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Dr. Schougaard is a registered nurse, who completed her Master of Health Science in 2011 and her PhD in 2020 in the Department of Clinical Medicine at Aarhus University in Denmark. Since 2011, using Patient-Reported Outcomes (PROs) in clinical practice has been the focus of her work and research. The main topic of her research is the use of PROs in remote care for patients with chronic and malignant diseases.

Dr. Schougaard's research interests include:

- PROs in remote care
- Evaluation of the effectiveness of PRO interventions in the healthcare system
- Implementation of PRO interventions in the healthcare system
- Nurses' perspectives on using PRO measures in remote care
- Measurement properties of PRO instruments

Dr. Schougaard has experience with several quantitative research designs, including randomized controlled trials, cohort studies, and cross-sectional studies. She has also been involved in several qualitative research studies.