

Curriculum Vitae

Name:

Snježana Benko Meštrović, PhD, MSc PT, MSc Soc. Gerontology

Contact Information:

Address: Margalići 26a, 10090 Zagreb, Croatia

Phone: +385 95 1969 090

Email: snjezanabenkom@gmail.com

Date of Birth: March 6, 1978

CURRENT POSITIONS

- **Head of the Center for Cardiopulmonary Rehabilitation**, Department of Internal Medicine, University Hospital Sveti Duh, Zagreb
 - **Assistant Professor**, University North, Department of Physiotherapy
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ACADEMIC AND SCIENTIFIC CREDENTIALS

- **Academic Title:** Assistant Professor
 - **Academic Degrees:**
 - PhD in Biomedicine and Health Sciences
 - MSc in Physiotherapy
 - MSc in Social Gerontology
 - **Researcher ID:** 395874
 - **Field of Expertise:** Clinical Medical Sciences (Biomedicine and Health)
 - **Year of Last Appointment:** 2023
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PROFESSIONAL EXPERIENCE

- **2002–2018** – Physiotherapist, Intensive Care Unit and Cardiology & Pulmonology Departments, University Hospital Sveti Duh, Zagreb
 - **2018–2024** – Head of Pulmonary Rehabilitation, Special Hospital for Pulmonary Diseases, Zagreb
 - **2024–Present** – 20% appointment, Lecturer at University North, Department of Physiotherapy, Varaždin
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EDUCATION

- **2000** – Higher Physiotherapy Degree, University of Applied Health Sciences, Zagreb

- **2008** – BSc in Physiotherapy, University of Applied Health Sciences, Zagreb
 - **2010** – MSc in Physiotherapy, University of Applied Health Sciences, Zagreb
 - **2020** – MSc in Social Gerontology, Alma Mater Europaea, Maribor, Slovenia
 - **2015–2021** – PhD in Health Sciences, Alma Mater Europaea, ECM, Slovenia
 - *Dissertation: “The Burden of Informal Caregivers of Patients with Chronic Respiratory Failure and Their Perception of Care Impact on Successful Ageing”*
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PROFESSIONAL DEVELOPMENT & TRAINING

(Selected Highlights)

- **2002–2024:** Over 20 specialized certifications and advanced trainings in respiratory physiotherapy, mechanical ventilation, and manual therapy across Europe and the USA
 - Regular lecturer and course organizer for professional bodies and societies including ERS and the Croatian Society of Physiotherapists
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SUPERVISION & MENTORING

- Supervised over seven graduate theses and one doctoral dissertation in fields related to pulmonary rehabilitation, physiotherapy, and COVID-19 recovery
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PROJECTS & INITIATIVES

- Lead and co-organizer of numerous national and international projects promoting pulmonary and cardiac rehabilitation, health education, and physiotherapy standards
 - Contributor to guidelines on palliative care competencies for physiotherapists (Ministry of Health, Croatia)
 - National co-ordinator of Early rehabilitation of intensive care unit patients - a multinational prospective observational study on dosage and outcome (ERUPT Study)
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HONORS & AWARDS

- **2023** – Award for Outstanding Contribution to Physiotherapy, Croatian Association of Physiotherapists
 - **2024** – Recognition for Advancement of the Profession, Croatian Council of Physiotherapists
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PROFESSIONAL AFFILIATIONS

- President, Croatian Society for Cardiorespiratory Physiotherapy and NIV
- President, Commission for Physiotherapy, Croatian Ministry of Health

- Member, European Respiratory Society
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EDITORIAL AND REVIEW ROLES

- Peer reviewer for *Fizio Info*, *Croatian Physiotherapy Association* publications
 - Reviewer for academic textbooks and conference proceedings
 - Editor, *Physiotherapia Croatica Supplement*
 - Member, Editorial Boards: *Physiotherapia Croatica*, *World of Health Journal*
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CONFERENCE PARTICIPATION

- Extensive involvement as a speaker, organizer, and scientific committee member at over 70 national and international conferences including ERS, WCPT, and congresses on gerontology, critical care, and physiotherapy education
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TECHNICAL & LANGUAGE SKILLS

- Proficient in Microsoft Office and hospital systems (SPP, BIS)
 - Fluent in English (spoken and written)
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RESEARCH & PUBLICATIONS

- Over 40 published scientific articles in indexed journals and conference proceedings, with contributions to clinical guidelines and university textbooks
- **Google Scholar:** <https://scholar.google.com/citations?user=48lhSIQAAAAJ&hl=hr>
- **CROSBİ Profile:** <https://www.croris.hr/osobe/profil/37722>

