

Curriculum Vitae



Personal Information

Name Fărmă Nadejda

Address Republic of Moldova, Chişinău

Phone number +(373)69389135

E-mail nadiacotofan@gmail.com

Nationality Moldovan

Occupational field **International Board Certified Lactation Consultant**
Family doctor

Relevant experience

October 2024- present- family doctor at the Avangard Medical Centre

April 2024- present- expert and trainer in project IYCF in Republic of Moldova with Public Association for Breastfeeding Support "Mămica Alăptează" in partnership with UNICEF Moldova;

April 2024- September 2024- supervisor (of families counsellors) in the IYCF in fixed term project "Multisectorial Emergency Assistance in Ukraine and Moldova for vulnerable populations affected by the conflict" implemented by National Association for Breastfeeding Support "Mămica Alăptează" in partnership with Action Against Hunger for, funded by AICS (Italian Agency for Development Cooperation);

July -august 2025, Iulie- august 2024, august 2022- WHO breastfeeding expert on Breastfeeding Week;

August 2023- January 2024- senior counselor in fixed term project with Action Against Hunger for Protecting nutrition, physical health and well-being of pregnant women, children under five and their caregivers among refugee and host communities, funded by Kindernothilfe;

August 2023- trainer to seminars for Breastfeeding Week, funded by UNICEF;

August 2023- trainer to a training for nurses, supported by World Health Organization Moldova;

September 2022 - May 2023 – senior counselor in IYCF (Infant and

young child feeding) in project with Action Against Hunger for Protecting nutrition, physical health and well-being of pregnant women, children under two and their caregivers in mother and baby corners and host communities, funded by UNICEF

2018 - 2021- Family doctor and administrator of the Private Cabinet of the Family Doctor „Fărîmă Nadejda”, in Moleşti village, Ialoveni district;

2017 – 2018 – family doctor at the „On Clinic Moldova” Durleşti town;

2015 - 2018 – resident physician (family medicine) at the Territorial Medical Association Botanica, CMF Nr.3.

References **Nata Leviţchi**- CEO in the National Association for Breastfeeding support “Mămica Alăptează”- +37369536637, email: natalia.levitschi@gmail.com

Irina Loghin- Health Officer at the UNICEF Moldova, +37369288811, email: iloghin@unicef.org

Daniela Madan- Public health program coordinator at the World Health Organization, +37369794565, email: madand@who.int

Education and training

2009-2015- General Medicine, State University of Medicine and Pharmacy „Nicolae Testemiţanu”;

July-August 2014 – Practical internship in Emergency Medicine within SMURD Târgu Mureş, Romania;

2015-2018 – Residency studies in the Department of „Family Medicine”, State University of Medicine and Pharmacy „Nicolae Testemiţanu”;

2020-2022 – Master studies at School of Management in Public Health, State University of Medicine and Pharmacy „Nicolae Testemiţanu”; I received a master's degree in Management of Public Health.

2021-2022- Specialisation courses as a lactation consultant at the Association of Consultants in Romania;

February 2023- Social listening in Public Health course at the School of Management in Public Health, State University of Medicine and Pharmacy „Nicolae Testemiţanu”;

July 2023 - Crisis Leadership Program Seed course from Centre of Humanitarian Leadership Deakin University, Bucharest;

March-July 2023- Certification as an International Board Certified Lactation Consultant (IBCLC), at the International Board Lactation Consultant Examiners (IBLCE);

November- December 2023- Health Tehnologies Assessment course at the School of Management in Public Health, State University of Medicine and Pharmacy „Nicolae Testemiţanu”;

April 2024, June 2024- The prevention of sexual exploitation and abuse (PSEA) trainings;

May-June 2024-Global Course Mental health and psychosocial support for children and caregivers in adversity

Diploma/Certificate

Master in Management of Public Health
Bachelor of Medicine
Specialization Family Medicine
International Board Certified Lactation Consultant (IBCLC)

Personal skills and competences

I have experience working with the national healthcare system and other national and international healthcare institutions/organizations. I am a fair, responsible, punctual person and I show a respectful attitude towards patients/ beneficiaries and colleagues.

Maternal language

Romanian

Known languages

European level (*)

Russian
English

Understanding				Conversational				Writing			
Listening				Reading				Participating in discussions			
Speaking				Writing							
	C1			C1				C1			
	B1			B1				B1			

Social competences

I show seriousness in working relationships, I learn quickly, I am sociable and punctual.
In everyday social relationships I am empathic, kind, friendly and fair

Driver's licence

Category B (from 2010)

Additional information

Member of the National Association for Breastfeeding Support "Mămica Alăptează", Romanian Lactation Consultants Association (ACLR), European Consultants Alliance (ELACTA); The International Lactation Consultant Association (ILCA); The Academy of Breastfeeding Medicine (ABM);

Last 4 years I am attended international lactation conferences as follow:

May 2024- ELACTA Conference 2024, Belgium

March 2024, 2025 (as a speaker) - IBCLC's day conference Bucharest

May-June 2022, 2023, 2024, 2025 GOLD Lactation Conference (Online)

Raising 2 children.

In 2019 I recieved the Honorary diploma of the Government of the Republic of Moldova for special merits in family medicine.

