

2011 – Pain: Pain medicine immersion

Beatriz Craveiro Lopes

Academic Degrees

- 1975 - Doctor of Medicine (University of Lisbon)
- 1983 - Specialist in Anaesthesiology (National Medical Association, Portugal)
- 2006 - Pain Medicine Competence (National Medical Association, Portugal)

Professional Experience

- 1992 - Founder of the Pain Multidisciplinary Center in the Garcia da Orta Hospital, Portugal
- From 1992 - Director of the Pain Multidisciplinary Center in the Garcia da Orta Hospital, Portugal

Teaching Activities

- From 1998 - In charge of the “Anaesthesia, Pain and Basic Life Support” Subject, 4th year of the MSc Course in Dentistry Medicine, Egas Moniz University Institute.
- From 2002 - Lecturer in the Pain Medicine Post-Graduate Course, in the Medicine Faculty, Universidade do Porto.
- From 2017- Lecturer in the Pain Medicine Post-Graduate Course, Universidade Católica of Lisbon

Bibliography

Author and co-Author of multiple publications within Pain Medicine area.

Scientific Meetings Organization

From 1994 - President for the Organization and for the Scientific Committee of the Annual Conference of ASTOR (Pain Therapy Development Association)

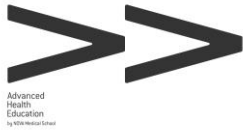
Other Functions

- 1996 - 2000 - Clinic Director of the Garcia de Orta Hospital
- 2003 - 2006 - Official Counsellor for APED within EFIC (European Federation of IASP Chapters)
- 2009 - 2012 - Official Counsellor for APED within EFIC (European Federation of IASP Chapters)
- 2009 - 2017 - President of the Pain Medicine Competence Section of the National Medical Association, Portugal)

Javier Durán

- Anesthesiologist since 2010.
- He is one of the directors of the Regional Club of Anesthesia (CAR-ESRA Portugal).
- Currently works at the Multidisciplinary Pain Center in Garcia de Orta Hospital (HGO), in Almada-Lisbon, since May 2012.
- Works regularly at the Pain Unit and Department of Anesthesiology of Cuf Infante Santo Hospital, in Lisbon, since 2010.
- He focuses his practice on the interventional management of chronic pain, performing techniques under ultrasound or fluoroscopy guidance. He devotes a lot of his time teaching in this area.

Curricular history



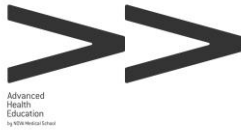
- Bachelor of Medicine in the University of Salamanca, Spain, with a recognized title by the Portuguese Medical Association (No. 42612).
- Started the training in anesthesiology after the "Complementary Internship" (73%) at the Curry Cabral Hospital in September 2005.
- Approval of the European Anesthesiology and Intensive Care Diploma (Part I).
- Obtained the title of Specialist in Anesthesiology (with 19.1 / 20 points) in February 2010.
- Regarding his special interest in ultrasound-guided regional anesthesia, he decided to reinforce his formation with various courses and international internships in the last 10 years.
- Assistance to various courses, meetings and congresses of Intervention in Pain Medicine (Radiofrequency, Spinal Cord Stimulation and Fluoroscopy).

Teaching, organization and other activities

- Active participation in the teaching of ultrasound guided procedures in Regional Anesthesia and Pain Medicine, in the various courses, workshops and conferences in many congresses.
- In its clinical practice, there is an important focus on education, mainly related to Ultrasound-Guided Regional Anesthesia and Pain Medicine.
- Director of all seven editions of the "Ecoastor", an Intervention in Acute and Chronic Pain (Lisbon 2013-2019).
- Director of the course "Ultrasonography in Regional Anesthesia and Vascular Access" in the Cuf Infante Santo Hospital (Lisbon) 2018.
- Director of the "Sonoanatomy" course, CAR-ESRA Portugal, in November 2018 (Oporto).
- Founder and Editor-in-Chief of the website "Echoanesthesia Today" since April 2013: website designed to teach regional anesthesia guided by ultrasound, with a selection of the best on-line videos, international expert reviews, comments about the latest articles and the possibility to share photos and videos (www.echoanesthesiatoday.com).
- Creator of the App Echo-blocks for IOS (2014). A different way to teach Regional Anesthesia.
- Member of ASTOR (Association for the Development of Pain Therapy), since 2015.
- Published several scientific articles and participated in the writing of several anesthesiology books.
- Various works in national and international congresses (Posters / Oral communications).
- Principal investigator in a study on the use of Pecs 2 Block, for breast surgery in HGO. 2014-2015.
- Works on a regular basis, for the SSTENE NGO since 2018. This is a medical association designed to work in developing countries, especially Guinea-Bissau, performing surgical procedures and teaching to local medical staff and general population.

