Curriculum vitae

Present position

Associate professor in physiotherapy at REHPA, The Danish Knowledge Centre for Rehabilitation and Palliative Care, Odense University Hospital (OUH), Odense, Denmark; Department of Clinical Research (KI), University of Southern Denmark (SDU), Odense, Denmark and the Competence Centre for Rehabilitation, OUH, Nyborg, Denmark.

Clinical education

Physiotherapist at the School of Occupational therapy and Physiotherapy in Odense, June 26, 1997.

Master's degree

Master of Health Science, the Faculty of Health Sciences, SDU, March 18, 2005.

Doctoral education

PhD in Health Sciences at the Faculty of Health Sciences, SDU, March 22, 2011. Title of PhD thesis: 'Self-Management in Diabetes Care. The importance of self-management intervention in chronically ill patients diagnosed with diabetes'.

The graduate programme for social studies in medicine, Faculty of Health Sciences, SDU, January 2011.

Formal research management education

Supervision course for research managers at HR Management Academy, the Region of Southern Denmark, November 2018.
Research management course – education for research managers at Copenhagen Business School, August 2018.
Management trainee course at SDU, June 2016.
Project management course at SDU, December 2015.

Previous scientific positions

Head of Research at the Research Unit for Rehabilitation, the Department of Clinical Research, SDU and the Department of Rehabilitation, OUH: 2017-2021.
Associate professor in physiotherapy at the Research Unit for Rehabilitation, the Department of Clinical Research, SDU and the Department of Rehabilitation, OUH: 2017-2021.
Senior associate professor, Health Sciences Research Center, UCL University College (UCL): 2018-2020.
Guest associate professor, Division of Physiotherapy, Department of Neurobiology, Care Sciences and Society, Karolinska Institut, Sweden: 2017-2019.
Research associate, Health Sciences Research Center, UCL: 2015-2018.
Assistant professor in physiotherapy, Department of Clinical Research, SDU and the Department of Rehabilitation, OUH: 2012-2017.
Researcher and developmental therapist, Department of Rehabilitation, OUH: 2010-2012.
Scientific Consultant, Danish Health Authority: 2009.
PhD student, Department of Clinical Research, SDU: 2006-2010.
Project Manager, Department of Endocrinology, OUH: 2005-2006.

Research expert memberships

Member of a task group concerning attractive career directions, as part of the implementation of the research strategy at OUH and KI: 2021 -
Member of a task group for excellent research cooperation, as part of the implementation of the research strategy at OUH and KI: 2021 -
Member of the OUH Research Council: 2020 -
Member of the OUH PhD Fund Committee: 2020 -
Appointed by The Danish Society of Physical Therapy as expert concerning assessment of specialties in Physical Therapy Geriatrics: 2020 -
Member of the Steering committee of Family Focused Healthcare Research Center (FaCe) at SDU: 2019 -
Appointed by the Danish Association of Physiotherapy to the reference group concerning recommendations for early detection of impaired health and impaired functioning of elderly people, Danish Health Authority 2017: 2017.
Member of a task group concerning coherent careers for researchers with different academic backgrounds, as part of the implementation of the research strategy at OUH: 2016-2019.
Appointed by the Region of Southern Denmark to the working group concerning health care professional guidelines for telemedicine treatment in people with COPD in the drafting of recommendations from the Danish Health Authority

"Telemedical supportive treatment for people with COPD", Danish Health Authority 2016: 2016.
Member of the Academic Board of Baltic Sea Region Network in Personalized Health Care: 2015 -
Member of the Clinical Ethical Committee at OUH: 2014 -
Substitute member of The Regional Committees on Health Research Ethics for Southern Denmark: 2014-2018.
Member of Expert Panel at Reality Check in Patient@home, Denmark's largest welfare-technological research and innovation initiative at SDU: 2013-2018.
Member of the education council at University College South Denmark as a representative for the Faculty of Health Sciences at SDU: 2013-2016.
Reviewer of PhD applications for the Danish Diabetes Academy, OUH: 2012-2016.
Representative for PhD students in the Academic Council of The Graduate Programme for Social Studies in Medicine, PhD School at SDU: 2008-2010.

Peer-reviewer for scientific journals

Reviewer for the Journal of Patient Education and Counseling and the Journal of Clinical Nursing.

