

Kari Anne Hakestad
Authorized nurse

CURRICULUM VITAE

Education

- 2010 - *PhD – student*, University of Oslo, Norway.
- 2007 – 2009 *Master's degrees in Health Sciences*, University of Oslo, Norway.
120 ECTS credits
- 2005 – 2007 *Basic Course in Pedagogic*, Akershus University College, Norway.
60 ECTS credits.
- 1996 – 1999 *Bachelor Programme in Nursing*, Oslo University College, Norway.
180 ECTS credits.
- 1995 – 1996 *Secretarial Course*, Wang Business College, Oslo, Norway.
- 1991 – 1995 *Diploma in Physical Education Subject and Specialization in English, German and French*, Otta College, Norway

Other relevant Course diploma

- 2010 *19th IOF Advanced Course Training Course on Osteoporosis*, February 2 – 4 February 2010, Lyon, France. 15 European External CME credits.
- 2008 *The International Society for Clinical Densitometry (ISCD) and Svenska Osteoporossällskapet*. Uppsala, Sweden
- 2007 *A health care in change – what major implications has it on nursing?*
Norwegian Nurses Association, Norway.
- 2007 *Research Data Coordinator*, Resource Centre for Clinical Research, Ullevaal University Hospital, Norway
- 2006 *Evidence Based Practice*, Norwegian Knowledge Centre for the Health Services, Norway.
- 2006 *Good Clinical Practice*, Astra Zeneca, Norway
- 2006 *Health Pedagogic*, Ullevaal University Hospital, Norway
- 2006 *Course in Co-ordination Research Administration*, Ullevaal University Hospital, Norway.
- 2004 *Course in Databases (The Cochrane Library, Ovidbases and BIBSYS)*, Medical Library, Ullevaal University Hospital, Norway.

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Professional Experience

- 2010 - *Assistant Administrative Research Manager*, Department of Orthopaedics, Oslo University Hospital and University of Oslo, Norway
- 2010 - *PhD – student*, Department of Orthopaedics, Oslo University Hospital and University of Oslo, Norway
- 2005 – 2009 *Research Co-ordinator*, Orthopaedic Center, Ullevaal University Hospital, Norway
- 2002 – 2006 *Instruction Nurse*, Orthopaedic Center, Ullevaal University Hospital, Norway
- 1999 – 2005 *Nurse*, Orthopaedic Center, Ullevaal University Hospital, Norway
- 1997 – 1999 *Nursing Assistant*, Orthopaedic Center, Ullevaal University Hospital, Norway

Additional Assignments

- 2000 – 2002 *Head of teaching and supervision of nursing students*, Orthopaedic Center, Ullevaal University Hospital, Norway
- 2001 – 2004 *Instructor in Basal CPR (Cardiopulmonary Resuscitation)*, Orthopaedic Center, Ullevaal University Hospital, Norway
- 2001 – 2006 *Member of the Quality Administration* at Orthopaedic Center, Ullevaal University Hospital, Norway
- 2001 – 2006 *Member of the Hygiene Administration* at Ullevaal University Hospital, Norway
- 2005 – 2006 *Leader of Patient Education*, Orthopaedic Center, Ullevaal University Hospital, Norway.
- 2007 – 2009 *Board member of the Norwegian Orthopaedic Nursing Organisation*, Norway

Lectures

- 2009 *Fysisk funksjon og helserelatert livskvalitet hos postmenopausale kvinner med osteopeni og et tidligere håndleddsbrudd. Treningstrender (trening og helse); Drammen 9th of May, Norway.*

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- 2009 *Effekt av aktiv rehabilitering på risikofaktorer for osteoporotiske brudd og livskvalitet.* Treningstrender (trening og helse); Drammen 9th of May, Norway.
- 2009 *Fysisk funksjon og helserelatert livskvalitet hos postmenopausale kvinner med osteopeni og et tidligere håndleddsbrudd.* Osteoporoseforum, Folkehelseinstituttet, 8th of May, Norway.
- 2009 *Fysisk funksjon og helserelatert livskvalitet hos postmenopausale kvinner med osteopeni og et tidligere håndleddsbrudd.* Postgraduate in Nursing and Health Sciences, University of Oslo, Norway
- 2008 *Grafts: choice and harvesting.* 13th ESSKA Congress, Porto, Portugal
- 2008 *Aktiv rehabilitering på risikofaktorer for osteoporotiske brudd og livskvalitet.* National Congress for physiotherapist with interests in womens health, Oslo, Norway.
- 2008 *Kartleggingsverktøy brukt i måling av livskvalitet hos pasienter med osteoporose.* Postgraduate in Nursing and Health Sciences, University of Oslo, Norway
- 2007 *Krenkelse hos kvinner med osteoporose.* Postgraduate in Nursing and Health Sciences, University of Oslo, Norway
- 2007 *Vurdering av et aktivt rehabiliteringsprogram på risiko for osteoporotiske brudd og livskvalitet hos osteoporosepasienter – en pilotstudie.* Regional Congress for Nurses in Research and Development Projects, Østfold county, Norway
- 2007 *Postgraduate Education in Orthopaedic Nursing,* Lovisenberg University College, Oslo, Norway
- 2007 *The International Nursing Day, Symposium for Research and Subject Development,* Ullevaal University Hospital, Oslo, Norway
- 2007 *Vurdering av et aktivt rehabiliteringsprogram på risiko for osteoporotiske brudd og livskvalitet hos osteoporosepasienter – en pilotstudie.* Postgraduate Education in Orthopaedic Nursing, Lovisenberg University College, Oslo, Norway
- 2007 *Hva er forskning og hvorfor er det viktig?* National Congress for Orthopaedic Nursing, Lillehammer, Norway.
- 2006 *Vurdering av et aktivt rehabiliteringsprogram på risiko for osteoporotiske brudd og livskvalitet hos osteoporosepasienter – en pilotstudie.* National Congress for Surgeons, Oslo, Norway

