

CURRICULUM VITAE



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 Position: Lecturer
 Department: Nursing
 Faculty of Medicine and Health Sciences
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Education

1. Doctor of Philosophy in Community Health (UKM-2023)
2. Master of Nursing in Women's Health (UiTM-2016)
3. Bachelor of Nursing (UPM-2009)
4. Post Basic in Midwifery (College of Allied Health Sciences, Ministry of Health Sg Buloh, 2006)
5. Diploma of Nursing (School of Nursing, Klang - 1997)
6. Certificate of Assistant Nurse (School of Nursing, Sungai Petani – 1993)

Areas of Interest

1. Nursing (General)
2. Nursing (Health Education Development)
3. Nursing (Midwifery and Education)
4. Nursing (Women's Health and Education)
5. Nursing (Community and Health Promotion)
6. Nursing (Contemporary nursing practice)
7. Nursing (Geriatric)

Professional Qualification/ Membership/ Affiliation

1. Registered Nursed (1997)
2. Registered Midwifery (2006)
2. Member, University Putra Malaysia Alumni
3. Member, UiTM Alumni
4. Member, National University of Malaysia Alumni
5. Member, Malaysian Nurses Association
6. Member, National Diabetes Institute (NADI)

Appointments (Inside and Outside UPM)

Date	Designation	Remarks
1. 19.05.2017	Lecturer	Department of Nursing, Faculty of Medicine & Health Sciences, UPM
2. 18.05.2017	Nursing Tutor	College of Community Nursing Port Dickson, Negeri Sembilan
3. January 2006	Registered Nurse	Antenatal and Postnatal Ward, Kuala Lumpur Hospital (HKL)

4. February 2002	Registered Nurse	Central Sterile Services Unit (CSSU), HKL
5. August 1999	Registered Nurse	Medical Ward, HKL
6. July 1997	Registered Nurse	Emergency Department and ward, Tengku Ampuan Rahimah Hospital, Klang, Selangor
7. 1.7.1993	Registered Assistant Nurse	Ophthalmology Ward

Publications

Journals (in 5 years)

1. AN, Fatin Atirah., Haron., Z & Lam, S. K. (2025). Informal Caregiver Burden Among Stroke Survivors in Public Hospital of Selangor, Malaysia: A Cross-sectional Study. *Malaysian Journal of Medicine and Health Science*. 21(SUPP4): 83-90. <http://doi:10.47836/mjmhs.21.s4.11>
2. WNAWA Rahman, YM Yusop, A Afthanorhan, OA Karim, Che Ku Haniza, **Haron, Z.** (2025). ADDIE: DESIGNING and validation of I-Care package: A guide for family member information adult intensive care unit. *Medical Journal of Wuhan University*. 46 (4). MJWU-27-05-2025-3211
3. NH Mohd Nor, **Haron, Z.**, Halain A.A & Masrudin S.S. (2025). Trends and Insights on the Importance of Anatomy Education in Undergraduate Nursing Program: Bibliometric analysis. *Malaysian Journal of Medicine and Health Sciences*. 21(SUPP 4):129-141. <http://doi:10.47836/mjmhs.21.s4.17>
4. Wang, L, Makhdzir, N, & **Haron, Z.** (2025). The interplay of coping strategies and quality of life in inflammatory bowel disease: a systematic review. *Middle East J Dig Dis* 2025;17(1):60-67. <https://doi:10.34172/mejdd.2025.409>
5. Wang, L, Makhdzir, N, **Haron Z.**, & Chen, H. (2025). Determinants and measurement of quality of life in patients with Inflammatory Bowel Disease: A Systematic Review. *Rawal Medical Journal*, 50 (1): 240- 245.
6. **Haron, Z.**, Sutan, R., Zakaria, R., & Abdullah Mahdy, Z. (2023). Self-care educational guide for mothers with gestational diabetes mellitus: A systematic review on identifying self-care domains, approaches, and their effectiveness. *Belitung Nursing Journal*, 9(1), 6–16. <https://doi.org/10.33546/bnj.2396>
7. **Haron, Z.**, Jani, N., Japar, S., Nee, S.Y.R., Halain, A.A., Geok. S. K., & Lam, S. K. (2021). Knowledge of Gestational Diabetes Mellitus among antenatal women in Obstetrics and Gynaecology Clinic, Public Hospital Malaysia. *Journal of Cardiovascular Disease Research*,12(02), 260–265.
8. Halain, A. A., Bidin, N. N. M., Japar, S., **Haron, Z.**, Nee, S. Y. R., & Lam, S. K. (2019). Preoperative anxiety and its associated factors among surgical patients in Malaysia. *International Journal of Pharmaceutical Research*, 11(1), 797–802.

