

Imam Reza General Hospital Newsletter

Tabriz University of Medical Sciences

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Tabriz University of
Medical Sciences,
Tabriz, Iran



Imam Reza General Hospital,
Tabriz University of Medical
Sciences, Tabriz, Iran

In this issue we read:

An overview of the events of
the center and the international
educational programs

Student Day, Research Week and a Review of the Center's Scientific Activities



• **Mojtaba Mohammadzadeh**
Assistant Professor of Anesthesiology and Intensive
Care Medicine
The head of Imam Reza General Hospital, Tabriz,
Iran and the Scientific Editor of the congress

On the occasion of Student Day, I would like to sincerely congratulate all hardworking, talented, and future-building students across the country, especially our dear students at this center. I hope that with your great efforts and dedication, you continue to take strong steps on the path of knowledge, science, and service to the community.

I also extend my congratulations on the arrival of Research Week to all faculty members, researchers, and those who work tirelessly in the field of science and technology. I deeply appreciate their continuous efforts to enhance the scientific and research level of our hospital.

Fortunately, the research activities of our center have been progressing well, and I am pleased to announce that the official approval for the establishment of the Research Center for Resuscitation and Critical Care has been issued by the honorable Minister of Health and Medical Education. This center has now started its activities, and the license to establish the Artificial Intelligence Research Center has also been granted by the Research Council. This new center will soon be established, and surely, the research activities combined with artificial intelligence will play an important role in advancing modern medical sciences and improving hospital services.



Happy New Year 2026 to our Christian
compatriots. Wishing you a year full of
health and success



Winning first place in the elections of the Tabriz Medical Council by Dr. Seyed Mehdi Haghdoost, a respected faculty member of Imam Reza General Hospital in Tabriz, shows the trust of the medical community in his scientific, professional, and leadership abilities. Without doubt, his selection as the head of the Tabriz Medical Council is an important step toward improving professional standards and protecting the dignity of the medical tradition in Tabriz.



International Gold Medal for the Invention "Payar Slippers for Diabetics"

We proudly congratulate Dr. Sevil Ghaffarzadeh Rad, Assistant Professor of Endocrinology and Metabolism at Imam Reza General Hospital, Tabriz, on her remarkable achievement in medical innovation. Her invention "Payar Slippers for Diabetics" offering a novel approach to diabetic foot care, has been awarded the Gold Medal at the iCAN 2025 International Invention Innovation Competition in Canada.

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Tabriz University of Medical Sciences, Tabriz,
Iran

Visit of Mustaqbal University, Iraq to Imam Reza General Hospital, Tabriz, Iran



On Tuesday, October 21, 2025, the President and Vice Presidents of Mustaqbal University, accompanied by Dr. Mojtaba Mohammadzadeh Lame, Head of the Imam Reza General Hospital, and Prof. Hassan Soleimanpour, Deputy for Education and Research, visited various departments and units of the center.

The main focus of this visit was to review the performance of the first hospital-based Artificial Intelligence Laboratory, where the Iraqi delegation became familiar with the facilities, equipment, and capabilities of this section.

A Review of the Achievements of the Incubator Center of Imam Reza General Hospital, Tabriz

Today, Incubator Centers play a very important role in turning innovative ideas into practical and commercial products. Establishing such centers in hospitals provides a valuable opportunity to connect knowledge, research, and medical technology, and serves as a platform to support creative projects from faculty members, researchers, and students.

It is with great pride that I announce that during the one and a half years since the Incubator Center at Imam Reza General Hospital in Tabriz was established, we have achieved 13 registered patents and 3 developed products. The products created at this center include a prone positioning bed, a intraoral device expander, and a patient identification wristband. Producing knowledge and technology and transferring them from the university to society are among the main goals of this center. We invite all faculty members, students, and hospital staff to contribute their ideas and innovations to further enrich the activities of this center.



• **Hassan Soleimanpour**
Editorial Message
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Professor of Anesthesiology and Critical Care, Subspecialty
in Intensive Care Medicine (ICM), Clinical Fellowship in
EBM, Fellowship in Trauma Critical Care and CPR
Deputy Dean for Education and Research, Imam Reza
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Biomaterial-Based Cell Therapy

• Soudabeh Davaran

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My name is Soudabeh Davaran. I am a full professor of Pharmaceutical Biomaterials at the Faculty of Pharmacy, where I have dedicated my academic and research career to the development of advanced biomaterials for medical applications.

I am honored to introduce our upcoming international training course titled:

“Biomaterial-Based Cell Therapy: From Laboratory to Clinical Translation.»

