



## CURRICULUM VITAE

### TE DHENAT PERSONALE

Emri / Mbiemri **ALBA THEMELI**  
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Shtetesia **Shqiptare**  
Data e lindjes **20/07/1982**

### EKSPERIENCAT E PUNES

**2005- 2008** Farmaci " Nikol", Tirane  
**2008- vazhdim** Farmaci " Santa Maria 2", Lezhe  
Drejtuese teknike e farmacise  
**2010- vazhdim** Menaxhere e pergjithshme e Qendres se Trajnimit Profesional Mjekesore " Santa Maria".  
**2018-vazhdim** Anetare e Komitetit te Edukimit te Association of Cardiovascular Nursing And Allied Professions ( ACNAP) pjese e ESC ( Shoqata Europiane e Kardiologjise)  
**2018- vazhdim** Kordinatore projekti e Federates Nderkombetare te Diabetit ( IDF) per trajnimet e " Diabetes Education IDF" dhe IDF " School of Diabetes"

### SHKOLLIMI

**2000-2005** Kam mbaruar ne Fakultetin e Shkencave ne Universitetin e Tiranës dega "Farmaci", Tirane  
**2009-2012** Studimet pasuniversitare Master Shkencor ne Farmaci prane Queen's University Belfast, Angli

**AFTESI DHE NJOHURI  
PERSONALE**

**GJUHA MEME**

**SHQIP**

**GJUHETE TJERA**

Niveli i leximit

Niveli i shkrimt

Niveli ne te folur

**ANGLISHT**

SHUME MIRE

SHUME MIRE

Shume Mire

**ITALISHT**

SHUME MIRE

SHUME MIRE

Mjaftueshem

Njohuri shume te mira ne Office (Word, Excel, Power Point)  
Mail, Internet Explorer etj)

**KUALIFIKIME**

JANAR 2009

Diplome pasuniversitare ne "Diet and Nutrition" prane Stonebridge Associated Colleges, Angli

SHTATOR 2009

Certifikate pasuniversitare ne "General Nutrition", prane University of California, Berkeley, USA

QERSHOR 2010

Trajnim ne Kujdesin Palliativ e organizuar nga Prime dhe PCEC, Lezhe

Tetor 2010

Trajnim ne Patient Safety e organizuar nga Universiteti i Manchesterit, Angli

Tetor 2012

Certifikate pas universitare ne "Diabetes Care", prane University of Warwick, Angli

Shtator 2016

Certifikate pasuniversitare ne "Nutrition and Wellbeing" prane University of Aberdeen, Angli

Qershor 2018

Trajnim pasuniversitar ne "Diabetes Educator" i ofruar nga Federata Nderkombetare e Diabetit (IDF)

Korrik 2018

Summer School "Train the Trainer in Obesity Management", Annecy France i ofruar nga EASO

Prill 2019

Certifikimi SCOPE ne Obesity Specialist Education nga Federata Nderkombetare e Obezitetit (WOF)

