

CV - Markus Saarijärvi



Work address:

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Date of birth: 1988-12-06

Work experience

1. **PhD fellow** at Institute of Health and Care sciences, Sahlgrenska Academy, University of Gothenburg and Department of Public Health and Primary Care, KU Leuven. Title of PhD thesis: Process and economic evaluation of a transition program for adolescents with congenital heart disease: The Stepstones project. 17-01-16 – 22-02-18.
2. **Clinical nurse specialist** in intensive care at Covid-19-ICU at Sahlgrenska University Hospital. 20-04-01 – 21-05-01.
3. **Registered nurse** at Refugee Medical Clinic – Närhälsan Göteborg (Primary care of Gothenburg). Main duties were to perform health examinations of asylum-seeking adults and adolescents, and to lead a psycho-educative course in insomnia. February 2016 – January 2017.
4. **Program coordinator** at Institute of Health and Care Sciences, Sahlgrenska Academy, University of Gothenburg. Main duties were to plan, coordinate and evaluate clinical practice for the bachelor and master's program in nursing, radiography, and midwifery. August 2015 – February 2016.
5. **Clinical nurse specialist** in intensive care at Cardiothoracic Intensive Care Unit – Sahlgrenska University Hospital, Gothenburg, Sweden. Working with intensive care patients going through cardiac surgery and transplantation and caring for patients with severe heart and lung failure. August 2013 – February 2016.
6. **Registered nurse** at Department of organ transplantation and liver surgery at Sahlgrenska University Hospital, Gothenburg, Sweden. The ward cared for adult and adolescent patients undergoing transplantation of heart, lungs, liver, kidney, pancreas and multi organ transplantation. September 2011 – July 2013.

Qualifications/titles

1. **PhD in Health care sciences and Biomedical sciences (Double degree)** 2022-02-18, 240 higher education credits. Sahlgrenska Academy, University of Gothenburg and Department of Public Health and Primary Care, KU Leuven.
2. **Master of Science (1 year) in Nursing Science** 2013-06-04, 60 higher education credits. Institute of Health and Care Sciences, University of Gothenburg.
3. **Postgraduate Diploma in Specialist Nursing – Intensive care** 2013-06-04, 60 higher education credits. Institute of Health and Care Sciences, University of Gothenburg.
4. **Bachelor of Science in Nursing Science** 2011-06-03, 180 higher education credits. Institute of Health and Care Sciences, University of Gothenburg.

PhD courses

1. **Implementation of complex interventions in health**, 7.5 higher education credits, Third Cycle, Uppsala University. Spring term 2017.
2. **Qualitative methods within health sciences I**, 5 higher education credits, Third Cycle, University of Gothenburg. Fall term 2017.
3. **Health economic evaluation methods I**, 3 higher education credits, Third Cycle, University of Gothenburg. Spring term 2018.
4. **Mixed methods: integration of qualitative and quantitative data within applied health research**, 3 higher education credits, Third Cycle, University of Gothenburg. Spring term 2018.
5. **Health economic evaluation methods II**, Cost-Effectiveness Analysis alongside Clinical Trials, 3 higher education credits, Third Cycle, University of Gothenburg. Fall term 2018.
6. **Medical Statistics I**, 5 higher education credits, Third Cycle, University of Gothenburg. Spring term 2019.
7. **Qualitative methods within health sciences II – Content analysis**, 3 higher education credits, Third Cycle, University of Gothenburg. Spring term 2020.

Other education and training

1. **Teaching and Learning in Higher Education I**, 5 higher education credits, Second Cycle, University of Gothenburg. Spring term 2018.
2. **Teaching and Learning in Higher Education II**, 5 higher education credits, Second Cycle, University of Gothenburg. Spring term 2020.
3. **Workshop in Economic evaluation alongside Clinical Trials**, 1.5 higher education credits, Third Cycle, Summer school, University of Gothenburg. June 2017.
4. **Cognitive Behavioral Therapy in group for insomnia– a method for group leaders**. Course given by Närhälsan (Primary care of Gothenburg). April 2016.
5. **Heart Failure in outpatient and inpatient care**, 15 higher education credits, Second cycle, Department of Medicine, University of Gothenburg. Fall semester 2014.

