

Curriculum Vitae



Personal information

First name / Surname Chiara Arienti
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Nationality Italian
Date of birth 13th November 1979
Gender Female

Profile Summary

Chiara is the Coordinator of Cochrane Rehabilitation and of Clinical Trial Unit of IRCCS Fondazione Don Carlo Gnocchi. Chiara has a good experience relating to systematic reviews of rehabilitation interventions leading methodological work, completing and supporting systematic reviews across Cochrane Rehabilitation and the Clinical Trial Unit. She is also an Editorial Board Member of JBI Evidence Implementation Journal and GRADE Working Group Member.

Her current research line is the improvement of methodology in rehabilitation research and she qualified as PhD in Biomedical Research and Translational Medicine with specific attention on the challenges of real-world evidence to improve global health.

Work experiences

Dates	May 2020 - present
Occupation or position held	Member of the Development Group for Low Back Pain
Main activities and responsibilities	Evidence Synthesis
Name and address of employer	Rehabilitation Programme World Health Organization Avenue Appia 20, 1211 Geneva 27, Switzerland
Type of business or sector	WHO Rehabilitation Programme on the development of the Package of Interventions for Rehabilitation (PIR)
Dates	March 2020 - present
Occupation or position held	Editorial board member of JBI Evidence Implementation
Main activities and responsibilities	Reviewer of methodological papers, systematic reviews and clinical trials in evidence-based medicine
Name and address of employer	JBI Evidence Implementation Journal The Joanna Briggs Institute University of Adelaide, SA 5005 Adelaide, Australia
Type of business or sector	Evidence-Based Medicine Journal

Dates	January 2020 - present
Occupation or position held	Coordinator of Cochrane Rehabilitation and methodologist in Cochrane Rehabilitation
Main activities and responsibilities	Methodology of research in Cochrane Rehabilitation and coordination of all scientific activities
Name and address of employer	Headquarters Cochrane Rehabilitation IRCCS Fondazione Don Carlo Gnocchi, Santa Maria Nascente Centre Via Capecelatro, 66 – 20100 Milan, Italy
Type of business or sector	Rehabilitation research
Dates	November 2016 – December 2019
Occupation or position held	Researcher in methodology of research in rehabilitation field
Main activities and responsibilities	Methodologist in clinical research and systematic review
Name and address of employer	Headquarters Cochrane Rehabilitation Rehabilitation Centre “E. Spalenza” - IRCCS Fondazione Don Carlo Gnocchi Largo Paolo VI - Rovato, Brescia, Italy
Type of business or sector	Rehabilitation
Dates	February 2007 – present
Occupation or position held	Scientific Director and Osteopath
Main activities and responsibilities	Clinical practice and research activity in osteopathy
Name and address of employer	Scientific Institute of Osteopathic Medicine Via Don Rocca, 4 -20030 Senago, Milan, Italy
Type of business or sector	Osteopathy
Dates	October 2019 – January 2020
Occupation or position held	Teacher in Biostatistic
Main activities and responsibilities	Biostatistic in clinical research for nursing students
Name and address of employer	School of Nursing, University of Milan, Italy Via Don Luigi Palazzolo, Milan, Italy
Type of business or sector	University
Dates	July 2019 – August 2019
Occupation or position held	Teacher in Evidence-Based Practice
Main activities and responsibilities	Evidence-Based Practice Laboratory for nursing students
Name and address of employer	School of Nursing, University of Brescia, Italy Corso Europa, Brescia, Italy
Type of business or sector	University
Dates	March 2019 – May 2019
Occupation or position held	Teacher in Evidence-Based Practice
Main activities and responsibilities	Evidence-Based Practice Laboratory for physiotherapy students
Name and address of employer	School of Physiotherapy, University of Brescia, Italy Corso Europa, Brescia, Italy
Type of business or sector	University
Dates	12 th June 2019 - 12 th July 2019
Occupation or position held	Researcher in methodology of research in rehabilitation

