

# Curriculum vitae

## PERSONAL INFORMATION

*Family name, First name:	Aarli, Bernt Bøgvald		
*Date of birth:	22.10.1971	*Sex:	Male
*Nationality:	Norwegian		

## HIGHER EDUCATION/OTHER TRAINING

	Subjects/degree/	Name of institution, country
2018	Ph.D.	Faculty of Medicine, University of Bergen, Norway
2012	Specialist int. medicine	Norwegian Medical Association, Norway
2012	Specialist pulmonology.	Norwegian Medical Association, Norway
1999	Candidatus Medicinae.	Faculty of Medicine, University of Bergen, Norway

## Current Position

	Job title/name of employer/country
2020-	Associate professor, Department of Clinical Science, Faculty of Medicine, University of Bergen, Norway
2012-	Senior Consultant, Dep. of Thoracic Medicine, Haukeland University Hospital, Norway

## Previous positions held (list)

	Job title/name of employer/country
2012-2017	PhD fellow, Department of Clinical Science, University of Bergen, Norway
2011-2012	Resident. Dep of Medicine, Haukeland University Hospital, Norway
2006-2011	Resident. Dep of Thoracic Medicine, Haukeland University Hospital, Norway
2002-2006	Resident. Dep of Medicine, Haraldsplass Diakonale Hospital, Norway
2001-2002	General Practice, Bergenhus bydel, Norway
2001	Intern (District). Austrheim county, Norway
2000	Intern. Dep of Surgery. Dep of Medicine. Haukeland University Hospital, Norway

**PROJECT MANAGEMENT EXPERIENCE (if applicable)**

	Project/topic/role in project/funding from
2016	Project: Effect of pulmonary rehabilitation in a helium and oxygen atmosphere on the work capacity of COPD patients. Project manager. Funder: NUI.
2019-2023	Project: Clinical Decision Support tool used when treating COPD patients. Project manager. Funder: Boehringer Ingelheim
2020-	Project: Dyspnea. Project manager. Helse i Hardanger.
2022-	Project: Bergen Severe asthma registry

**EXPERIENCE FROM INDUSTRY SPONSORED TRIALS**

	Study /role and tasks/funding from
2021-	VX20-121-103 study/Investigator/Vertex A phase 3, randomized, double blind, controlled study evaluating safety of VX-121 combination therapy in patients who are homozygous for F508del, heterozygous for F508del and a gating or residual function mutation, or have at least 1 other triple combination responsive CFTR mutation and no F508del mutation.
2021-	NIMBLE study/Investigator/GlaxoSmithKline A 52-week randomized, double blind, double-dummy, parallel group, multi-centre, non-inferiority study assessing exacerbation rate, additional measures of asthma control and safety in adult and adolescent severe asthmatic participants with an eosinophilic phenotype treated with GSK3511294 compared with mepolizumab or benralizumab.
2017-2018	ANDHI study / Investigator / AstraZeneca Safety and effectiveness of Benralizumab in severe uncontrolled asthma
2013-2016	PASSPORT study / Investigator / Roche Pirfenidon post-authorization safety registry

**EXPERIENCE FROM RELEVANT RESEARCH & INNOVATION ACTIVITIES (if applicable)**

	Project/type of R&I activity and R&I content /role and tasks/funding from
2015-2016	Fram i lyset med KOLS, store mørketall/Project partner/ExtraStiftelsen
2017-2019	Kolshjelpen/Project partner/ExtraStiftelsen
2018-2020	Mestring av egen sykdom med Astmahjelpen/Project partner/Stiftelsen Dam

## EXPERIENCE FROM NATIONAL/INTERNATIONAL COLLABORATION/NETWORKING (if applicable)

	Activity or project / tasks and responsibilities / context/programme/framework of the collaboration and names of key partners (companies, institutions)
2015-2016	Visiting researcher (PhD student)/Collaborative research project/ Division of Pulmonary, Critical Care & Sleep ved University of California San Diego, USA.