Cell therapy is emerging as a transformative approach in regenerative medicine, offering promising solutions for conditions that are difficult or impossible to treat using conventional methods. However, despite its immense potential, there are still several critical challenges and limitations that hinder its full clinical implementation. These include:

- * Poor cell retention at the site of injection or implantation
 - * Uncontrolled cell differentiation or distribution
 - * Limited survival and functionality of transplanted cells in hostile or diseased microenvironments
- This is where biomaterials play a game-changing role. In particular, injectable and implantable hydrogels, scaffolds, and smart delivery systems can help overcome these limitations by:
- * Enhancing cell localization and survival
 - * Providing mechanical support and biochemical cues
 - * Mimicking the native extracellular matrix
 - * Enabling controlled release of growth factors and other bioactive agents

In this course, participants will gain in-depth knowledge of:

- * The design and application of biomaterials for supporting and delivering cells
- * Latest formulation techniques, including 3D-bioprinting, hydrogel synthesis, and scaffold fabrication
- * Case studies of successful translational projects in various therapeutic areas

Strategies for scaling up and adapting these technologies for their own research institutes, biotech startups, or clinical centers

Moreover, we will discuss the ongoing paradigm shift in modern medicine from conventional small-molecule therapies to living medicines, such as cell and gene therapies. This shift is not just a scientific evolution; it's a revolution in how we understand and treat disease.

We believe that cell therapy combined with biomaterials is no longer a futuristic idea, nor is it limited to a handful of elite centers. It is a realistic, off-the-shelf approach that can be customized and applied across diverse healthcare systems and countries.

As someone who has worked in the field of biomaterials for medical applications for many years, I am

proud to say that our team's innovations have been internationally recognized.

I have been honored with:

- The UNESCO Gold Medal in Nanotechnology
 - The European Academy of Inventors Medal in recognition of our contributions to drug delivery, tissue engineering, and biomedical nanotechnology.
- We warmly welcome all researchers, clinicians, and innovators to join us in this unique learning journey where science meets solution, and ideas transform into impact.

Functional Urology and Urodynamics

• Sakineh Hajebrahimi

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Target Audience: Urologists and Uro-Gynecologists in Training

Mentors:

Dr Sakineh Hajebrahimi, professor of urology department, Fellowship of functional and female reconstructive urology and Dr. Elham Jahantabi assistant professor of urology department, Fellowship of functional and female at the Tabriz University of Medical Sciences, Tabriz, Iran.

Course Description:

This intensive short course provides a comprehensive introduction to functional urology and urodynamics, designed specifically for urologists and uro-gynecologists in training. The course combines evidence-based theoretical knowledge with practical hands-on training to build a solid foundation in the evaluation and management of lower urinary tract dysfunction.

Participants will gain a thorough understanding of the pathophysiology, clinical presentation, and diagnostic approaches to a range of functional urological disorders, including overactive bladder, urinary incontinence, neurogenic bladder, and voiding dysfunction. Special emphasis will be placed on the role and interpretation of urodynamic testing as a diagnostic tool to guide patient-centered management.

Key Topics Include:

- Principles and indications of urodynamic studies
- Interpretation of uroflowmetry, cystometry, pressure-flow studies, and video urodynamics
- Functional disorders of the lower urinary tract in men, women, and children
- Pelvic floor dysfunction and its urological implications
- Case-based discussions and problem-solving in complex functional cases

Learning Objectives:

- Understand the fundamentals of functional urology and the importance of a multidisciplinary approach
- Acquire technical and interpretive skills in performing and analyzing urodynamic tests
- Integrate clinical and urodynamic findings into diagnostic reasoning and treatment planning
- Apply current guidelines and evidence-based strategies in medical and surgical managing functional urologic conditions

Whether preparing for clinical practice or subspecialty training, this course offers a valuable opportunity to strengthen your expertise in this evolving and critical area of urology.

Stroke Fellowship

• Mehdi Farhoudi

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I am Mehdi Farhoudi, Professor of Neurology at Tabriz University of Medical Sciences, Tabriz, Iran. I received my Stroke Fellowship from the University of Calgary, Canada. I am currently the Head of the ESTO program at the Tabriz University of Medical Sciences, the Vice Chairman of the Iranian Stroke Association, and I also served as a board member of the ESO from 2014 to 2022.

As you know, stroke is a life-threatening disease and the second leading cause of death worldwide, especially in developing countries. Fortunately, it is also a treatable disease through methods such as thrombolysis, thrombectomy, and admission to specialized stroke units. With proper management, nearly 50% of cases can be effectively treated.

Moreover, stroke is largely preventable—about 80 to 90%—by controlling risk factors. Therefore, updating our knowledge and practice about stroke management is essential. The TAP Stroke Program is an important step toward advancing our understanding and improving clinical practice in this field.

