



Prof. dr Tiny JAARSMA, Sweden

Tiny Jaarsma is full professor in Nursing at Linköping University in Sweden, and in the Department of Cardiology, University Medical Center Utrecht in the Netherlands.

Her working life, she spends mostly in research and nursing. Tiny Jaarsma her main scientific achievement is the integration of current scientific knowledge in a middle range theory: 'the middle range theory of self-care in chronic illness' developed with professors Anna Strömberg and Barbara Riegel. She is involved in research related to chronic care, especially to develop and test interventions to improve self-care in patients with heart failure.

Dr Jaarsma has strongly advocated the involvement of patients in the ESC. She was part of the development team of HeartFailureMatters.org, an educational website for patients and caregivers that is available in 10 languages. She also coordinated the ESC initiative to make Patient versions of ESC Guidelines with the Patient version of the ESC Guidelines on Heart Failure proudly launched in May 2022.

Dr. Jaarsma received her bachelor education in nursing HBO-V in Groningen, the Netherlands, received her master's degree in health sciences from the University of Maastricht in 1992, as part of a Dr Dekker fellowship of the Netherlands Heart Foundation. She studied 6 months at the UCLA in 1993 and completed her doctoral degree in 1999 at the University of Maastricht with her thesis entitled: 'Heart Failure, nurses care.' After her master's degree, she worked as an assistant professor at the University of Maastricht. After her doctoral degree she worked as a post-doc researcher at the Netherlands Heart Foundation (from 1988-2000), and as a researcher and associate professor in the University Medical Center Groningen from 2000-2010. In 2010 she immigrated to Sweden to work at Linköping University as a full professor in Nursing. She is heading a research group (CESAR) with 25 national and international researchers in the area of cardiac care in Sweden. Her research has been published in over 500 publications ranging from short practical communications, book chapters to scientific publications in peer reviewed journals.