

Curriculum Vitae

Sara Cláudia Santos da Hora Gomes

2024

Identification

Surname - Gomes

First Name – Sara

Middle Names – Claudia Santos Hora

Birth Date & Country – 04-08-1974, Portugal

Nationality - Portuguese

Sex - Female

Education – Medicine

Affiliation

- Anesthesiology Consultant: Anesthesiology Department, Hospital CUF Porto, Porto Portugal.
- Invited Professor and Investigator: Life and Health Sciences Research Institute (ICVS), School of Medicine, Braga, Portugal; Life and Health Sciences Research/ Institute/3B's – PT Government Associate Laboratory, Braga, Portugal.
- CCA, Braga – Hospital Braga, Braga, Portugal.

Current Work Position

- Anesthesiologist at Hospital CUF Porto
- Associated Professor of School of Medicine, University of Minho
- Pedagogical Coordinator for INEM School for Basic and Advanced Life Support Courses, School of Medicine, University of Minho, Braga, Portugal
- Medical Coordinator of Phase I Clinical Trials – CCA – Braga
- Master Student – Master in Assessment Applied to Healthcare Professionals. School of Medicine, University of Minho, Braga, Portugal

Current Work Address

School of Medicine

University of Minho

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Academical/Professional Background

- July 1998: Medical Degree, Oporto Medical School (FMUP – Faculdade de Medicina da Universidade do Porto)
- 1999-2000: Medical Intern at São João Hospital, Porto, Portugal.
- 2001-2004: Resident in Anesthesiology at Department of Intensive Care and Anesthesiology of São João Hospital, Porto, Portugal
- 2001-2005: Member of the intra-hospital and pre-hospital emergency team, São João hospital, Porto, Portugal
- 2002-2007: Staff of the Neuro Intensive Care Unit, São João Hospital, Porto, Portuga
- 2005-2010: Anesthesiology Consultant, Anesthesiology Department, São João Hospital, Porto, Portugal
- 2010 to present: Assistant Teacher at School of Medicine, University of Minho, Braga, Portugal
- 2011 and 2015: Basic and Advanced Instructor for Simulation (EuSIM)
- 2014: Pedagogical Coordinator for Basic Life Support with AED Courses at School of Medicine, University of Minho, Braga, in accordance to INEM (Nacional Institute of Medical Emergencies)
- 2015: Consultant Degree in Anesthesiology
- 2019 to present: Medical Coordinator of Phase I Clinical Trial at 2CA (Clinical Academic Center), Hospital de Braga, Braga, Portugal.
- 2020 to present: Clinical Coordinator of Covid Ventil Support Project. P5 Digital Medicine Center and 2CA. School of Medicine, University of Minho and Hospital de Braga, Braga, Portugal
- 2022 to present: MsD Student – Master in Assessment Applied to Healthcare Professionals. School of Medicine, University of Minho, Braga, Portugal.
- 2023 – PhD degree in Medicine – Airway Management using Ultrasound. Best practices in Teaching, Training and Assessment. School of Medicine, University of Minho. Thesis defense – 1st March 2023. Braga, Portugal.
- 2023 – iTAT - Instructor Degree of Teach Airway Teachers
- Specialization fields: Pediatric and Cardiothoracic Anesthesia. Medical Simulation Training.

Research activity

(selected)

Publications

1. Gomes SH. Reginal Anesthesia in Thoracic Surgery – Experience from Thoracic Surgery Centre – Hospital S. João. Revista Port. Cir. Cardiorac Vasc. 2007 Oct-Dec;14(4):195-201.
2. Gomes SH. YouTubeTM in Pediatric Anesthesia Induction. Pediatric Anesthesia, 2008 Aug;18(8):801-802.
3. Andrade N, Ferreira J, Mourão J, Oliveira J, Gomes SH, Afonso G. Regional Anesthesia in Vascular Surgery. Revista Port Cir Cardiothoracic Vasc. 2008 Oct-Dec;14(4):211-5.
4. Oliveira VM, Alves J, Gomes, SH. Regional Anaesthesia and Neurofibromatosis type I - retrospective analysis. European Journal of Anaesthesia. June 2011;27(47):134.

