

CURRICULUM VITAE

Name: Nicoletta Vergaro

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Marital Status: Married

Nationality: Italian

Date of birth: 15/02/1983

PROFESSIONAL EXPERIENCE:

From March 2016, worked at the Physical Medicine and Rehabilitation outpatient clinic at Casa Gianelli, and from October 2017 to the present, at the Physical Medicine and Rehabilitation outpatient clinic at Chiavari Hospital, which later became S.S.D. Territorial Rehabilitation of Acquired Disabilities and Integrated Hospital and Territorial Pathways.

From August 2011 to January 2012, worked at the new Rapallo Hospital in the Orthopedics departments and the Intensive Orthopedic Rehabilitation outpatient clinic.

From January 2008 to March 2016, worked at Sestri Levante Hospital ASL 4 Chiavarese in the following facilities:

- Functional re-education outpatient clinic;
- Orthopedics department;
- Intensive rehabilitation department;
- Swimming pool at the Benedetto Acquarone center in Chiavari.

From May 2006 to January 2008, worked at "Riattiva" Physiokinesitherapy Studio, via Enrico Toti 3, 16033 Lavagna (Ge).

Main duties and responsibilities performed (at "Riattiva"):

- Manual treatment;
- Orthopedic re-education;
- Functional re-education;
- Neuromotor re-education;
- Postural re-education;

- Massotherapy;
- Muscle strengthening and recovery exercises in the gym;
- Tecartherapy;
- Hydrokinesitherapy.

From November 2004 to January 2008, worked as a physiotherapist at Istituto Fisioterapico Ligure s.n.c., Corso Garibaldi 59, 16043 Chiavari.

Main duties and responsibilities performed (at Istituto Fisioterapico Ligure):

- Kinesitherapy;
- Vertebral gymnastics;
- Neuromotor re-education;
- Respiratory rehabilitation;
- Proprioceptive rehabilitation with Stabilometric Platform;
- Physical therapy: analgesic electrotherapy (TENS, iontophoresis, etc.), ultrasounds, phonophoresis, electrostimulation, magnetotherapy, radar therapy, laser therapy, radial shock wave, hyperthermia, tecartherapy, hydrophoresis;
- Massotherapy;
- Manual therapy Maitland concept.

EDUCATION AND TRAINING:

Registration with the Register of Health Professions of Physiotherapy TSRM PSTRP of Genoa, Imperia, and Savona.

September 2017: DIPLOMA of "FIRST LEVEL UNIVERSITY MASTER IN MANAGEMENT AND COORDINATION FUNCTIONS OF HEALTH PROFESSIONS" at Unitelma Sapienza University of Rome.

December 2011: Specialist Master's Degree in "Health Professions of Rehabilitation Sciences" at the University of Genoa with a vote of 110 cum laude and a final dissertation on "Robot therapy: a new rehabilitative approach for stroke patients and Multiple Sclerosis subjects".

November 2004: Degree in Physiotherapy at the University of Genoa with a vote of 108/110 and a final dissertation on the topic: "The external patellar hyperpressure syndrome: clinical and rehabilitative aspects".

July 2001: Scientific High School Diploma at Guglielmo Marconi Scientific High School in Chiavari with a vote of 90/100.

INTERNSHIP/STAGE COMPLETED FOR THE STUDY COURSE:

- Neurological Clinic of Genoa;
- San Martino Hospital 3rd floor Monoblock Orthopedics and Traumatology Division;
- San Martino Hospital Pavilion 9 Physical Medicine and Rehabilitation;
- Villa Azzurra of Rapallo (Cardiovascular Rehabilitation Outpatient Clinic);
- Villa Scassi Hospital Company of Sampierdarena (Pulmonology Division, Orthopedics Division, Orthopedic Outpatient Clinic);
- San Carlo Hospital of Voltri ASL 03 (Orthopedics and Traumatology Division, Functional Re-education Outpatient Clinic);
- Liberti Institute of Genoa ASL 03 (Functional Re-education Outpatient Clinic).
- Motor Education Center in Genoa Quarto;
- Galliera Hospital of Genoa (Orthopedics and Traumatology Division);
- Surgical Clinic of San Martino Hospital (Vascular Rehabilitation).

SUPPLEMENTARY INTERNSHIP:

- Sestri Levante Hospital (Functional Re-education Outpatient Clinic) in the summer of 2003;
- San Carlo Hospital of Voltri (Functional Re-education Outpatient Clinic) in the summer of 2004 for thesis elaboration and clinical case study.

