

Application for board member role (Please complete all sections)

Full name:	Marianne Helén Tangen
Name of member stroke support organisation:	Norsk forening for slagrammede
Position held in member stroke support organisation:	Member at large
Country of member stroke support organisation:	Norway

What contribution do you hope to make to SAFE and the stroke patient community as a member of the board?

I have been a member of the board for 3 years now and I hope to be able to keep contributing my voice as a stroke survivor into the ongoing need for better stroke care in hospital and rehabilitation and then Life after stroke.

It has been a journey so far, with seeing the differences between healthcare in European countries, and to have met SO many awesome people along the way, professionals, stroke survivors, carers.

I hope to be able to continue my contributing in online panels and interviews for the ongoing improvement of stroke care

Please select any of the following where you have a specific expertise that would be useful to the board.

Accounting	
Communications	X
Education and Training	
Fundraising	
Governance	

Human Resources	
Public Affairs	
Research	
Strategy	
Other	

What personal expertise and professional strengths will you bring to SAFE and the stroke community? Mention any relevant experience.

I have been a board member for 3 years already. I am a 3 time stroke survivor and a nurse in dementia care working 82%. I'm outgoing, social and love to meet and learn about new people. I am currently on a panel for secondary stroke prevention, and I've been interviewed by Bayer at the ELASF 2025 in Prague.

How would your election to the SAFE board benefit your organisation?

My SSO are thrilled by the idea of having a member on the SAFE board. It will give us a "leg up" in discussions with the ministry of health and government.

NFS are the only Norwegian stroke organisation that are members of SAFE

I confirm that the information contained in this application is correct, and that neither me, or my organisation, have been subject to any financial/legal or other such investigations in the past 12 months.

Signature: MHTangen Date: Molde, 25.04.25

Once completed, this form, along with a recent curriculum vitae and the letter of nomination should be sent to the SAFE Secretariat at info@safestroke.eu by a **member of the board of the organisation** (not the applicant). Your CV will be shared with SAFE members as part of the election process. Please ensure that you remove all personal information, such as phone number, date of birth and address from the CV.

Kristiansand, 25/04/25

To the Secretariat of Stroke Alliance for Europe - SAFE

It is my great pleasure and privilege to nominate
Marianne H.Tangen
for a second term as a board member in SAFE.

Good luck to all of you.

Kind regards,

Aud Løland
President of NFS
Norsk forening for slagrammede.

MARIANNE HELÈN TANGEN

Molde, 6419 Norway ♦ ♦ mhtangen72@gmail.com

PROFESSIONAL SUMMARY

Adaptable provider of general nursing services to patients with a wide variety of conditions and health considerations. Highly skilled multitasker with 11 years of experience managing individual health plans for people with different needs. Empathetic and emotionally available vernepleier/nurse with a highly relatable approach.

SKILLS

Preventive Healthcare
Medical Recordkeeping
Accurate Documentation
Clear Patient Communication

Vernepleier/Nurse, 09/2020 to Current **Molde Municipality** – Molde, Norway

Compassionate and Caring
Medication Administration
Electronic Charting

WORK HISTORY

Assessed patients to determine individual needs and develop care plans in coordination with multidisciplinary healthcare professionals.

Updated patient charts with data such as medications to keep records current and support accurate treatments.

Arrange activities that are suitable for people with dementia, for example: musical therapy and age appropriate exercise.

Vernepleier/Nurse, 08/2014 to 08/2020

Molde Municipality – Molde, Norway

I worked in the school system with children, youth that are on the autistic spectrum. I made the day/weekplan for them and made sure they had an ok day at school.

Daily Operations Manager, 10/2009 to 06/2011

Dropping Kafe – Tingvoll, Norway

Preparation of food.

Barista.

Cashier

Server.

Customer service.

Cleaning.

Certified Pharmacy Technician, 04/2002 to 10/2009

Mayo Clinic – Rochester ,MN, United States

Communicated directly with doctors offices via telephone, fax, and email.

Counted, measured, and compounded medications following standard procedures. Assisted in preparation, distribution, and storage of pharmaceuticals. Stocked, labeled and inventoried medication to keep accurate records.

EDUCATION

Bachelor I Vernepleie: Vernepleier, 06/2014

Molde University College - Molde, Norway

LANGUAGES

Norwegian: Native language

English: C2 Proficient

Dutch: A2 Elementary

ORGANIZATIONAL POSITIONS

Board member of: Norsk forening for slagrammede from 2020 – present

Board member of: Stroke Alliance for Europe /SAFE 2022- present

