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University diploma in Nursing (RN), 1980
Registered Nurse with Graduate Diploma in Specialist Nursing
Anaesthesia Care (RNA), 1985
Bachelor in Nursing Sciences (BScN), 1997
Master in Nursing Sciences (MScN), 2001
Doctor in Medical Science (PhD), 2003
Associate Professor at Örebro University, 2009

Nurse anaesthetist since, 1985- ff
Associate Professor since 2009 - ff
Scientific Supervisor for Master and PhD students since 2004 – ff

Member of the board:

Swedish Society of Nursing, 2006- ff: <http://www.swenurse.se/>
Research Committee of Örebro County Council 1999- ff:
http://www.orebroll.se/oll/page_____11586.aspx

Editorial board: Music and Medicine (<http://mmd.sagepub.com/>)

Scientific references on music:

1. **Nilsson U**, Rawal N, Unesthåll L-E, Zetterberg C, Unosson M. Improved recovery after therapeutic suggestions and music during general anaesthesia. *Acta Anaesthesiologica Scandinavica* **2001**; 45: 812-817 (Cited 68)
2. **Nilsson U**, Rawal N, Enqvist B, Unosson M. Analgesia following music and therapeutic suggestions in the PACU in ambulatory surgery; a randomised controlled trial. *Acta Anaesthesiologica Scandinavica* **2003**; 47: 278-283. (Cited 45)
3. **Nilsson U**, Rawal N, Unosson M. A comparison of intra-operative or postoperative exposure to music – a controlled trial of the effect on postoperative pain. *Anaesthesia* **2003**;58:699-673. (Cited 74)
4. **Nilsson U**. Music and music in combination with therapeutic suggestions on postoperative recovery. PhD thesis, Linköping University **2003**-10-10
5. **Nilsson U**, Unosson M, Rawal N. Stress reduction and analgesia in patients exposed to calm music postoperatively: a randomized controlled trial. *European Journal of Anaesthesiology* **2005**;22:96-102 (Cited 44)
6. **Nilsson U**. The anxiety and pain reducing effect of music interventions in perioperative care; a systematic review, *AORN Journal* **2008**;87 (4): 780-807. (Cited 13)

7. **Nilsson U.** The effect of music intervention in stress response to cardiac surgery in a randomized clinical trial. *Heart & Lung* **2009**;38:201-207(Cited 6)
8. **Nilsson U.** Soothing music can increase oxytocin levels during bed rest after open-heart surgery; a randomized control trial. *Journal of Clinical Nursing* **2009**;18:2153-2161(Cited 6)
9. **Nilsson U, Lindell L, Eriksson A, Kellerht T.** The effect of music intervention in relation to gender during coronary angiographic procedures; a randomized clinical trial.*European Journal of Cardiovascular Nursing* **2009**;8:200-206 (Cited 6)
10. Fredriksson AC, Hellström L, **Nilsson U.** Patients' perception of music versus ordinary sound in a postanaesthesia care unit; a randomised crossover trial. *Intensive & Critical Care Nursing*. **2009**;25:208-213 (Cited 2)
11. Nilsson S, Kokinsky E, **Nilsson U, Sidenvall B Enskär K.** School-aged children's experiences of postoperative music medicine on pain, distress and anxiety *Pediatric Anesthesia* **2009**;19:1184-1190
12. Weeks B, **Nilsson U.** Music intervention in patients during coronary angiographic procedures: a randomized controlled study of the effect on patients' anxiety and well-being Submitted Feb 2010

Citations:

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Nilsson U. The anxiety and pain reducing effect of music interventions in perioperative care; a systematic review, *AORN Journal* **2008**;87(4):780-807

Cochrane Database Syst Rev 2006:CD004843.Cepeda MS, Carr DB, Lau J, Alvarez H. Music for Pain relief:

Nilsson U, Rawal N, Unosson M. A comparison of intra-operative or postoperative exposure to music – a controlled trial of the effect on postoperative pain. *Anaesthesia* **2003**;58:699- 673

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Other scientific references:

1. Svedberg P, Ivarsson B, Roxberg Å, Baigi A, Benzein E, Brunt D, Brännström M, Fridlund B, Persson S, Rask M, Alm-Roijer C and the **SAMMI-study group**¹ Reliability and validity of a Swedish version of Krantz Health Opinion Survey – a pilot study. Submitted June 2009
2. **Nilsson U & Idvall E.** Pain assessments in day surgery patients, Jdubmitted anuary 2010
3. Arenhall E, Kristofferzon M-L, Fridlund B, **Nilsson U.** The male partners experiences of the intimate relationships after a first myocardial infarction. Submitted Feb 2010
4. Tinnfält I, **Nilsson U.** Patients' experiences of the intraoperative care during abdominal aortic aneurysm repair in local anaesthesia. Submitted Feb 2010

¹ SAMMI-study group National survey study, Ulrica Nilsson responsible for Örebro Univerity hospital.