## OTHER RELEVANT PROFESSIONAL EXPERIENCES

Year	Description - Role
2009-2013	Elected DnLF representative for Senior Consultants in pulmonary medicine at Haukeland University Hospital, Norway
2018-	Member of the specialist committee for pulmonary medicine, DnLF, Norway

## PUBLICATIONS

1. **Aarli BB**, Eagan TM, Ellingsen I, Bakke PS, Hardie JA. Reference values for within-breath pulmonary impedance parameters in asymptomatic elderly, Clin Respir J. 2013 Jul;7(3):245-52. doi: 10.1111/j.1752-699X.2012.00312.x. Epub 2012 Aug 20.
2. **Aarli BB**, Calverley PMA, Jensen RL, Bakke PS, Eagan TM, Hardie JA. Variability of within-breath reactance in COPD patients and its association with dyspnea. Eur Respir J. 2015 Mar;45(3):625-34. doi: 10.1183/09031936.00051214. Epub 2014 Oct 30.
3. **Aarli BB**. Å være luftstrømsbegrenset i hvile. BestPractice Lungemedisin. Nr 18. November 2015. 5. Årgang. Side 9-11.
4. **Aarli BB**, Calverley PMA, Jensen RL, Dellaca R, Eagan TM, Bakke PS, Hardie JA. The association of tidal EFL with exercise performance, exacerbations, and death in COPD: A COPD Cohort Study. International Journal of Chronic Obstructive Pulmonary Disease. 26 July 2017, Volume 2017:12, Pages 2179-2188
5. Median regression spline modeling of longitudinal FEV1 measurements in cystic fibrosis (CF) and chronic obstructive pulmonary disease (COPD) patients. Conrad DJ, Bailey BA, Hardie JA, Bakke PS, Eagan TML, **Aarli BB**. PLoS One. 2017 Dec 20;12(12):e0190061. doi: 10.1371/journal.pone.0190061. eCollection 2017. PMID: 29261779
6. **Aarli BB**. Tidal Expiratory Flow Limitation. A new method for evaluating pulmonary function in elderly and patients with Chronic Obstructiv Pulmonary Disease. Thesis. The University of Bergen, 2018-01-18.
7. Geale K, Darabi H, Lindh M, Wahl HF, Ström O, Cao H, Alvares L, Dodge R, Loeffroth E, Altraja A, Backer V, Backman H, Bjermer L, Bossios A, **Aarli BB**, Dahlén B, Hilberg O, Janson C, Kankaanranta H, Karjalainen J, Kauppi P, Kilpeläinen, Lehman S, Lehtimäki L, Lundbäck B, Sandström T, Ulrik CS, Sverriid A, Viinane A, Bülow A, Yasinska V, Porsbjerg C. NORDSTAR: paving the way for a new era in asthma research. Eur Respir J. 2020 Apr 3;55(4):1902476. doi: 10.1183/13993003.02476-2019. Print 2020 Apr.
8. Zannin E, **Aarli BB**, Govoni L, Pompilio PP, Baldi S, Hardie JA, Dellacà RL. Effect of stimulating waveform and of data processing on respiratory impedance measurement. Physiol Meas. 2020 Jun 12;41(5):055005. doi: 10.1088/1361-6579/ab87b1.

