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The road to successful geriatric rehabilitation

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CURRICULUM VITAE

Marije Sara Holstege was born on 7 July 1980 in Alkmaar, the Netherlands. In 1999, after graduating secondary school, she began her physiotherapy study at the 'Hogeschool van Amsterdam' (HvA). In 2002 she started a research elective at the department of Rehabilitation Medicine at the VU medical center in Amsterdam. In 2003 she graduated cum laude for her Bachelor of Health (Bhealth) degree and started to work as a physiotherapist in a skilled nursing facility at 'Evean'. Then, in 2005 she began the Master Evidence-Based Practice in Health Care (Clinical epidemiology) study at the University of Amsterdam where she graduated in 2009. During this period, she also started as chair of the scientific board of 'Evean' and member of the University Network Elderly care (UNO-VUmc) at the VU medical center. From 2010 to 2016, she was a researcher at 'Evean' at the department of Innovation and Development: during that period, she was involved in various projects and initiated pilot studies that were aimed at improving the quality of care and outcomes for vulnerable older persons in skilled nursing facilities. In 2011 she started her PhD project, that is described in this thesis, at the department of Public Health and Primary Care of the Leiden University Medical Center (supervisors: Prof. W.P. Achterberg, Prof. J. Gussekloo, Dr. M.A.A. Caljouw, Dr. R. van Balen). At present, she is working as a senior researcher at 'Evean'. Marije has a special interest in applied research in vulnerable older persons in skilled nursing facilities and currently focuses on geriatric rehabilitation and e-health innovations.

