

#### Veggspjöld

**Sleep Health in Pediatric Care.** Erla Guðbjörg Hallgrímsdóttir<sup>1,2</sup>, Ingibjörg Ösp Ingólfssdóttir<sup>1,3</sup>, Gróa Björk Jóhannesdóttir<sup>1</sup>, Laufey Hrólfsdóttir<sup>1,4</sup>, Sólveig Dóra Magnúsdóttir<sup>5</sup>, Hannes Petersen<sup>1,2</sup>

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**Beneficial effects of a six-month nutrition therapy on a body composition and physical function in old adults after hospital discharge.** Blöndal BS<sup>1</sup>, Geirsdóttir OG<sup>1</sup>, Sveinsdóttir K<sup>2</sup>, Beck AM<sup>3,4</sup>, Halldórsson TI<sup>1</sup>, Jonsson PV<sup>5,6,7</sup>, Ramel A<sup>1,2</sup>

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**Pre-pregnancy BMI, optimal gestational weight gain and adverse maternal and birth outcomes.** Kamilla Dóra Jónsdóttir<sup>1</sup>, Laufey Hrólfsdóttir<sup>2</sup>, Þórhallur Ingi Halldórsson<sup>3</sup>, Björn Gunnarsson<sup>2</sup>, Alexander Kr. Smáráson<sup>2</sup>

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**A digital lifestyle programme in outpatient treatment of type 2 diabetes: a randomised controlled trial.** Eva Hilmarsdóttir<sup>1,2</sup>, Árun K. Sigurðardóttir<sup>1,2</sup>, Ragnheiður Harpa Arnardóttir<sup>1,2,3</sup>

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**European Paramedic Curriculum (EPaCur). A harmonized European competency framework for paramedics.** S Dúason<sup>1</sup>, H L Jónsdóttir<sup>1</sup>, C R Ericsson<sup>2,3</sup>, L Carstens<sup>2</sup>, T L Andersen<sup>4</sup>, B Y Essabar<sup>5</sup>, J V Andersen<sup>6</sup>

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**Nutritional status of nursing home residents in Akureyri, Iceland.** Berglind Soffía Blöndal<sup>1,2</sup>

<sup>1</sup>Heilsuvernd, <sup>2</sup>Heilsuvernd hjúkrunarheimili

**Successful ECMO Air Transport in Iceland.** B. Gunnarsson<sup>1,2</sup>, M.K. Árnadóttir<sup>1</sup>, O. Ólafsson<sup>1</sup>, L. Símonardóttir<sup>3</sup>, B. Ólafsdóttir<sup>3</sup>, T. Guðbjartsson<sup>3,4</sup>, F. Valsson<sup>3,4</sup>

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**Viðhorf og þekking hjúkrunarfræðinga varðandi mat og meðferð verkja hjá öldruðum með heilabilun.** Þorbjörg Jónsdóttir<sup>1</sup>, Esther Christina Gunnarsson<sup>2</sup>

<sup>1</sup>Háskólinn á Akureyri, <sup>2</sup>Landspítali Háskólasjúkrahús

**Næringarástand aldraðra í sjálfstæðri búsetu á Akureyri og nágrenni.** Sandra Ásgrímsdóttir<sup>1,2,3</sup>, Berglind Soffía Blöndal<sup>1,4</sup>, Árun Kristín Sigurðardóttir<sup>1,2,3</sup>, Laufey Hrólfsdóttir<sup>1,5</sup>

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**Lífmerki í segulómmyndum af heila fyrir snemmbúna greiningu á taugarhörnunarjúkdómum.** Huguína Lilja Ragnarsdóttir<sup>1</sup>, Magnús Magnússon<sup>2</sup>, Steinunn Þórðardóttir<sup>3</sup>, Lotta María Ellingsen<sup>2</sup>, Áskell Löve<sup>4</sup>, Anna Björnsdóttir<sup>5</sup>

<sup>1</sup>Læknadeild Háskóla Íslands, <sup>2</sup>Rafmagns- og tölvuverkfræðideild Háskóla Íslands, <sup>3</sup>Landspítali, <sup>4</sup>Sjúkrahúsið á Akureyri, <sup>5</sup>Heilsuklasinn

**Neysla ómega-3 fitusýra og fylgni við mælingar á styrk fitusýra í blóðvökva barnshafandi kvenna.** Ellen A. Tryggvadóttir<sup>1</sup>, Ingibjörg Gunnarsdóttir<sup>1,2</sup>, Bryndís E. Birgisdóttir<sup>1</sup>, Laufey Hrólfsdóttir<sup>3,4</sup>, Rikard Landberg<sup>5</sup>, Ingibjörg Th. Hreiðarsdóttir<sup>6</sup>, Hildur Harðardóttir<sup>1,7</sup>, Þorhallur I Halldórsson<sup>1,2</sup>

<sup>1</sup>Háskóli Íslands, <sup>2</sup>Landspítali; næringarstofa, <sup>3</sup>Sjúkrahúsið á Akureyri, <sup>4</sup>Heilbrigðisvísindastofnuna Háskólans á Akureyri, <sup>5</sup>Chalmers University of Technology Gothenburg—Sweden, <sup>6</sup>Landspítali; kvenna og barnþjónusta, <sup>7</sup>Livio Reykjavík

**Innleiðing lífsmarkamæla við hvert rúmstæði á Skurðlækningadeild og lyflækningadeild.** Helga Sigurveig Jóhannsdóttir<sup>1</sup>, Rákel Ósk Dýrfjörð Björnsdóttir<sup>1</sup>

<sup>1</sup>Sjúkrahúsið á Akureyri

**SARS-CoV-2 á Norður- og Austurlandi. Samanburður á tveimur kjarnsýrumögnunaraðgerðum og túlkun varðandi algengi mismunandi afbrigða veirunnar.** Kara Eik Sigþórsdóttir<sup>1</sup>

<sup>1</sup>Sjúkrahúsið á Akureyri

**Líðan sjúklinga eftir gerfiliðaaðgerð á mjöðm eða hné fyrstu 10 til 14 dagana eftir útskrift og 6 vikum eftir aðgerð.** Gunnhildur H Gunnlaugsdóttir<sup>1</sup>, Anna Lilja Filipssdóttir<sup>1</sup>

<sup>1</sup>Sjúkrahúsið á Akureyri

**Greiningarskilmerki meðgöngueitrunar. Lækkun á mörkum marktækrar próteínigugu.** Margrét Olsen, Alexander Kristinn Smáráson, Heiðís Valgeirsdóttir, Jóhanna Gunnarsdóttir

**Keisarafæðingar og fylgikvillar nýbura á tímum aukinnar tíðni framkallana.**

Jóhanna Gunnarsdóttir, Emma M. Swift, Jóhanna Jakobsdóttir, Alexander Smáráson, Þórður Þórkelsson, Kristjana Einarsdóttir