9. Lerum TV, Aaløkken TM, Brønstad E, **Aarli BB**, Ik Dahl E, Lund KMA, Durheim MT, Rodriguez JR, Meltzer C, Tonby K, Stavem K, Skjønsberg OH, Ashraf H, Einvik G. Dyspnea, lung function and CT findings three months after hospital admission for COVID-19: A prospective observational cohort-study. *Eur Respir J*. 2021 Apr 29;57(4):2003448. doi: 10.1183/13993003.03448-2020. Print 2021 Apr. PMID: 33303540
10. Tollånes MC, Sjaastad GE, **Aarli B**, Sandberg S. Spirometry in Chronic Obstructive Pulmonary Disease in Norwegian General Practice. *BMC Fam Pract*. 2020 Nov 18;21(1):235.
11. Tholin B, Ghanima W, Einvik G, Brønstad E, **Aarli B**, Skjønsberg OH, Stavem K. Incidence of thrombotic complications in hospitalised and non-hospitalised patients after COVID-19. *British Journal of Haematology*. 2021 Aug;194(3):542-546. doi: 10.1111/bjh.17522. Epub 2021 May 24.
12. Vijayakumar VK, Mustafa T, Nore BK, Garatun-Tjeldstø KY, Naess O, Johansen OE, **Aarli BB** Role of a digital clinical decision support system in general practitioners' management of COPD in Norway. *Int J of COPD*. 2021;16 2327–2336. doi: 10.2147/COPD.S319753.eCollection 2021.
13. Sandelowsky H, Weinreich UM, **Aarli BB**, Sundh J, Høines K, Stratelis, Løkke A, Janson C, Jensen C, Larsson K. COPD – do the right thing. *BMC Fam Pract*. 2021 Dec 11;22(1):244. doi: 10.1186/s12875-021-01583-w. PMID: 34895164
14. Kvale G, Frisk B, Jürgensen M, Børtveit B, Ødegaard Olsen ØT, Langeland-Wilhelmsen A, **Aarli BB**, Sandnes K, Rykken S, Haugstvedt A, Søfteland E. Protocol for the evaluation of a novel concentrated interdisciplinary group rehabilitation for patients with chronic illnesses. *JMIR Res Protoc*. 2021 Oct 7;10(10):e32216. doi: 10.2196/32216. PMID: 34505838.
15. Janson C, Bjermer L, Lehtimäki L, Kankaanranta H, Karjalainen J, Altraja A, Yasinska V, **Aarli BB**, et al. Eosinophilic airway diseases: basic science, clinical manifestations and future challenges. *Eur Clin Resp J* 2022 Mar 2;9(1):2040707. doi: 10.1080/20018525.2022.2040707.
16. Backer V, Cardell LO, Lehtimäki L, Toppila-Salmi S, Bjermer L, Reitsma S, Hellings PW, Weinfeld D, Aanæs K, Ulrik CS, Braunstahl GJ, **Aarli BB**, Danielsen A, Kankaanranta H, Steinsvåg S, Bachert C. Multidisciplinary approaches to identifying and managing global airways disease: an expert consensus. Submitted *JAMA in Practice* 2022.
17. Stavem K, Heir T, Dammen T, Brønstad E, Lerum TV, Durheim MT, Lund KMA, **Aarli BB**, Einvik G. The course and determinants of post-traumatic stress over 12 months after hospitalization for COVID-19. *Front. Psychiatry*, 15 July 2022. Sec. Anxiety and Stress Disorders. <https://doi.org/10.3389/fpsy.2022.931349>
18. Frisk B, Njøten KL, **Aarli BB**, Hystad SW, Rykken S, Søfteland E, Kvale G. A Novel Concentrated, Interdisciplinary Group Rehabilitation Program for Patients With Chronic Obstructive Pulmonary Disease: Protocol for a Nonrandomized Clinical Intervention Study. *JMIR Res Protoc*. 2022 Oct 26;11(10):e40700. doi: 10.2196/40700.
19. **Aarli BB**, Lehmann S. Alvorlig astma. *Indremedisinenen*. *Fagtidsskrift for Norsk Indremedisinsk Forening*. 2022; 1; 14-17.
20. Backer V, Cardell LO, Lehtimäki L, Toppila-Salmi S, Bjermer L, Reitsma S, Hellings PW, Weinfeld D, Aanæs K, Ulrik CS, Braunstahl GJ, **Aarli BB**, Danielsen A, Kankaanranta H, Steinsvåg S, Bachert C. Multidisciplinary approaches to identifying and managing global airways disease: Expert recommendations based on qualitative discussions. *Front Allergy*. 2023 Feb 21;4:1052386. doi: 10.3389/falgy.2023.1052386. eCollection 2023. PMID: 36895864
21. Ingul CB, Edvardsen A, Follestad T, Trebinjac D, Ankerstjerne OAW, Brønstad E, Rasch-Halvorsen Ø, **Aarli B**, Dalen H, Nes BM, Lerum TV, Einvik G, Stavem K, Skjørten I. Changes in cardiopulmonary exercise capacity and limitations 3-12 months after COVID-19. *Eur Respir J*. 2023 Feb 2;61(2):2200745. doi: 10.1183/13993003.00745-2022. Print 2023 Feb. PMID: 36137587
22. Lerum TV, Meltzer C, Rodriguez JR, Aaløkken TM, Brønstad E, **Aarli BB**, Aarberg-Lund KM, Durheim MT, Ashraf H, Einvik G, Skjønsberg OH, Stavem K. A prospective study of pulmonary outcomes and