Through this course, participants will learn about several essential topics:

- Neurosonology techniques such as transcranial and cervical Doppler, MRI monitoring, and shunt studies.
- Scoring systems including NIHSS and mRS, which are critical in stroke management.
- Thrombolysis for eligible acute ischemic stroke cases, and management of TIA and different stroke subtypes.
- Outpatient care in stroke clinics.
- Secondary stroke prevention, which is crucial after an initial event.

By the end of this course, neurologists will be able to update and apply advanced medical management for stroke patients.

The program has two parts: **(continued on next page)**



(Prof. Farhoudi Cont.)

the Basic/Medical part and the Advanced part. The Basic part lasts 12 months and focuses on medical management including emergency stroke code activation, imaging interpretation, morning reports, and participation in stroke-related research and clinics.

The Advanced part lasts an additional 6 months and focuses on diagnostic digital subtraction angiography (DSA) and thrombectomy procedures.

Overall, the fellowship takes 18 months to complete. The main focus areas are:

1. Accurate diagnosis and management of acute stroke patients.
2. Teamwork and collaboration across disciplines.
3. Proficiency in interpreting neuroimaging studies.
4. Making evidence-based decisions for better patient outcomes.

This program is interdisciplinary.

Our faculty includes:

- **Dr. Elyar Sadeghi**, Associate Professor of Neurology and Interventional Neurology Fellow.
- **Dr. Javad Jalili**, Associate Professor of Radiology and Interventional Radiology Fellow.
- **Dr. Reza Bahrami**, Assistant Professor of Neurosurgery.
- **Dr. MohammadBasir Abolghasem Fakhri**, Associate Professor of General Surgery.

I'd also like to mention that our Stroke Program at Imam Reza General Hospital received the World Stroke Organization Angels Award in both 2022 and 2023, which is a great achievement for our team.

Sleep Medicine



• **Khalil Ansarin**
 Professor of
 Pulmonary Diseases
 Tabriz University of Medical
 Sciences, Tabriz, Iran
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I am Dr. Khalil Ansarin. I specialized in Internal Medicine and sub-specialized in Pulmonology and Sleep Medicine. I am in charge of the Division of Respiratory Critical Care and Sleep Medicine at Tabriz University of Medical Sciences.

I also lead two research centers: the Tuberculosis and Lung Research Center, and the Rahat Breath and Sleep Research Center. Our department manages both critical and non-critical respiratory conditions, as well as sleep disorders. We have extensive facilities, including two large pulmonary function laboratories, bronchoscopy units, and a respiratory therapy unit that supports our critical care and pulmonary medicine services. We also train respiratory therapy technicians in these units.

We offer two types of respiratory therapy training courses. The first is a six-month detailed course providing comprehensive training in respiratory therapy, including respiratory physiology, equipment use, both invasive and non-invasive treatments, and

management of patients with sleep disorders.

The second is a shorter, four-week mini-course that provides an introduction to respiratory therapy and basic training on equipment use. Both courses aim to enable participants to safely handle respiratory therapy devices and manage patients with various respiratory problems.

The main goal is to ensure participants can safely and effectively use respiratory therapy equipment. Training covers proper application, patient safety, and maintenance of the equipment. Proper education is critical because improper use can cause serious harm. We emphasize adequate training before participants start using these devices on patients. For the six-month course, we have seven experts covering different areas of respiratory medicine, along with respiratory therapy technicians who provide hands-on training. For the four-week mini-course, a team of twenty instructors ensures that trainees receive sufficient practical guidance to handle the equipment confidently and safely.

I expect participants to gain confidence in handling respiratory therapy devices, understand their limitations, and be able to use them safely in clinical practice. Patient safety is the most important aspect of respiratory therapy, and this training ensures that participants are competent and reliable.

Many hospitals and even some universities currently allow staff to manage respiratory therapy equipment without formal training. This approach is risky. Properly trained personnel are essential for critical tasks like oxygenation and ventilation. Ensuring staff receive structured, reliable training is key to patient safety and effective care.

Pharmacotherapy



• **Haleh Rezaei**
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 Pharmacy
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 Sciences, Tabriz, Iran
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I'm Haleh Rezaei, Associate Professor of Clinical Pharmacy and a faculty member at the Tabriz University of Medical Sciences. I obtained my Pharm.D. degree in 2006 from the Tabriz University of Medical Sciences, and I completed my Ph.D. in Clinical Pharmacy at Shahid Beheshti University of Medical Sciences, Tehran, in 2012. Since then, I have been an academic member of the Department of Clinical Pharmacy at the Tabriz University of Medical Sciences.