Main activities and responsibilities	GRADE approach
Name and address of employer	Health Research Methods, Evidence & Impact Mc Master University, Hamilton, Ontario, Canada
Type of business or sector	Methodology of research and clinical epidemiology
Dates	30 th July 2018 - 17 th August 2018
Occupation or position held	Researcher in methodology of research in rehabilitation
Main activities and responsibilities	Methodology and meta-epidemiology studies
Name and address of employer	Institute of Economic Health University of Alberta, Edmonton, Canada
Type of business or sector	Methodology of research and Public Health
Dates	10 th January 2018 - 26 th January 2018
Occupation or position held	Teacher in Evidence-Based Practice
Main activities and responsibilities	Evidence-Based Practice Laboratory for physiotherapy students
Name and address of employer	School of Physiotherapy, University of Brescia, Italy Corso Europa, Brescia, Italy
Type of business or sector	University
Dates	September 2017 – December 2017
Occupation or position held	Researcher in Cochrane UK Centre
Main activities and responsibilities	Knowledge translation and Cochrane Systematic Reviews in rehabilitation
Name and address of employer	Cochrane UK Summertown Pavillon 18 - 24 Middle Way, OX2 7LG, Oxford, UK
Type of business or sector	Methodology of research and Public Health
Dates	October 2015 – October 2016
Occupation or position held	Researcher
Main activities and responsibilities	Clinical research
Name and address of employer	Rehabilitation Centre “E. Spalenza”, IRCCS Fondazione Don Carlo Gnocchi Largo Paolo VI - Rovato, Brescia, Italy
Type of business or sector	Rehabilitation
Dates	September 2008 - September 2016
Occupation or position held	Chief of Research Department and teacher of Methodology of Research
Main activities and responsibilities	Clinical research in osteopathy
Name and address of employer	Istituto Superiore di Osteopatia Via Breda, 120 - Milan, Italy
Type of business or sector	Training
Dates	September 2008 – September 2012
Occupation or position held	Osteopath
Main activities and responsibilities	Clinical practice in osteopathy
Name and address of employer	Istituto Palazzolo, IRCCS Fondazione Don Carlo Gnocchi Via Palazzolo, 46-Milan, Italy
Type of business or sector	Rehabilitation

Dates	September 2002 – September 2008
Occupation or position held	Sport Therapist
Main activities and responsibilities	Sport therapy for patients with Spinal Cord Injury
Name and address of employer	Spinal Unit A.O. Ospedale Niguarda Cà Granda Via Cà Granda, Milan, Italy
Type of business or sector	Rehabilitation and Sport Therapy

Education

Dates	7 April 2020
Title of qualification awarded	Ph Doctorate in Biomedical Science and Translational Medicine
Principal subjects/occupational skills covered	Methodology of research in Cochrane Rehabilitation
Name and type of organisation providing education and training	Department of Biomedical Science and Translational Medicine - University of Brescia, Italy
Level in national or international classification	Doctorate
Dates	July 2008
Title of qualification awarded	Osteopath
Principal subjects/occupational skills covered	Clinical and research competencies in osteopathy
Name and type of organisation providing education and training	University of Wales
Level in national or international classification	Bachelor of Science (Honours) degree in Osteopathy
Dates	June 2002
Title of qualification awarded	Motor Scientist Degree
Principal subjects/occupational skills covered	Methodology of Training and exercise competencies
Level in national or international classification	Master degree

Training

Dates	February 2019 – March 2018
Title of qualification awarded	Postgraduate course in Guidelines
Principal subjects/occupational skills covered	Clinical research: the guidelines in clinical practice
Name and type of organisation providing education and training	GRADE Italia, University of Study of Milan, Italy
Level in national or international classification	Postgraduate course certificate
Dates	April 2017 – October 2017
Title of qualification awarded	Postgraduate course in Cochrane Review
Principal subjects/occupational skills covered	How to write a Cochrane Review

Name and type of organisation providing education and training
Cochrane Italia, University of Study of Reggio Emilia and Modena, Italy

Level in national or international classification
Postgraduate course certificate

Scientific Societies

Dates
May 2014 - present

Occupation
General Secretary

Name and address of employer
Italian Register of Osteopaths
Corso Vercelli, 35-20144 Milan, Italy

Dates
January 2016 - present

Occupation
Member

Name and address of employer
Italian Society of Medical Education
Via Tosca, 8, 37131 Verona, Italy

Dates
January 2017 - present

Occupation
Member

Name and address of employer
Associazione Alessandro Liberati – Network Cochrane Italy
Via Fra Cristoforo 14/D - 20142 Milan, Italy

Personal skills and competences

Mother tongue
Italian

Other language
European level ()*

English

Understanding		Speaking		Writing
Listening	Reading	Spoken interaction	Spoken production	
C1	C1	C1	C1	C1

(*) [Common European Framework of Reference for Languages](#)

Social skills and competences
Good interaction with others, highlighting teamwork, skills gained through my experience working in a research team.

Organisational skills and competences
Very good organisational and coordinating skills. I'm responsible of clinical research in Rehabilitation centre and I'm the coordinator of the work of Cochrane Rehabilitation field.

Technical skills and competences
Good competence in methodology of rehabilitation research.

Computer skills
Good level of Office and STATA - statistical analysis software

Artistic skills and competences
Good creative mind, skills used to improve my research projects.

Other skills and competences
Sports lover, in particular climbing, trekking and skiing.