EXTRA-UNIVERSITY INTERNSHIP:

- Istituto Fisioterapico Ligure, a center affiliated with ASL 4 Chiavarese, from March to November 2004.

TRAINING COURSES AND CONFERENCES:

- "Cervical flexor muscle dysfunction" San Martino Hospital July 2002;
- Update seminar "Current issues in Infantile Cerebral Palsy" Genoa May 2003;
- Congress on Arthroscopy and Rehabilitation "Ortoreuma 2004" Genoa;
- "Rehabilitation of rheumatoid arthritis" Genoa April 29, 2004;

- 2nd National Congress G.I.S.R.A.S.M. "Upper limb rehabilitative experiences" Savona May 2005;
- Arthroscopy and rehabilitation course "Update course on shoulder pathology" Genoa September 2005;
- Congress "From experience to future in ACL reconstruction" Genoa February 2006;
- Course "MAITLAND CONCEPT First Level", Albenga from September 2005 to May 2006;
- Alphamed course "Tecartherapy capacitive and resistive energy transmission: from theory to practice" Turin October 2006;
- "Basic course of REHABILITATION IN WATER" held in Milan from June 15 to 17, 2007;
- "Neuromuscular taping advanced course" Riattiva on 20, 27, 28/10 2007;
- Congress on "current issues on rehabilitative protocols in orthopedics" in Lavagna on March 29, 2008;
- BLS course "Basic cardiopulmonary resuscitation and early defibrillation" held in Lavagna on May 16, 2008;
- Congress "Minimally invasive surgical and non-surgical therapies" in Genoa on June 14, 2008;
- "Clinical reasoning for setting treatment in neurological patients with motor problems - 1st module" held in Sestri Levante on December 3 and 9, 2008;
- "Quality Project" organized by A.S.L. 4 Chiavarese and held in Chiavari from 21/01/08 to 15/12/08;
- "Recovery after ACL rupture in professional athletes: current status and perspectives" Parma 02/03/09;
- "Degenerative pathology of hip and shoulder" held on April 18, 2009 in Chiavari;
- "Quality of organization oriented to risk management" Chiavari from 15/01/09 to 11/06/2009;
- "Epicrisis and integrated decision making" Chiavari November 21 and 22, 2009;
- "Osteo-chondral Regeneration Live surgery" Genoa November 28, 2009;
- "Joints and sport: knee and football" Genoa March 25, 2010;
- "Functional Outcome: optimizing functional outcome in orthopaedics and sports traumatology" April 2010 Bologna;
- "Neuromuscular Taping for neurological pathologies verification of applications and update on the technique" Sestri Levante Hospital May 2010;
- "Retraining Basic Life Support and Defibrillation" according to IRC guidelines, held at the ASL 4 Chiavarese training center on 13/12/2010;
- "Physiopilates: dynamic postural re-education" held on December 17 and 28, 2010 in Sestri Levante;
- Course "Core competence of internship" held from November 29 to December 31 in Chiavari;
- "Health for the Football player: prevention, Diagnosis, Surgery and Rehabilitation" March 12-13, 2011 Bologna;
- "Treatment of femoro-patellar pathology: where are we?" May 2011 Galliera Hospital Genoa;
- Course on "TECAR Cellular Regenerator application methods" held in Sestri Levante on November 9, 2011;

