



Steinunn Thordardottir, MD, PhD

Medical Leader | Consultant Geriatrician | Healthcare Executive | Researcher

Chief Medical Officer, Hrafnista Nursing Homes, Iceland
President, Icelandic Medical Association

Executive Profile

Consultant physician in Geriatric Medicine and Internal Medicine with more than twenty years of clinical, academic and executive leadership experience. Internationally recognised for expertise in dementia, cognitive disorders and healthcare for older adults.

Currently serves as Chief Medical Officer of Hrafnista, Iceland's largest provider of nursing home care, and as President of the Icelandic Medical Association. Previously led the Department of Cognitive Medicine at Landspítali University Hospital and chaired the Ethics Committee of the World Medical Association.

Experienced in strategic healthcare leadership, organisational development, health policy, physician workforce issues, medical ethics and clinical governance. Extensive experience in interdisciplinary leadership, national policy development, international collaboration and communicating complex medical issues to healthcare professionals, policymakers and the public.

Research interests include biomarkers and early diagnosis of Alzheimer's disease, with a PhD from Karolinska Institutet and publications in leading international journals including *Brain*, *Nature Genetics*, *Neurology* and the *Journal of Alzheimer's Disease*.

Current Executive Appointments

Chief Medical Officer

**Hrafnista Nursing Homes, Iceland
2023 - Present**

Executive responsibility for medical services within Iceland's largest nursing home organisation, including clinical quality, patient safety, strategic development and medical governance.

President

**Icelandic Medical Association
2021 - Present**

Elected leader of Iceland's national medical association, representing Icelandic physicians in matters relating to healthcare policy, professional standards, workforce development and negotiations with governmental authorities.

Previous Leadership Appointments

Chief, Department of Cognitive Medicine

**Landspítali - The National University Hospital of Iceland
2018 - 2023**

Led Iceland's specialist department for cognitive medicine and dementia, responsible for clinical services, multidisciplinary teams, education and research.

Consultant Physician

**Department of Geriatric Medicine and Internal Medicine
Landspítali University Hospital
2015 - 2018**

Clinical work with particular focus on dementia, cognitive disorders and complex geriatric medicine.

Consultant Physician

Karolinska University Hospital
2012 - 2014

Specialist physician in internal and geriatric medicine while simultaneously pursuing doctoral research at Karolinska Institutet.

International Leadership and Governance

World Medical Association

- Chair, Medical Ethics Committee (2023 - 2025)
 - Member, Executive Committee (2023 - 2025)
 - Council Member (2021 - 2025)
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Nordic Medical Council

- Member (2022 - Present)
 - President (first half of 2023, second half of 2025)
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Nordic Geriatric Society

- President (2021 - 2022)
 - Executive Board Member (2017 - 2024)
 - President, 25th Nordic Congress of Gerontology (2017 - 2021)
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Additional National Leadership

- President, Icelandic Scientific Award Fund for Medical Research (2025 - Present)
 - President, Memorial Fund of Dr. Jón Steffensen (2026 - Present)
 - President, Council of Physicians, Landspítali University Hospital (2021 - 2022)
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National Health Policy and Strategic Committees

- Member, Directorate of Health Working Group on physician recruitment and retention (2025 - Present)

- Member, Directorate of Health Steering Group on physician working hours reform (2025 - Present)
 - Member, National committee on the future organisation of medical services in Iceland (2023 - 2024)
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Education

PhD in Medicine

Karolinska Institutet, Stockholm

Department of Neurobiology, Care Sciences and Society

Thesis:

Biomarkers in Preclinical Familial Alzheimer Disease

Awarded February 2018

Medical Degree (MD)

University of Iceland (2004)

International Education

- Specialty training in internal medicine and geriatric medicine at the Karolinska University Hospital in Stockholm, Sweden (2008 - 2013)
 - Clinical Clerkship, Brigham and Women's Hospital, Harvard Medical School
 - Research Fellowship, University of Illinois, Chicago
 - Exchange Medical Student, University of Copenhagen
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Specialist Qualifications

The Karolinska University Hospital, Stockholm, Sweden

- Specialist in Geriatric Medicine (2013)
 - Specialist in Internal Medicine (2012)
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Academic Appointments

- Lecturer, Faculty of Medicine, University of Iceland (2017 - Present)
 - Associate Programme Director, Specialist Training in Geriatric Medicine, Landspítali (2019 - 2023)
 - Former Associate Programme Director, Internal Medicine Specialist Training
 - Supervisor of numerous medical students and research trainees
 - Project Leader, Familial Alzheimer's Disease Programme, Karolinska Institutet (2013–2018)
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Research

Research focus:

- Alzheimer's disease
- Dementia
- Biomarkers
- Neurodegenerative disease
- Precision diagnostics
- Clinical geriatrics

Author or co-author of more than thirty peer-reviewed publications.

Selected journals include:

- Brain
- Nature Genetics
- Neurology
- Alzheimer's Research & Therapy
- Journal of Alzheimer's Disease
- European Journal of Neurology

(Complete publication list available upon request.)

Areas of Expertise

- Healthy ageing
 - Dementia care
 - Alzheimer's disease
 - Geriatric medicine
 - Clinical governance
 - Healthcare leadership
 - Healthcare system development
 - Medical ethics
 - Health policy
 - Physician workforce planning
 - Quality improvement
 - Organisational strategy
 - Interdisciplinary leadership
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Languages

Icelandic - Native

English - Fluent

Swedish - Fluent