Publications

1. Negrini S, **Arienti C**, Kiekens C. Usual care: the big but unmanaged problem of rehabilitation evidence. *Lancet*. 2020 Feb 1;395(10221):337. doi: 10.1016/S0140-

6736(19)32553-X

2. Armijo-Olivo S, Dennett L, **Arienti C**, Dahchi M, Arokoski J, Heinemann A, Malmivaara A. Blinding in Rehabilitation Research: Empirical evidence on the association between blinding and treatment effect estimates. *Am J Phys Med Rehabil.* 2020 Jan 6. doi: 10.1097/PHM.0000000000001377
3. Negrini S, Meyer T, **Arienti C**, Malmivaara A, Frontera W; Cochrane Rehabilitation Methodology Meeting participants. In search of solutions for evidence generation in rehabilitation: the second Cochrane Rehabilitation Methodology Meeting. *Am J Phys Med Rehabil.* 2019 Dec 19. doi: 10.1097/PHM.0000000000001374
4. Meyer T, Selb M, Kiekens C, Grubišić F, **Arienti C**, Stucki G, Negrini S. Towards better reporting standards of patients' characteristics in rehabilitation trials: applying a new conceptual framework to current standards. *Am J Phys Med Rehabil.* 2019 Dec 19. doi: 10.1097/PHM.0000000000001375
5. Negrini S, Armijo-Olivo S, Patrini M, Frontera WR, Heinemann AW, Machalicek W, Whyte J, **Arienti C**; RCTTRACK promoters. The Randomised Controlled Trials Rehabilitation Checklist (RCTTRACK). Methodology of development of a reporting guideline specific to rehabilitation. *Am J Phys Med Rehabil.* 2019 Dec 16. doi: 10.1097/PHM.0000000000001370
6. **Arienti C**. Are there effective interventions for reducing the use of prescribed opioids in adults with chronic non-cancer pain? - A Cochrane Review summary with commentary. *J Rehabil Med.* 2019 Oct 3;51(9):719-720. doi: 10.2340/16501977-2608
7. Negrini S, **Arienti C**, Kiekens C. Cochrane Rehabilitation and the future of systematic reviews in developmental rehabilitation. *Dev Med Child Neurol.* 2019 Nov;61(11):1241. doi: 10.1111/dmcn.14337.
8. **Arienti C**. Is transcutaneous electrical nerve stimulation (TENS) effective in adults with fibromyalgia? A Cochrane Review summary with commentary. *J Musculoskelet Neuronal Interact.* 2019 Sep 1;19(3):250-252
9. **Arienti C**, Lazzarini SG, Pollock A, Negrini S. Rehabilitation interventions for improving balance following stroke: An overview of systematic reviews. *PLoS One.* 2019 Jul 19;14(7):e0219781. doi: 10.1371/journal.pone.0219781. eCollection 2019.
10. Negrini S, **Arienti C**, Pollet J, Engkasan JP, Francisco GE, Frontera WR, Galeri S, Gworys K, Kujawa J, Mazlan M, Rathore FA, Schillebeeckx F, Kiekens C; REREP study participants. Clinical replicability of rehabilitation interventions in randomized controlled trials reported in main journals is inadequate. *J Clin Epidemiol.* 2019 Jun 18;114:108-117. doi: 10.1016/j.jclinepi.2019.06.008.
11. Lyritis GP, Rizou S, Oral A, **Arienti C**. Cochrane Corners in JMNI. *J Musculoskelet Neuronal Interact.* 2018 Dec 1;18(4):402-403.
12. Negrini S, Levack W, Gimigliano F, **Arienti C**, Villafañe JH, Kiekens C. The struggle for evidence in physical and rehabilitation medicine: publication rate of randomized controlled trials and systematic reviews is growing more than in other therapeutic fields. *Am J Phys Med Rehabil.* 2018 Oct 1. doi: 10.1097/PHM.0000000000001058.
13. Moretti A, Gimigliano F, **Arienti C**, Pollet J, Kiekens C, Negrini S. The Cochrane Rehabilitation eBook: a knowledge translation tool to transfer evidence to different rehabilitation audiences. *Eur J Phys Rehabil Med.* 2018 Oct;54(5):808-810. doi: 10.23736/S1973-9087.18.05406-0.
14. Devalle G, Castiglioni P, **Arienti C**, Abbate C, Mazzucchi A, Agnello L, Merati G. Cardio-respiratory autonomic responses to nociceptive stimuli in patients with disorders of consciousness. *PLoS One.* 2018 Sep 12;13(9):e0201921. doi: 10.1371/journal.pone.0201921.
15. Zasler N, Kreutzer J, **Arienti C**, Oral A. The Cochrane Corners in NeuroRehabilitation: A Cochrane Rehabilitation initiative. *NeuroRehabilitation.* 2018;43(2):111-112. doi: 10.3233/NRE-180003. No abstract available.
16. **Arienti C**, Bosisio T, Ratti S, Miglioli R, Negrini S. Osteopathic Manipulative Treatment Effect on Pain Relief and Quality of Life in Oncology Geriatric Patients: A Nonrandomized Controlled Clinical Trial. *Integr Cancer Ther.* 2018 Aug 31;1534735418796954. doi: 10.1177/1534735418796954.
17. **Arienti C**, Buraschi R, Donzelli S, Zaina F, Pollet J, Negrini S. Trunk asymmetry is associated with dominance preference: results from a cross-sectional study of 1029 children. *Braz J Phys Ther.* 2018 Aug 20. pii: S1413-3555(18)30076-5. doi:

