A.A.,Olfat.I.A.,Zizi,M.I.,Mohammed,A.E.,Bodor,b.s.,&Wafaa.M.A(2024).A Double-Blinded Randomized Controlled Trial:Can Pulsed Electromagntic Field Therapy be a Novel Method for Treating Chronic Rhinosinusitis?.Journal of medicina,2024;60,186		

	Shrouk,M.M.E.,Marwa,M.A.,Mohamed,M.R.,Ghada,S.H.,&Nessrien,A.A.(2025).Impact of Lung Booster Exercise on Inspiratory Muscle post Abdominal Surgeries. Journal of Neonatal Surgery,2025;(14):1104-1111		
	M,S.Ezz,N,A.Abd El-Rashed.,T,A.Amer.,&N,M.Yousef.,(2024 ).Effeect of High Frequency Transcutaneous Electrical Nerve Stimulation on Lymphedema.Journal of OPERA MEDICA ET PHYSIOLOGICA.(2024);11(4):111-121		
	Eman,S.M.,Eman,M.O.,Khairy,A.E.,& Nessrien,A.A., (2025).Arthrocentesis Versus Rocabado Exercise on Temporomandibular Disc Displacement Without Reduction. Journal of Neonatal Surgery,2025;ISSN:2226-0439		
	Ola,G.E.S.,Amany,R.M.A.,Doaa,A.H.,&Nessrien,A.A.,(2024). Integrating Physical Therapy into Dermatology practice in Egypt:A narrative REVIEW.The Egyptian <i>Journal of Hospital Medicine</i> . (April 2025)vol.99,p2110-2113		
	Karem,M.M.,Nagwa,I.E.,Lamis,S.M.,&Nessrien,A.A.,(2025).Electrophysiological and Quality-of Life Improvement in Diabetic Neuropathy patients with High Power Laser Therapy: :A narrative REVIEW. The Egyptian <i>Reviews for Medical and Health Sciences</i> . ISSN:3009-7576		

**Skills:**

**Language Skills:** Arabic: Mother language  
English: Foreign 2<sup>nd</sup> language.

**Computer Skills:** Very Good

- Word.
- Power Point.
- Excel.