Language skills

Swedish – native speaker

Finnish – native speaker

English – highly proficient in spoken and written

Scientific merits

Publications (n=7)

1. **Saarijärvi, M.**, Wallin, L., Moons, P., Gyllensten, H., & Bratt, E. L. (2019). Transition program for adolescents with congenital heart disease in transition to adulthood: protocol for a mixed-method process evaluation study (the STEPSTONES project). *BMJ open*, 9(8), e028229.
2. Acuna Mora, A., **Saarijärvi, M.**, Moons, P., Sparud-Lundin, C., Bratt, E. L., & Goossens, E. (2019). The scope of research on transfer and transition in young persons with chronic conditions. *Journal of Adolescent Health*.
3. Acuna Mora, A., **Saarijärvi, M.**, Sparud-Lundin, C., Moons, P., & Bratt, E. L. (2019). Empowering young persons with congenital heart disease: Using intervention mapping to develop a transition program-the STEPSTONES project. *Journal of Pediatric Nursing*.
4. **Saarijärvi, M.**, Wallin, L., Bratt, E-L. (2020). Process evaluation of complex cardiovascular interventions: How to interpret the results of my trial? *European Journal of Cardiovascular Nursing*.

5. **Saarijärvi, M.** Wallin, L. Moons, P. Gyllensten, H. Bratt, E-L. (2020). Factors affecting adolescents' participation in randomized controlled trials evaluating the effectiveness of healthcare interventions: the case of the STEPSTONES project. *BMC Medical Research Methodology*.
6. **Saarijärvi, M.** Bratt, EL. (2021). When face-to-face interviews are not possible: Tips and tricks for video, telephone, online chat, and email interviews in qualitative research. *European Journal of Cardiovascular Nursing*.
7. **Saarijärvi, M.** Wallin, L. Moons, P. Gyllensten, H. Bratt, EL. (2021). Mechanisms of impact and experiences of a transition programme for adolescents with CHD: The Stepstones project. *BMC Health Services Research*.

Submitted manuscripts

1. **Saarijärvi, M.** Wallin, L. Moons, P. Gyllensten, H. Bratt, EL. (2021). Implementation fidelity of a transition program for adolescents with congenital heart disease: The Stepstones project. (*Submitted*).

Manuscripts

1. **Saarijärvi, M.** Acuna Mora, M. Moons, P. Sparud-Lundin, C. Goossens, E. Bratt, EL. Is it transfer, transition or both? Scope of research on transfer and transition in young persons with chronic conditions.
2. **Saarijärvi, M.** Bratt, EL. Wallin, L. Moons, P. Gyllensten, H. Cost-effectiveness of a transition program for adolescents with CHD: the STEPSTONES project.

Conference contributions (n=9)

1. Acuña Mora, M. **Saarijärvi, M.** Sparud Lundin, C. Bratt, E-L. Moons, P. Goossens, E. Mapping the field: scoping reviews as a method to identify gaps in nursing research. Nordic Conference of Nursing Research. 13-15 July 2018. Oslo, Norway.
2. **Saarijärvi, M.** Acuna Mora, M. Sparud Lundin, C. Bratt, E-L. Moons, P. Goossens, E. Scoping the field of transfer and transition in young persons with cardiovascular conditions. EuroHeartCare. 7-9 June 2018. Dublin, Ireland.
3. Bratt, E-L. Acuna Mora, M. **Saarijärvi, M.** Skogby, S. Brorsson A-L, Sparud-Lundin, C. Person-centered and Empowering Care for Adolescents with Chronic Conditions during Transition to Adulthood. SAHM - Society of Adolescent and Health Medicine Annual meeting. March 6-9, 2019. Washington DC, USA.
4. **Saarijärvi, M.** Acuna Mora, M. Sparud-Lundin, C. Wallin, L. Gyllensten, H. Bratt, E-L, Moons, P. Transition program to empower adolescents with chronic conditions in their transition to adulthood: methods and rationale for the STEPSTONES project. Forte Talks, 26-27 March 2019, Stockholm, Sweden.
5. **Saarijärvi, M.** Wallin, L. Moons, P. Gyllensten, H. Bratt, E-L. Transition program for adolescents with congenital heart disease in transition to adulthood: protocol and rationale for a mixed-methods process evaluation study (the STEPSTONES project). Knowledge Utilization (KU) Colloquium 2019, 25-28 June Montebello, Quebec, Canada.
6. **Saarijärvi, M.** Wallin, L. Gyllensten, H. Moons, P. Bratt, E-L. Processutvärdering av ett personcentrerat övergångsprogram för ungdomar med medfödda hjärtfel i övergång till vuxenlivet – STEPSTONES-projektet. Centrum för Personcentrerad Vård (GPCC) 10-årsjubileumskonferens 2020, 6–7 February, Gothenburg, Sweden.
7. **Saarijärvi, M.** Participation of young people in transition programs: Lessons learned. AEPC. May 13-16, 2021. Gothenburg, Sweden. (**Invited speaker**)