Qershor 2019

Scope School 2019 "Rethinking obesity care", Universiteti Aristotle, Selanik

## PREZANTIME

- NENTOR 2013 **"The role of community pharmacists in managing patients with depression"**  
<http://www1.dgppnkongress.de/dgppn2013/quest/ID36bb354de81018/AbstractView?ABSID=18961>  
Punim shkencor i prezantuar ne Kongresin Vjetor te Psikiatrie ne Berlin,Gjermani 2013
- MAJ 2014 **"The role of pharmacist in managing patients with diabetes type 2"**  
<http://www.endocrine-abstracts.org/ea/0035/ea0035p462.htm>  
Punim shkencor i prezantuar ne Kongresin European te Endokrinologjise ne Wroclaw, Poloni, 2014
- MAJ 2015 **"Controlling the obesity epidemic: where does the pharmacist weigh in?"**  
<http://www.endocrineabstracts.org/ea/0037/ea0037ep543.htm>  
Punim shkencor i prezantuar ne Kongresin European te Endokrinologjise,Dublin Irlande, 2015
- QERSHOR 2015 **"Pharmacists, valuable member of the hypertension management team"**  
<http://spo.escardio.org/SessionDetails.aspx?eventid=1093&sessId=15833&subSessionsId=4090#.VYkV61L5mM8>  
Punim shkencor i prezantuar ne Kongresin Euroheart Care 2015, i organizuar nga Shoqata Europiane e Kardiologjise, Dubrovnik,Kroaci 2015. Cmimi : Best Poster Award 2015
- NENTOR 2015 **"Diabetes screening programme among Roma people living in Albania"**  
<http://www.idf.org/files/abstracts/data/HtmlApp/main.html#746>  
Punim shkencor i prezantuar ne Kongresin Boteror te Diabetit i organizuar nga Federata Nderkombetare e Diabetit, Vancouver, Kanada 2015
- PRILL 2016 **"Public perception of the role of Albanian Community Pharmacists in the management of cardiovascular diseases"**  
Punim shkencor i prezantuar ne Kongresin Euroheart Care2016, i organizuar nga Shoqata Europiane e Kardiologjise Athine, Greqi, 2016.
- PRILL 2016 **"Knowledge and behaviour of Albanian nurses in Primary Care toward Cardiovascular Disease Risk Reduction"**  
Punim shkencor i prezantuar ne Kongresin Euroheart Care 2016, i organizuar nga Shoqata Europiane e Kardiologjise Athine, Greqi, 2016.

MAJ 2016	<p><b>“Role of community pharmacists in the prevention and management of the Metabolic Syndrome in Albania”</b></p> <p>Punim shkencor i prezantuar ne Kongresin European te Endokrinologjise, ECE 2016 Mynih, Gjermani, 2016</p>
MAJ 2016	<p><b>“Knowledge and behaviours of Albanian nurses in primary care toward Diabetes Mellitus type 2 risk factors reduction”</b></p> <p>Punim shkencor i prezantuar ne Kongresin European te Endokrinologjise, ECE 2016 Mynih, Gjermani, 2016</p>
SHTATOR 2016	<p><b>“An evolving role of Albanian Community Pharmacists in managing Hypertension”</b></p> <p>Punim shkencor i prezantuar ne Kongresin e 5 Nderkombetar te Lipid Metabolism and Atherosclerosis, ICLA, 2016 Seoul, Kore e Jugut, Shtator 2016</p>
TETOR 2016	<p><b>“The incidence of Self-Medication of Upper- Gastrointestinal Symptoms in Albanian Community Pharmacies”</b></p> <p>Punim shkencor i prezantuar ne Kongresin European te Gastroenterologjise, UEG Week 2016, Tetor 2016, Viene Austri.</p>
NENTOR 2016	<p><b>“The growing use of herbal medicine in depression: issues relating to adverse reactions and challenges in monitoring safety”</b></p> <p>Punim shkencor i prezantuar ne Kongresin Vjetor te Psikiatrie ne Berlin, Gjermani Nentor 2016.</p>
MARS 2017	<p><b>“Patient perspectives about weight management services in Albanian Community Pharmacies”</b></p> <p>Punim shkencor i prezantuar ne Scient Global Conference, Las Vegas, SH.B.A</p>
PRILL 2017	<p><b>Perceptimi i pacientit per rolin e farmacistit ne manaxhimin e semundjeve kardiovaskulare.”</b></p> <p>Punim shkencor i prezantuar ne kongresin KKSHM 2017, Tirane</p>
MAJ 2017	<p><b>Associations between dietary food patterns and Metabolic Syndrome risk in Albanian adolescents.”</b></p> <p>Punim shkencor i prezantuar ne Kongresin European te Endokrinologjise, ECE 2017, Lisbone, Portugal</p>

