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She holds a position as senior researcher at the Institute for Studies of the Medical Profession in Oslo, Norway. Her research areas are social inequality and social justice, priority setting in health care, health economics, medical professionalism and management in health care organizations. Bringedal has served as secretary for the governmental council of priority setting in Norwegian health care. She has also served as a member of the board of a Norwegian hospital trust, and the Western Norway Research Institute. She is currently a researcher in and member of the steering group of the Norwegian Research Council funded project on prioritization in Norwegian health care (2014-2017).

Previous positions include visiting scholar at the University of California at Berkeley, Harkness Fellowship in Health Policy and Practice at Harvard Medical School, visiting scholar at the College of Physicians and Surgeons, Columbia University, New York, and associate professor at Oslo University College and the University of Oslo. Bringedal has published 35 scientific articles in peer-reviewed journals and books, authored or coauthored five books, and written a number of feature articles and commentaries for a wider audience.