

Curriculum vitae

Jan Frich

Deputy CEO and Chief Medical Officer
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Professor II
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Education/academic degrees

- Cand.mag. (B.Sc.), University of Oslo, 1993
- Cand.med. (M.D.), University of Oslo, 1996
- Master of Science (M.Sc.) in medical anthropology, Brunel University London, 2001
- Master in Health Administration (M.H.A.), University of Oslo, 2008
- Doctor of Medicine (Dr.med./PhD), Faculty of Medicine, University of Oslo, 2008
- Executive Certificate in Public Leadership, Harvard Kennedy School, Harvard University, 2019

Certifications

- Authorized Physician (EEA/EU), Norwegian Board of Health Supervision, 1999
- Certified Specialist in Neurology, Norwegian Medical Association, 2008
- GCP, Yale University, 2014

Academic appointments

- Associate Professor, Faculty of Medicine, University of Oslo, 2010-2011
- Professor (Full), Faculty of Medicine, University of Oslo, 2011-2018
- Visiting Professor, Yale School of Public Health, Yale University, 2013-2014
- Head of Department, Department of Health Management and Health Economics, Faculty of Medicine, University of Oslo, 2015-2017
- Vice-Chair, Institute of Health and Society, Faculty of Medicine, University of Oslo, 2015-2017
- Professor (Adjunct), Faculty of Medicine, University of Oslo, 2019-

Clinical/healthcare appointments

- Internship, Kristiansund Hospital/Municipality of Ørskog, 1997-1999
- Resident Physician, Oslo University Hospital (Ullevål/Rikshospitalet), 2001-2008
- Consultant, Department of Neurology, Oslo University Hospital, 2009-2017
- Consultant/Advisor, Center for Rare Diseases, Oslo University Hospital, 2010-2012
- Chief Medical Officer, South-Eastern Norway Regional Health Authority, 2018-
- Deputy CEO/Chief Medical Officer, South-Eastern Norway Regional Health Authority, 2019-

Other appointments

- Medical Editor, *The Journal of the Norwegian Medical Association*, 2005-2007
- Editorial board member, *Medical Humanities*, 2008-2013
- Editorial committee member, *The Journal of the Norwegian Medical Association*, 2012-2014
- Editorial board member, *Michael*, 2013-
- Associate editor, *BMJ Leader*, 2018-

Fellowships / Prizes

- G. Unger Vetlesen Medical Fund, 1999
- Harkness fellowship, The Commonwealth Fund (USA), 2013-2014
- Prize for Quality in bachelor and master education, Faculty of Medicine, University of Oslo, 2017
- Digitalis purpurea, Faculty of Medicine, University of Oslo, 2017
- Project leader for the National medical school test that was awarded *Ministry of Education and Research and NOKUT Prize for Quality in Higher Education*, 2017

Research supervision

- Main supervisor/co-supervisor for 11 PhD-candidates who have defended their thesis (University of Oslo/University of Bergen). Currently co-supervisor for three PhD-candidates.
- Supervised 50 master/medical students who have defended their thesis (University of Oslo)

Educational leadership

- Program Director, Executive Master in Health Administration, University of Oslo, 2010-2013
- Project Director, Medical school/MD Programme Curriculum Reform, Faculty of Medicine, University of Oslo, 2014-2017
- Project Director, the National Medical School Test in Norway, 2015-2017
- Assistant Program Director, MD Program, Faculty of Medicine, University of Oslo, 2016-2017
- Project group member, School of Health Innovation, University of Oslo/Norwegian University of Science and Technology/Karolinska Institutet, 2016-2018
- School of Health Leadership, University of Oslo/Norwegian Medical Association, 2018-

Scientific articles last five years (2016-)

