
CURRICULUM VITAE

Lara Marcelo

2022

1. Personal and biographical data

Name: Lara Andrea Lopes Marcelo da Silva

Date of birth: 5 October 1979 in Porto

Citizen Card: nº 11514337

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2. Career and academic qualification

2.1 Degree in Medicine

He entered the Institute of Biomedical Sciences of Abel Salazar in 1997, having graduated in July 2003 with a final grade of 16.

2.2 Enrollment in the Portuguese Medical Association

It has been registered since November 2003 in the Northern Regional Section of the Portuguese Medical Association under number 14.486, corresponding to professional card number 42972.

2.3 Anesthesiology Assistant

Obtained the Degree of Anesthesiology Assistant on February 12, 2010, with a rating of 18.3.

2.4 Specialty College Enrollment

She is enrolled in the College of Anesthesiology.

3. Career and professional qualification

3.1 General Internship

From January to March 2004, she attended the General Internship at the Vila Nova de Gaia Hospital Center. From April 2004 to June 2005, he attended the General Internship at Padre Américo-Vale do Sousa Hospital and successfully completed it.

3.2 Extension of the General Internship

As an eventual doctor, she extended her internship at the Internal Medicine Service of Padre Américo Hospital - Vale do Sousa.

3.3 Admission to Complementary Internship

In June 2005, she took the national exam for access to the Complementary Internship, obtaining 72% of correct answers, being ranked number 331 in a total of 765 candidates, which allowed him to enter the Anesthesiology Specialty of the Hospital de S. Sebastião - Santa Maria da Faria in September 2005. In January 2006, she would join the Anesthesiology Service of the Hospital de Santo António (HSA), Porto.

3.4 Complementary Anesthesiology Internship 2006-2009

In January 2006, she joined the Anesthesiology Service of the Hospital de Santo António (later it changed to Centro Hospitalar do Porto - CHP).

Was part of the medical team that ensures the operation of the Emergency Room of the HSA.

Has been part of the HSA Emergency and Resuscitation Vehicle team since 2007 to date.

Was part of the team of Emergency Medical and Resuscitation Vehicle of Torres Vedras Hospital Center.

Was part of the Porto Firefighters Emergency team during the games held at Dragão Stadium (Porto).

Developed her work of 42h weekly on a non-exclusive basis.

Underwent a Specialty exam in February 2010, having finished with the final grade of 18.3 points.

4. Data presentation

4.1 Exercise of duties as Anesthesiology Graduated Assistant

Specialist of the Anesthesiology Service of the Porto Hospital Center, position held since 01/04/2010, under the regime of individual contract of indefinite work, with weekly schedule of 40h.

Since 22nd June 2022, is Anesthesiology Graduated Assistant.

4.2 Skills acquired in the exercise of medical duties

Performs regular assistance activity in all areas, with appreciation of the Service Director, participating in the training of residents:

- Ambulatory Surgery
- Pediatric surgery
- Was part of the group on call to Urgent/Emergent Neonatal Surgery, still integrating the team whenever necessary.
- Urology
- Remote Locations
- Additional surgery
- Participates regularly in the additional surgery program in the following areas:
 - General Surgery
 - Outpatient Surgery
 - Pediatric Surgery
 - Vascular Surgery
 - Orthopedics
 - Children's Orthopedics
 - Urology
 - Post Anesthetic Care Unit
 - Emergency Service

Performs weekly 24-hour emergency service, between the Porto Hospital Center and the Northern Maternal Infant Center (CMIN), where it integrates the Obstetrics Emergency Team on average twice a month.

Emergency

Between 2009 and 2011 joined the emergency room team of the HSA Emergency Room, maintaining this activity whenever requested. Between April and May 2020, was responsible for doctors' schedule for non-COVID HSA Emergency Room, being part of the team.

VMER (Emergency Medical Fast Car)

→ Coordinator of VMER Santo António - CHUP since June 20th, 2014, where she performs the following duties:

- Performs the monthly scale of doctors.
- Integrates the team from 2007 to date, making an average of 6 monthly shifts.

- Responsible for coordinating scientific activity and protocols.
- Responsible for Service organization and logistics.
- Responsible for the acquisition of new material and training in this context.
- Collaborates in the training and evaluation of doctors in training.
- Ongoing audits:

1. Prehospital Emergency Intubation

2. Using CPAP Boussignac

3. Use of LUCAS® External Compressor – Stop Heart Donor

4.3 Management and organization of hospital services

Responsible for the protocol of Tranexamic Acid in pre-hospital, in force at VMER Santo António.

