

**Name: Ofra Halperin**

**Date: February, 2021**

## **CURRICULUM VITAE**

### **1. Personal Details**

Permanent Home Address: 14, Ginosar St., P.O.Box 105, Giv'at Ela 36570

Office Telephone Number: +972-4-642-3526

Cellular Phone: +972-523216544

Electronic Address: ofrah@yvc.ac.il

### **2. Higher Education**

#### **A. Undergraduate and Graduate Studies**

<b>Period of Study</b>	<b>Name of Institution and Department</b>	<b>Degree</b>	<b>Year of Approval of Degree</b>
1982-1984	Tel-Aviv University, Israel Nursing	B.A.	1984
1989-1991	Tel-Aviv University, Israel Nursing	M.A	1991
2000-2005	Anglia Ruskin University, U.K. Nursing	PhD	2005

#### **B. Post-Doctoral Studies**

<b>Period of Study</b>	<b>Name of Institution, Department and Host</b>	<b>Degree</b>	<b>Year of Completion</b>
2011-2013	Prof. Julie Cwikel Ben-Gurion University of the Negev, Faculty of Humanities and Social Sciences	Post-Doctoral	2013

### **3. Academic Ranks and Tenure in Institutes of Higher Education**

<b>Dates</b>	<b>Name of Institution and Department</b>	<b>Rank/Position</b>
2002-2007	Nursing faculty – Haifa University.	Teaching Associate
2004-2009	Nursing faculty and Health Systems Management – The Max Stern Academic College of Emek Yezreel	Teaching Associate
2009-2012	Nursing faculty and Health Systems Management – The Max Stern Academic College of Emek Yezreel	Lecturer
2013	Nursing faculty and Health Systems Management – The Max Stern Academic College of Emek Yezreel	Senior lecturer
2014 - Present	Nursing faculty and Health Systems Management – The Max Stern Academic College of Emek Yezreel	Senior Lecturer with Tenure
2019-2020	Nursing faculty – The Max Stern Academic College of Emek Yezreel	Academic Adviser
2020	Nursing faculty – The Max Stern Academic College of Emek Yezreel	Head of Department

### **4. Offices in Academic Administration**

<b>Dates</b>	<b>Name of Institution and Department</b>	<b>Rank/Position</b>
2012 - 2015	The steering committee of health promoting college "green and healthy campus," The Max Stern Academic College of Emek Yezreel	Chairman
2013 – 2015**	Teaching Committee, Department of Nursing, The Max Stern Academic College of Emek Yezreel	Chairman

## 5. Scholarly Positions and Activities outside the Institution

Dates	Name of Institution and Department	Rank/Position
2007- 2017	The research committee of Israel Midwives Organization	Chairman
2014 – 2015**	Nurse Education Today	Reviewer
2017**	Midwifery	Reviewer
2018**	BMJ Open	Reviewer
2018**	Journal of Reproductive and Infant Psychology	Reviewer
2019**	Canadian Journal of Nursing Research	Reviewer
2019**	International Journal of Nursing and Health Care Research	Reviewer

## 6. Participation in Scholarly International Conferences

### a. Active Participation

#### Papers Presented at International Conferences

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
2002	The 26 <sup>th</sup> ICM Triennial Conference of Midwives,	Vienna, Austria.	Ante-partum in-hospital bed rest as a treatment policy for high-risk pregnant women in Israel.	lecturer
2008	International Nursing Research Congress.	Jerusalem, Israel.	The Impact of Stressful Childbirth Situations on Midwives.	lecturer
2011	The 29 <sup>th</sup> ICM Triennial Conference of Midwives.	Durban, South Africa.	The Impact of Stressful Childbirth Situations on Midwives.	lecturer
2012	International Nursing	Jerusalem, Israel.	Differences between students and preceptors	lecturer