1. Nilsen L, **Frich JC**, Friis S, Norheim I, Rössberg JI. Participants' perceived effects of a family intervention after a first episode of psychosis: a qualitative study. *Early Interv Psychiatry* 2016; 10: 152–9.
2. Valestrand EA, Slørdahl TS, Bærheim A, Schirmer H, Andersen SL, Aabelvik H-G, **Frich JC**. Mot en nasjonal delprøve i medisinstudiet. *Tidsskr Nor Lægeforen* 2016; 136: 390–1.
3. Ofstad EH, **Frich JC E**, Schei E, Frankel RM, Gulbrandsen P. What is a medical decision? A taxonomy based on physician statements in hospital encounters – a qualitative study. *BMJ Open* 2016; 6: e010098.
4. **Frich JC**, Middelthun IM, Os I. Revisjonen av medisinstudiet i Oslo – «Oslo 2014». *Michael* 2016; 13: 50–60.
5. Lerum SV, Solbrække KN, **Frich JC**. Family caregivers' accounts of caring for a family member with motor neurone disease in Norway: a qualitative study. *BMC Palliat Care* 2016; 15: 22.
6. von der Lippe C, **Frich JC**, Harris A, Solbrække KN. Experiences of being heterozygous for Fabry disease: a qualitative study. *J Genet Couns* 2016; 25: 1085–92.
7. Gran SF, Brænd AM, Lindbæk M, **Frich JC**. General practitioners and students' experiences with supervisory giving and receiving feedback during a six-week clerkship in general practice: A qualitative study. *Scand J Prim Health Care* 2016; 34: 172–9.
8. **Frich JC**, Rae D, Roxburgh R, Miedzybrodzka ZH, Edmondson M, Pope EB, Goodman L, Haddad MS, Giuliano J, Nelson EC, Guttman M, Nance M. Health care delivery practices in Huntington's disease specialty clinics: an international survey. *J Huntingtons Dis* 2016; 5: 207–13.
9. Quinn L, Hamana K, Kelson M, Dawes H, Collett J, Townson J, Rickards H, Roos R, van der Plas A, Reilmann R, **Frich JC**, Rosser A, Busse M. Aerobic and strengthening exercise improves cardiovascular fitness and motor function in people with Huntington's disease: results from a randomized controlled trial. *Parkinsonism Relat Disord* 2016; 31: 46–52.
10. **Frich JC**. God bruk av legers arbeidstid? *Tidsskr Nor Lægeforen* 2016; 136: 1321.
11. van Walsem MR, Howe EI, **Frich JC**, Andelic N. Assistive Technology for Cognition and Health-related Quality of Life in Huntington's Disease. *J Huntingtons Dis* 2016; 5: 261–70.