8. **Saarijärvi, M.** Bratt, EL. Skarven i vården – hur kan vi underlätta övergången till vuxensjukvården? Njurmedicinskt vårmöte. May 12-14, 2020. Gothenburg, Sweden. **(Invited speaker)** *cancelled due to Covid-19.
9. **Saarijärvi, M.** Wallin, L. Moons, P. Gyllensten, H. Bratt, E-L. Participants and non-participants – factors affecting representativeness and reach in randomized controlled trials evaluating the effectiveness of complex interventions. Nordic Conference in Nursing Research. October 04-06, 2021. Copenhagen. Denmark.

Popular scientific publications

1. Acuña Mora, M. **Saarijärvi, M.** Bratt, E-L. STEPSTONES – pågående studie för att förbättra övergången till vuxenlivet för ungdomar med medfödda hjärtfel. Hjärtebarnet. Jan 2018.
2. **Saarijärvi, M.** Bratt, E-L. Övergången från barn till vuxensjukvård – dags för implementering av överföringsprogrammet Stepstones. Hjärtebarnet. Jan. 2022.

Peer review

1. Pre-dissertation seminar for PhD student Laura Pirhonen "*Health economic evaluations of person-centered care*" Doctoral thesis. 2019-12-13
2. BMJ Open. Manuscript ID bmjopen-2020-044590 entitled "*Early experience with the Scottish Health Research Register (SHARE): a mixed-method evaluation of participant recruitment performance*"
3. BMJ Open. Manuscript ID bmjopen-2021-049531 entitled "*The 'Well-being paradox' revisited: Quality of life and psychosocial long-term outcomes in over 4,000 adults with congenital heart disease*".
4. BMC Pediatrics. Manuscript ID 5008de5a-99a9-4230-9ddd-2316213f98cf entitled "*A qualitative study of adolescent perspectives on the COVID-19 pandemic: considerations in the provision of primary virtual care*".

Editorial work

- Section Editor. European Journal of Cardiovascular Nursing. 2022 – 2026.

Awards

- 1st Place – Best Poster – European Academy of Nursing Science poster exhibition 2019.

Internationalization

- Double degree doctoral program between KU Leuven, Leuven, Belgium and University of Gothenburg, Gothenburg Sweden. 240 higher education credits, 170116 – ongoing. This program will result in two doctoral diplomas: PhD in Health Care Sciences from University of Gothenburg and PhD in Biomedical sciences from KU Leuven. These entailed recurring research stays at KU Leuven for one month per each semester.
- European Academy of Nursing Science (EANS) Summer school. Participant in summer school in research on complex interventions in health for European doctoral students in nursing science. 2017 – 2019.
- Academic supervisor of international exchange students participating in Erasmus and Linnaeus Palme program within the bachelor's program in Nursing Science during clinical practice in Swedish health care. 2017 and ongoing.

Received travel grants

1. The Swedish Heart-Lung Foundations' travel grant. 9000 SEK. 2017.
2. Adlerbertska scholarship. 20 000 SEK. 2017.
3. The Sahlgrenska Academy travel grant for PhD students. 5000 SEK. 2017.
4. The Swedish Heart-Lung Foundations' travel grant. 9000 SEK. 2018.
5. The Sahlgrenska Academy travel grant for PhD students. 5000 SEK. 2018.
6. The Swedish Association of Health Professionals' travel grant. 2500 SEK. 2018.
7. Petter Silfverskiölds Funds' travel grant. 5000 SEK. 2018
8. Petra and Karl Hedborg foundation research grant. 80 000 SEK. 2018
9. The Swedish Heart-Lung Foundations' travel grant. 16 000 SEK. 2019.
10. Alice and Knut Wallenberg foundation travel grant. 12 500 SEK. 2019.
11. The Sahlgrenska Academy travel grant for PhD students. 8000 SEK. 2019
12. Sahlgrensringen stipend. 14 000 SEK. 2020.