	Conference.		perceptions on preparation measures and professional performance before and after the internship period.	
*2013	3 <sup>rd</sup> European Transcultural Nursing Association (ETNA) International Conference	Zefat, Israel	Traumatic birth experience - Israeli Arab and Jewish women's perception	lecturer
*2013	3 <sup>rd</sup> European Transcultural Nursing Association (ETNA) International Conference	Zefat, Israel	Delivery Room as an Arena of Intercultural Encounters: The midwife experience.	Poster
*2013	17 <sup>th</sup> Conference of the International Society of Psychosomatic Obstetrics and Gynecology	Berlin, Germany	Traumatic Birth Experience Cross Cultural View by Israeli Jewish and Arab Women.	lecturer
**2014	The 30 <sup>th</sup> ICM Triennial Conference of Midwives.	Prague, Czech Republic	Violence against women	Panel Chairman
**2014	The 30 <sup>th</sup> ICM Triennial Conference of Midwives.	Prague, Czech Republic	The influence of childbirth experiences on women's post-partum traumatic stress symptoms: a comparison between Israeli Jewish and Arab women	lecturer
**2015	The 22 <sup>nd</sup> World Congress on Controversies in Obstetrics, Gynecology & Infertility (COGI)	Budapest, Hungary	Traumatic Birth Experience Cross Cultural View by Israeli Jewish and Arab Women	lecturer
**2016	ICS, International Continence Society	Tokyo, Japan.	Is There An Association Between Striae Gravidum and 3 <sup>rd</sup> & 4 <sup>th</sup> Degree Perineal Tears and OASIS?	ePoster with open presentation.

** 2017	International Conference of Midwifery and Women's Health	London, United Kingdom	The Association Between Striae Gravidum and 3rd & 4th Degree Perineal Tears and OASIS.	lecturer
** 2019	International Conference of Nursing	London, United Kingdom	Perseverance and long-term goals (GRIT) as a predictor of academic success among nursing students	lecturer
**2020	International Conference on Global Health	Washington DC, USA	Women's Perspectives of Childbirth in Kiboga, Uganda	Poster
**2021	Health Enrichment for Nursing Staff in Shanghai, China	Online conference	Midwifery in Israel	Lecture

### **Participation in Scholarly National Conferences**

<b>Date</b>	<b>Name of Conference</b>	<b>Place of Conference</b>	<b>Subject of Lecture/Discussion</b>	<b>Role</b>
1999	National Nursing-Teachers Conference	Jerusalem, Israel.	Different attitudes of practical nurses studying to be registered nurses towards autonomy, patient advocacy and professional development.	Lecturer
2002	The 13 <sup>th</sup> National Nurses Congress	Tel-Aviv, Israel.	Alternative ways to study – pregnancy and birth learning center.	Lecturer
2004	National Health Promotion Congress	Jerusalem, Israel.	Health Promotion Program- Nursing students within their community	Poster
2008	Nursing Research Congress	Tel-Aviv, Israel.	The process of nursing students preparation to lead health promotion programs	Poster

			within their community.	
2008	Nursing Research Congress	Tel-Aviv, Israel.	Midwives coping process with extreme situations	Lecturer
2009	Israeli Medical Quality Association Congress	Tel-Aviv, Israel.	Prediction of Perineal Trauma during Childbirth by Assessment of Striae Gravidarum Score.	Poster
2010	Israeli Midwives Association Congress	Tel-Aviv, Israel.	Prediction of Perineal Trauma during Childbirth by Assessment of Striae Gravidarum Score.	Lecturer
2011	Research fair	The Max Stern Academic College of Emek Yezreel, Israel.	Acceptance data as predictors of academic achievement among nursing students.	Lecturer
**2014	Nursing Research Congress	Tel-Aviv, Israel.	The caregiver as a patient - midwives perspective of their personal childbirth experience	Poster
**2015	Israeli Midwives Association Congress	Naaria, Israel	The influence of childbirth experiences on women's post-partum traumatic stress symptoms: a comparison between Israeli Jewish and Arab women	Lecturer
**2015	Nursing Research Congress	Beer-Sheva, Israel	Traumatic Birth Experience Cross Cultural View by Israeli Jewish and Arab Women	Lecturer
**2016	Nursing Research Congress	Jerusalem, Israel.	The attitudes of nursing students and clinical instructors towards reporting irregular incidents in the medical clinic.	Lecturer
**2017	National conference of professional associations in nursing	Tel-Aviv, Israel.	The association between Striae Gravidarum and 3rd & 4th degree perineal tears and their effect on the quality of the woman's life	Lecturer