12. **Frich JC.** Medisinsk grunnutdanning – hvordan har norske universiteter forholdt seg til signaler om nye kompetansekrav? *Uniped* 2016; 39: 304–15.
13. von der Lippe C, **Frich JC**, Harris A, Solbrække KN. Treatment of hemophilia: A qualitative study of mothers' perspectives. *Pediatr Blood Cancer* 2017; 64: 121–27.
14. van Walsem MR, Howe EI, Ruud GA, **Frich JC**, Andelic N. Health-related quality of life and unmet healthcare needs in Huntington's disease. *Health Qual Life Outcomes* 2017; 15: 6.
15. **Frich JC**, Andersen S, Bærheim A, Ellingsen M, Johanson GAS, Lockert O, Schirmer H, Slørdahl TS. En felles prøve for alle legestudenter i Norge. *Tidsskrift Nor Lægeforen* 2017; 137: 1277–8.
16. Spehar I, Sjøvik H, Karevold KI, Rosvold EO, **Frich JC**. General practitioners' views on leadership roles and challenges in primary health care: a qualitative study. *Scand J Prim Health Care* 2017; 35: 105–10.
17. Martinussen PE, **Frich JC**, Vrangbæk K, Magnussen J. Organisatoriske forhold og løsninger i spesialisthelsetjenesten – hva mener sykehuslegene? *Michael* 2017; 14 (Suppl. 19): 95–105.
18. **Frich JC**, Sjøvik H, Spehar I. Leder- og ledelsesutvikling i helsevesenet – en oversikt. *Michael* 2017; 14: 168–76.
19. Lerum SV, Solbrække KN, **Frich JC**. Health care professionals' accounts of challenges in managing motor neurone disease in primary health care: a qualitative study. *Health Soc Care Community* 2017; 25: 1355–63.
20. von der Lippe C, **Frich JC**, Harris A, Solbrække KN. “It was a lot tougher than I thought it would be”. A qualitative study on the changing nature of being a hemophilia carrier. *J Genet Counsel* 2017; 26:1324–32.
21. Hovlid E, **Frich JC**, Walshe K, Nilsen RM, Flaaten H, Braut GS, Helgeland J, Teig IL, Hartug S. Effects of external inspection on sepsis detection and treatment: a quasi-experimental study with a stepped wedge design. *BMJ Open* 2017; 7:e016213.
22. Ofstad EH, **Frich JC**, Schei E, Frankel RM, Benth JS, Gulbrandsen P. Clinical decisions presented to patients in hospital encounters: a cross-sectional study using a novel taxonomy. *BMJ Open* 2018; 8:e018042.
23. **Frich JC.** Hvordan innføre nye metoder? *Tidsskr Nor Lægeforen* 2018, doi: 10.4045/tidsskr.18.0289
24. Jakobsen RB, Gran SF, Grimsmo B, Arntzen K, Fosse E, **Frich JC**, Hjortdahl P. Examining participant perceptions of an interprofessional simulation-based trauma team training for medical and nursing students. *J Interprof Care* 2018; 32: 80–8.
25. **Frich JC.** Henrik Ibsen's battle with cerebrovascular disease. *Front Neurol Neurosci* 2018; 43:138–44.
26. Solberg OK, Filkuková P, **Frich JC**, Feragen KJB. Age at death and causes of death in patients with Huntington disease in Norway in 1986-2015. *J Huntington Dis* 2018; 7: 77–86.
27. **Frich JC.** Eugene O'Neills Strange Interlude – et nevrologisk perspektiv. *Michael* 2018; 15: Suppl 22: 98–106.
28. van Walsem MR, Piira A, Mikalsen G, Fossmo HL, Howe EI, Knutsen SF, **Frich JC**. Cognitive performance after a one-year multidisciplinary intensive rehabilitation program for Huntington's disease: an observational study. *J Huntington Dis* 2018; 7: 379–89.
29. **Frich JC**, Spehar I. Physician leadership development: towards multidisciplinary programs? *BMJ Leader* 2018; 2: 91–4.
30. **Frich JC**, Spehar I. Ledelsesutvikling for leger. *Tidsskr Nor Lægeforen* 2018; doi: 10.4045/tidsskr.18.0645.
31. Vassbotn AD, Sjøvik H, Tjerbo T, **Frich JC**, Spehar I. General practitioners' perspectives on care coordination in primary health care: A qualitative study. *Int J Care Coord* 2018; 21: 153–59.
32. Solbakken G, Bjørnarå B, Kirkhus EA, Nguyen B, Hansen G, **Frich JC**, Ørstavik K. MRI of trunk muscles and motor and respiratory function in patients with myotonic dystrophy type 1. *BMC Neurology* 2019; 19: 135, doi: 10.1186/s12883-019-1357-8.

