

## Curriculum Vitae

### Name:

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

### Contact Information:

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Date of Birth: March 6, 1978

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### 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>
- **CROSBI Profile:** <https://www.croris.hr/osobe/profil/37722>