**2018	Nursing Research Congress	Hadera, Israel.	Health and welfare of college employees	Poster
**2018	Nursing Research Congress	Hadera, Israel.	Motivation and empathy among nurses in hospitals and community clinics: The mediating role of burnout	Lecturer
**2019	National conference of professional associations in nursing	Beer-Sheva, Israel	Perseverance and long-term goals (GRIT) as a predictor of academic success among nursing students	lecturer

## **8. Research Grants**

### **A. Grants Awarded**

<b>Role in Research</b>	<b>Co-Researchers</b>	<b>Topic</b>	<b>Funded by/ Amount</b>	<b>Year</b>
Co - PI	Dr. Ginosar, Dr. Yuskovitz	OBGYN anesthesia service in Israel: a snapshot.	National Institute of Health Services Research and Health Policy	2011
PI	Dr. Efrat Barel, Dr. Orit Eldar	An examination of the involvement of hormones (cortisol and sex hormones) in gender differences in cognitive functions as a function of age	The Max Stern Academic College of Emek Yezreel	2015**
PI	Dr. Nava Blum Prof. Hana Admi	Health and welfare of college employees	The Max Stern Academic College of Emek Yezreel	2017**

**b. Submission of Research Proposals – Not Funded**

<b>Role in Research</b>	<b>Co-Researchers</b>	<b>Topic</b>	<b>Funded by</b>	<b>Year</b>	<b>Score</b>
PI	Dr. Michal Mashiach	Becoming a nurse: a study of career choice and professional adaptation among nursing students in Israel	The Max Stern Academic College of Emek Yezreel	2011	Not Funded
PI	Dr. Amit Gur, Dr. Dafna Halperin	Perceptions of nursing students the aggressive clinical environment	The Max Stern Academic College of Emek Yezreel	2015**	Not Funded

**10. Teaching**

**a. Courses Taught in Recent Years**

<b>Year</b>	<b>Name of Course</b>	<b>Type of Course Lecture/Seminar/ Workshop/High Learn Course/ Introduction Course (Mandatory)</b>	<b>Degree</b>	<b>Number of Students</b>
2009 - 2015	Ethical issues in women's health	Lecture	B.A.	41
2009 - 2020	Development of personal skills for health promotion and patient care	Workshop	B.A.	26
2009 - 2020	Seminar - Women's health promotion	Seminar	B.A.	26
2009 - present	Seminar in health promotion and chronic disease	Seminar	B.A.	21
2009 - present	Selected aspects of women's health	Lecture and online lesson	B.A.	122
2013	Qualitative Research Methods	Lecture	B.A.	38
2015-2020	Health promotion in multi-cultural society	Lecture	M.A.	19



2016-2021	Case management	Lecture and online lesson	M.A.	19
2018	Continuity in the management of health services	Lecture	M.A.	20
2021	Nursing Leadership Practicum	Seminar	M.A.	20

**b. Supervision of Graduate Students**

Name of Student	Title of Thesis	Degree	Date of Completion /in Progress	Students' achievements	Co-supervisor
Ina Chamishkin	The role of personality, pain and catastrophization in woman's decision to breastfeed and continue to breastfeed for the first three months after childbirth	M.A.	2015	M.A. degree in Nursing	Prof. Michal Granot
Yeudith Neprestac	Femininity, infertility and self-esteem In ultra-Orthodox society	M.A.	2020	M.A. in Gender, Bar-Ilan University	Gili Hartal PhD

**11. Miscellaneous**

In 2018, as part of a Sabbatical, I traveled to Uganda and, together with a researcher at the University of Agha-Kan in Kampala, studied the midwives' coping with stress in the workplace - comparing midwives working in the city with midwives working in the villages. For three months I worked in a rural hospital in Uganda as a midwife/nurse and during this period I interviewed midwives, pregnant women and women after childbirth and later on will publish my findings. I published a book on my experience, and one article was published on JOGNN the second article is on review.