- chest computed tomography in the first year after COVID-19. ERJ Open Res. 2023 Mar 13;9(2):00575-2022. doi: 10.1183/23120541.00575-2022. eCollection 2023 Mar. PMID: 36915802
23. Hansen S, von Bülow A, Sandin P, Ernstsson O, Janson C, Lehtimäki L, Kankaanranta H, Ulrik C, **Aarli BB**, Fues Wahl H, Geale K, Tang ST, Wolf M, Larsen T, Altraja A, Backman H, Kilpeläinen M, Viinanen A, Ludviksdottir D, Kauppi P, Sverrild A, Lehmann S, Backer V, Yasinska V, Skjold T, Karjalainen J, Bossios A, Porsbjerg C. Prevalence and management of severe asthma in the Nordic countries: findings from the NORDSTAR cohort. ERJ Open Res. 2023 Apr 3;9(2):00687-2022. doi: 10.1183/23120541.00687-2022. eCollection 2023 Mar. PMID: 37020835

## WEB PUBLICATIONS

1. [www.kolskalkulator.no](http://www.kolskalkulator.no) An interactive clinical decision support tool designed to help physicians in their management of patients with chronic obstructive pulmonary disease in general practice. Published in 2014 together with pulmonologist Bjarte Nore at Bergen legevakt. The web site has been used >34.000 times and was nominated for "Forsknings- og innovasjonsprisen", Helse- og omsorgstjenestene, Bergen county in 2016.
2. [www.kolshjelpen.no](http://www.kolshjelpen.no) An interactive patient tool made in cooperation with the Heart- and Lung Association in Norway (LHL). Published in 2017 together with pulmonologist Bjarte Nore at Bergen legevakt. Contains a test to check if the user is at risk of having COPD and interactive treatment recommendations for those who have a COPD diagnose, including smoking cessation, physical activity, vaccine recommendations, instructional videos for the particular inhaler the patients is using and contact information to the nearest LHL local group. The web site has been used >100.000 times.
3. [www.astmahjelpen.no](http://www.astmahjelpen.no) An interactive patient tool made in cooperation with the Heart- and Lung Association in Norway (LHL). Published in 2020 together with pulmonologist Bjarte Nore at Bergen legevakt. Contains a test to check if the user is at risk of having asthma and and interactive treatment recommendations for those who have a asthma diagnose, including smoking cessation, physical activity, vaccine recommendations, instructional videos for the particular inhaler the patients is using and contact information to the nearest LHL local group.
4. [www.medguideline.no](http://www.medguideline.no) A platform containing several interactive clinical decision support tools useful for general practitioners in treating their patients with COPD, asthma and migraine. Published in 2020 together with pulmonologist Bjarte Nore at Bergen legevakt. Website is under development

## BOOK CHAPTERS

1. Heldal E, Harstad I, Aarli B. Utryddelse av tuberkulosen? Et tilbakeblikk over de siste 25 år. Norsk lungehelse. Jubileumbok for Norsk forening for lungemedisin ved 75-årsjubileet. Side 145- 154. 2012.
2. Aarli BB. Tuberkulose. Metodebok i akutt indremedisin 2012, Medisinsk avdeling, Hjerteravdelingen, Lungeavdelingen, Haukeland Universitetssykehus, Side 257-258. 6. utgave, 1. opplag. Januar 2012.
3. Aarli BB, Benneche Person LJP. Akutt kols og astmabehandling. Metodebok i akutt indremedisin 2012, Medisinsk avdeling, Hjerteravdelingen, Lungeavdelingen, Haukeland Universitetssykehus, Side 253-258. 8. utgave, 1. opplag. Mai 2020.
4. Aarli BB. Kapittel T10.2.1.2 Alvorlig astma. Norsk legemiddelhandbok. Publisert 12.01.2022. [https://www.legemiddelhandboka.no/T10.2.1.2/Alvorlig\\_astma](https://www.legemiddelhandboka.no/T10.2.1.2/Alvorlig_astma)