

PERSONAL INFORMATION



Cakoni Ruden

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PROFESSIONAL EXPERIENCE

Oct 2015 – Sep 2022

External lecturer

Faculty of Medical Technical Sciences, "Alexander Xhuvani" University, Elbasan (Albania)

2 Dec. 2015–10 Dec 2019

Medical Specialist in Endocrinology

Endocrinology Department

University Hospital "Mother Teresa", Tirana (Albania)

10 Feb 2020–27 Oct 2020

Endocrinologist

Internal Medicine Department

Regional Hospital of Korça, "Teni Konomi"

Korça, Albania

28 Oct 2020 – 31 Aug 2022

Endocrinologist

Internal Medicine Department

Regional Hospital of Elbasan "Xhaferr Kongoli"

Elbasan, Albania

Jan 2023 – May 2024

External Lecturer

Study Program of Nursing

Study Program of Physiotherapy and Rehabilitation Sciences

University "Our Lady of Good Counsel"

Tirana, Albania

1 Sep 2022 – Present

Endocrinologist

Catholic Hospital "Our Lady of Good Counsel"

Tirana, Albania

Sep 2022 – Present

Endocrinologist

Jone Clinic

Elbasan, Albania

Jan 2023 – Present

Didactic coordinator

5th and 6th year medical and surgical students

University "Our Lady of Good Counsel"
Tirana, Albania

May 2024 – Present **Member of the department**
Department of Biomedical Sciences
University "Our Lady of Good Counsel"
Tirana, Albania

EDUCATION AND TRAINING

Oct. 08–24 Mar 2015 **Second level Master of Science in Medicine and Surgery**
University "Our Lady of Good Counsel", Tirana (Albania)
Graduated with 110/110.
Experimental thesis: "HYPOGLYCEMIC THERAPY AND NEOPLASTIC RISK IN A COHORT OF PATIENTS WITH TYPE 2 DIABETES MELLITUS", a retrospective study conducted at the Internal Medicine Department, Hospital "Tor Vergata", Rome.

1 Apr 2015–30 Jun 2015 **Qualification in Medicine**
University of "Tor Vergata", Rome (Italy)
After a 3-month post-graduate internship

2 Dec 2015 – 10 Dec 2020 **Specialization in Endocrinology**
University Hospital "Madre Teresa", Tirana (Albania)
Ranked first in the Medical Specialization Competition, in Albania, held in November 2015, with a score of 970.5 / 1000.
Thesis: "Retinal neurodegeneration as an early marker of diabetic retinopathy". Score 10/10

8 Jan 2021 – 14 Feb 23 **First Level master's degree in food science and applied Dietetics**
Unitelma Sapienza
Rome (Italy)

Oct 2023 – Present **PhD**
Nursing Sciences and Public Health
University of Tor Vergata
Rome, Italy

9 Nov 2017–11 Nov 2017 **Attendance Certificate**
EASD (European Association For The Study of Diabetes), Skopje, Macedonia
1st Macedonian European Association for the Study of Diabetes Postgraduate Course of Clinical Diabetes

8 Jan 2018–8 Feb 2018 **SPSS Statistics Essentials**
Tirana Center of Technology, Tirana (Albania)

A very useful program in medical statistics, for research purposes.

16 Sep.2018–22 Sep 2018 [Certificate of attendance for "Lipid Metabolism"](#)

Salzburg Weill Cornell Seminar,
Salzburg, Austria

8 Nov 2018–10 Nov 2018 [Certificate of attendance](#)

EASD (European Association for the Study of Diabetes) postgraduate course in Clinical Diabetes and it's Complications,
Marrakech, Marocco

17 Aug 2019–23 Aug 2019 [Certificate of attendance](#)

Summer school in Lipidologia
IARS (International Atherosclerosis Research School)
Prague (Czech Republic)

15 May 2019–3 Sep 2019 [Certificate of attendance](#)

Internship
Fatebenefratelli Hospital, Rome (Italy)
Internship at the Endocrinology and Diabetology Unit

27 Feb 2021– 2 Mar 2021 [Certificate of Participation](#)

ESPE Winter School in Pediatric Endocrinology
European Society of Pediatric Endocrinology

28-29 May 2021

[Theoretical and practical course in neck ultrasound.](#)
Erton Clinic. Tirana, Albania.

