



Dr. Matthias LIDIN R.N , Sweden

Matthias Lidin, RN M.sc. PhD, is a Specialist Nurse in Cardiology, University-nurse and Researcher at Karolinska University Hospital and Karolinska Institutet where he focuses on cardiovascular risk reduction, secondary prevention, and lifestyle interventions. With over 20 years of clinical work and 10-year academic experience, he has developed expertise in cardiology, including leadership in multidisciplinary research projects on lifestyle modification and patient-centered care.

His research explored effects of structured care in different cardiovascular setting in individuals with high cardiovascular risk, contributing important evidence to cardiovascular secondary prevention science. With focus on secondary prevention after myocardial infarction based on medication, risk factor reduction and healthy lifestyle habits.

He has played key roles in national guidelines and research collaborations, particularly within cardiac rehabilitation and implementation science, aiming to improve guideline adherence and patient outcomes. And actively engaged in supervising PhD students and participates in different scientific committees.

The aim of his work is to integrate clinical practice with research to advance evidence-based cardiovascular care and promote innovative, clinical trials.