I served as the Head of the Department of Clinical Pharmacy for about four years and currently, I am the Head of the Pharmaceutical Care Unit at Sina Hospital, where I also work as a clinical pharmacist. My main fields of expertise are infectious disease pharmacotherapy, internal medicine, and intensive care unit (ICU) pharmacotherapy.

According to the American College of Clinical Pharmacy (ACCP) definition in 2005, clinical pharmacy is the area of pharmacy concerned with the science and practice of rational medication use. It is a branch

of pharmaceutical sciences in which pharmacists promote the safe, effective, and cost-efficient use of medications.

Clinical pharmacists are practitioners with advanced education and training who provide direct patient care and comprehensive medication management in hospitals. They work closely with physicians, nurses, medical residents, and students, focusing on monitoring pharmacotherapeutic regimens, preventing adverse drug reactions, and educating both healthcare staff and patients—especially at discharge time—on proper medication use.

Medication management is a key concept in clinical pharmacy, involving all stages of drug use, from indication and dosage to monitoring efficacy and safety. In Iran, clinical pharmacy services began in 1991 at Tehran University of Medical Sciences, initiated by pharmacists trained in the United States. The first residency program was established in 1994 at Isfahan University of Medical Sciences. Now, after more than 30 years, there are over 250 clinical pharmacists across the country, most of whom are academic faculty members or hospital-based specialists.

In 2010, clinical pharmacy services were established at Tabriz University of Medical Sciences, starting with an ICU specialist who initiated independent pharmacotherapy rounds alongside medical residents and pharmacy interns.

Later, in 2018, the Clinical Pharmacy Residency Program was launched, and we currently have about 20 residents. Last year, we graduated our first pharmacotherapy specialist from our program.

Currently, our department includes five academic members:

- **Dr. Hadi Hamishehkar**, Professor of Clinical Pharmacy (Head of the Pharmaceutical Care Unit, Imam Reza General Hospital; ICU Specialist)
- **Dr. Taher Entezari**, Associate Professor (Cardiovascular Pharmacotherapy, Head of Department and Pharmaceutical Care Unit, Shahid Madani Heart Center)
- **Dr. Afshin Gharekhani**, Associate Professor (Nephrology and Transplantation, Imam Reza General Hospital)
- **Dr. Elnaz Shaseb**, Assistant Professor (Obstetrics & Gynecology Pharmacotherapy, Alzahra Hospital)
- **Myself**, focusing on infectious diseases, internal medicine, and ICU pharmacotherapy at Sina Hospital.

We are offering a one-month fellowship course in pharmacotherapy following a shadowing model. This program is designed for pharmacists and hospital pharmacists who will be assigned to our professors in various clinical wards to observe and participate in daily clinical activities.

Participants will:

- Attend morning reports and medical rounds with our professors, residents, and students.
- Take part in pharmacotherapy consultations and medication reconciliation processes for patients on multiple drugs.
- Join weekly journal club and case presentations (CPC sessions) to discuss real patient cases and therapeutic interventions.
- Visit patients daily with professors and residents to discuss pharmacotherapeutic issues.

While this course is currently one month long, we plan to expand collaboration in the future — including admitting postgraduate pharmacists to our resi-

(continued on next page)



(Dr. Rezaei Cont.)

dency program.

Our main target participants are pharmacists, especially hospital pharmacists and postgraduate clinical pharmacy professionals interested in advancing their practical knowledge.

As one of the pioneers of clinical pharmacy in the Middle East, our goal is to strengthen education in pharmacotherapy, particularly in ICU, cardiovascular, infectious disease, gynecology, nephrology, and transplantation fields.

Our clinical pharmacists are actively involved in:

- Medical rounds and pharmacotherapy consultations

- Adjusting drug regimens for patients with special conditions (renal failure, liver disease, pregnancy, etc.)
- Preparing clinical practice guidelines and standard treatment protocols
- Therapeutic drug monitoring (TDM) and pharmacokinetic analysis
- Calculating parenteral nutrition and providing nutritional support
- Conducting education and training for physicians, residents, interns, and nurses

Upcoming Medical Webinar entitled “Monitoring and Reporting of COVID-19 at Imam Reza General Hospital, Tabriz, Iran: Lessons Learned and Future Directions” Hosted by Imam Reza General Hospital, Tabriz in collaboration with the World Health Organization

Imam Reza General Hospital, Tabriz, which is a candidate to become a World Health Organization (WHO) collaborating center, will hold an international webinar with WHO on March 4, 2026.

In this webinar, the hospital’s professors will talk about the center’s achievements in the field of COVID-19.

More details, including the full program and the registration link, will be announced soon.

The program is available via the link below:
<https://skyroom.tbzmed.ac.ir/ch/imamreza>

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