Co-responsible for the protocol “Airway Management in COVID patient in prehospital setting”, in force at VMER Santo António.

4.4 Training Activity

4.4.1 Specific Training Internship

Training advisor - she has been a training advisor for the Anesthesiology Specific Training Residency at CHUP since January 2014. She was a training advisor for Dr. Sílvia Alvares Brandão de Pinho until 2019, and Dr. Sara Neves since January 2022.

She has been accompanying residents in specific training since 2010, both from CHUP and from other hospitals and other countries.

Collaborates in the formation and formal evaluation of residents with specific training in the Ambulatory Surgery and Emergency Service internship.

4.4.2 Pre-Graduate and Graduate Education

- External invited teacher at the 4th Year Emergency Medicine Program and the 5th Year Electives, Medical Emergency I and Medical Emergency II of the Integrated Master of Medicine of the Institute of Biomedical Sciences of Abel Salazar, since September 2018 until today.
- Advisor of ICBAS Integrated Master's Degree Theses on “Positive Pressure Ventilation in a Prehospital Context”, by student Margarida Mesquita Montes and “Medical Emergency Observation Internship Report”, by student Luis Miguel Pires Pedro, July 2018 .
- Advisor of the ICBAS Integrated Master's Thesis on “Cardio-Respiratory Arrest in Prehospital Context - Clinical Case”, by student Luis Alexandre Igreja Guimarães, July 2017.

- Argumentator of ICBAS Integrated Master's Theses in Prehospital Emergency - internship reports, by students:

2021: Ricardo Daniel Sousa Santos

2018: Hugo Filipe Chiote Gamboa de Oliveira Paulo

2017: Artur Tiago Baptista Vasconcelos and Bruno Manuel Cabreiro:

2015: Isabel Clara de Andrade Borges Batista and José Mendonça de Macedo Alves.

- Coordinator and Instructor of the Advanced Adult and Pediatric Life Support Courses, inserted in the Optional Emergency Chair of the 6th year of the ICBAS Medical Course, from 2012 to 2016.
- Regularly accompanies medical students from the Anesthesiology Chair, as well as international exchange students.
- Invited teacher of Pos graduated program "Prehospital Emergency and Intensive Care", Madeira, since 2020 until today.

4.4.3 Professional experience as Instructor, organization of courses and congresses

Emergency Instructor

- Accredited National Instructor and Coordinator of the American Heart Association (AHA), National Instructor and National Medical Coordinator of the National Association of Emergency Medical Technicians (NAEMT), Emergency Care and Safety Institute (ECSI) Instructor, American Academy Instructor and Coordinator of Pediatrics (AAP), is part of the Instructors scholarship of the National Institute of Medical Emergency (INEM), Instructor of the Health Service of the Autonomous Region of Madeira (SESARAM), Instructor of the Lusitanian Association of Trauma and Surgical Emergency (ALTEC), in the following courses:
 - **2017** - "DATC" – Definitive Anaesthetic Trauma Care", Certified by ALTEC, IATSIC and recognized by Portuguese Anesthesiology Society (SPA).
 - **2016** - ... "MRMI – Medical Response to Major Incidents", Certified by SESARAM e European Society of Trauma and Emergency Surgery.
 - **2015**-... Instructor de "TCCC – Tactical Combat Casualty Care", Certified by NAEMT - National Association of Emergency Medical Technicians.
 - **2012**-.... Instructor "ATT – Assessment and Treatment of Trauma", Certified by AAOS – American Academy of Orthopaedic Surgeons.
 - **2010**-.... International Instructor "AMLS – Advanced Medical Life Support", Certified by NAEMT – National Association of Emergency Medical Technicians.
 - **2010**-.... International Instructor and Medical Coordinator "PHTLS – Pre-Hospital Trauma Life Support", Certified by NAEMT – National Association of Emergency Medical Technicians.