9 Feb 2022– 11 Feb 2022 [Certificate of Participation](#)

Winter School in Obesity
The 22 EASO ECN
Napoli, Italy

26 Dec 21– Present

[Scope Learning Path](#)
Strategic Center for Obesity Professional Education

26 Mar 2022

[Scope School di Obesita](#)
Strategic Center for Obesity Professional Education
Dubai, UAE

PERSONAL SKILLS

Native Language Albanian

Foreign Languages	UNDERSTANDING		SPOKEN		WRITTEN
	Listening	Reading	Interaction	Oral production	
Italian	C1	C1	C1	C1	C1
English	C1	C1	C1	C1	C1
German	A2	A2	A2	A2	A2

Communication skills Good communication and interpersonal skills
 Ability to relate to others
 Ability to work in a team
 Excellent coordination skills

Digital skills

SELF EVALUATION				
Information processing	Communication	Content Creation	Safety	Solving problems
Advanced user	Advanced user	Basic user	Independent user	Independent user

Digital skills - Self-evaluation form :

Advanced user of MS Office.
 Advanced user of "Embedded System" and "Html & Css"

Other skills Initiative, Organizational, Adaptability

Driving license B

ASSOCIATIONS

- Since 2015 Part of the Order of Physicians, Albania
- Since 2015 Endocrinologists Association, Albania
- Since 2019 Association of Endocrinologists of Italy (AME)
- Since 2019 European association of Endocrinology (ESE)
- Since 2019 European Young Endocrinologist & Scientist (EYES)

PUBLICATIONS AND PRESENTATIONS

19-22 May 2018 "Atypical Parathyroid Adenoma In a Young Individual, Presented with Nephrocalcinosis"
 20th European Congress of Endocrinology (ECE)19-22/05/2018
 Barcelona, Spain
 DOI: 10.1530/endoabs.56.P260

- 19-22 May 2018 "Psychosis because of alcohol abstinence in a diabetic subject".
20th European Congress of Endocrinology (ECE)19-22/05/2018
Barcelona, Spain
- Sep 2018 "A case of non-islet cell tumor hypoglycemia associated with pancreatic neuroendocrine tumor".
Journal On Emergency And Critical Care Medicine
- 19 Jan 2018 Diabetes and Depression
First International Conference of the Association of Rehabilitation Psychologists, Albania
Conference: Health psychology between development challenges and reality.
Tirana, Albania
- 25 Jan 2019 RFM is a better metabolic predictor than BMI in a cohort of patients with diabetes mellitus.
Vol VII, Issue I, IJIRTS (International Journal of Innovative Research in Technology & Science)
Impact Factor 3.856
ISSN: 2321-1156
- 6 Sep 2019 Rapidly progressive case of type I Madelung disease with bilateral parotid glands involvement.
Journal: British Journal of Biomedical Science. IF 2.365 (PUBMED)
- Poster Endocrine abstract 2020 "The bidirectional link between diabetes mellitus and oral health: A study in Albanian patient with diabetes".
Endocrine Abstracts (2020) 70 EP212 | DOI: 10.1530/endoabs.70.EP212
- 15 Apr 2020 Glycaemic emergencies in Albania: glycated haemoglobin as a predictor of length of hospital stay.
Acta Diabetologica
ISSN 0940-5429.DOI 10-1007/s00592-020-01514-8.
- Mar 2022 Gender and age distribution of thyroid nodules using imaging diagnostic and management modalities in Albania; Our data.
Advances in Life Science and Technology
SSN 2224-7181 (Paper) ISSN 2225-062X (Online), Vol 92,2022
DOI: 10.7176/ALST/92-04
- April 2022 Co-author: Ectopic thyroid tissue and management approach: Surgical vs conservative
ISSN 2224-7181 (Paper) ISSN 2225-062X (Online), Vol 93,2022
DOI: 10.7176/ALST/93-05
- Jan 2024 First-author: Dietary Habits and Nutritional Status of Youths Living in Rural and Semi-Urban Albania in the Ongoing Nutrition Transition: Preliminary Results. Jan 2025. Children 12(1):98
DOI:[10.3390/children12010098](https://doi.org/10.3390/children12010098)