

## \* PERSONAL INFORMATION

*Family name, First name:	Grønning, Kjersti		
*Date of birth:	27.05.1968	*Sex:	Female
*Nationality:	Norwegian		
Researcher unique identifier(s) (ORCID, ResearcherID, etc.):	0000-0003-4256-6339		
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## \* EDUCATION

	Faculty/department - University/institution - Country
2012	<i>PhD in Public Health and General Practice, Norwegian University of Science and Technology at the Faculty of Medicine, Department of Public Health and General Practice, Norway</i>
2004	<i>Master's in health sciences, Norwegian University of Science and Technology, Norway</i>
2000	<i>Health and social administration, Sør-Trøndelag University College, Trondheim, Norway</i>
1992	<i>University College of Nursing in Levanger, Norway</i>

## \* POSITIONS - current and previous

*(Academic sector/research institutes/industrial sector/public sector/other)*

### Current Position

	Job title – Employer - Country
2021-d.d	<b>Head of Research</b> , Nord Trøndelag Hospital Trust, Norway <b>Professor II</b> (20%), Norwegian University of Science and Technology, Department of Public Health and General Practice, Norway
2019-2021	<b>Professor</b> at Norwegian University of Science and Technology, Department of Public Health and General Practice, Norway
2019-2021	<b>Researcher</b> , Department of Rheumatology, St.Olavs Hospital, Trondheim, Norway
2012-2019	<b>Associate Professor</b> , Norwegian University of Science and Technology, Department of Public Health and General Practice, Norway and 20 % <b>Researcher</b> at the Department of Rheumatology, St.Olavs Hospital, Trondheim, Norway
2005-2012	<b>Lecturer</b> , Sør-Trøndelag University College, Trondheim, Norway
1993 -2019	<b>Registered Nurse /Nurse Consultant</b> , Department of Rheumatology, St.Olavs Hospital, Trondheim, Norway
1992-1992	<b>Registered Nurse</b> , Levanger Hospital, Norway

## PROJECT MANAGEMENT EXPERIENCE

(Academic sector/research institutes/industrial sector/public sector/other. Please list the most relevant.)

	Project owner - Project - Role - Funder
2018-2024	<b>NTNU</b> - Phd project "INSIGHTS" - Role: project leader and main supervisor Funding from the Norwegian Nurses' Association
2019-2020	<b>St.Olavs Hospital</b> – Innovation project "Når konsultasjonen starter hjemme". Role: Project leader. Funding from Helse Midt Norge <a href="https://helse-midt.no/nyheter/2020/les-mer-om-prosjektene-som-fikk-innovasjonsmidler-i-2019">https://helse-midt.no/nyheter/2020/les-mer-om-prosjektene-som-fikk-innovasjonsmidler-i-2019</a>
2018-2022	<b>NORCE</b> - Promoting labour market participation of the chronically ill – a comparative study. Role: Project member. Funding from the Research Council of Norway ( <a href="https://prosjektbanken.forskningsradet.no/#/project/NFR/288191">https://prosjektbanken.forskningsradet.no/#/project/NFR/288191</a> )
2015 -2019	<b>Sør-Trøndelag University College /NTNU</b> - Health Promotion Worthwhile - Role: Project leader for WP2 "The experiences and effects of a health promotion intervention for people with chronic pain in healthy life centres". Funding from the Research Council of Norway
2015-	<b>NTNU</b> - Promoting Food Security in Portugal - Role: Project member - Funding from EEA grants ( <a href="http://www.saudepontocome.pt/apoios">http://www.saudepontocome.pt/apoios</a> )

## Supervision of students

(Total number of students)

Master's students	PhD students	University/institution - Country
15	4	Norwegian University of Science and Technology, Department of Public Health and General Practice, Norway
1		The National University of Singapore, Alice Lee Centre for Nursing Studies, Yong Loo Lin School of Medicine, Singapore
1		Norges Miljø- og biovitenskapelige universitet, Norway