- "The therapeutic alliance among operators, patient and family members. Communication as a fundamental tool for construction" held in Sestri Levante on November 19, 2011;
- Course on "Tecartherapy and integrated transdermal delivery: a complete approach to musculoskeletal disorders level 2" held on January 20, 2012 in Sestri Levante;
- Course "Isokinetics" held in Pisa March 2012;
- Course "Evidence based practice in rehabilitation area" held in Chiavari from April 19 to 20, 2012;
- "Quality and risk. Continuous improvement in ASL4 Chiavarese structures" from January 23, 2012 to December 10, 2012;
- "Management of traumatized patient. Optimization of organizational, clinical and assistance pathway: from PS access to orthopedic specialist" on March 14, 2013;
- "R-BLSD executor" Renewal of basic life support skills with the use of semi-automatic defibrillator in adults." Cogorno April 23, 2013;
- "Rehabilitation today: innovation and perspectives" Lavagnese Seminars of Neurology: June 12, 2013;
- "Imaging in rehabilitation" Rapallo Hospital November 29, 2013;
- "Thermotherapy: indications and therapeutic usefulness in musculoskeletal pain" from December 5 to 12, 2013;
- "Anti-corruption legislation: the transparency objective in public administration. From May 22 to December 31, 2013;
- Rehabilitation Days: "Spasticity: surgical treatment, rehabilitation. April 11, 2014;
- Rehabilitation Days: "Male and female urinary incontinence: multidisciplinary clinical commitment" on October 24, 2014;
- Congress "Shoulder prosthesis: from apartheid to full recognition" held in Genoa on October 25, 2014;
- Rehabilitation Days: "Robotics in neurological patients" on December 10, 2014;
- "Crimes against public administration" from July 21 to December 31, 2014;
- Risk management in clinical practice and continuous improvement of quality and safety of care" from January to December 2015;
- "Communication as a professional value" San Salvatore February 17 and 18, 2016;
- "Enabling basic life support techniques with the use of a semi-automatic defibrillator in adults" March 10, 2016;
- Quality project for the year 2016 from January to December on a monthly basis;
- "Privacy training course" (European Regulation 2016/679) the legislation; 2017/2018;
- "Clinical governance: from clinical risk management to quality improvement" 2018;
- "Enabling basic life support techniques with the use of a semi-automatic defibrillator in adults for trainees with inability to move loads" San Salvatore September 26, 2018;
- "International combined meeting esska-esma and sigascot masterclass in sport trauma" Genoa Palazzo Ducale November 16 and 17, 2018;
- "Pressure injuries: prevention and treatment" FAD course 2018;
- "Monitoring the level of assistance safety: carmina and ministerial recommendations" FAD course November and December 2018;
- Internship guide for the year 2017/2018;

- "Sport medicine conference a new horizon for groin pain" Chiavari January 11, 2019;
- "Law n°190 anti-corruption plans and measures" FAD course 2019;
- "How to design and implement a management system for health and safety at work ISO 45001:2018" Lavagna October 18 and November 20;
- "Protecting from influenza with vaccination" FAD course November 2019;
- "Management of internal health emergency in facilities and districts: the emergency cart" San Salvatore December 19, 2019;
- "Don't fall: do not fall in ASL 4 LIGURIA" FAD course 2019.
- "Prevention of accidental punctures and correct use of PPE/DPC" FAD course 2020;
- "Quality and clinical risk: computerized reporting of Non-Conformity (NC) and Incident Reporting (IR) in ASL4 Liguria" FAD course 2020;
- "SAFETY WALKING AROUND: involving people to improve quality and safety - YEAR 2020";
- "Work-related stress from risk knowledge to prevention" FAD course 2020;
- "Face to face with the competent doctor: info-formative meetings on the role of the competent doctor, on health surveillance and on the concept of work suitability" FAD course 2020;
- Internship guide for the year 2019-2020.
- "Prevention and control of infection related to SARS COV 2 virus" FAD course 2021;
- "Electronic health record (EHR)" FAD course 2021;
- "How to implement a Safety and Health Management System" FAD course 2021.
- "Prevention of acts of violence against operators and aggression escalation techniques" FAD course 2022;
- "Hand hygiene: what we think we know and what we still need to learn about the gesture that changes lives" FAD course 2022;
- "Towards accreditation for excellence: training for continuous improvement 2022" FAD course 2022;
- "General training pursuant to art 37 Legislative Decree 81/08 and subsequent amendments" FAD course 2023.
- "Specific training for high-risk workers: Healthcare" FAD course 2023.
- "Introductory course NEUROCOGNITIVE REHABILITATION COMPARISON BETWEEN ACTIONS" organized by ASL 4 September 22-23 and November 10-11;
- "Internship Guide" in collaboration with the University of Genoa for the year 2022-2023;
- "Management of internal health emergency in facilities and districts: the emergency cart" Cogorno April 11, 2024.

PERSONAL SKILLS AND COMPETENCES:

FOREIGN LANGUAGES: English

- Reading skills: good
- Writing skills: good
- Oral expression skills: good

TECHNICAL SKILLS AND COMPETENCES:

- Good knowledge of physical therapy machinery (analgesic electrotherapy TENS, iontophoresis, etc., ultrasounds, laser, radar, magnetotherapy, shock wave, tecartherapy...);
- Fair use of main software programs (Word, Excel, Internet Explorer, Office, Power Point...).
- Ability to establish a positive and effective relationship with users, department operators or other company structures;
- Ability to transmit professional skills and share information and results with colleagues;
- Excellent coordination and work management skills.

FURTHER INFORMATION:

Drafting of a self-treatment exercise manual for knee recovery printed by the ASL for users. Since April 2020, responsible for the management of drugs and galenics at the Physiotherapy Outpatient Clinic of the S.S.D. RDTA of Chiavari and for the management of the emergency cart present within the structure itself.

Chiavari June 9, 2025

VERGARO NICOLETTA