

# MARIA JOAO SUSANO

maria.joao.costa0@gmail.com | +351 917415088

DATE AND PLACE OF BIRTH **November 16, 1988 | Portugal**

MEDICAL COUNCIL REGISTRATION NUMBER **54054**

LANGUAGES **Portuguese (native), English (fluent) and Spanish (fluent)**



## EDUCATION

---

- 2015 - 2022** Medical Faculty, University of Porto, Portugal  
**Ph.D. Degree** in Medicine  
Project Thesis *"Postoperative Delirium in the Elderly: Implications of Baseline Neurocognitive Disorder, Frailty and Cerebral Oxigenation"*
- 2006 - 2012** Medical Faculty, University of Coimbra, Portugal  
**M.D. Degree**
- 2008 - 2009** Medical Faculty, University of Valencia, Spain  
Exchange program - ERASMUS

## PROFESSIONAL EXPERIENCE

---

- Sep 2019 - Mar 2022** Anesthesiology Consultant and Postdoctoral Researcher  
Champalimaud Foundation for the Unknown, Champalimaud Clinical Centre, Champalimaud Research, Lisbon, Portugal
- Apr 2019 - Jul 2019** Anesthesiology Consultant  
Department of Anesthesiology, Emergency and Critical Care, Centro Hospitalar Universitário do Porto, Porto, Portugal
- 2015 - Jul 2019** Medical Emergency and Reanimation physician  
National Institute of Medical Emergency (INEM), Porto, Portugal
- Jan 2014 - Apr 2019** Anesthesiology Resident  
Department of Anesthesiology, Emergency and Critical Care, Centro Hospitalar Universitário do Porto, Porto, Portugal
- Apr - Sep 2017** Research Fellow  
Department of Anesthesiology, Perioperative and Pain Medicine, Brigham and Women's Hospital, Harvard Medical School, Boston, MA, USA
- Jan - Dec 2013** General Intern (mandatory one year of general medical training)  
Hospital de Faro, Centro Hospitalar do Algarve, Portugal
- Aug 2010** Summer Intern International Federation of Medical Students Associations (IFMSA)  
School of Medicine, University of Ioannina, Greece

## POSTGRADUATE TRAINING

- 2014 - 2019**     **Residency in Anesthesiology**  
Department of Anesthesiology, Emergency and Critical Care, Centro Hospitalar Universitário do Porto, Porto, Portugal;  
Final classification 19.79/20 (national 3rd best grade)
- Apr - Sep 2017**   **Fellowship - Clinical Research**  
Department of Anesthesiology, Perioperative and Pain Medicine, Brigham and Women's Hospital, Harvard Medical School, Boston, MA, USA
- Feb 2017**         **Fellowship - Regional Anesthesia**  
Servicio de Anestesiología y Reanimación del Hospital Abente y Lago de la Universidad de A Coruña, A Coruña, Spain
- Jan - Dec 2013**   **Internship (mandatory one year of general medical training)**  
Centro Hospitalar do Algarve, Portugal

## COURSES

### **Anesthesiology Update 2022**

Online, Harvard Medical School, Boston, MA, USA, 2022

### **European Trauma Course (ETC)**

REANIMA, Vila-Nova de Gaia, Portugal, 2018

### **Anesthesiology Update 2017**

Harvard Medical School, Boston, MA, USA, 2017

### **Collaborative Institutional Training Initiative (CITI) Program: Good Clinical Practice Course – Human Research**

Brigham and Women's Hospital, Harvard Medical School, Boston, MA, USA, 2017

### **Sonoanatomy Applied to Peripheral Nerve Blocks**

Portuguese Regional Anesthesia Club – Minho University, Braga, Portugal, 2016

### **Advanced Life Support (ALS)**

REANIMA, credited by European Resuscitation Council, Porto, Portugal, 2016

### **Course on Neurophysiological Monitoring**

Porto Anaesthesiology International Congress, Porto, Portugal, 2016

### **Course on Difficult Airway Management**

Portuguese Medical Society of Anesthesiologists, Centro Biomédico de Simulação ICBAS - CHP, Porto, Portugal, 2016

### **Course on Fibroscopy**

Portuguese Medical Society of Anesthesiologists, Centro Biomédico de Simulação ICBAS - CHP, Porto, Portugal, 2016