5. Pêgo JM, Cerqueira JJ, Bessa J, Pereira VH, Gomes S, Mariz J, Sousa R, Morgado P, Sousa N. Fifteen years of Experience from a Medical School's Clinical Skills Laboratory. *Acta Med Port.* 2017 Feb 27;30(2):85-92.
6. Gomes SH, Simões AM, Nunes AM, Pereira MV, Teoh WH, Costa PS, Kristensen MS, Teixeira PM, Pêgo JM. Useful Ultrasonographic Parameters to Predict Difficult Laryngoscopy and Difficult Tracheal Intubation-A Systematic Review and Meta-Analysis. *Front Med (Lausanne).* 2021 May 28;8:671658. doi: 10.3389/fmed.2021.671658. PMID: 34124099; PMCID: PMC8193063.
7. Rebelo T, Neutel E, Alves EC, Barros F, Oliveira H, Machado H, Mendonça J, Araújo JF, Luís J, Pêgo JM, Silva J, Oliveira M, Sousa N, Figueiredo P, Barata P, Magalhães RS, Magalhães RM, Gomes SH. ATENA-A Novel Rapidly Manufactured Medical Invasive Ventilator Designed as a Response to the COVID-19 Pandemic: Testing Protocol, Safety, and Performance Validation. *Front Med (Lausanne).* 2021 Aug 19;8:614580. doi: 10.3389/fmed.2021.614580. PMID: 34490282; PMCID: PMC8418230.
8. Gomes SH, Miranda A, Pêgo JM, Costa PS, Correia-Pinto J. Ultrasound-guided selective bronchial intubation: A feasibility study in pediatric animal model. *Front Med (Lausanne).* 2022 Jun 15;9:869771. doi: 10.3389/fmed.2022.869771. PMID: 35783614; PMCID: PMC9240755.
9. Gomes SH, Trindade M, Petrisor C, et al. Objective structured assessment ultrasound skill scale for hyomental distance competence - psychometric study. *BMC Med Educ.* 2023;23(1):177. Published 2023 Mar 22. doi:10.1186/s12909-023-04146-y
10. Sousa N, Santa-Cruz A, Melo A et al. A hitchhikers' guide to the terminology of accreditation processes for health professionals and institutions [version 1; peer review: 1 approved]. *MedEdPublish* 2023, 13:11. <https://doi.org/10.12688/mep.19566.1>
11. Simon, R., Petrisor, C., Bodolea, C., Golea, A., Gomes, S. H., Antal, O., Vasian, H. N., Moldovan, O., & Puia, C. I. (2024). Efficiency of Simulation-Based Learning Using an ABC POCUS Protocol on a High-Fidelity Simulator. *Diagnostics (Basel, Switzerland)*, 14(2), 173. <https://doi.org/10.3390/diagnostics14020173>

Communications (selected)

- Gomes SH, Guimarães R, Folhadela T, Arantes S, Oliveira V, Pêgo JM (2015) Introduction to Clinical Anesthesia Course – 5 years in review. In: National Congress of Portuguese Society of Anesthesiology (SPA). Cascais, Portugal
- Gomes SH, Sanches R, Pêgo JM (2016) Leader Role is Associated with Higher Salivary Cortisol Level – a simulation-based study in anesthesia residents. In: Annual Meeting of Society for Simulation in Europe (SESAM). Lisbon, Portugal
- Gomes SH (2020) CovidVentilSupport – Distance Support to the use of ventilators during COVID pandemic. Meeting for Clinical Research and Innovation from Clinical Academic Center and Braga Hospital. Braga, Portugal
- Gomes SH (2020) Project Development - CovidVentilSupport – HealthCare Excellence Project Finalist. In: 8th Conference of Portuguese Association of Hospital Administrators. Lisbon, Portugal
- Martins M, Miranda A, Gomes SH (2023) Ultrasound-Guided Cricothyrotomy in a locally-designed porcine model – a psychometric study. In: Congresso da Sociedade Portuguesa de Anestesiologia. Gaia, Portugal – 2nd Place Winner.

Invited Speaker (selected)

- Prepare the future for Anesthesiology – what’s the role of simulation? Luz Meeting . Luz Hospital. 2019. Lisbon, Portugal
- