

NAME: Nicola Lamberti

POSITION TITLE: PhD

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
University of Ferrara, Ferrara, Italy	B.Sc.	07/2009	Sport Sciences
University of Ferrara, Ferrara, Italy	M.Sc.	07/2011	Sport and exercise Sciences
University of Ferrara, Ferrara, Italy	Ph.D.	03/2015	Biomedical Sciences

A. Personal Statement

I am a research assistant at University of Ferrara, collaborating for research project with the Department of Physical and Rehabilitation Medicine at University Hospital of Ferrara. My primary research interest is directed toward new tailored low-intensity exercise program for patients with disabilities and cardiovascular diseases. In addition, I have >5 years of experience in using Near-Infrared Spectroscopy, as well other technical instrument to measure performance at all levels, from athletes to severely impaired patients. I have carried out in collaboration with my tutor Prof. Manfredini and successfully completed several research projects involving exercise therapy among a wide range of chronic diseases.

B. Positions and Honors

Positions and Employment

2015- Research Associate, Department of Biomedical and Surgical Specialties Sciences, University of Ferrara, Italy.

Other Experience and Professional Memberships

2012- Research assistant and data manager at Department of Physical and Rehabilitation Medicine, University Hospital of Ferrara, Italy

2009- Athletic Technician and member of Italian Tennis Federation

2016- Member of the Italian Society of Motor and Sport Sciences

Honors and Awards

2017 2nd place in Researcher of the year, awarded by the Italian Society of Motor and Sport Sciences

C. Contributions to Science

Author / Co-author of 21 published manuscript on indexed journals focusing on: exercise, rehabilitation and testing; sports sciences and cardiovascular risk factors.

Exercise, rehabilitation and testing

1: Lamberti N, Straudi S, Lissia E, Cavazzini L, Buja S, Manfredini R, Basaglia N, Manfredini F. Home-based exercise for elderly patients with intermittent claudication limited by osteoarticular disorders - feasibility and effectiveness of a low-intensity programme. *Vasa*. 2018 Apr;47(3):227-234. doi: 10.1024/0301-1526/a000692.

- 2: Manfredini F, Lamberti N, Rossi T, Mascoli F, Basaglia N, Zamboni P. A Toe Flexion NIRS assisted Test for Rapid Assessment of Foot Perfusion in Peripheral Arterial Disease: Feasibility, Validity, and Diagnostic Accuracy. *Eur J Vasc Endovasc Surg*. 2017 Aug;54(2):187-194. doi: 10.1016/j.ejvs.2017.04.013.
- 3: Straudi S, Manfredini F, Lamberti N, Zamboni P, Bernardi F, Marchetti G, Pinton P, Bonora M, Secchiero P, Tisato V, Volpato S, Basaglia N. The effectiveness of Robot-Assisted Gait Training versus conventional therapy on mobility in severely disabled progressive Multiple sclerosis patients (RAGTIME): study protocol for a randomized controlled trial. *Trials*. 2017 Feb 27;18(1):88. doi: 10.1186/s13063-017-1838-2.
- 4: Manfredini F, Mallamaci F, D'Arrigo G, Baggetta R, Bolignano D, Torino C, Lamberti N, Bertoli S, Ciurlino D, Rocca-Rey L, Barillà A, Battaglia Y, Rapanà RM, Zuccalà A, Bonanno G, Fatuzzo P, Rapisarda F, Rastelli S, Fabrizi F, Messa P, De Paola L, Lombardi L, Cupisti A, Fuiano G, Lucisano G, Summaria C, Felisatti M, Pozzato E, Malagoni AM, Castellino P, Aucella F, Abd ElHafeez S, Provenzano PF, Tripepi G, Catizone L, Zoccali C. Exercise in Patients on Dialysis: A Multicenter, Randomized Clinical Trial. *J Am Soc Nephrol*. 2017 Apr;28(4):1259-1268. doi: 10.1681/ASN.2016030378.
- 5: Pomidori L, Lamberti N, Malagoni AM, Manfredini F, Pozzato E, Felisatti M, Catizone L, Barillà A, Zuccalà A, Tripepi G, Mallamaci F, Zoccali C, Cogo A. Respiratory muscle impairment in dialysis patients: can minimal dose of exercise limit the damage? A Preliminary study in a sample of patients enrolled in the EXCITE trial. *J Nephrol*. 2016 Dec;29(6):863-869.
- 6: Lamberti N, Straudi S, Malagoni AM, Argirò M, Felisatti M, Nardini E, Zamboni C, Basaglia N, Manfredini F. Effects of low-intensity endurance and resistance training on mobility in chronic stroke survivors: a pilot randomized controlled study. *Eur J Phys Rehabil Med*. 2017 Apr;53(2):228-239. doi: 10.23736/S1973-9087.16.04322-7.
- 7: Malagoni AM, Cavazza S, Ferraresi G, Grassi G, Felisatti M, Lamberti N, Basaglia N, Manfredini F. Effects of a "test in-train out" walking program versus supervised standard rehabilitation in chronic stroke patients: a feasibility and pilot randomized study. *Eur J Phys Rehabil Med*. 2016 Jun;52(3):279-87.
- 8: Lamberti N, Malagoni AM, Ficarra V, Basaglia N, Manfredini R, Zamboni P, Mascoli F, Manfredini F. Structured Home-Based Exercise Versus Invasive Treatment: A Mission Impossible? A Pilot Randomized Study in Elderly Patients With Intermittent Claudication. *Angiology*. 2016 Sep;67(8):772-80. doi: 10.1177/0003319715618481
- 9: Manfredini F, Lamberti N, Malagoni AM, Felisatti M, Zuccalà A, Torino C, Tripepi G, Catizone L, Mallamaci F, Zoccali C. The role of deconditioning in the end-stage renal disease myopathy: physical exercise improves altered resting muscle oxygen consumption. *Am J Nephrol*. 2015;41(4-5):329-36. doi: 10.1159/000431339.
- 10: Manfredini F, Lamberti N. Performance assessment of patient on dialysis. *Kidney Blood Press Res*. 2014;39(2-3):176-9. doi: 10.1159/000355794.
- 11: Manfredini F, Lamberti N, Malagoni AM, Zamboni C, Basaglia N, Mascoli F, Manfredini R, Zamboni P. Reliability of the vascular claudication reporting in diabetic patients with peripheral arterial disease: a study with near-infrared spectroscopy. *Angiology*. 2015 Apr;66(4):365-74. doi: 10.1177/0003319714534762.
- 12: Manfredini F, Malagoni AM, Felisatti M, Mandini S, Lamberti N, Manfredini R, Mascoli F, Basaglia N, Zamboni P. Acute oxygenation changes on ischemic foot of a novel intermittent pneumatic compression device and of an existing sequential device in severe peripheral arterial disease. *BMC Cardiovasc Disord*. 2014 Mar 31;14:40. doi: 10.1186/1471-2261-14-40.
- 13: Malagoni AM, Felisatti M, Lamberti N, Basaglia N, Manfredini R, Salvi F, Zamboni P, Manfredini F. Muscle oxygen consumption by NIRS and mobility in multiple sclerosis patients. *BMC Neurol*. 2013 May 29;13:52. doi: 10.1186/1471-2377-13-52.