## **12. Professional Experience**

<b>Year</b>	<b>Organization Name</b>	<b>Role</b>
2011- Present	Rape Crisis Center, Haifa and valleys	Assistant and Board member
**2014	Refugee Clinic "Beterem", Tel Aviv	Nurse and health educator
**2014- Present	Delivery room, Poria Hospital ,Tiberias	Midwife
**2018	Israeli medicine on the equator, Kiboga, Uganda	Midwife, nurse and health educator

## **13. Reaserch areas**

1. Womens' health
2. Midwifery
3. PTSD
4. Nursing education
5. Health promotion

## **PUBLICATIONS**

### **A. Ph.D. Dissertation**

Perceived Stressors by High-Risk Pregnant Women on Bed Rest: A Comparison of Hospitalised Versus Home Treatment in Israel and Implications for care(english).2005, 287p., Anglia Ruskin University,U.K. supervisor- Dr. Andrew McVicar.(book-1).

### **B. Other Scientific Publications:**

#### **Published Book**

**Halperin, O.** (2010). *Perceived stressors by high-risk pregnant women on bed rest- a comparison of hospitalized versus home treatment in Israel and implications for care.* VDM & Co. KG, Deutschland.158pp.

**Halperin O.** (2020). *Now is my time - Kiboga, Uganda.* Self-published, Israel.

#### D . Articles in Refereed Journals

1. **Halperin, O.** (1988). Is there any relation between the prestige of nursing profession and the choice of profession among students fourth year high school, *The Nurse in Israel*. [Hebrew]
2. **Halperin, O.**(1994). Nursing in the educational system in Israel, *The Nurse in Israel*. [Hebrew]
3. Ben-Arye, R., Schiff, E., Pasternak,S., Levy, M.,& **Halperin, O.**(2010). Patients Between Dryness and Dampness: Guided Imagery Metaphors in the Treatment of Patients With Postradiation Xerostomia. *Journal of Pediatric Hematology/Oncology*. 2(1):47-51.
4. **Halperin, O.**, Iris, R., Ben-Gal, L., Or-Chen, K., Granot, M.(2010). Prediction of Perineal Trauma during Childbirth by Assessment of Striae Gravidarum Score. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*. 39(3):292-297.
5. **Halperin, O.**, Goldblat, H., Raz, I., Zvulunov, I., Noble, A., Liebergall-Wischnitzer, M. (2011). Stressful Childbirth Situations: A Qualitative Study of Midwives. *Journal of Midwifery & Women's Health*, 56(4): 388-394.
6. **Halperin, O.**, Geler, D., & Or-Chen, K. (2012). Differences between students and preceptors perceptions on preparation measures and professional performance before and after the internship period. *Body of Knowledge*, 9: 15-22. [Hebrew]
7. Masiach, M. , & **Halperin, O.** (2012). Acceptance data as predictors of academic achievement among nursing students - is that so?. *Body of Knowledge*, 9:23-29. [Hebrew]
8. \***Halperin, O.**, & Mashiach, M. (2013). Becoming a nurse: a study of career choice and professional adaptation among nursing students in Israel. *Nurse Education Today*. Published online doi: 10.1016/j.nedt. 2013.10.001

