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# NANA WALDRÉUS

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## MY AIMS

**Research:** Improve symptoms and the care of patients with heart failure.

**Teaching:** Develop and improve the quality of the nursing undergraduate and advanced level education.

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## MY RESEARCH

### Thirst Studies



[www.thirststudies.com](http://www.thirststudies.com)

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## POSITIONS

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### **ASSISTANT PROFESSOR & RESEARCHER, HEAD OF UNIT, DIVISION OF NURSING, KAROLINSKA INSTITUTET (2016-08-01, PRESENT)**

**Research, lines:** a) Measuring and improving thirst in patients with heart failure; b) Measuring symptoms (e.g., fatigue) in patients with heart failure; c) Improving symptom management, nutrition intake and physical activity in frail elderly patients with heart failure.

**Teaching, mainly** a) Undergraduate level: examiner semester I, Nursing; b) Advanced level: course leader master courses and supervision research thesis Master Nursing.

### **RESEARCH ASSISTANT, LINKÖPING UNIVERSITY (2015–2016), AND RESEARCH COORDINATOR, SÖDERTÄLJE HOSPITAL (2008–2015)**

Research project (Karolinska Hospital, Thorax, Stockholm), doctoral studies, teaching and examination (undergraduate level, thesis bachelor nursing).

Research projects as research nurse (2008-2011), research coordinator (2012-2015), and doctoral studies (2011-2015).

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## EDUCATION

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### **DOCTORAL DEGREE, 2016-04-18**

Linköping University

Thesis "Thirst in patients with heart failure- description of thirst dimensions and associated factors with thirst".

### **PEDAGOGICAL & LEADERSHIP COURSES**

Karolinska Institutet

UNIVERSITY PEDAGOGY (2016), OPEN NETWORKED LEARNING (2020), DOCTORAL SUPERVISION COURSE (2020), LEADERSHIP FOR RESEARCH GROUP LEADERS (2022), ADVANCED UNIVERSITY PEDAGOGY (2023), FUTURE ACADEMIC LEADERSHIP (2023-2023)

### **NURSING LICENSE, BACHELOR, 1990**

Red Cross Nursing School