

ÖZGEÇMİŞ

1. Name and surname: Özlem ŞAHAN

2. Date of birth: 10.06.1984

3. Title: Assistant Professor

4. Education: Ph.D

Degree	Department/Program	University	Year
Undergraduate	Nursing	Selçuk University	2003-2007
Master's Degree	Nursing	Selçuk University Health Sciences Institute	2010-2012
PhD degree	Department of Obstetric and Gynecology Nursing	Hacettepe University Health Sciences Institute	2012-2013
PhD degree	Department of Obstetric and Gynecology Nursing	İstanbul University Health Sciences Institute	2013-2020

5. Academic Title:

Assistant Professor Antalya Bilim University Faculty of Health Sciences 2021.....

Office phone:

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İş Adresi: Antalya Bilim University Faculty of Health Sciences Department of Midwifery
Çıplaklı Neighborhood, Akdeniz Boulevard No:290 A Döşemealtı/Antalya

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Languages: 80 ÜDS

Master's Thesis Title and Thesis Advisor(s): The Frequency of Nausea Vomiting During Early Pregnancy and Effect on Quality of Life, Prof. Dr. Emel EGE

Ph.D. Thesis / S. Proficiency Study / Medical Specialization Thesis Title and Supervisor(s):

Effect of sleep counseling program on sleep and quality of life provided based on IMB to women with sleep problems in postmenopausal period, Prof. Dr. Ümran OSKAY

Tasks:

Tasks	Position	Year
Nursing	Karaman State Hospital (Surgical Service Nurse, Nisaiye Service Nurse, Obstetrics Nurse)	2011-2013
Assistant Professor	Antalya Bilim University Faculty of Health Sciences Department of Midwifery	2021-

6. Managed Master's and PhD Theses

6.1. Managed Master's Theses: -

6.2. Managed Ph.D. Theses: -

7. Articles

7.1. Articles published in international peer-reviewed journals (SCI & SSCI & Arts and Humanities)

7.1.1. Akarsu GD, **Şahan Ö**, Höbek Akarsu R, Yalman E. The Effect of Nutritional Habits on Bone Minerals Density in Women with Postmenopausal Osteoporosis. Progress in Nutrition 2021; Vol. 23, Supplement 2: e2021277 DOI 10.23751/pn.v23iS2.12086

7.1.2. **Şahan Ö**, Akarsu GD, Höbek Akarsu R, Atilla R. Health habits and vitamin supplementation of young female students with a family history of cancer diagnosis. Progress in Nutrition 2021; Vol. 23, Supplement 2: e2021284 DOI 10.23751/pn.v23iS2.12138

7.1.3. Özcan H, Elkoca, A, **Şahan Ö**, Yılmaz S, Erişen B. Health research in vegan women. Progress in Nutrition 2021; Vol. 23, N. 3: e2021296 DOI 10.23751/pn.v23i3.12205

7.2. Articles published in other international peer-reviewed journals

7.2.1. Ozcan H, **Şahan Ö**, Gunay M, Simsek H. Self-care Agency in Pregnancy. Clin Exp Health Sci 2022; 12: 1-6

7.2.2. Akarsu RH, **Şahan Ö**, Demir S, Atilla R, Koçak DY. Healthy Lifestyle Behaviors in Infertile Women and Affecting Factors: Turkey Sample. Med J Obstet Gynecol, 2022;10(2): 1162.

7.2.3. Akbulut Ş, Höbek Akarsu R, **Şahan Ö**. The Relationship Between Nursing Students' Attitudes Towards Distance Education During the Covid-19 Pandemic Process and Their Satisfaction Levels. Journal of Yozgat Bozok University Faculty of Health Sciences, 2022; 3(2): 87-96

7.2.4. Şanlı Y, **Şahan Ö**, Aslan E. Determining the approaches of health professionals about sexual education given to their children: An example of a public hospital. Androl. Bü. 2022;24:20–25 <https://doi.org/10.24898/tandro.2022.88942>

- 7.2.5.** Akbulut Ş, Şahan Ö. COVID-19 Breastfeeding Management in the Early Postpartum Period in the Pandemic. *Gelenbevi Scientific Research Journal* 2022; 2(1): 5– 12
- 7.2.6.** Şahan Ö, Oskay Ü. Sleep Changes and Management in the Postmenopausal Period. *Journal of Health Academics*, 2021; 8(4): 350-359
- 7.2.7.** B Büyükkaplan, RH Akarsu, Ö Şahan, GD Akarsu. The Role of Exercise Practice in the Management of Menopausal Symptoms, *Mediterranean Journal of Sport Sciences*, 2020;3(2):386-394.
- 7.2.8.** E İlkın, Ö Şahan, RH Akarsu, GD Akarsu. Physiological Effects of Exercise in Menopausal Women: A Systematic Review, *Mediterranean Journal of Sport Sciences*, 2020;3(2):373-385,
- 7.2.9.** Şahan Ö, Ege E. The Frequency of Nausea and Vomiting in Early Pregnancy and the Effect of Nausea and Vomiting on Quality of Life. *Journal of Nursing Science*, 2020;3(1):7.
- 7.2.10.** Şahan Ö, Akbulut Ş. The Reflection of Gender Inequality in the World and in Turkey to Women's Health and Sports. *Mediterranean Journal of Sport Sciences*, 2020;3(1):229.