Sports sciences

- 1: Lamberti N, Finotti A, Gasparello J, Lampronti I, Zambon C, Cosenza LC, Fabbri E, Bianchi N, Dalla Corte F, Govoni M, Reverberi R, Gambari R, Manfredini F. Changes in hemoglobin profile reflect autologous blood transfusion misuse in sports. *Intern Emerg Med*. 2018 Jun;13(4):517-526. doi: 10.1007/s11739-018-1837-7
- 2: Lamberti N, Malagoni AM, Felisatti M, Caracciolo S, Resch N, Litmanen H, Dalfollo D, Jeannier P, Zhukovskaja L, Carrabre JE, Manfredini F. Antidoping attitudes among elite athletes: a cross sectional study in biathlon using a suitably developed questionnaire. *J Sports Med Phys Fitness*. 2017 May;57(5):610-623. doi: 10.23736/S0022-4707.16.06259-9.
- 3: Malagoni AM, Lamberti N, Carrabre JE, Litmanen H, Jeannier P, Zhukovskaja L, Dal Follo D, Zambon C, Resch N, Manfredini F. Planning the International Competition Schedules for the Health of Elite Athletes: A 21-Year Retrospective Study Evaluating the Effectiveness and Economic Impact in an Olympic Sport. *PLoS One*. 2015 Jun 26;10(6):e0130338. doi: 10.1371/journal.pone.0130338

Cardiovascular risk factors

- 1: De Giorgi A, Storari A, Forcellini S, Manfredini F, Lamberti N, Todeschini P, La Manna G, Manfredini R, Fabbian F. Body mass index and metabolic syndrome impact differently on major clinical events in renal transplant patients. *Eur Rev Med Pharmacol Sci*. 2017 Oct;21(20):4654-4660
- 2: Manfredini R, Gallerani M, De Giorgi A, Tiseo R, Lamberti N, Manfredini F, Forcellini S, Storari A, La Manna G, Fabbian F. Renal Transplantation and Outcome. *Prog Transplant*. 2016 Dec;26(4):397-398. doi: 10.1177/1526924816665368.
- 3: Manfredini R, Gallerani M, Giorgi A, Boari B, Lamberti N, Manfredini F, Storari A, Manna G, Fabbian F. Lack of a "Weekend Effect" for Renal Transplant Recipients. *Angiology*. 2017 Apr;68(4):366-373. doi: 10.1177/0003319716660245.
- 4: Fabbian F, De Giorgi A, Manfredini F, Lamberti N, Forcellini S, Storari A, Gallerani M, Caramori G, Manfredini R. Impact of renal dysfunction on in-hospital mortality of patients with severe chronic obstructive pulmonary disease: a single-center Italian study. *Int Urol Nephrol*. 2016 Jul;48(7):1121-7. doi: 10.1007/s11255-016-1272-5.
- 5: Fabbian F, De Giorgi A, Manfredini F, Lamberti N, Forcellini S, Storari A, Todeschini P, Gallerani M, La Manna G, Mikhailidis DP, Manfredini R. Impact of comorbidity on outcome in kidney transplant recipients: a retrospective study in Italy. *Intern Emerg Med*. 2016 Sep;11(6):825-32. doi: 10.1007/s11739-016-1438-2.

Author / Co-author of over 35 proceedings and abstract to national and international conferences.

D. Additional Information: Research Support and/or Scholastic Performance

2014: Co-investigator (PI Prof. Manfredini) of the research project: "Novel molecular biomarkers for detection of autologous blood transfusion in sport: fetal hemoglobin and microRNAs" financed by World Anti-Doping Agency (150,000 \$)

2015: Co-investigator (PI Prof. Manfredini) of the research project: "Design of innovative solutions to improve physical and mobility impairment in frailty and elderly" financed by University of Ferrara (42,380 €)

2017: Co-investigator (PI Prof. Gambari) of the project: "Development of microRNA based protocols for detection of autologous blood transfusion in sport" (PI prof. R. Gambari) financed by World Anti-Doping Agency (120,000 \$)