

# EUROPEAN FORMAT FOR CURRICULUM VITAE

## Personal Information

Name: Dr. Massimo Della Bona

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Nationality: ITALIAN

Date of birth: Born in Carrara (MS) on 05/08/1963

## Work Experience

- Until December 1992: Military service as a Medical Officer of the Italian Navy; qualified in hyperbaric rescue, Medical Director on board the frigate 'Alpino' (F240), conducted missions in the Aegean Sea sponsored by NATO.
- From 1993 to 1996: Emergency service on mobile coronary units in the Massa and Versilia area, substituting for general practitioners, active on-call medical services, and tourist health assistance for ASL 1 Toscana (now USL Nordovest Toscana).
- Since October 2000: First-level Medical Officer at AUSL 5 Spezzino, initially assigned to the Emergency Department at the S. Bartolomeo Hospital in Sarzana.
- From 2002 to present: Assigned to the Geriatrics Department at the Levante Ligure Hospital.
- From academic year 2017-2018 to 2023-2024: Lecturer in Geriatrics and Gerontology at the University of Genoa, Nursing Degree Course, La Spezia campus.
- From academic year 2019-2020 to present: Lecturer in Geriatrics and Gerontology at the University of Genoa, Physiotherapy Degree Course, La Spezia campus.

Institution:

ASL 5 del Levante Ligure, Via Fazio 30, La Spezia

Position:

First-level Medical Officer, management of internal medicine patients with common cardiac, pulmonary, metabolic, and neurodegenerative diseases typical of elderly patients. Expert in memory disorder testing and degenerative diseases of the nervous system.

'Bone specialist', managing the clinic for metabolic bone diseases and osteoporosis for over 20 years. Head of Clinical Risk in the Geriatrics Department. Fire safety officer. BLS, BLSD and ACLS certified operator.

## **Education and Training**

High school diploma from Liceo Scientifico G. Marconi in Carrara. Graduated in Medicine and Surgery on 10/04/1991 from the University of Pisa (Grade: 108/110). Thesis: "Elective Surgery in Crohn's Disease". Specialized on 28 October 1999 at the University of Florence with full marks (70/70) in Geriatrics. Thesis: "Parkinson's Disease and Parkinsonisms: Clinical Features, Progression, and Therapeutic Interventions in the Elderly".

## **Personal Skills and Competences**

Mother tongue:  
Italian

Other language:  
ENGLISH

- Reading skills: [Excellent]
- Writing skills: [Good]
- Speaking skills: [Good]

## **Social skills and competences**

Excellent interpersonal skills with patients, colleagues, and all personnel.

## **Organisational skills and competences**

Excellent organisational skills in work planning and management.

## **Technical skills and competences**

Expert in managing IT equipment, excellent knowledge of systems such as DOS, Windows, Linux, and UNIX. Proficient in word processing, spreadsheets, and databases. Excellent manual skills and use of advanced DIY machinery.

## **Driving Licence**

Category B driving licence for cars and Category A3 for motorcycles.

DATE: 09/06/2025

SIGNATURE: Massimo Della Bona