Conference Proceedings (in 5 years)

1. Nur Siti Khadijah Abdullah, **Zarina Haron**, Azura Abdul Halain. (2024). Prevalence Of Burnout and Its Associated Factors Among Healthcare Workers in A Malaysian Teaching Hospital. *Nursing & Healthcare International Conference (NHIC)*. Universiti Melaka. *Nursing & Healthcare International Conference (NHIC)*, Universiti Melaka, Malaysia.

2. Nur Aina Najihah Adnan, **Zarina Haron** & Salimah Japar. (2024). Knowledge, Attitude and Practice in Diabetic Foot Care Among Diabetes Mellitus Patients in Hospital Sultan Abdul Aziz Shah (HSAAS), Universiti Putra Malaysia. Nursing & Healthcare International Conference (NHIC), Universiti Melaka. Nursing & Healthcare International Conference (NHIC), Universiti Melaka, Malaysia.
3. Nur Hazatul Hashimah Kahar, Azura Abdul Halain, Muhammad Hibatullah Romli & **Zarina Haron**. (2024). Hand Dermatitis and Its Associated Factors Among Nurses in A Malaysian Teaching Hospital. Nursing & Healthcare International Conference (NHIC), Universiti Melaka. Nursing & Healthcare International Conference (NHIC), Universiti Melaka, Malaysia.
4. Wang Lining, Zhang Yuanyuan, Norafisyah Makhdzir & **Zarina Haron**. (2024). Qualitative Study on the Real Experience of Elderly Patients in Bowel Preparation Nursing Clinic. National Conference on Ageing 2024, Mercure Living Putrajaya.
5. **Zarina Haron**., Rosnah, Sutan., Roshaya, Zakaria., & Zaleha, Abdullah Mahdy. Self-care education needs for women with gestational diabetes mellitus (GDM): A systematic review. 7th Asia-Pacific Conference on Public Health 2022, DoubleTree by Hilton @ i-City Shah Alam, Selangor.
6. **Zarina Haron**., Rosnah, Sutan, Roshaya, Zakaria & Zaleha, Abdullah Mahdy. (2022). The effect of Gestational Diabetes Mellitus self-care health education package on self-efficacy in University Kebangsaan Malaysia Medical Centre (UKMMC). 9th International Public Conference 2022, The Everly Putrajaya, Wilayah Persekutuan Putrajaya, Malaysia.
7. **Zarina Haron**, Rosnah, Sutan, Roshaya, Zakaria & Zaleha, Abdullah Mahdy. (2023). The effect of a new self-care educational intervention on self-efficacy in women with gestational diabetes mellitus (GDM) in university Kebangsaan Malaysia Medical Centre (UKMMC). UiTM International Nursing Conference 2023, Platform (Cisco Webex).