## Other relevant professional experiences

(E.g. institutional responsibilities, organisation of scientific meetings, membership in academic societies, review boards, advisory boards, committees, major research or innovation collaborations, other commissions of trust in public or private sector)

Year	Description - Role
2021-2021	The Estonian Quality Agency for Higher and Vocational Education (EKKA), Estonia. Member of the expert panel
2019-2021	NOKUT, Norway: member of expert committees for accreditation of three master's programs in nursing
2011-2020	Chairman of the reference group for the National Advisory Unit on Rehabilitation in Rheumatology (NKRR) in Norway, from 2017-2020 → member of the reference group
2011-2020	Member of the reference group for the National Resource Center for Rehabilitation in Rheumatology (NBRR), Norway.

2011-2014	Board member of Norwegian Interdisciplinary Organization in Rheumatology (NIOR).
2013-2013	Member of the Working Group for Health&Care21 (HelseOmsorg21), Norway

### Scientific papers in peer-reviewed journals

1. Sagsveen, E., M. B. Rise, H. Westerlund, **K. Grønning** and O. Bratås (2023). "Involvement of service user representatives on a healthcare organizational level at Norwegian Healthy Life Centres: A qualitative study exploring health professionals' experiences." PLOS ONE 18(8): e0289544.
2. Hestmann, Ragnhild; Bratås, Ola; **Grønning, Kjersti** (2023). Chronic pain self management interventions in primary care – does it make any difference? A qualitative study. BMC Health Services Research. volum 23 (1).
3. Karlsholm, Guro; André, Beate; **Grønning, Kjersti** (2023). Nursing students` experience of writing a bachelor thesis – a qualitative study. International Journal of Educational Research Open. volum 4
4. Bjørngaard, Hilde; Koksvik, Hege; Jakobsen, Bente; **Grønning, Kjersti**. Nurses experience increased clinical and organisational competence by working with a medical quality register, RevNatus – a qualitative study. BMC Health Services Research 2022 ;Volum 22.(1)
5. **Grønning, Kjersti**; Karlsholm, Guro; Andre, Beate. Undergraduate Nursing Students' Experiences of Conducting Clinical Research Projects in Their Bachelor Theses – a Qualitative Study. Sage Open Nursing 2022 ;Volum 8.
6. Rydland, Håvard Thorsen; Bentsen, Henrik Litleré; Ervik, Rune; **Grønning, Kjersti**; Islam, Kamrul; Kjerstad, Egil; Linden, Tord Skogedal. Promoting labour market inclusion of the chronically ill: a scoping review of Scandinavian countries' efforts. Scandinavian Journal of Public Health, 2022 s.1-11
7. Andre, Beate; **Grønning, Kjersti**; Jacobsen, Frode F.; Haugan, Gørill. "Joy of life" in nursing homes. Healthcare personnel experiences of the implementation of the national strategy. A qualitative study with content analysis of interviews. BMC Health Services Research 2021 ;Volum 21.(771)
8. Fischer, Heike; **Grønning, Kjersti**. Are We Transitioning Toward Person-centered Practice on Self-management Support? An Explorative Case Study Among Rheumatology Outpatient Clinic Nurses in Norway. Sage Open Nursing 2021 ;Volum 7. s.1-11
9. **Grønning, Kjersti**; Lim, Siriwan; Bratås, Ola. A longitudinal study of educational needs among patients with inflammatory arthritis. Musculoskeletal Care 2021 s.1-7
10. Andre, Beate; Canhao, Helena; Espnes, Geir Arild; Rodrigues, Ana Maria; Gregorio, Maria Joao; Nguyen, Camilla; Sousa, Rute; **Grønning, Kjersti**. Association between food patterns and difficulties in falling asleep among adolescents in Norway — a descriptive Young-Hunt3 study. Journal of Public Health (Berlin) 2020
11. Nilssen, Ingrid Rekaa; Koksvik, Hege; **Grønning, Kjersti**; Steinsbekk, Aslak. REHABILITATION IN A WARM CLIMATE IS EFFECTIVE FOR YOUNG ADULTS WITH INFLAMMATORY ARTHRITIS: A 12 MONTHS RANDOMIZED CONTROLLED TRIAL. Journal of Rehabilitation Medicine 2020 ;Volum 52.
12. Røe, Renate; **Grønning, Kjersti**; Eriksson, Liv Rognerud; Zangi, Heidi Andersen. Outcomes in patient education programmes for people with rheumatic diseases: Results from a Delphi process and a study of feasibility and responsiveness. Musculoskeletal Care 2020 ;Volum 18. s.195-203
13. **Grønning, Kjersti**; Siriwan, Lim; Bratås, Ola. Health status and self-management in patients with inflammatory arthritis—A fiveyear follow-up study after nurse-led patient education. Nursing Open 2019 s.1-8
14. Bratås, Ola; Albriktsen, Thor Olaf; Eriksson, Ulrika; **Grønning, Kjersti**. Effekt av simulering for tilegnelse av kunnskap i sykepleierutdanningen – en RCT-studie. UNIPED 2018 ;Volum 41.(04) s.469-483
15. **Grønning, Kjersti**; Espnes, Geir Arild; Nguyen, Camilla; Rodrigues, Ana Maria; Gregorio, Maria Joao; Sousa, Rute; Canhao, Helena; Andre, Beate. Psychological distress in elderly people is associated with diet, wellbeing, health status, social support and physical functioning- a HUNT3 study. BMC Geriatrics 2018 ;Volum 18.(205) s.1-8