- **2010-....** Instructor “APLS – The Pediatric Emergency Medicine Resource”, Certified by AAP – American Academy of Pediatrics.
- **2009-....** Coordinator/Instructor “NRP – Neonatal Resuscitation Program”, Certified by AHA – American Heart Association e AAP – American Academy of Pediatrics.
- **2009-....** Instructor “PEARS – Pediatric Emergency, Assessment, Recognition and Stabilization”, Certified by AHA – American Heart Association.
- **2009-....** Coordinator/Instructor “PALS – Pediatric Advanced Life Support”, Certified by AHA – American Heart Association.
- **2009-....** Coordinator/Instructor “ACLS – Advanced Cardiovascular Life Support”, Certified by AHA – American Heart Association.
- **2009-....** Coordinator/Instructor “BLS – Basic Life Support”, Certified by AHA – American Heart Association
- **2009-....** Instructor “ECG & Pharmacology”, Certified by AHA – American Heart Association.
- **2009-....** Instructor “Airway Management”, Certified by AHA – American Heart Association.
- **2009-....** Coordinator/Instructor Family & Friends Courses (“Family & Friends CPR”, “Family & Friends CPR Anytime”, “Infant CPR Anytime”), Certified by AHA – American Heart Association.
- **2009-....** Coordinator/Instructor Heartsaver Courses (“Heartsaver CPR AED”, “Heartsaver First Aid”, “Heartsaver First Aid CPR AED”, “Heartsaver Pediatric First Aid”, “Heartsaver Bloodborne Pathogens”), Certified by AHA – American Heart Association.
- **2009-....** Coordinator/Instructor “First Aid, CPR and AED, Standard and Advanced Level”, “CPR Only for Lay Person: Adult, Child, Infant”, “AED – Automated External Defibrillation”, “First Responder”, “Professional Rescuer CPR”, “Bloodborne Pathogens”, “Wilderness First Aid”, “Oxygen Administration”, “Sports First Aid”, “Healthcare Provider CPR”, “Blast”, Certified by ECSI – Emergency Care and Safety Institute.
- **2009-....** Coordinator/Instructor “GEMS – Geriatric Education for Emergency Medical Services”, Certified by AGS – The American Geriatrics Society.
- **2009-....** Coordinator/Instructor “PEPP – Pediatric Education for Pre-hospital Professionals”, Certified by AAP – American Academy of Pediatrics.
- **2009-....** Instructor accredited by the Institute for Employment and Vocational Training, a certifying body competent under Regulatory Decrees 66/94 of 18 November and 26/97 of 18 June, with certificate number EDF 518836/2009 DN, valid until 01-06- 2014

- Participated in the “II First Aid Workshop” held by the Abel Salazar Institute of Biomedical Sciences of the University of Porto, presenting the theme “Approaching the Trauma Victim”, on 31 March and 1 April 2009.
- Participated in the organization of the “Emergency Task Force 360º Congress” Organized by AEM Portugal and AEM 112 Spain at the ISEP Congress Center, on 24 and 25 April 2010.
- Participated as Coordinator and Trainer of the ACLS course at the 3rd Edition of the Graduate in Emergency and Intensive Care for Nurses (school year 2010/2011), by the School of Health, Polytechnic Institute of Bragança.

- Participated as coordinator and trainer of the PALS course in the Inter-University Master's Degree in Comprehensive Emergency and Emergency Care, between ICBAS and the Autonomous University of Barcelona 2013.
- Participated as Coordinator and trainer of the PALS Course at the Congress "The North of Anesthesia" in Porto in 2013.
- Participated as national coordinator, medical coordinator and trainer of BLS, ACLS, PHTLS and airway courses in the 1st and 2nd Postgraduate Courses in Emergencies, Trauma and Catastrophe at Santa Maria College of Nursing in Porto in 2015.
- AEM Portugal Medical Coordinator of ACLS, PALS, PHTLS and TCCC courses.
- Participated as trainer of the Workshop "Immobilizations" in XXVIII, XXIX, XXX and XXXI Therapeutic Days (2016, 2017, 2018 and 2019 - Porto).
- Participated as Coordinator and trainer of the PALS Course at the II, III, IV and V Center Anesthesia Days (2016 in Viseu, 2017 in Coimbra, 2018 and 2019 in Aveiro).
- Participated as the organizer of the All Hazards Disaster Course, held for the first time in Europe, on June 7, 2017, in Porto.
- Participated as organizer of the "PHTLS Europe Executive Committee" Meeting - PEEC, held in Porto on June 8 and 9, 2017, with the presence of 20 countries.
- Participated as a judge on the international pre-hospital emergency contest "EMS Cyprus Aphrodite Rally", 27-29 September 2017, and 26-28 September 2019 held in Cyprus.
- Participated as trainer of the Workshop "Immobilizations" at VII AEICBAS Biomedical Congress, on March 17, 2019 at ICBAS-Porto.
- Participated as a trainer of the DATC course on several occasions in Coimbra (2017, 2018 and 2019), as well as in the pre-congress DATC courses "Intergastro and Trauma - Campinas 2019", which took place in Campinas and São José dos Campos (May 2019 - State of Sao Paulo, Brazil).
- Participated as Medical Director of MRMI Course in Matosinhos, October 2019.
- Participated as trainer of the Workshop "Immobilizations" at Oporto Biomedical Congress, on April 10th, 2021 at ICBAS-Porto.
- Participated as trainer of the Workshop "Triage in disaster Medicine" at IX, X and X In4Med Biomedical Congress, 2020, 2021 and 2022 at ICBAS-Porto.
- Participated as speaker in Anesthesiology Training Course 3, "Initial approach and management of polytrauma patient", CEEA, 14th February 2022, Coimbra.