9. \***Halperin, O.**, Sarid, O., & Cwikel J. (2013). A Comparison of Israeli Jewish and Arab Women's Birth Perceptions. *Midwifery*. Published online doi: 10.1016/j.midw. 2013.11.003
10. Shemi, G., & **Halperin, O.** (2014). Yezreel Valley College, Israel's first health promoting college: From theory to practice. *Health Promotion in Israel - Israeli Journal of Health Promotion and Education*, 5: 13-19. [Hebrew]
11. \***Halperin, O.**, Sarid, O., & Cwikel, J. (2015). The influence of childbirth experiences on women's post-partum traumatic stress symptoms: a comparison between Israeli Jewish and Arab women. *Midwifery*, <http://dx.doi.org/10.1016/j.midw.2015.02.011>
12. \***Halperin, O.**, Noble, A., Balachsan, S., Klug, E., & Liebergall- Wischnitzer, M. (2017). Association between Severities of Striae Gravidarum and Obstetric Anal Sphincter Injuries (OASIS) . *Midwifery* 54C: 25-28. DOI information: 10.1016/j.midw.2017.07.019
13. \*Dor Asnat, Mashiach Eizenberg Michal and **Halperin Ofra**. Hospital Nurses in Comparison to Community Nurses: Motivation, Empathy, and the Mediating Role of Burnout. *Canadian Journal of Nursing Research* 0(0):1– 12, November 2018. <https://doi.org/10.1177/0844562118809262>.
14. \***Halperin Ofra** and Bornstein Olga. The attitudes of nursing students and clinical instructors towards reporting irregular incidents in the medical clinic. *Nurse Education in Practice* (2019), DOI: 0.1016/j.nepr.2019.02.018 IF-1.313
15. \*\***Halperin Ofra**, Blum Nava and Admi Hanna. Lifestyle and Quality of Life Assessment of Israeli College Employees. *Journal of Practical Professional Nursing* 3: 013.October, 2019, DOI: 10.24966/PPN-5681/100013.

16. **\*\*Halperin Ofra.** Women's Perspectives of Childbirth in Kiboga, Uganda.  
*Journal of Obstetric, Gynecologic & Neonatal Nursing*, 2021, ISSN 0884 - 2175  
<https://doi.org/10.1016/j.jogn.2021.01.002>.
17. **\*\*Halperin Ofra,** Eldar Regev Orit. Predicting Academic Success based on Perseverance and Passion for long-term goals (grit) among nursing students: Is there a cultural context?  
*Nurse Education Today*, 100 (2021), 104844.

### **L. Summary of my Activities and Future Plans**

I am a midwife and an expert on women's health and it is also my main field of research. To this day, I explored mainly issues such as : development of PTSD due to traumatic birth experience among Jewish and Arab women; the connection between pregnancy stretch marks and tears in the birth canal and the effect on the pelvic muscles a year from childbirth; midwives coping process with extreme situations. These studies have contributed for example, to building a national course for midwives that provided tools to cope with extreme conditions.

Another area of research involves nursing education, which I explored topics such as acceptance data as predictors of academic achievement among nursing students; differences between students and preceptors perceptions on preparation measures and professional performance before and after the internship period; alternative ways of learning - pregnancy and birth learning center; nursing students preparation to lead health promotion programs within their community; Yezreel Valley College, Israel's first health promoting college:from theory to practice. These studies have contributed for example, to changing ways of teaching in the nursing department. I led a research on Persistence and Long-Term Goals (GRIT) as a predictor of success and failure to drop out of nursing students' studies in a cultural context, an article was accepted, unpublished yet.

My research interests meet the areas of the subjects I teach. I am teaching an annual course on women's health and most of my research contribute to this content world as well as to the nursing practice in the delivery rooms. I teach other subjects such as ethical aspects of women's health and seminar on women's health promotion, issues

related to my research. In addition, I lead a seminar on health promotion and personal skills to promote health, which relates to my activity in health promotion and research on campus.

For ten years I was the chairman of the research committee of the National Midwives Association, under which led several studies that contributed to nursing/midwifery practice and construction of a national training course for midwives to cope with extreme situations. The studies were presented at national and international conferences as well as published in professional journals.

I co-led the college to promote health ("healthy green campus"). As part of this organization a number of studies and activities were done along with students and various colleagues and officials factors in the community. This activity was also published in an Israeli education and health promotion journal.