Research networks

Member of Severin - National Research Network within Rehabilitation: 2020 - .
Member of the network for Nursing and Health Research (NSF) at the Region of Southern Denmark and Region of Zealand: 2016 - 2018.
Member of the Centre of Innovative Medical Technology (CIMT), SDU: 2014-2017.
Member of the PhD network, Center of Clinical Nursing Research (SFKS), SDU: 2013-2016.
Member of the PhD network, Research Unit for Nursing - Department of Clinical Research, SDU: 2010-2013.
Affiliated with the FoF at the Department of Sports Science and Clinical Biomechanics - Faculty of Health Sciences, SDU: 2010-2012.
Affiliated with Netfore a research network at the Faculty of Health Sciences, SDU: 2010-2012.

Research Cooperation

My research is interdisciplinary and I have several ongoing interdisciplinary collaborations both nationally in different regions of Denmark and internationally in countries such as Sweden, UK, and USA. I collaborate with several research teams in studies of the effect of health promotion and rehabilitation on health, function, activity and participation in chronically ill patients.

Research collaboration within the Department of Clinical Research at SDU includes researchers from:Centre for Innovative Medical Technology (CIMT), Geriatric Research Unit, Haematological Research Unit, Medical Gastroenterology, and Center for Global Health. I am part of the AgeCare team at the Academy of Geriatric Cancer Research (http://www.agecare.org/index_app.asp) at OUH. Where I am member of the WP 7: Supportive Care. I have close collaboration with researchers from Department of Psychology and Department of Sports Science and Clinical Biomechanics at Faculty of Health Sciences, SDU. International research partners includes researchers from Karolinska Institutet in Sweden, University of Illinois in USA, and Nottingham University Hospitals NHS Trust in UK.

I am member of the Baltic Sea Region Network in Personalized Health Care, which is a multi-disciplinary and cross-national network of the universities of the countries of the Baltic Sea Region (https://www.utu.fi/en/university/faculty-of-medicine/department-of-nursing-science/studying/summer-schools). The network was established in 2015 to connect universities in the area to support health through doctoral education and training (PhD) in health sciences. The following universities is part of the network: Department of Clinical Research at the University of Southern Denmark, Denmark • Department of Neurobiology, Care Sciences, and Society at Karolinska Institutet, Sweden • Faculty of Health Sciences at Klaipeda University, Lithuania • Faculty of Health Sciences with sub faculty of Nursing at the Medical University of Gdansk, Poland • Department of Global Public Health and Primary Care at the University of Bergen, Norway • Medical Faculty, Nursing Research Unit at the University of Lübeck, Germany • Department Nursing Science at the University of Turku, Finland.

Research grants

AS APPLICANT AND PROJECT MANAGER
PhD project, SDU: A randomized controlled trial of self-management in diabetes care: The importance of self-care management intervention in chronically ill patients diagnosed with diabetes: Danish Health Authority 2005: 864.000 DDK; The Health Prevention and Promotion fund at the County of Funen in 2006: 861,113 DDK; The Diabetes Association in 2005-7: In total 206,000 DDK; TrygFonden in 2007: 400,000 DDK; OUH Research Fund in 2007: 375,000 DDK; Research Fund Klinisk Institut: 56.341 DDK.

A feasibility study of telemedicine home-based training for patient with chronic obstructive pulmonary disease: The Danish Physiotherapy Association in 2012: 125,000 DDK.

A cohort study of functioning, disability, health related quality of life in elderly fallers: Free Research Funds at OUH in

2012: 500,000 DDK.

Stroke and elderly fallers: a cohort study. Fund for Internationalisation at OUH in 2014: 57,170 DDK.

AS CO-APPLICANT
PhD project, SDU: Telemedicine training in a everyday life perspective in chronically ill people with COPD. Special pool fund for the elderly medical patient at OUH in 2014: 793,860 DDK; TREFOR in 2014: 500,000 DDK; The Lung Association in 2014: 40,000 DDK; CoLab Denmark in 2015: 300,000 DDK.

Baltic Sea Region Network in Personalized Health Care. Project: Implementation strategy and action plan to organize coordination meetings and development of doctoral training programme: The Interreg Baltic Sea Region Programme 2014-2020 in 2017: 50,000 Euros (372,125 DKK).

PhD project, SDU: Early therapy to promote hand use in infants at risk of developing cerebral palsy. Helsefonden in 2020: 350,000 DDK.

Research stay abroad

In June 2014 I stayed one month at the Karolinska Institutet in Stockholm at Department of Neurobiology, Care Sciences and Society, Sweden to collaborate on a research work on stroke-related falls. The stay also included taking part of network meetings at the Unit of Care Sciences and Society.

Merit Awards

The Henning Bech-Nielsen Award for Diabetes Research in 2011: 10,000 DDK.

Travel grants at the Scandinavian Society for the Study of Diabetes 42nd Annual Meeting in 2007: 2,500 DDK.