5. Arenhall E, Kristofferzon M-L, Fridlund B, **Nilsson U**. The female partners view of the intimate relationships after a myocardial infarction *Journal of Clinical Nursing* **2010**; 30 (1); 43-44
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 7. Jaensson M, Lassinanti -Olowsson L, **Nilsson U**. Endotracheal tube size and Sore Throat following surgery. A randomized, controlled study A randomized, controlled study. *Acta Anesthesiologica Scandinavica* **2010**;54:147-153
 8. Rask M, Malm D, Kristofferzon M-L, Roxberg Å, Svedberg P, Arenhall E, Baigi A, Brunt D, Fridlund B, Ivarsson B, **Nilsson U**, Sjöström-Strand A, Wieslander I, Benzein E *and the SAMMI-study group*. Validity and Reliability of a Swedish Version of the Relationship Assessment Scale (RAS) –Pilot Study *Canadian Journal of Cardiovascular Nursing* **2010**;40 (19); 1-21
 9. Lund C, **Nilsson U**. Patients' perceived health and anxiety pre and post implantable cardioverter defibrillator insertion. *Nordic Journal of Nursing Research & Clinical Studies* **2010**; 30 (1); 43-44
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 12. Idvall E, Berg K, Unosson M, Brudin L, **Nilsson U**. Assessment of Recovery after Day surgery using a modified version of Quality of Recovery-40 *Acta Anesthesiologica Scandinavica* **2009**;5:673-677
 13. Falk-Brynhildsen K, **Nilsson U**. High Quality of the Theatre Nurse Postoperative Follow-up Visit in Patients who have Undergone Cardiac Surgery. *European Journal of Cardiovascular Nursing* **2009**;8:105-111
 14. Rosén S, Svensson M, **Nilsson U**. Calm or not calm; The question of anxiety in perioperative patients. *Journal of PeriAnesthesia Nursing* **2008**; 4: 237-246
 15. Allvin R, Berg K, Idvall E, **Nilsson U**. Recovery after surgery; A concept analysis *Journal of Advanced Nursing* **2007**;57(5):552–558
 16. **Nilsson U**, Unosson M, Kihlgren M. Experience of postoperative recovery before discharge; patients' views *Journal of Advanced Perioperative Care* **2006**;2:97-106
 17. Svensson M, Rosén S, **Nilsson U**. Local warming to reduce pain on peripheral intravenous cannula insertion: a randomised controlled study. *Journal of Advanced Perioperative Care* **2006**;2:107-112
 18. **Nilsson U**. Parents' opinion of the child's anaesthesia care. *Nordic Journal of Nursing Research & Clinical Studies* **1999**;4:20-25.
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Invited speaker:

Nilsson Ulrica. Music and therapeutic suggestions in anaesthesia. 7th World Congress for Nurse Anaesthetists, Helsinki, Finland, 8-12 June 2002

Nilsson Ulrica. Music and Health. International Academy for Design and Health, 3rd International World Congress, Montreal 25-29 June 2003.

Nilsson Ulrica. Music as nursing; harmony for the body and soul. The 13th International Reflective Practice Conference 6-8 June 2007

Nilsson Ulrica, Non-pharmacological methods in pain management, European Society of Regional Anaesthesia & Pain Therapy, Genoa, Italy, 24-27 September 2008

Scientific abstracts:**2000**

Nilsson U, Rawal N, Uneståhl L-E, Unosson M. Therapeutic suggestions and music intra-operatively under general anaesthesia; a nursing intervention for improved recovery. 10th Biennial Conference of the Workgroup of European Nurse Researchers WENR, in Iceland 25-27 May Reykjavik, Iceland.

Nilsson U, Rawal N, Uneståhl L-E, Unosson M. Improved recovery after therapeutic suggestions and music during general anaesthesia. 6th World Congress for Nurse Anaesthetists, 5-10 August 2000, Chicago, USA.

Nilsson U, Rawal N, Unosson M. Nursing interventions with positive suggestions and music before, during or after surgery, can it improve postoperative recovery and patient's well being? 1st European Doctoral Conference in Nursing Science, November 24-26 2000, Berlin, Germany

Nilsson U, Rawal N, Uneståhl L-E, Unosson M. Improved recovery after therapeutic suggestions and music during general anaesthesia. 6th World Congress for Nurse Anaesthetists, Chicago 5-10 August 2000

2001

Nilsson U, Unosson M, Rawal N, Kihlgren M. Kvinnors upplevelser av den Postoperativa återhämtningen efter hysterektomi: en jämförelse mellan intervention med positiva suggestioner och musik peroperativt. Hälso- och sjukvårdsstämman 25-27 april 2001, Stockholm. (Swedish)

Nilsson U, Unosson M, Rawal N, Kihlgren M. Women's experience of the postoperative period during hysterectomy: a comparison of intervention with music, therapeutic suggestions, and no intervention under general anaesthesia. International Council of Nurses, ICN, 22nd Quadrennial Congress, 10-15 June 2001, Copenhagen, Denmark.