16. **Grønning, Kjersti**; Nøst, Torunn Hatlen; Bratås, Ola; Rannestad, Toril. Participants and developers experiences with a chronic pain self-management intervention under development: A qualitative study. SAGE Open Medicine 2018 ;Volum 6.
17. Nøst, Torunn Hatlen; Steinsbekk, Aslak; Bratås, Ola; **Grønning, Kjersti**. Short-term effect of a chronic pain self-management intervention delivered by an easily accessible primary healthcare service: a randomised controlled trial. BMJ Open 2018 ;Volum 8.(12)
18. Nøst, Torunn Hatlen; Steinsbekk, Aslak; Bratås, Ola; **Grønning, Kjersti**. Twelve-month effect of chronic pain self-management intervention delivered in an easily accessible primary healthcare service - a randomised controlled trial. BMC Health Services Research 2018 ;Volum 18.
19. Sagsveen, Espen; Rise, Marit By; **Grønning, Kjersti**; Bratås, Ola. Individual user involvement at Healthy Life Centres: a qualitative study exploring the perspective of health professionals. International Journal of Qualitative Studies on Health and Well-being 2018 ;Volum 13.(1)
20. Sagsveen, Espen; Rise, Marit By; **Grønning, Kjersti**; Westerlund, Heidi; Bratås, Ola. Respect, trust and continuity: A qualitative study exploring service users' experience of involvement at a Healthy Life Centre in Norway. Health Expectations 2018
21. Andre, Beate; Canhão, Helena; Espnes, Geir Arild; Rodrigues, Ana Maria; Gregorio, Maria João; Nguyen, Camilla; Sousa, Rute; **Grønning, Kjersti**. Is there an association between food patterns and life satisfaction among Norway's inhabitants ages 65 years and older?. Appetite 2017; Volum 110. s.108-115
22. Gregorio, Maria Joao; Rodrigues, Ana; Eusébio, Mónica; Sousa, Rute; Dias, Sara; Andre, Beate; **Grønning, Kjersti**; Coelho, Pedro S.; Mendes, Jorge M.; Graça, Pedro; Espnes, Geir Arild; Branco, Jaime C.; Canhão, Helena. Dietary Patterns Characterized by High Meat Consumption Are Associated with Other Unhealthy Life Styles and Depression Symptoms. Frontiers in Nutrition 2017 ;Volum 4.(25)
23. **Grønning, Kjersti**; Bratås, Ola; Steinsbekk, Aslak. Patients' Perceptions of Having a Good Life One Year after Arthritis Patient Education: A Qualitative Study Nested within a Randomized Controlled Trial. Nurse Media Journal of Nursing 2017 ;Volum 7. s.1-14
24. Nøst, Torunn Hatlen; Steinsbekk, Aslak; Riseth, Liv; Bratås, Ola; Grønning, Kjersti. Expectations towards participation in easily accessible pain management interventions: a qualitative study. BMC Health Services Research 2017;Volum 17.(1)
25. **Grønning, Kjersti**; Bratås, Ola; Steinsbekk, Aslak. Which factors influence self-efficacy in patients with chronic inflammatory polyarthritis?. Musculoskeletal Care 2016 ;Volum 14.(2) s.77-86
26. **Grønning, Kjersti**; Midttun, Live; Steinsbekk, Aslak. Patients' confidence in coping with arthritis after nurse-led education; a qualitative study. BMC Nursing 2016
27. Nøst, Torunn Hatlen; Steinsbekk, Aslak; Bratås, Ola; **Grønning, Kjersti**. Expectations, effect and experiences of an easily accessible self-management intervention for people with chronic pain: study protocol for a randomised controlled trial with embedded qualitative study. Trials 2016 ;Volum 17.(325)
28. Bratås, Ola; **Grønning, Kjersti**; Forbord, Toril. A Comparison of Two Versions of the General Health Questionnaire Applied in a COPD population. Health Care: Current Reviews 2014 ;Volum 2.(2)
29. Bratås, Ola; **Grønning, Kjersti**; Forbord, Toril. Psychometric properties of The Hospital Anxiety and Depression Scale and The General Health Questionnaire-20 in COPD inpatients. Scandinavian Journal of Caring Sciences 2014 ;Volum 28.(2) s.413-420
30. **Grønning, Kjersti**; Rannestad, Toril; Skomsvoll, Johan Fredrik; Rygg, Lisbeth Østgaard; Steinsbekk, Aslak. Long-term effects of a nurse-led group and individual patient education programme for patients with chronic inflammatory polyarthritis – a randomised controlled trial. Journal of Clinical Nursing (JCN) 2014 ;Volum 23.(7-8) s.1005-1017
31. **Grønning, Kjersti**. Patient education and chronic inflammatory polyarthritis- coping and effect. Trondheim: Norges teknisk-naturvitenskapelige universitet 2012. ISBN 978-82-471-3675-1
32. **Grønning, Kjersti**; Skomsvoll, Johan Fredrik; Rannestad, Toril; Steinsbekk, Aslak. The effect of an educational program consisting of group and individual arthritis education for patients with