Research Grants

No.	Project Title	Amount (RM)	Year	Source of Fund
1.	Career development of foreign trained Nurses in Malaysia	JETRO (68,000.00)	2018	JETRO

On-going

None

Awards/ Recognition (Current)

No.	Name of awards	Award Authority	Award Type	Year
1.	Excellent Service Awards 2005	Ministry of Health	National	2003
2.	Excellent Service Awards 2005	Ministry of Health	National	2012
3.	Best oral presentation	University Technology Mara (UiTM)	National	2018

Student Supervision

PhD (Main Supervisor)

No.	Name	Title	Status
1.	Gloria Musa Lalai	The Effect of Self-care Educational Intervention Program Among Women with Hypertensive Disorders of Pregnancy in Lafia, North Central Nigeria.	Ongoing
2.	Chen Juan	Analysis of risk factors and construction of a Prediction Model for sub-Delirium in elderly patient.	Ongoing



Master with Thesis (Main Supervisor)

No.	Name	Title	Status
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Master without Thesis (Main Supervisor)

No.	Name	Title	Status
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Attended Seminars/ Workshops/ Forums both National and International

No.	Year	Title	Organizers
1.	2025	Seminar Tibi Peringkat Kebangsaan 2025	KKM
2.	2025	Bengkel Pemerkasaan Pelaksanaan Outcome Based Education (OBE) DI UPM	CADe Lead, UPM
3.	2024	Hands-on Workshop: Mastering Writing of Systematic Literature Review (SLR) Article Using Free Ai	Iman Excellence Centre Organizer
4.	2024	Healthy Fetus	UPM
5.	2023	Seminar Penyediaan Penerbitan	UPM
6.	2023	International Conference for Youth 2023 (YOURS2023)	Institute for Youth Research Malaysia & UKM
7.	2022	UiTM International Nursing Conference 2023	Centre for Nursing Studies, UiTM
8.	2022	7 th Asia-Pacific Conference on Public Health	College of Public Health Medicine, Academy of Medicine Malaysia
9.	2022	9 th International public Health Conference 2022	UKM
10.	2021	Advanced Writing Techniques (AWT)	FAS Academia
11.	2021	Webinar Instrument Development & Validation	Hilwah Hannan Sdn. Bhd
12.	2020	22 nd National Public Health Colloquium	UKM
13.	2019	Questionnaire Validity and Reliability Workshop	Ace Learning Excellence & Innovation
14.	2019	Bengkel Pembangunan Model	UKM
		Immunization and Vaccination Conference	Ministry of Health
15.	2019	Workshop of Questionnaires Design	UKM
16.	2019	Journal Article from A Thesis Construction Course	Kaizen Trend Vation Sdn. Bhd.
17.	2019	Manuscript Writing Workshop: Fundamentals and Innovative Research	Grounded Learning (M) Sdn. Bhd & UPM

18.	2019	Manuscript Writing Workshop: Developing Theory from Literature	Grounded Learning (M) Sdn. Bhd & UPM
19.	2018	Good Clinical Practice	UPM
20.	2018	Simulation Workshop	UPM
21.	2018	Developing excellent research proposal using logical framework analysis workshop (LFA)	UPM
22.	2018	The 5 International Emergency Nursing Camp: Maternity Care in Disaster Management	Universitas Muhammadiyah Indonesia
23.	2018	1st Malaysian Nursing and Health Sciences Students' Conference (Mnhsc) 2018	UiTM Puncak Alam, Selangor

Intellectuals Property

Patent Granted

No.	Date	Patent No.	Name
1.	01 June 2023	UKMPPI/111/8/JEP-2020-711 (MyRA) FF-2020-474	Rosnah Sutan, Zarina Haron, Zaleha A. Mahdy, Roshaya Zakaria. Modul Panjagaan Kendiri Gestasi Diabetes Mellitus

Patent Field

No.	Date	Patent No.	Name
1.	30 Oktober 2023	CRLY2023W05348 / Universiti Kebangsaan Malaysia TRL 9: Actual technology proven in operational environment	Rosnah Sutan, Zarina Haron, Zaleha A. Mahdy, Roshaya Zakaria. Modul Panjagaan Kendiri Gestasi Diabetes Mellitus