Nilsson U, Rawal N, Unosson M. Musik och positiva suggestioner peroperativt; en omvårdnadshandling för narkosköterskan. Nordisk konferens i intensiv- och anesthesi sjukvård, NOKIAS, 14-16 september 2001, Reykjavik, Island. (Swedish)

2002

Nilsson U, Rawal N, Enqvist B, Unosson M. Analgesic effect of soothing music with or without therapeutic suggestions in the immediate postoperative period. 10th The World Congress on Pain, 17-22 August 2002, San Diego, USA.

2003

Nilsson U, Rawal N, Enqvist B, Unosson M. Att lyssna på musik och positiva suggestioner postoperativt kan minska den postoperative smärtan; en kontrollerad randomiserad studie. Vårdstämman, Stockholm, 14-16 maj 2003. (Swedish)

Nilsson U, Rawal N, Unosson M. Music in the operating room and the postanaesthesia care unit toward pain. International Academy for Design and Health, 3rd International World Congress, 25-29 June 2003, Montreal, Canada

2005

Schön Åsa, **Nilsson U**. I trygga händer, anestesi- och intensivvårds sjuksköterskans vårdarbete. Vårdstämman, Stockholm 20-22 april 2005.(Swedish)

Nilsson U, Unosson M, Rawal N. Analgesic effect of music in the postoperative versus intra operative period: a randomised controlled trial, 11th The World Congress on Pain, 21-26 August 2005, Sydney, Australia.

2006

Nilsson U, Unosson M, Rawal N. Analgesia and stress reduction in patients listening to calming music postoperatively; a randomised controlled trial. 8th World Congress for Nurse Anaesthetists, 10-13 June 2006, Lausanne.

Svensson M, Rosén S, **Nilsson U**. Local warming to reduce pain on peripheral intravenous cannula insertion: a randomised controlled study. 8th World Congress for Nurse Anaesthetists, 10-13 June 2006, Lausanne.

Bergström K, Dreifaldt M, Souza D, **Nilsson U**. A comparison of level of pain after CABG from three different surgical sites for harvesting grafts. 55th Annual Meeting of Scandinavian Association for Thoracic Surgery (SATS), 16-19 August 2006, Reykjavík.

Falk Brynhildssen K, **Nilsson U**. New duties at work for the surgical nurse– the postoperative follow-up visit 55th Annual Meeting of Scandinavian Association for Thoracic Surgery (SATS), 16-19 August 2006, Reykjavík.

2007

Nilsson U, Unosson M, Kihlgren M. Experience of postoperative recovery before discharge – patients' views. ICN conference, 27 May – 1 June 2007, Yokohama, Japan.

Berg K, Idvall E, **Nilsson U**, Unosson M. Postoperative recovery after orthopedic ambulatory surgery views. ICN conference, 27 May – 1 June 2007, Yokohama, Japan.

Rosén S, Svensson M, Nilsson U. Lugn eller inte lugn. Orsaker som bidrar till patientens sinnestämning före planerad kirurgi. Nordisk kongress för intensivvårds- och anestesisjuksköterskor, NOKIA, 21-23 november 2007 (Swedish)

2008

Bergström K, Dreifaldt M, Souza D, **Nilsson U**. Pain after CABG surgery, a comparison from three different surgical sites for harvesting grafts. 12th World Congress on Pain, 17-22 August 2008, Glasgow; Scotland, UK.

Nilsson U. Randozised clinical trial examining the effect of soothing music in response to relaxation during bed rest after open- heart surgery. Mozart & Science, 2nd International Congress for the interdisciplinaty research on the effects and experience of music, Vienna, 14-16 November.

2009

Nilsson U Randomised clinical trial examining the effect of soothing music in response to stress and relaxation during bed rest after open-heart surgery. Scandinavian Conference in Cardiothoracic Surgery, Stockholm August 20-22

Referee:

Journal of Advanced Nursing; Biological Research for Nursing; British Journal of Surgery; Acta Anaesthesiologica Scandinavica; European Journal of Cardiovascular Nursing; Nordic Journal of Nursing Research & Clinical Studies

Book chapter:

Nilsson Ulrica. Music and health; How to use music in surgical care. Editor Dilani A i Design & Health III. 2004 International Academy for Design and Health, Åtta.45 Tryckeri AB.

Editor:

Description of competence for Registered Nurse with Graduate Diploma in Specialist Nursing– Anaesthesia Care, Bromma tryck & Brolins AB

Designed six CDs with relaxing music. Instrumental in starting Sweden's first radio channel providing relaxing music to patients at Örebro University Hospital.

Book chapter:

Nilsson Ulrica. Music and health; How to use music in surgical care. Editor Dilani A i Design & Health III. 2004 International Academy for Design and Health, Åtta.45 Tryckeri AB.

Implementation advice:

<http://ulricanilsson.se/>

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