### **Course on Medical Emergency and Reanimation (VMER)**

National Institute of Medical Emergency (INEM), Porto, Portugal, 2015

### **Basic Course of Clinical Investigation (CuBIC)**

Faculdade de Medicina da Universidade do Porto, Porto, Portugal, 2015

### Scientific Fundamentals in Anesthesiology

Faculdade de Medicina da Universidade do Porto, Porto, Portugal, 2014

### EuroSIVA Postgraduate Training Course

European Society for Intravenous Anaesthesia, Porto, Portugal, 2014

### Advanced Trauma Life Support (ATLS)

Sociedade Portuguesa de Cirurgia and American College of Surgeons, Lisbon, Portugal, 2014

### InAnestesia- Introductory course in Anesthesiology

Departamento de Anestesiologia, Hospital de Braga, Portugal, 2014

### Advanced Life Support (ALS)

"Associação Salva-Vidas" credited by American Heart Association and Instituto Nacional de Emergência Médica, Faro, Portugal, 2013

## LICENSURE AND CERTIFICATIONS

---

	Diplomate of the European Society of Anaesthesiology (DESA)
<b>Sep 2016</b>	Part 1
<b>Nov 2018</b>	Part 2
<b>2012</b>	Ordem dos Médicos – Portuguese Medical Association

## SCIENTIFIC PUBLICATIONS

---

Susano M.J., Culley D.J. [How Should We Identify Patients at Risk for Postoperative Neurocognitive Disorder?](#) In: Lee A. Fleisher. (ed) Evidence-Based Practice of Anesthesiology - 4th Edition. (2022) Elsevier

Susano MJ, Dias M, Seixas FS, Vide S, Grasfield R, Abelha FJ, Crosby G, Culley DJ, Amorim P. [Association Among Preoperative Cognitive Performance, Regional Cerebral Oxygen Saturation, and Postoperative Delirium in Older Portuguese Patients](#) *Anesth Analg*. 2021;132(3):846-855. doi: 10.1213/ANE.0000000000005159

Susano MJ, Grasfield R, Friese M, Rosner B, Crosby G, Bader AM, Kang JD, Smith TR, Lu Y, Groff MW, Chi JH, Grodstein F, Culley DJ. [Brief Preoperative Screening for Frailty and Cognitive Impairment Predicts Delirium Following Spine Surgery](#) *Anesthesiology*. 2020 Dec 1;133(6):1184-1191. doi: 10.1097/ALN.0000000000003523

Susano MJ, Vide S, Ferreira AD, Amorim P. [Effects of varying remifentanyl concentrations on Analgesia Nociception Index under propofol: an observational study](#). *J Clin Monit Comput* 2020 Jan 8 doi: 10.1007/s10877-020-00457-3. Online ahead of print.

Susano, MJ, Crosby, G, Culley, DJ. [Reply to "Postoperative Delirium and EEG Monitoring"](#). *J Neurosurg Anesthesiol*. 2019 Oct;31(4):447-448.

Susano MJ, Scheetz SD, Grasfield RH, Cheung D, Xu X, Kang JD, Smith TR, Lu Y, Groff MW, Chi JH, Crosby G, Culley DJ. [“Retrospective Analysis of Perioperative Variables Associated With Postoperative Delirium and Other Adverse Outcomes in Older Patients After Spine Surgery”](#) J Neurosurg Anesthesiol. 2019;31(4):385-391.

Susano MJ, Vasconcelos L, Lemos T, Amorim P, Abelha FJ. [“Adverse Postoperative Cognitive Disorders: A National Survey of Portuguese Anaesthesiologists”](#) Rev Bras Anesthesiol. 2018;68:472-483

Susano, Maria João; Araújo, Ana Maria; Pinto, Asdrúbal; Veiga; Dalila. [“Burning Mouth Syndrome and Acupuncture”](#) Medical Acupuncture. 2017, 29: 37-40

Duarte, S., Saraiva, A., Lagarto, F., Susano, M.J., Oliveira, R., Nunes, C.S., Pina, P., Lemos, P.E., Machado, H.J. [“Predictive Factors for Cesarean Delivery – A Retrospective Study”](#) J Preg Child Health. 2015 2:170

Gleason L.J., Susano M.J., Culley D.J. [Preoperative Cognitive Assessment in Older Adults.](#) In: Rosenthal R., Zenilman M., Katlic M. (eds) Principles and Practice of Geriatric Surgery. (2018) Springer, Cham

