



Date: 6.03.2019

Curriculum Vitae

1. Personal Details

First name: Nataly
Last name: Zion
Place and Date of Birth: 11. 09.1974, Minsk, Belarus
Date of Aliyah: 26.07.1990
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2. Higher Education

<u>Institution</u>	<u>Department</u>	<u>Fields of study</u>	<u>Dates</u>	<u>Degree</u>	<u>Date</u>
University of Haifa	Faculty of Social Welfare And Health Sciences	Nursing	2014-2019	PhD	February 2019
University of Haifa	Faculty of Social Welfare and Health Sciences	Nursing	2010-2012	MA	November 2012
University Of Haifa	Faculty of Social Welfare and Health Sciences	Nursing	2002-2004	BA	July 2004

3. Work Experience

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<u>Date</u>	<u>Institution</u>	<u>Role</u>
2020 - present	Dr. Zeide Nursing School	Coordinator of Academic Program
2010-2011	The Cheryl Spenser Department of Nursing, University of Haifa	Teaching Assistant of Dr. Sara Shachaf
2009-2010	Pediatric Gastroenterology & Nutrition Unit, Meyer Children's Hospital of Haifa, Rambam Medical Center	Study Coordinator
2007 – 2009	Pediatric Gastroenterology unit, Bnai Zion Medical Center, Haifa	Pediatric Gastroenterology Nurse
1997 – present	Pediatric Department, Bnai Zion ,Medical Center, Haifa	Staff Nurse

4. Active Participance in Scholar Conferences

<u>Conference</u>	<u>Place and Dates</u>	<u>Title of Presentation</u>
World Sleep Congress	Prague, Czech Republic, October 7-11, 2017	Who is Sleepier on the Nightshift? The influence of bio-psycho-social factors on subjective sleepiness of female nurses during the night shift
International Symposium on Shiftwork and Working Time	Bahia, Brazil November 4-8, 2013	The effects of a scheduled nap on nurses' health and performance during the night shift (Poster)
Associated Professional Sleep Societies 29th Annual Meeting	Seattle, Washington June 2015	(1) The Effects of a Scheduled Nap on Self-Reported Sleepiness and Vigor during the Nightshift in Female Nurses Working Rotating 8-Hr Shifts: A Prospective Field Study (Oral)
Annual Meeting of Israel Sleep Research Society	Faculty of Medicine, Technion-Israel Institute of Technology 23. 04. 2013	The Effects of Scheduled Nap on Nurses' Health Indices and Performance during the Nightshift
The 19 th Meeting of Israel Society of Quality in Healthcare	Avenue convention & ev21. 11. 2012ents center	The Effects of Scheduled Nap on Nurses' Health Indices and Performance during the Nightshift
The 17 th Annual Meeting of Nurses in Israel	Dan Panorama Hotel, Tel Aviv 16. 10. 2012	The Effects of Scheduled Nap on Nurses' Health Indices and Performance during the Nightshift
Drugs Administration Safety Conference	University of Haifa, 07. 05. 2012	The Effects of Scheduled Nap on Nurses' Health Indices and Performance during the Nightshift

5. Scholarships and Awards

<u>Date</u>	<u>Issue</u>	<u>Institution</u>
2013	Dean's list of Excellence from the Advanced Studies Authority	Department of Nursing, University of Haifa
2013	CEO Award for Excellent Research Work in Nursing	Bnei Zion Medical Center
2013	Advanced Studies Authority Dean's Honor for a writing thesis for a master's degree in Social Welfare and Health Sciences	University of Haifa
2012	Excellence scholarship from the Advanced Studies Authority to MA students	Department of Nursing, University of Haifa
2011	Excellence scholarship to MA students	Department of Nursing, University of Haifa
2004	Excellence scholarship to BA students	Department of Nursing, University of Haifa

5. Teaching

<u>Title</u>	<u>Year</u>	<u>Type</u>	<u>Level</u>
Academic Writing	2020	Lecture +Tutorial	<u>BA</u>
Health and Illness of Children and Adolescents	2012-present	Lecture	BA
Clinical Thinking in Pediatric Nursing	2012-2014	Lecture + Tutorial	BA
Clinical Nursing - Introduction	2013-2014	Lecture + Tutorial	BA
Subjects in Pediatric Nursing	2011-present	Lecture + Tutorial	RN

List of Publications

1. **Zion, N.,** & Shochat, T. (2019). Let them sleep: The effects of a scheduled nap

- during the night shift on sleepiness and cognition in hospital nurses. *Journal of Advanced Nursing*.
2. **Zion, N.**, & Shochat, T. (2018). Cognitive functioning of female nurses during the night shift: The impact of age, clock time, time awake and subjective sleepiness. *Chronobiology International*, *35*(11), 1595-1607.
 3. **Zion, N.**, Drach-Zahavy, A., & Shochat, T. (2018). Who is sleepier on the night shift? The influence of bio-psycho-social factors on subjective sleepiness of female nurses during the night shift. *Ergonomics*, *61*(7), 1004–1014.
 4. Shochat, T., & **Zion, N.** (2015). The Effects of a Scheduled Nap on Self-Reported Sleepiness and Vigor during the Nightshift in Female Nurses Working Rotating 8-Hr Shifts: A Prospective Field Study. Seattle, U.S. *Sleep*, *38*(Abstract supplement): A207.
 5. Shochat, T. & **Zion, N.** (2013). The effects of a scheduled nap during the nightshift on performance, sleepiness and vigor in nurses. 5th World Congress on Sleep Medicine, 28 September to 2 October 2013, Valencia, Spain. *Sleep Medicine*, Volume 14 (Supplement 1), Page e266.
 6. Shochat, T., & **Zion, N.** (2013). The effects of a scheduled nap on nurses' health and performance during the nightshift. 21st International Symposium on Shiftwork and Working Time. Bahia, Brazil. *Sleep Science*, *6*(Supl1):s9-s74. PC28.
 7. Rosen, I. Kori, M., Eshach Adiv, O., Yerushalmi, B., **Zion, N.**, Shaoul, R. (2013). Pegylated interferon alfa and ribavirin for children with chronic hepatitis C. *World Journal of Gastroenterology*, *19* (7), 1098-1104.
 8. Kinberg, S., Stein, M., **Zion, N.**, Shaoul, R. (2012). The gastrointestinal aspects of halitosis. *Canadian Journal of Gastroenterology and Hepatology*, *24* (9), 552-556.
 9. Zmiri, P., Rubin, L., Akons, H., **Zion, N.**, Shaoul, R. (2011). The effect of daycare attendance on infant's and toddler's growth. *Acta Paediatrica*, *100* (2), 266-270.
 10. **Zion, N.**, Chimidanov, E., Levine, A., Sukhotnik, I., Bejar, J., Shaoul, R. (2010). The yield of a continuously patent gastroesophageal junction (GEJ) during upper endoscopy as a predictor of esophagitis in children. *Digestive Diseases and Sciences*, *55* (11), 102-107

