

#### Research Focus

My research area is swallowing disorders (dysphagia) caused by sarcopenia in older adults (+65). I focus specifically on screening and non-instrumental assessment for dysphagia as well as intervention approaches aiming at preventing and/or improving sarcopenic dysphagia during hospitalization and after discharge to the municipality, and thereby enabling older adult to maintain their oral intake and nutritional status.

#### Employment

Senior researcher, Department of Physiotherapy & Occupational Therapy, Physical Medicine & Rehabilitation Research - Copenhagen (PMR-C), Copenhagen University Hospital, Hvidovre, Denmark; 2020

Lecturer at the education unit Hammel Neurorehabilitation Centre, Central Denmark Region; 2011

#### Other professional experience

Member of Steering Committee for the "occupational therapy society for dysphagia", Denmark (2013-2015).

Member of Working Group at behalf of the Danish Association of Occupational Therapists for providing recommendations for Competency profiles for occupational therapists working with dysphagia management (2015; update 2019).

Member of working group at The National Board of Health, Denmark, developing a 'National Clinical Guideline on screening, assessment and intervention in adults with dysphagia' (2014-15; update 2018).

Member of working group at The National Board of Health, Denmark, developing a 'National clinical guideline for physiotherapy and occupational therapy to adults with disabilities after acquired brain damage, inclusive apoplexy (2013-14).

#### Education

PhD in Health Science, University of Copenhagen. (2013)

Master of Science Degrees in occupational Therapy (MSc.OT.), Academy for European master's degree Study in Occupational Therapy, University of Copenhagen, Denmark (2007)

Registered Occupational Therapist (OTR), School of Occupational therapy, Copenhagen (1992)

#### Current research

Feasibility and Impact of an Activity-based Intervention for Strengthening Ingestive Functions in Elders with Sarcopenic Dysphagia: A Multiple-case Study (ClinicalTrials.gov Identifier: NCT05269758). 2020

Performance-based outcome measurement instruments to assess ingestion and mealtime functions in older adults with oropharyngeal dysphagia: An updated systematic review of psychometric properties using COSMIN methodology (PROSPERO ID 309662. Submitted 09/02/2022). 2022