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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, 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

Research, work with a) Project in collaboration with Karolinska Hospital (Thorax, Stockholm), and b) Own Doctoral studies.

Teaching a) Undergraduate level, Examination research thesis Bachelor Nursing.

### RESEARCH COORDINATOR, SÖDERTÄLJE HOSPITAL

2008–2015

Research, work with a) Projects as research nurse (2008-2011) and research coordinator (2012-2015), and b) Own 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".

### UNIVERSITY PEDAGOGY (2016), OPEN NETWORKED LEARNING (2020) AND DOCTORAL SUPERVISION COURSE (2020)

Karolinska Institutet

### NURSING LICENSE, BACHELOR, 1990 JANUARY

Red Cross Nursing School