

SOBHAN MARDAN-DEZFOULI

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Port Moody, BC

Accomplished and passionate health care professional with a well-rounded professional history in clinical research and clinical care providing lifestyle coaching to patients. Demonstrated skill and detailed knowledge of cardiometabolic diseases and the psychosocial aspects of chronic disease management. Excellent interpersonal skills to effectively recruit and screen clinical trial participants and communicate research results to a variety of audiences including research partners and stakeholders. Presently, I am seeking opportunities where I may implement my leadership, research, statistical analysis, data modeling and visualization skills at any capacity to improve health care delivery and advancement.

EDUCATION

M.S.	University of British Columbia, Vancouver, BC Master of Science in Kinesiology	2021
B.S.	Simon Fraser University, Burnaby, BC Bachelor of Science in Kinesiology	2018

PROFESSIONAL EXPERIENCE

RESEARCH ASSISTANT

Nova Scotia Health Authority, Halifax, NS

11/2021 - Present

- Analyze collected data via R statistical program and develop reports for communication amongst study partners and stakeholders.
- Develop performance analytics for clinical trials.
- Query electronic medical record database in R studio, and then clean and prepare data for analysis.
- Prepare study protocol documents, obtain approval from the NSHA Research Ethics Board.
- Screen and enroll participants based on the predetermined study criteria and obtain written consent.
- Perform routine cognitive and physical assessment as per protocol.
- Provide weekly reports examining various study performance measures including recruitment and retention measures.
- Writing grant applications.
- In charge of obtaining quotes for building a state-of-the-art aging research laboratory.

CLINICAL RESEARCH COORDINATOR

University of British Columbia, Vancouver, BC

09/2019 - 11/2021

- Prepare study protocol documents, obtain approval from the UBC Research Ethics Board, and register the trial in a clinical registry system (ClinicalTrials.gov).
- Perform various measurements including body composition analysis utilizing dual energy x-ray absorptiometry (DEXA), heart rate, physical function measures including cardiorespiratory fitness levels, upper and lower strength, agility, and flexibility.
- Provide comprehensive fitness report cards based on the physical function measurements which include exercise prescription advice, cardiovascular risk analysis, and cardiorespiratory fitness levels.
- Collect, analyze, and interpret data utilizing appropriate statistics and presented data in an interactive graphical manner through the use of SPSS and Microsoft Excel.
- Screen and enroll participants based on the predetermined study criteria and obtain written consent.

- Create various documents for the clinical trial including marketing documents, data collection sheets, and procedure information sheets.
- Coordinate participant recruitment from multiple clinical and surgical centers to ensure adequate recruitment and retention rates.

TEACHING ASSISTANT

University of British Columbia, Vancouver, BC

09/2019 -04/2021

- Conducted tutorial sessions on physiology and anatomy for students on a weekly basis.
- Collaborated with the course instructor to develop best practice learning resources for students.

KINESIOLOGIST & PHYSICIAN ASSISTANT

Obesity Medicine and Diabetes Institute, Coquitlam, BC

03/2018 – 08/2019

- Assisted the medical director, clinicians, and program dietitian in managing patient care by taking extensive medical and weight histories, screening new patients, collecting anthropomorphic measurements, writing detailed consultations and referral letters to other physicians, and maintaining patient's electronic medical records utilizing the MOIS software.
- Took anthropometric measurements and blood pressure readings; assessed basal metabolic rates via indirect calorimetry.
- Developed and modified program material based on current scientific evidence for obesity management.
- Provided one-on-one nutrition and physical activity education to motivate patients to live healthy lifestyles.
- Presented educational and interactive group medical visit sessions for patients on a weekly basis.

FRANCHISE MANAGER

College Pro Painters, Port Coquitlam, BC

09/2012 – 08/2014

- Hired and trained secondary and post-secondary students for painting and marketing positions.
- Managed payroll and human resource operations for up to 15 employees.
- Provided detailed estimates of painting jobs to potential clients and provided guidance on the best suited products and procedures for their project.
- Managed schedules for the upcoming jobs and ensured that projects were completed in a timely manner while adhering to budget targets.
- Ensured employees were treated fairly, were aware of the rights, and were able to express concerns without fear of retaliation to create a healthy and fair work culture.

VOLUNTEER EXPERIENCE

REHAB ASSISTANT

Physical Activity Research Center, Vancouver, BC

09/2013 -10/2017

- Assisted clients with spinal cord injuries to complete their prescribed exercise plans.
- Tracked client progress regarding strength, flexibility, and mobility.
- Advised clients on the correct exercise procedures and postures.

REHAB ASSISTANT

Wilson Community Center, Port Coquitlam, BC

03/2016 – 08/2016

- Assisted the instructor of the *Get Up and Go* program to implement exercise programs on functional exercise including those that would promote core strength, balance, and mobility in vulnerable older adults.
- Guided clients through exercises utilizing verbal, visual, and physical cues.

HONORS AND AWARDS

- Nova Scotia Research Team Grant (\$100,000)
- KIN Graduate Student Research Grant Competition (\$800)
- 2013 and 2014 award for “Successful Manager of the Year” at College Pro Painters

PUBLICATIONS AND CONFERENCES

Mardan-Dezfouli S, Reid OG, Fliss MD, Stevenson J, Harris D, Lyon MR, Koehle MS, Mitchell CJ. The Impact of Abdominal Body Contouring Surgery on Physical Function After Massive Weight Loss: A Pilot Prospective Matched Comparison. *Aesthet Surg J*. 2023 Jan 9;43(1):NP28-NP37.

Fliss MD, Stevenson J, **Mardan-Dezfouli S**, Li DCW, Mitchell CJ. Higher- and lower-load resistance exercise training induce load-specific local muscle endurance changes in young women: a randomised trial. *Appl Physiol Nutr Metab*. 2022 Dec 1;47(12):1143-1159.

Sobhan Mardan-Dezfouli. Exercise After Bariatric Surgery. Canadian Association of Bariatric Physicians and Surgeons. 2022 Mar.

Sobhan Mardan-Dezfouli. The Impact of Abdominal Body Contouring Surgery on Physical Function After a Massive Weight Loss: A Pilot Non-Randomized Controlled Trial. Canadian Society for Exercise Physiology. Oct 2021.

Owen Reid, **Sobhan Mardan-Dezfouli**. Measuring the Benefits of Body Contouring. BC Obesity Summit. 2021 Apr.

PROFESSIONAL SKILLS

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| • R Statistical Program | • Physical Rehabilitation |
| • IBM SPSS Software | • Leadership & Management |
| • Quantitative Research | • Team Mentoring & Tutoring |
| • Statistical Data Analysis | • Microsoft Office Suite |
| • Research Protocol Development | • CPR & First Aid with AED |
| • Cardiometabolic Diseases | • Bi-Lingual (English & Farsi) |
| • Chronic Disease Management | |
| • ICH-GCP Guidelines | |