Total amount in received grants: 186 000 SEK

Teaching merits

Supervision of bachelor's theses in nursing

1. Jalil Meis and Lillian Röstlund. *Solicitude gives strength - Men and women's perceptions of safety and security in care*. Fall term 2017.
2. Helena Skölling and Sofie Gabrielsson. *Mindfulness mediation's effect on patients with chronic pain: Pain intensity and Health-related-Quality-of-Life*. Fall term 2017.
3. Electra Porsenklev and Sabina Winqvist. *Nurses experience of moral distress in caring*. Fall term 2018.
4. Elin Hult and Gwladys Chuisseu Thatche. *Language: A barrier in the caring relationship between nurses' and patients*. Fall term 2019.
5. Alexandra Jovanovic and Ulrika Henström. *Coping among nurses who work with critically ill patients, with a cancer diagnosis*. Fall term 2020.
6. Maria Sandberg and Saara Yusuf. *The Nurse's Role in Antimicrobial Stewardship: A Literature Review*. Spring term 2021.

Supervision of Masters' theses in nursing

1. Amanda Johansson and Jenny Lindstrand. *Parental needs when their child is critically ill and being cared for in the intensive care unit*. Spring term 2020.
2. Veronica Vallenbert and Sofia Tiquet. *Patients experiences of their sleep in the ICU*. Fall term 2020.
3. Christin Lindahl and Dan Håkansson. *Weaning from mechanical ventilation – different methods and their effects*. Spring term 2021.

Academic supervision

Supervision of research assistant Kamila Bojanowska from October 2019 to March 2020 within our research group. Tasks including supervision of research assistant tasks such as data collection, entry, and analysis.

Teaching in the bachelor's program in nursing

1. *Introduction to scientific methodology (semester 1)*, 7.5 higher education credits. Lecturing, supervision, and leading seminars in theory of science, qualitative and quantitative research methods, scientific writing, and information retrieval. Spring term 2017 – Fall term 2018.

2. *Nursing in symptoms and signs of illness (semester 3)*, 30 higher education credits. Leading seminars in existential issues in palliative care and supervision of written assignments. Spring term 2017 – Fall term 2017.
3. *Clinical supervision (semester 3 and 6)*. Academic supervision and examination of nursing students in semester 3 and 6 at the Clinic for infectious diseases, Sahlgrenska University Hospital. Spring term 2017 – Fall term 2019.
4. *Scientific methodology II (semester 4)*, 7.5 higher education credits. Leading seminars in information retrieval and scientific writing. Spring term 2017 – Fall term 2017.
5. *Nursing as a profession and science (semester 1)*, 7.5 higher education credits. Lecturing, supervision, and leading seminars in theory of nursing, the nursing process and scientific writing. Spring term 2019 – Spring term 2021.
6. *Symptoms and signs of illness (semester 2)*, 16.5 higher education credits. Lecturing and leading oral examination in cardiovascular and chronic conditions. Fall term 2020 – Spring term 2021.
7. *Nursing care in complex situations (semester 5)*, 7.5 higher education credits. Leading seminars, workshops, and oral examinations in complex nursing situations. Spring term 2021 – Fall term 2021.

Teaching in the Masters' program in nursing

1. *Decision making and nursing interventions in Critical Care /intensive care*, 7.5 credits. Lecturing and leading oral examination in clinical decision making in advanced nursing practice. Supervision and examination of written assignments. Fall 2020 – Spring term 2021.
2. *Advanced decision making and nursing interventions in Critical Care /intensive care*, 7.5 credits. Supervision and examination of written assignments. Fall 2020 – Spring term 2021.
3. *Advanced clinical practice in critical care*, 15 credits. Clinical supervision and examination. Spring 2020 – Spring term 2021.

Teaching in third cycle level

Lecturer at the third cycle course in *Implementation of Complex Interventions in Health*, 7.5 higher education credits. Department of Public Health, Uppsala University, Uppsala, Sweden. Lecture and workshop in Intervention Mapping, February 2018, and November 2019.

Departmental duties

1. Committee for postgraduate studies at Institute of Health and Care Sciences, doctoral student representative. 2018 – 2020.
2. Drafting committee for head of department and departmental council at Institute of Health and Care Sciences, doctoral student representative. 2018 – 2021.

Membership of national and international networks relevant to my research field

- European Academy of Nursing Science www.eans.org
- Association on Cardiovascular Nursing and Allied Professionals (ACNAP) <https://www.escardio.org/Sub-specialty-communities/Association-of-Cardiovascular-Nursing-&-Allied-Professions>
- Knowledge Utilization Colloquium.
- VIC (Vårdprofessioner inom Cardiologi) – www.v-i-c.nu

Public outreach

1. Lecture on gender and health care, 2018-04-21. The International Science Festival Gothenburg 2018.
2. Presentation of ongoing research with the Transition research group, 2018-04-21. The International Science Festival Gothenburg 2018.