

## CURRICULUM VITAE

### Einar A. Helander, MD, Ph.D. (Sweden)

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#### University Education.

MD, July 1953, University of Gothenburg, Sweden.

Doctorate thesis in biochemistry, May 1957, at the Department of Biochemistry, University of Uppsala, Sweden (Chairman: Professor Arne Tiselius, Nobel Prize laureate in Chemistry).

Qualified specialist in Internal Medicine, National Board of Health and Welfare, Government of Sweden.

Qualified specialist in Rehabilitation Medicine, by the National Board of Health and Welfare, Government of Sweden.

#### National appointments.

**1948-53** Research Assistant, Department of Anatomy, Universities of Uppsala and Gothenburg.

**1953-62** University Hospital of Gothenburg, Department of Internal Medicine.

**1962-68** University Hospital of Gothenburg, Head of the Department of Physical Medicine and Rehabilitation, Professor and chairman of the School for Physiotherapy and Occupational therapy.

**1963-68** Chief Consultant for Vocational Rehabilitation at the County of Gothenburg.

**1964-68** Consultant to the Social Services, City Administration of Gothenburg

**1964-68** Consultant to National Health Insurance, City of Gothenburg, Ministry of Social Affairs, Government of Sweden.

**1968-70** Chief Consultant for Vocational Rehabilitation for the County of Stockholm.

**1968-74** Professor, Department of Physical Medicine and Rehabilitation at the University Hospital of Stockholm, Karolinska Institute, Stockholm;

**1968-74** Chief Consultant for Rehabilitation at the National Board of Health and Welfare, Ministry of Social Affairs and Health, Government of Sweden.

### **International appointments.**

**1958-59** Research Fellow at the *National Institutes of Health, Bethesda, Md. USA.*

(Department of Research in Rheumatic and Metabolic Diseases, head Professor Koloman Laki).

**1967-74** Consultant, part-time to the *World Health Organization* (WHO Regional Office at Copenhagen) Multi-center Research Project

**1974-79 and 1982-89** Chief Medical Officer for Disability Prevention and Rehabilitation at the Headquarters of the *World Health Organization* (WHO), Geneva. In addition responsible for the Accident prevention programme 1974-76, for Health care of the Elderly 1974-76 and 1987-89, and for Deafness prevention 1987-89.

**1979-82** Medical Director, *Food and Agriculture Organization of the United Nations (FAO)* the *World Food Programme (WFP)* and the *International Fund for Agricultural Development (IFAD)*, at their Headquarters in Rome.

**1990-98** Senior Programme Coordinator, Disability Action Group, *United Nations Development Programme (UNDP)*, New York

**1994-98** Visiting Professor and Scientist at the *All-India Institute of Medical Science, New Delhi, India.*

**2001** Consultant to the *World Bank* on its disability policies.

During 33 years in international work I have worked in 94 countries.

A large number of honorary appointments.

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### **Documents and Publications**

**While in Sweden**, authored some 80 scientific papers and articles (anatomy, biochemistry, internal medicine, cardiology, rehabilitation, social medicine).

**While in WHO** initiated, drafted and developed a number of new policies, action plans and programmes which its Executive Board and the World Health Assembly adopted. These relate to: Disability Prevention, Community-based Rehabilitation, Deafness prevention and Rehabilitation as part of the Primary Health Care programme. During the period 1974-89 I have authored all major WHO documents and publications regarding disability.

To further develop programmes concerning disabilities more than 100 articles, documents, and books about disability prevention and community-based rehabilitation have been authored and published.

The most important are:

**1975** *Disability prevention and rehabilitation*, WHO. The Executive Board and World Health Assembly of WHO adopted this document as its new policy. Based on it two official WHO programmes were and are still developed: these are for the prevention of disability, and for community-based rehabilitation (CBR). Both have been implemented on a global scale by WHO. CBR programmes now exist in about 100 countries.

**1979** *Training in the community for people with disabilities* (with A. Nelson, P. Mendis and A. Goerdt). Revised versions in 1980, 1983 and 1989, WHO. This book has been translated partly or totally to over 50 languages.

**1981** *Disability prevention and rehabilitation*. WHO Technical Series Report.

**1993** *Prejudice and Dignity, An Introduction to Community-based rehabilitation*. Second edition, UNDP, New York 1999.

**1995** *National Planning of Rehabilitation*. UNDP document, last edition 2003. Farsi translation, 2003

**1997** *Implementation of the Persons with Disabilities Act in India*. UNDP document.

**1997** *Quality and Cost Control of rehabilitation programmes*. A practical guide on cost, effectiveness and efficiency assessments. Second edition 2003, UNDP document.

**1997** *A Service Delivery System for Community-Based Rehabilitation*. Guidelines for the design and training programmes for the personnel. Second edition 2003. UNDP document.

**2008** *Children and violence - The World of the Defenceless*. Publication date 8 June by Palgrave Macmillan. This is a major monograph which covers the situation of maltreated children in 152 countries.

### **Teaching and media experience.**

Have taught since **1948** at Universities in Sweden and many other countries.

Organized and conducted a large number of courses, seminars and workshops, in most parts of the world (see below).

Guided research programmes for students for master's and doctoral theses in several countries. Acted twice as member of the jury for doctoral theses at the University of Louvain, Belgium.

Since **1986** organized and taught at regular international courses/seminars on the Planning and Management of Community-based Rehabilitation.

Extensive experience of media: radio and television programmes (in English, French, German and Swedish).

### **Awards**

**1984** Henry H. Kessler Award "For distinguished services for disabled people in developing countries".

**1993** World Rehabilitation Fund for the Community-based rehabilitation initiative of the World Health Organization for persons with disabilities in the developing countries.

**2002** Alexander Gralnick Award for Research in Psychosocial Rehabilitation. For "your groundbreaking work as a researcher and writer on community-based rehabilitation that has resulted in improving the lives of disabled persons worldwide."

**2007** A number of non-governmental organizations created the "Einar Helander Award for Excellence in Community-based Rehabilitation"