33. Schwartz A, van Walsem MR, Brean A, **Frich JC**. Therapeutic use of music, dance, and rhythmic auditory cueing for patients with Huntington's disease: a systematic review. *J Huntington Dis* 2019; 8: 393–420. doi: 10.3233/JHD-190370.
34. Husabø G, Nilsen RM, Flaatten H, Solligård E, **Frich JC**, Bondevik GT, Braut GS, Walshe K, Harthug S, Hovlid E. Early diagnosis of sepsis in emergency departments, time to treatment, and association with mortality: An observational study. *PLoS ONE* 2020; 15(1): e0227652.
35. Aristomo A, van Walsem MR, **Frich JC**. Self-reported physical activity in people with limb-girdle muscular dystrophy and Charcot-Marie-Tooth disease in Norway. *BMC Musculoskelet Disord* 2020; 21: 235. doi: 10.1186/s12891-020-03246-w
36. Allwood D, Berendt T, Delgado P, **Frich JC**, Klaber B, Molloy A, Mountford J, Nigam A, Stoddart C, Swanwick T. This is different. *BMJ Leader* 2020 doi: 10.1136/leader-2020-000250
37. Husabø G, Nilsen RM, Flaatten H, Solligård E, **Frich JC**, Bondevik GT, Braut GS, Walshe K, Harthug S, Hovlid E. Early diagnosis of sepsis in emergency departments, time to treatment, and association with mortality: An observational study. *PLOS ONE* 2020; 15(1): e0227652.
38. Martinussen PE, Magnussen J, Vrangbæk K, **Frich JC**. Should I stay or should I go? The role of leadership and organisational context for hospital physicians' intention to leave their current job. *BMC Health Serv Res* 2020; 20: 400. doi: 10.1186/s12913-020-05285-4
39. Hovlid E, Teig IL, Halvorsen K, **Frich JC**. Inspecting teams' and organisations' expectations regarding external inspections in health care: a qualitative study. *BMC Health Serv Res* 2020; 20: 627. doi: 10.1186/s12913-020-05475-0
40. Hovlid E, Braut GS, Hannsidal E, Walshe K, Bukve O, Flottorp SA, Stensland PS, **Frich JC**. Mediators of change in healthcare organisations subject to external assessment: a systematic review with narrative synthesis. *BMJ Open* 2020; 10: e038850. doi: 10.1136/bmjopen-2020-038850
41. Ikram U, Ren H, Shields-Zeeman L, **Frich JC**, Jones DN, Wu J, Kuang M, Liu Y, Ma J. Balancing COVID-19 preparedness and 'business as usual' in hospitals: Lessons from executives in China, Norway and the United Kingdom. *BMJ Leader* 2020; doi: 10.1136/leader-2020-000314.
42. Lyons O, Robynne G, Galante, JR, Mafi A, Fordwoh T, **Frich JC**, Geerts JM. Evidence-based medical leadership development: a systematic review. *BMJ Leader* 2020; doi: 10.1136/leader-2020-000360.
43. Husabø G, Nilsen RM, Solligård E, Flaatten H, Walshe K, **Frich JC**, Bondevik GT, Braut GS, Helgeland J, Harthug S, Hovlid E. Effects of external inspections on sepsis detection and treatment: a stepped-wedge study with cluster-level randomization. *BMJ Open* 2020; 10: e037715.
44. Husabø G, Teig IL, **Frich JC**, Bondevik GT, Hovlid E. Promoting leadership and quality improvement through external inspections of management of sepsis in Norwegian hospitals: a focus group study. *BMJ Open* 2020; 11: 10:e041997.
45. **Frich JC**, Allwood D, Berendt T, Delgado P, Dunscombe R, Klaber B, Molloy A, Mountford J, Nigam A, Stoddart C, Swanwick T, Joshi I. Seeing and managing the icebergs. *BMJ Leader* 2020; doi: 10.1136/leader-2020-000378.
46. Solbakken G, Løseth S, Froholdt A, Eikeland TD, Nærland, T, **Frich JC**, Dietrichs E, Ørstavik K. Pain in adult myotonic dystrophy type 1: relation to function and gender. *BMC Neurology* 2021; 21(1): 101. doi: 10.1186/s12883-021-02124-9

Edited scientific books/anthologies

1. **Frich JC**, Schei E, Stene-Johansen K, red. *På sykeleiet: sykdom og medisin i litteraturen*. Oslo: Gyldendal Akademisk, 2004.
2. **Frich JC**, red. *Hjerneslag*. Oslo: Tidsskriftets skriftserie, 2008.
3. Wilmar B, Bruusgaard P, **Frich JC**, Fugelli P, red. *Penger og verdier i helsetjenesten*. Oslo: Gyldendal Akademisk, 2009.
4. Botten GS, **Frich JC**, Hagen TP et al. red. *Helsetjenestens nye logikk*. Oslo: Akademika forlag, 2014.
5. **Frich JC**, Iversen T, Tjerbo T, red. *Helsepolitikens faglige premisser*. Oslo: The Norwegian Medical Society, 2017.

6. Frich JC, Brean A, Dietrichs E, red. *Hjernen og historien*. Oslo: The Norwegian Medical Society 2018.

Full list of publications in CRISTIN:

<https://www.cristin.no/as/WebObjects/cristin.woa/wa/fres?sort=ar&la=no&action=sok&pnr=13843>

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