7.3. Abstracts presented at international scientific meetings and published in the proceedings book

- 7.3.1.** Karakaş S, Höbek Akarsu R, Tandoğan Ö, Şahan Ö. The Biggest Disappointment of Infertile Women Sexuality: A Qualitative Study Oral Presentation, 6th International Congress of Health Sciences and Life, 2-5 March 2023, Burdur
- 7.3.2.** Adıbelli D, Şahan Ö. Health and Social Problems of Refugee Women and Children: A Qualitative Case Study. Oral Presentation, 6th International Health Sciences and Life Congress, 2-5 March 2023, Burdur
- 7.3.3.** Erdoğanoğlu Y, Gül S, Şahan Ö, Süzen İ. Does Walking Exercise Training Affect Emotional Status and Fear of Movement in Primary Dysmenorrhea? 6. Exercise and Sports Psychology Congress, Oral Presentation, 11-13 May 2022, Antalya
- 7.3.4.** Tunç R, Şahan Ö. Troubles in Midwifery Education in the Covid 19 Pandemic. 5th International Health Sciences and Innovation Congress. 18-21 December 2021, Antalya

- 7.3.5.** Akbulut Ş. **Şahan Ö.** 5. Deciding the Breastfeeding Process During the Covid 19 Pandemic Process. International Hippocratic Medicine and Health Sciences Congress 18-19 December 2020
- 7.3.6.** Şanlı Y, **Şahan Ö,** Aslan E. Defining The Attitudes Of Medical Personnels About Sexual Education Which They Give To Their Childre, The 9th Athens Congress on Women's Health and Disease 28-30 August 2014, Atina
- 7.3.7.** **Şahan Ö,** Çankaya S, Kodaz ND. Complementary Therapies in Clinical Practice: Effect of ice massage to reduce labor pain. Poster Paper, I. International-5. National Midwifery Student Congress, 24-26 April 2014, Eskişehir.
- 7.3.8.** Çankaya S, Kodaz ND, **Şahan Ö.** The importance of empathetic communication in midwifery practices. Poster Paper, I. International-5. National Midwifery Student Congress, 24-26 April 2014, Eskişehir.
- 7.3.9.** Kodaz ND, **Şahan Ö,** Çankaya S. Sex life in infertile couples. Poster Paper, I. International-5. National Midwifery Student Congress, 24-26 April 2014, Eskişehir.
- 7.3.10.** Özcan H, Oskay Ü, **Şahan Ö.** Tuberculosis in Pregnancy. 1st International and 5th National Midwifery Students Congress, 24-26 April 2014, Eskişehir.
- 7.3.11.** **Şahan Ö,** Bektaş HA. Evaluation of Studies in Our Country Related to Pelvic Floor Injury. 8th Urogynecology Congress 26-29 October 2017, İstanbul.
- 7.3.12.** **Şahan Ö,** Ege E. The frequency of vomiting and nausea in the early pregnancy period. The 18th World Kongres on Controversies in Obstetrics, Gynecology & Infertility (COGI). Vienna, Austria, October 24-27, 2013
- 7.3.13.** **Şahan Ö,** Ege E, Koç G. Examining the reasons for changing family planning methods in women. 3rd National 2nd International Midwifery Congress. 20-23 November 2013. Antalya

7.4. International books or chapters

- 7.4.1.** **Şahan Ö.** Structural Disorders of Reproductive Organs, Nursing Care III, Istanbul University Open Distance Access Faculty Textbook, İstanbul, 2022
- 7.4.2.** **Şahan Ö,** Serhatlioğlu S. Working Women and Parenting, Editor: Şahin E and Yazıcı S. Preparation for Parenthood (For Midwives and Nurses), Nobel Academic Publishing, Ankara, 2022
- 7.4.3.** **Şahan Ö.** Interventions in Labor and Cesarean Delivery, Editor: Rathfisch G. and Akarsu RH. The Miracle of Motherhood Crowned by Pregnancy, Nobel Medical Bookstore, Ankara 2021

7.5. Articles published in national peer-reviewed journals

7.6. Abstracts presented at national scientific meetings and published in the proceedings

7.6.1. Bilen Ö, Kavak B, Atahan Ç, Fidan G. “Knowledge Levels of University Students on First Aid Practices at Selcuk University Karaman Campus” 5. National Nursing Students Congress, Harran University, 20-21 Nisan 2006 ŞANLIURFA

7.6.2. Keskin N, Gedik S, Parlak N, Aksuoğlu A, Saklı F, Aker MN, Kavak B, Demir Ş, Fidan G, **Bilen Ö,** Yıldırım Ş, Özyamaner G, Yalçın H. “Satisfaction Levels of Patients and Staff at Karamanoğlu Mehmetbey Maternity and Children's Nursing Home Hospital” 4. National Nursing Students Congress, Ondokuz Mayıs University Ordu Health High School, 5-6 Mayıs 2005, ORDU

7.7. Other publications:

Organized Symposium and Symposium Speaker

1. Women's Health Awareness Training-1, Menopause Period, April 27, 2023, <https://yobutv.bozok.edu.tr/>
2. Perinatal Care Management in Earthquakes, Pregnancy Care in Earthquakes, 26 May 2023, <https://yobutv.bozok.edu.tr/>

8. Projects

9. Memberships to Scientific and Professional Organizations

- 9.1. Turkish Society of Nurses 2010...
- 9.2. Society of Women's Health Nursing 2013...