4.4.4 Attended or received training

4.4.4.1 Evaluated Courses

- 13/02/2020 Tactical Emergency Casualty Care, Second Edition Instructor Update Online, NAEMT, approved.
- 2020 "Roll Out of Update 2020 - Instructor", ACLS, PALS, certified by AHA - American Heart Association, approved

- 22 to 23/3/2018 “Ecoguided Regional Anesthesia Course”, certified by Regional Anesthesia Club - ESRA Portugal, approved-100%.
- 7/6/2017 “AHDR - All Hazards Disaster Response”, certified by NAEMT - National Association of Emergency Medical Technicians, approved.
- 23 to 25/11/2016 “DATC - Definitive Anaesthetic Trauma Care - Anesthesia to Major Trauma and Damage Control Care”, certified by the International Association for Trauma Surgery and Intensive Care, approved.
- 2015 “Roll Out of Update 2015 - Instructor”, BLS, ACLS, PALS, certified by AHA - American Heart Association, approved.
- 25-27 / 11/2014 “MRMI – Medical Response to Major Incidents”, SESARAM Certified by European Society of Trauma and Emergency Surgery, approved.
- 23-25 / 10/2014 “TCCC - Tactical Combat Casualty Care”, NAEMT Certified - National Association of Emergency Medical Technicians, approved.
- 27-28 / 04/2012 “ATT - Advanced Assessment and Treatment of Trauma”, AAOS Certified - American Academy of Orthopedic Surgeons, approved.
- 26/02/2011 “Roll Out of Update 2010 - Instructor”, taught by AEM112 and certified by AHA - American Heart Association, approved. .
- 16-18 / 07/2010 “PHTLS - Trauma Life Support Pre-Hospital - Instructor Candidate”, taught by Knockhill Medical Training and Services and certified by The Royal College of Surgeons of England and NAEMT - National Association of Emergency Medical Technicians, approved.
- 21/03/2010 “APLS - The Pediatric Emergency Medicine Resource - Instructor Course”, taught by AEM 112 and certified by the AAP - American Academy of Pediatrics, approved.
- 20-21 / 03/2010 “APLS - The Pediatric Emergency Medicine Resource - Provider Course”, taught by AEM 112 and certified by the AAP - American Academy of Pediatrics, approved.
- 12/01/2010 “AMLS - Advanced Medical Life Support - Instructor Course”, taught by Staffordshire Ambulance NHS Trust and approved by NAEMT - National Association of Emergency Medical Technicians, approved.
- 10/01/2010 “AMLS - Advanced Medical Life Support - Provider Course”, taught by Staffordshire Ambulance Staff Humanitarian Aid and certified by NAEMT - National Association of Emergency Medical Technicians, approved
- 29/12/2009 “Course of Flight Physiology and Safety in Heliports”, taught and certified by INEM, approved.
- 11/15/2009 “Core Instructor Course”, taught by AEM112 and certified by AHA - American Heart Association, approved.
- 11/15/2009 “PALS - Pediatric Advanced Life Support - Instructor Course”, taught by AEM112 and certified by the AHA - American Heart Association, approved.
- 13-14 / 11/2009 “PALS - Pediatric Advanced Life Support - Provider Course”, taught by AEM112 and certified by the AHA - American Heart Association, approved.
- 10/13/2009 “PRN - Neonatal Resuscitation Program - Instructor Course”, taught by AEM112 and certified by the AHA - American Heart Association, approved.
- 12-13 / 10/2009 “PRN - Neonatal Resuscitation Program - Provider Course”, taught by AEM112 and certified by the AHA - American Heart Association, approved.

