

Curriculum Vitae



Personal Information

Name Fărîmă Nadejda

Address Republic of Moldova, Chișinău

Phone number +(373)69389135

E-mail nadiacotofan@gmail.com

Nationality Moldovian

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 Alăpteză” 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 Alăpteză” 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 „Fărīmă Nadejda”, in Molești village, Ialoveni district;

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

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

References **Nata Levitchi**- 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 Testemițanu”;

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

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

2020-2022 – Master studies at School of Management in Public Health, State University of Medicine and Pharmacy „Nicolae Testemițanu”; 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 Testemițanu”;

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 Technologies Assessment course at the School of Management in Public Health, State University of Medicine and Pharmacy „Nicolae Testemițanu”;

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	<table border="1"> <thead> <tr> <th colspan="2">Understanding</th> <th colspan="2">Conversational</th> <th>Writing</th> </tr> <tr> <th>Listening</th> <th>Reading</th> <th>Participating in discussions</th> <th>Speaking</th> <th>Writing</th> </tr> </thead> <tbody> <tr> <td>Russian</td> <td>C1</td> <td>C1</td> <td>C1</td> <td>C1</td> </tr> <tr> <td>English</td> <td>B1</td> <td>B1</td> <td>B1</td> <td>B1</td> </tr> </tbody> </table>	Understanding		Conversational		Writing	Listening	Reading	Participating in discussions	Speaking	Writing	Russian	C1	C1	C1	C1	English	B1	B1	B1	B1
Understanding		Conversational		Writing																	
Listening	Reading	Participating in discussions	Speaking	Writing																	
Russian	C1	C1	C1	C1																	
English	B1	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	<p>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);</p> <p>Last 4 years I am attended international lactation conferences as follow:</p> <p>May 2024- ELACTA Conference 2024, Belgium</p> <p>March 2024, 2025 (as a speaker) - IBCLC's day conference Bucharest</p> <p>May-June 2022, 2023, 2024, 2025 GOLD Lactation Conference (Online)</p> <p>Raising 2 children.</p> <p>In 2019 I received the Honorary diploma of the Government of the Republic of Moldova for special merits in family medicine.</p>																				