- 10.1016/j.bjpt.2018.08.005
18. Villafaña JH, Bissolotti L, Zaina F, **Arienti C**, Donzelli S, Negrini S. Thoracic hyperkyphosis non-invasively measured by general practitioners is associated with chronic low back pain: A cross-sectional study of 1364 subjects. *J Bodyw Mov Ther.* 2018 Jul;22(3):752-756. doi: 10.1016/j.jbmt.2017.12.001.
 19. Pollet J, **Arienti C**, Bosio F, Piovanelli B, Buraschi R, Pedersini P, Negrini S. P 165 - Changes in gait kinematic parameters after rehabilitation in total knee arthroplasty subjects: A prospective observational pilot study. *Gait Posture.* 2018 Sep;65 Suppl 1:513-514. doi: 10.1016/j.gaitpost.2018.07.086. Epub 2018 Jul 24.
 20. Moretti A, Gimigliano F, **Arienti C**, Pollet J, Kiekens C, Negrini S. The Cochrane Rehabilitation eBook: a knowledge translation tool to transfer evidence to different rehabilitation audiences. *Eur J Phys Rehabil Med.* 2018 Aug;54(4):622-623. doi: 10.23736/S1973-9087.18.05373-X.
 21. **Arienti C**, Gimigliano F, Ryan-Vig S, Kiekens C, Negrini S. Cochrane Rehabilitation blogshots: a modern method to spread Cochrane Evidence. *Eur J Phys Rehabil Med.* 2018 Jun;54(3):466-468. doi: 10.23736/S1973-9087.18.05313-3.
 22. Negrini S, **Arienti C**, Pollet J, Engkasan JP, Gimigliano F, Grubisic F, Howe T, Ilieva E, Levack W, Malmivaara A, Meyer T, Oral A, Rathore F, Kiekens C. Cochrane Rehabilitation: report of the first year of work. *Eur J Phys Rehabil Med.* 2018 Jun;54(3):463-465. doi: 10.23736/S1973-9087.18.05317-0.
 23. Limonta E, **Arienti C**, Rampichini S, Venturelli M, Cè E, Veicsteinas A, Esposito F. Effects of two different self-adapted occlusal splints on electromyographic and force parameters during elbow flexors isometric contraction. *J Strength Cond Res.* 2018 Jan;32(1):230-236. doi: 10.1519/JSC.0000000000002178
 24. Negrini S, **Arienti C**, Gimigliano F, Grubišić F, Howe T, Ilieva E, Levack W, Malmivaara A, Meyer T, Patrick Engkasan J, Rathore FA, Kiekens C. Cochrane Rehabilitation: Organization and Functioning. *Am J Phys Med Rehabil.* 2018 Jan;97(1):68-71. doi: 10.1097/PHM.0000000000000832.
 25. Negrini S, Gimigliano F, **Arienti C**, Kiekens C. Knowledge Translation: the bridging function of Cochrane Rehabilitation. *Arch Phys Med Rehabil.* 2017 Dec 11. pii: S0003-9993(17)31396-5. doi: 10.1016/j.apmr.2017.11.002.
 26. **Arienti C**, Villafaña JH, Donzelli S, Zaina F, Buraschi R, Negrini S. Trunk and craniofacial asymmetry are not associated in the general population: a cross-sectional study of 1029 adolescents. *Eur J Med Res.* 2017 Sep 29;22(1):36
 27. Pannunzio A, Salemi F, Daccò S, **Arienti C**. Osteopathic manipulative treatment results in sustained relief from spinal pain in older patients: A pilot crossover study. *IJMHR* 2016; 5, 1:128-135.
 28. Villafaña JH, Pirali C, Buraschi R, **Arienti C**, Corbellini C, Negrini S. Moving forward in fall prevention: an intervention to improve balance among patients in a quasi-experimental study of hospitalized patients. *Int J Rehabil Res* 2015.
 29. **Arienti C**, Daccò S, Piccolo I, Redaelli T. Osteopathic Manipulative Treatment controls neuropathic pain associated to spinal cord injury. *Spinal Cord.* 2010: 1-5.

<https://www.ncbi.nlm.nih.gov/sites/myncbi/1DwMPO07eEeki/collections/59316971/public/>

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17th February 2020

Signature

Chiara Arienti