MAJ 2017	<p><b>" Promoting physical activity in patients with cardiovascular diseases, GPs and other healthcare professionals' practice and needs"</b></p> <p>Punim shkencor i prezantuar ne Kongresin EuroHeartCare 2017, Jonkoping,Suedi,</p>
MAJ 2017	<p><b>" Are pharmacists ready to reduce the burden of obesity?"</b></p> <p>Punim shkencor i prezantuar ne Kongresin European Te Obesitetit, ECO 2017,Porto, Portugali</p>
MAJ 2017	<p><b>" Uncontrolled use of antibiotics in the treatment of uncomplicated UTIs by Albanian community pharmacists"</b></p> <p>Punim shkencor i prezantuar ne Kongresin KSN 2017, Seul, Kore e Jugut,</p>
QERSHOR 2017	<p><b>" Awareness of possible side effects of NSAIDs among the Albanian patient population."</b></p> <p>Punim shkencor i prezantuar ne Kongresin European te Reumatologjise EULAR 2017, Madrid,Spanje</p>
QERSHOR 2017	<p><b>" Use of Herbal Supplements among Hypertensive Populations in Albania"</b></p> <p>Punim Shkencor i prezantuar ne Kongresin European te Hypertensionit ESH 2017, Milano, Itali</p>
QERSHOR 2017	<p><b>" Development and assessment of an E-learning course on "Cardiovascular Diseases Management " for community pharmacists and other healthcare professionals"</b></p> <p>Punim shkencor i prezantuar ne Kongresin ASME 2017, Exeter, Angli</p>
TETOR 2017	<p><b>" Consumer perspective about weight management services in a community pharmacy setting in Albania"</b></p> <p>Punim shkencor i prezantuar ne Kongresin CECOM 2017, Bratislave Sllovaki</p>
TETOR 2017	<p><b>" Counselling patients with psychotropic drugs vs. other diseases prescriptions- the situation in Albanian Community Pharmacies"</b></p> <p>Punim Shkencor i prezantuar ne Kongresin Boteror te Psikiatrie, WPA 2017, Berlin, Gjermani, Tetor 2017.</p>
PRILL 2018	<p><b>"Vlerësimi i pritshmërive dhe perceptimi që ka pacienti për rolin dhe detyrat e farmacistit të rrjetit të hapur"</b></p> <p>Punim shkencor i prezantuar ne kongresin KKSHM 2018, Tirane</p>
SHTATOR 2018	<p><b>"Effectiveness of the community pharmacists interventions in improving blood pressure levels in patients with hypertension with a view to improving patient self- management"</b></p> <p>Prezantim poster ne Kongresin Nderkombetar te Hipertensionit ( ISH 2018), Beijing Kine</p>

## AFTESI TE TJERA

- 2010 Lektore ne trajnimin "**Fitoterapia**" e organizuar nga qendra e trajnimit "Santa Maria", Lezhe
- 2011 Lektore ne trajnimin "**Fitoterapia 2**" e organizuar nga qendra e trajnimit Santa Maria
- 2013 Lektore ne trajnimin "**Principet baze te nje ushqyerje te mire**" e organizuar Nga qendra e trajnimit " Santa Maria
- 2014 Lektore ne trajnimin "**Fitomedicina ne kendveshtrimin e profesionisteve te shendetesise**" e organizuar nga qendra e trajnimit "Santa Maria"
- 2017 Lektore ne trajnimin "**Diabeti mellitus, njohurite baze dhe menaxhimi efektiv I tij**" e organizuar nga qendra e trajnimit " Santa Maria

## ANETARESIME

Urdhri i Farmacisteve te Shqiperise  
Shoqata Europiane e Endokrinologjise  
Shoqata Europiane e Kardiologjise  
The Association for the Study of Medical Education  
Council of Cardiovascular Nursing and Allied Professions  
European Association for Cardiovascular Prevention and Rehabilitation  
Danish Diabetes Academy  
European Respiratory Society  
International Society of Hypertension  
European Academy of Allergy and Clinical Immunology  
Endocrine Society  
Council on Hypertension

## CMIME

- 2015 "**Best Poster Award**"  
Cmim i dhene ne kongresin Euroheart Care 2015, perPrezantimin "Pharmacists, valuable member of the Hypertension management team"
- 2016 "**UEG National Scholar Award 2016**"  
Cmim i dhene nga Shoqata Europiane e GastroEnterologjises per punimin me te mire Shkencor te vitit per Shqiperine.
- 2017 "**ESC Educational Grant**"  
Cmim i dhene nga Shoqata Europiane te Kardiologjise gjate Kongresit ECE 2017, Barcelone Spanje 2017