## PRIZES AND ACADEMIC HONORS

---

- |             |   |
|-------------|---|
| <b>2018</b> | <b>Best Oral Communication</b> Porto Anaesthesiology International Congress - Norte da Anestesia, Porto, Portugal <ul style="list-style-type: none"><li>• “Predictors of Lower Cerebral Regional Oxygen Saturation in Surgical Patients - Preliminary Results From a Prospective Observational Study”</li></ul>   |
| <b>2015</b> | <b>Honorable Mention</b> Porto Anaesthesiology International Congress - Norte da Anestesia, Porto, Portugal <ul style="list-style-type: none"><li>• “Elective cancer colorectal surgery in a tertiary hospital center and scoring systems: CR-POSSUM, ACPGBI, ACPGBI MODIFICADO, POSSUM E P-POSSUM – which one is the most appropriate?”</li><li>• “POSSUM or P-POSSUM: which one is the best scoring system for colorectal elective surgery in a tertiary hospital?”</li></ul> |

## ORIENTATION OF THESIS

---

- |                       |  |
|-----------------------|--|
| <b>2022 - present</b> | Masters, ICBAS - University of Porto, Catarina Barbosa |
| <b>2018 - 2020</b>    | Masters, ICBAS - University of Porto, Mariana Dias     |

## INVITED LECTURER

---

- 2022** "Anesthesia and Postoperative Delirium"  
Podcast "Olho Clínico"
- 2018** "Postoperative Delirium - Guidelines"  
V Congresso Internacional de Cuidados Intensivos e Unidades Intermédias do Centro Hospitalar do Porto; Cinemas do NorteShopping, Porto, Portugal
- 2017** "Anesthesia and depression, delirium and cognition"  
NeuroPorto. 75 Equinócio da Primavera "A Anestesiologia como Neurociência, a Anestesiologia Hoje"; Centro Hospitalar Universitário do Porto, Porto, Portugal
- 2016** "Ongoing clinical investigation on Delirium, Analgesia and Sedation in Intensive Care"; Portuguese Intensive Care Society (SPCI), Vila Real, Portugal

## TEACHING OF STUDENTS IN COURSES

---

- 2017, 2016** Biomedical Simulation Center - Centro Hospitalar Universitário do Porto, Porto  
Pharmacokinetics and pharmacodynamics of opioids and muscle relaxants to first year anesthesiology residents
- 2016** XXVIII Jornadas de Terapêutica, Porto  
Practical Workshop "Hands on Approach 2 - Basic Airway devices" to fourth year medical students
- 2015** Instituto de Ciências Biomédicas Abel Salazar (ICBAS), Porto  
Practical course on airway devices to sixth year medical students integrated in the Anesthesiology class
- 2015** AEICBAS Biomedical Congress, Porto  
Practical course on arterial and venous catheterization
- 2014** Faculdade de Medicina da Escola de Ciências da Saúde, Braga  
"Sutures and wounds" to the first year medical students integrated in the "First Aid Module"

## MANAGEMENT AND LEADERSHIP EXPERIENCE

---

- 2013** II Jornadas do Internato Médico do Algarve  
National Residents Meeting; Organizing Committee
- 2011, 2010** XXI and XX Encontro Nacional de Estudantes de Medicina  
National Students Meeting; Organizing Committee
- 2010** Journal "ANEMia"  
Editor in Chief

## VOLUNTEER WORK

---

- 2013** Centro de Apoio ao Sem-Abrigo – CASA (homeless national help center), Faro, Portugal
- 2007 - 2008** Centro de Atendimento a Toxicodependentes – CAT (drug abuse national help center), Coimbra, Portugal

## PROFESSIONAL SOCIETIES

---

- 2017 - 2019** Anesthesiology Portuguese Trainee Network (PTN)/European Society of Anesthesiology  
Secretary of General Assembly
- 2011** Portuguese National Medical Student Association (ANEM)
- 2009 - 2010** Local Medical Student Association (NEM/AAC)  
Member of the board; Head of the Information and Design Department:

## MEMBERSHIPS

---

- Ordem dos Médicos (Portuguese Medical Association)
- Sociedade Portuguesa de Anestesiologia (Portuguese Medical Society of Anesthesiologists - SPA)
- European Society of Anaesthesiology (ESA)
- American Society of Anesthesiologists (ASA)
- Society for Neuroscience in Anesthesiology and Critical Care (SNACC)
- Clube de Anestesia Regional (Portuguese Regional Anesthesia Society (CAR))

## NON-PROFESSIONAL ACTIVITIES AND HOBBIES

---

- 2021** Student, Course on "Art History - Modern Art 1"  
ar.co - Centro de Arte e Comunicação Visual, Lisbon, Portugal
- 2020/2021** Course on "Aesthetic Themes and Theories of Contemporary Art"  
Nextart School of Arts, Lisbon, Portugal

Piano player and music lover. Painter (mostly oil on canvas and charcoal) and art affectionate. Literature. Cinema. Photography. Travel around the world. Yoga. Classic ballet ballerina and soccer player while growing up.