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- Lieutenant-coronel of the Portuguese Army
- Portuguese Military Academy
- Degree in Medicine from Nova Medical School, Nova University of Lisbon, 2006.
- Consultant in General Surgery since 2024; Specialist since 2015
- Specialist in Emergency since 2025.
- Emergency Medicine, Military Medicine and Management of Health Care units Proficiency by Portuguese Medical Association(PMA)
- Chair of the college of Military Medicine in the PMA
- European Master in Disaster Management
- Fellow of the American College of Surgeons and of the Society of Critical Care Medicine(SCCM)
- European Trauma Course, Advanced and Basic Life Support Instructor - European Resuscitation Council
- Chair of Fundamentals of Critical Care Support -Surgery, in SCCM
- Faculty and Medical Director for Tactical Combat Casualty Care and Pre-Hospital Trauma Life support- Portuguese Armed Forces Training Center
- MRMI Instructor since 2014
- DSTC Instructor since 2016
- Pre-Hospital Medical Team Staff Member since 2009
- Medical coordination of international missions on disaster
- Medical coordination and operational in several national disaster events
- Member and past member of several committees on trauma, disaster, emergency.