- 04/10/2009 “ACLS - Advanced Cardiovascular Life Support - Instructor Course”, taught by AEM112 and certified by the AHA - American Heart Association, approved.
- 02-03 / 10/2009 “ACLS - Advanced Cardiovascular Life Support - Provider Course”, taught by AEM112 and certified by the AHA - American Heart Association, approved.
- 01/10/2009 “BLS - Basic Life Support - Instructor Course”, taught by AEM112 and certified by the AHA - American Heart Association, approved.
- 01/10/2009 “BLS - Basic Life Support - Provider Course”, taught by AEM112 and certified by the AHA - American Heart Association, approved.
- 07/09/2009 “Instructional Methods Course”, taught and certified by SASHA - Staffordshire Ambulance Staff Humanitarian Aid, approved.
- 5-7 / 06/2009 “PHTLS - Trauma Life Support Pre-Hospital - Provider Course”, taught by Knockhill Medical Training and Services and certified by The Royal College of Surgeons of England and NAEMT - National Association of Emergency Medical Technicians, approved.
- 25-26 / 04/2009 “Advanced Trauma Support Course”, taught and certified by Reanima, approved.
- 31 / 03-9 / 05/2009 “Continuous Training of eLearning Trainers”, taught and certified by Nova Stage - Consultants in Management and Human Resources, Lda, approved.
- 13-14 / 01/2009 “PEPP - Pediatric Education for Prehospital Professionals”, taught by SASHA - Staffordshire Ambulance Staff Humanitarian Aid and approved by the AAP - American Academy of Pediatrics, approved.
- 11-12 / 01/2009 “GEMS - Geriatric Education for Emergency Medical Services”, taught by SASHA - Staffordshire Ambulance Staff Humanitarian Aid and approved by AGS - The American Geriatrics Society, approved.
- 11/01/2009 “PEPP - Pediatric Education for Prehospital Professionals - Course Coordinator”, taught by SASHA - Staffordshire Ambulance Staff Humanitarian Aid and approved by the AAP - American Academy of Pediatrics, approved.
- 12/2008 - “Difficult airway course”, taught and certified by the Postgraduate Training Department of Santo António General Hospital, Approved.
- 10-11 / 04-2008, “Fundamental Critical Care Support”, given by Portuguese Intensive Care Society, Approved.
- 27-29 / 02/2008 - “II Intensive Theoretical-Practical Course on Childbirth Analgesia”, certified by the Anesthesiology Service of Hospital S. Sebastião, approved.
- 21/05 to 03/06/2007 “Emergency and Resuscitation Medical Vehicle - Doctors”, taught and certified by INEM - National Institute of Emergency Medical, approved with 19 values.
- January to December 2006 “Free Postgraduate Course in Scientific Fundamentals of Anesthesiology and Intensive Care 2006”, taught and certified by the Anesthesiology Service of Hospital de S. João, approved with 16.6 values.

4.4.4.2 Courses without assessment

- 13 to 17/17/2019 “Anesthesiology Update 2019”, certified by Harvard Medical School, Boston, USA.
- 11/2018 PHTLS update 9th Edition, NAEMT, Nashville, USA.
- 15/05/2018 “Treatment of Post-Puncture Hard Headache”, given by the CHUP Anesthesiology Service.
- 09/10/2009 “ECG Course”, taught by AEM112 and certified by AHA - American Heart Association, Approved.
- 09/10/2009 “Pharmacology Course”, taught by AEM112 and certified by AHA - American Heart Association, Approved.
- 11/09/2009 Ultrasound Workshop US WS 11, Group D1-Peripheral Nerve Blocks, European Society for Regional Anesthesia.
- 9-10 / 05/2009 Course of Echocardiography, Portuguese Society of Intensive Care.
- 27/03/2009 Tracheobronchial Intubation Course with Fibroscopy, Anesthesiology Service of Porto Hospital Center
- 21/05/2008 Peripheral nerve block ultrasonography course - V National Congress of Ambulatory Surgery, Portuguese Association of Ambulatory Surgery.
- 20/11/2007 VIMA-Volatile Induction and Maintenance Anesthesia Course, Anesthesiology Service of the São João Hospital.

4.4.4.3 Scientific activity

- Participated in data collection in the APRICOT study (Anesthesia Practice in Children Observational Trial. An European prospective multicentre observational study: epidemiology of severe critical events in Pediatric Anaesthesia), organized by the European Society of Anaesthesiology, with identification NCT01878760. The data collection period took place between 10 and 24 November 2014, at CHUP.
- Contributed to the realization of the module “Circulation, hemorrhage and shock lesson” of the PHTLS course, 9th Edition, by NAEMT, November 2018.
- Co-author of the article "Improving Intraoperative Communication in Trauma: The Educational Effect of the Joint DSTC - DATC Courses", World Journal of Surgery, 2020.

5. Language Skills

English

Listening

C1 - Proficient user

Reading

C2 - Proficient user

Spoken interaction

C2 - Proficient user

Spoken production

C2 - Proficient user

Writing

C2 - Proficient user

Spanish

Listening

B2 - Independent user

Reading

C1 - Proficient user

Spoken interaction

B2 - Independent user

Spoken production

B2 - Independent user

Writing

B2 - Independent user