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- 2006 *Videoprosedyrer. National Congress for Orthopaedic Nursing, Kristiansand, Norway*
- 2005 *Utfordringer i sykepleien til pasienter med slitasjeskader i ledd. Postgraduate Education in Orthopaedic Nursing, Lovisenberg University College, Norway*
- 2004 *Utfordringer i sykepleien til pasienter med slitasjeskader i ledd. Postgraduate Education in Orthopaedic Nursing, Lovisenberg University College, Norway*
- 2003 *Kompetanseutviklingsprogram ved Ortopedisk Senter. The International Nursing Day, Symposium for Research and Subject Development, Ullevaal University Hospital, Oslo, Norway*
- 2003 *2 døde, 3 hardt skadde fløyet til Ullevål universitetssykehus. National Congress for Orthopaedic Nursing, Oslo, Norway*

Publications

- 2008 Torstveit MK, Hakestad KA, Axelsson Å, Høglund JB, Nordsletten L, Risberg MA: Evaluation of an active rehabilitation programme on muscle strength, quality of life and risk factors in osteoporotic patients – a pilot study. *Osteoporosis International* (2008) 19 (Suppl. 2).
- 2006 Torstveit MK, Hakestad KA, Axelsson Å, Høglund JB, Nordsletten L, Risberg MA: Vurdering av et aktivt rehabiliteringsprogram på risiko for osteoporotiske brudd og livskvalitet hos osteoporosepasienter – en pilotstudie. *Norsk Idrettsmedisin* 3: 28, 2006
- 2006 Torstveit MK, Hakestad KA, Axelsson Å, Høglund JB, Nordsletten L, Risberg MA: Vurdering av et aktivt rehabiliteringsprogram på risiko for osteoporotiske brudd og livskvalitet hos osteoporosepasienter – en pilotstudie. Kirurgisk høstmøte, 23. – 27. oktober, 2006. *Vitenskapelige forhandlinger, abstrakt nr. 297*

Research and Development Project

- 2005 *OTPS Biodegradable Fixation System for ankelfracture. A single blind randomized trial. Project Manager: Dr. med. Jan Erik Madsen*
- 2005 *The effect of exercise therapy in patient with osteoporosis. A single blind randomized trial. A pilot study. Project Manager: Dr. Philos May Arna Risberg*
- 2006 *A long term follow up of kneeluxation. A prospective study. Project Manager: Prof. dr. med. Lars Engebretsen*

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- 2006 *A follow up of patients with a injured PCL. A prospective study.* Project Manager: Prof. dr. med. Lars Engebretsen
- 2006 *Overweight and arthritis. A prospective kohort study.* Project Manager: Dr. med. Gunnar B. Flugsrud
- 2007 *The initial clinical investigation for the SeriACL™ for reconstruction of the torn anterior cruciate ligament (ACL) is a pilot feasibility study.* Project Manager: Prof. dr. med. Lars Engebretsen
- 2007 *Safety Study of the iBalance Axial Knee Realignment System (AKR_{FX})* Project Manager: Prof. dr. med. Lars Engebretsen
- 2007 *IscAlert™ pCO₂ monitorering av fremre muskellosje i pasienter med dislokert skaftebrudd i leggen.* Project Manager: Prof. dr. med. Jan Erik Madsen
- 2007 *A two year multicenter, randomized, double-blind, placebocontrolled, parallel group study to evaluate the fracture efficacy and safety of intravenous zoledronic acid 5 mg annually for the treatment of osteoporosis in men.* Project Manager: Prof. dr. med. Lars Nordsletten
- 2007 *Effect of active rehabilitation on risk factors on muscle strength, BMD, balance, and the quality of life in osteoporotic patients. A randomized, controlled intervention study.* Project Manager: Professor, dr philos, PT, May Arna Risberg and RN, MSc Kari Anne Hakestad.
- 2008 *A Prospective, Multi-Centre, Randomized, Single-Blind, Controlled Study Comparing the TruFit® CB Implant to Microfracture for the Treatment of Patients with Articular Cartilage Defects of the Knee.* Project Manager: Prof. dr.med. Lars Engebretsen
- 2009 *Physical function and quality of life in postmenopausal women with a former wrist fracture. A cross – sectional study with a control group.* Project Manager: Professor, dr philos, PT, May Arna Risberg and RN, MSc Kari Anne Hakestad