polyarthritis - A randomised controlled trial. Patient Education and Counseling 2012 ;Volum 88.(1) s.113-120

33. Rygg, Lisbeth Østgaard; Rise, Marit By; **Grønning, Kjersti**; Steinsbekk, Aslak. Efficacy of ongoing group-based diabetes self-management education for patients with type 2 diabetes mellitus. A randomised controlled trial. Patient Education and Counseling 2012 ;Volum 86.(1) s.98-105
34. **Grønning, Kjersti**; Lomundal, Borghild Kristin; Koksvik, Hege Suorza Svean; Steinsbekk, Aslak. Coping with arthritis is experienced as a dynamic balancing process. A qualitative study. Clinical Rheumatology 2011 ;Volum 30.(11) s.1425-1432
35. **Grønning, Kjersti**; Rødevand, Erik; Steinsbekk, Jan-Aslak. Paid work is associated with improved health-related quality of life in patients with rheumatoid arthritis. Clinical Rheumatology 2010 ;Volum 29.(11) s.1317-1322
36. Østensen, Monika; **Almberg, Kjersti Grønning**; Koksvik, Hege. Sex, Reproduction and Gynecological Disease in Young Adults with a History of Juvenile Chronic Arthritis. Journal of Rheumatology 2000 ;Volum27. s.1783-1787