Miguel Reis e Silva

Professional Experience



- MD, Pain Unit of Hospital Garcia de Orta (2018-actual) – Medical consultation, ultrasound and fluoroscopy guided procedures in chronic pain context.
- MD, Pain Unit of Hospital CUF Infante Santo (2018-actual) – Medical consultation, ultrasound and fluoroscopy guided procedures in chronic pain context.
- MD, Medical Department of Sport Lisboa e Benfica (2017-actual) – Medical consultation and ultrasound guided procedures in musculoskeletal pathologies in the 5.000 athletes of the club.
- MD, National Ultra-Trail Team (2016 - atual) – Medical Director of the Medical Department of the National Ultra-Trail Team.
- Co-founder of the “Grupo de Interesse em ecografia musculoesquelética” of the Sociedade Portuguesa de Medicina Física e de Reabilitação (2014-atual)
- Medical Residency in Physical Medicine and Rehabilitation, Centro Hospitalar Lisboa Central (2013-2017) – Internships in Musculoskeletal Intervention at Hospitais Universitário Virgen del Rocío (Sevilla), Hospital Universitario La Fe (Valencia) and Hospital Universitario de Las Palmas (Gran Canaria).

Academic

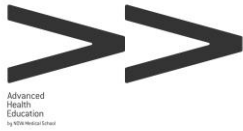
- Enrolled in a Master in Pain, Universidad de Valencia, 2018-2019.
- Enrolled in a PhD program in Medicine, Faculdade de Medicina, Universidade de Lisboa, with the theme “Heart rate variability: a predictor of the health-related quality of life improvements associated with an exercise program?”
- Master in “Musculoskeletal Ultrasound and Ultrasound guided procedures”, Universidad CEU San Pablo de Andalucía, Sevilla, 2016-2017.
- Post-graduation in Sports Medicine, Sociedade Portuguesa de Medicina Desportiva, 2013.
- Master in Medicine, Faculdade de Medicina, Universidade de Lisboa, 2005-2011.

Publications

- Book chapter (co-autor) - “Gait analysis in the context of spasticity management” do livro “Advanced Technologies for the Rehabilitation of Gait and Balance Disorders”, Edição Springer, 2018, ISBN 978-3-319-72735-6.
- Article – Reis e Silva M, “Suprascapular nerve block in chronic shoulder pain: a review” SPMFR Journal, vol 30, n3, 2018.
- Article – Reis e Silva M, “Intra-articular viscosupplementation in knee osteoarthritis: a retrospective study of a Physical and Rehabilitation Medicine Department” SPMFR Journal, vol 30, n1, 2018.
- Article - Reis e Silva M, “Lombalgia, um diagnóstico diferencial raro”, Revista Arquivos de Medicina, 2015;29[2]:36-38.
- Book chapter - “Viscosupplementação intra-articular na gonartrose” do livro “Mesoterapia”, Edição Lidel 2016, ISBN: 978-989-752-211-6.

Academic Activities as a Teacher

- Instructor at “Curso de Ecografia Diagnóstica e de Intervenção do Membro Superior”, Sociedade Portuguesa de Medicina Desportiva, 15 Novembro 2018.
- Instructor at “Curso teórico-prático de técnicas ecoguiadas em patologia musculoesquelética no cadáver”, Faculdade de Medicina da Universidade do Porto, 22-23 Junho 2018.



- Instructor at “IV Musculoskeletal Ultrasound Course”, Sociedade Portuguesa de Medicina Física e Reabilitação, 1-2 Setembro 2017, Lisboa.
- Instructor at “EuromusculUS: Advanced Course”, 20th European Congress of Physical and Rehabilitation Medicine, Estoril, 23-24th Abril 2016.
- Instructor at the Workshop “Intervenção ecoguiada na dor e medicina desportiva”, III e IV Encontro de Medicina Desportiva do Grupo Hospitais Privados do Algarve, Vilamoura, 22 Outubro 2016 e 30 Setembro 2017.