

Curriculum vitae

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<http://scholar.google.com/citations?user=Br01tOwAAAAJ>

Other professional work

2018 *Ráðleggingar um mataræði fyrir eldra fólk sem er við góða heilsu.* Embætti landlæknis. Fyrst gefið út í júlí 2017. Endurútféið í desember 2018. ISBN 978-9935-9373-7-7

2018 *Einkenni vannæringar hjá eldra fólki og hvað er til ráða fyrir eldra fólk og aðstandendur þeirra.* Embætti Landlæknis. Útgefið í desember 2018. ISBN 978-9935-9373-8-4

2018 *Ráðleggingar um mataræði fyrir hrumt eða veikt eldra fólk – ætlað fagfólki og öðrum umönnunaraðilum.* Útgefandi er Embætti landlæknis í samstarfi við Rannsóknarstofu Háskóla Íslands og Landspítala í öldrunarfræðum (RHLÖ). Útgefið 2018.

2017 *Krabbameinsáætlun Íslands til 2020* Skýrsla ráðgjafarhóps með tillögu til heilbrigðisráðherra um íslenska krabbameinsáætlun til ársins 2020.

<https://www.stjornarradid.is/verkefni/allar-frettir/frett/2017/07/07/Tillaga-ad-islenskri-krabbameinsaatlun-til-arsins-2020-Notendamidud-thjonusta-i-ondvegi/>

2010 Clinical guidelines for nursing - Prevention nutritional and hydration problems of patients after stroke. Landspítali-University Hospital. Expert/reviewer in the project group. <http://www.landspitali.is/lisalib/getfile.aspx?itemid=27674>

2008 *Næring og holdafar.* Fræðslurit um þroskahömlun. Ritsstjórn: Bryndís Halldórsdóttir, Jóna G. Ingólfssdóttir, Stefán J Hreiðarsson og Tryggvi Sigurðsson. Háskólaútgáfan. 2008 (bls. 111-116)

2008 Public recommendation - Handbook of food and nutrition for the elderly. The Public Health Institute of Iceland. ISBN 978-9979-9843-4-4. Expert/reviewer in the project group.

2007 Clinical guidelines for prevention of falls. Landspítali-University Hospital. Expert/reviewer in the project group reviewing the new recommendations. <http://innri.lsh.is/lisalib/getfile.aspx?itemid=20620>

Publication

Thesis

Ólöf Guðný Geirsdóttir, PhD. thesis 2011 at University of Iceland – Physical activity and dietary intake in community dwelling older adults – Associations with body composition, muscle strength, physical function and other health-related outcomes. ISBN 978-9979-9928-8-2

Ólöf Guðný Geirsdóttir, M.S. thesis 2001 at University of Iceland – A study on Nutritional Status in Two Patients Groups at Landspítalinn University Hospital – Patients Receiving Enteral- and Parenteral Nutrition and Cancer Patients in Chemotherapy.

Articles

1. Milan Chang, Alfons Ramel, PV Jonsson, I Thorsdottir, Olof Gudny Geirsdottir. *The effect of cognitive function on mobility improvement among community-living older adults: A 12-week resistance exercise intervention study*. Aging, Neuropsychology, and Cognition A Journal on Normal and Dysfunctional Development. ISSN: 1382-5585 (1744-4128 (Online) Journal homepage: <https://www.tandfonline.com/loi/nanc20>; 2019
2. O. G. Geirsdottir, M. Chang, P.V. Jonsson, I. Thorsdottir, A. Ramel. *Obesity, Physical Function, and Training Success in Community-Dwelling Nonsarcopenic Old Adults*. Journal of Aging Research. ID 5340328, <https://doi.org/10.1155/2019/5340328>; 2019
3. Milan Chang, Olof G. Geirsdottir, Sigurveig H. Sigurdarsdottir, Ingemar Kåreholt, Alfons Ramel. *Associations between education and need for care among community dwelling older adults in Iceland*. Scand J Caring Sci; 2019
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6. H. Eymundsdottir, m. Chang, o.g. geirsdottir, p.v. jonsson, v. Gudnason, l. Launer. *Serum 25-hydroxy vitamin d, physical activity and cognitive function among older adults*. J Aging Res Clin Practice 2018;7:143-148
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10. Geirsdottir OG, Chang M, Briem K, Jonsson PV, Thorsdottir I, Ramel A. 2017 *Gender, Success, and Drop-Out during a Resistance Exercise Program in Community Dwelling Old Adults*. J Aging Res. 2017;2017:5841083. doi: 10.1155/2017/5841083. Epub 2017 Aug 14.
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25. Geirsdottir OG, Inga Thorsdottir 2008 *Nutritional status of cancer patients in chemotherapy; dietary intake, nitrogen balance and screening.* Food and Nutrition Research. 52.

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2. Ólöf Guðný Geirsdóttir. Salt; Ertu að fá of mikið af því? Upplýsingar um notkun salts og áhrif þess á blóðþrýstinginn Tímarit Heilaheilla. 1:1.2013
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4. Ólöf G. Geirsdóttir, Atli Arnarson, Kristín Briem, Alfons Ramel, Pálmi V Jónsson, Inga Þórsdóttir. 2011 *Áhrif 12 vikna styrktarþjálfunar á eldri Íslendinga.* Sjúkraþjálfarinn 2:12-14.

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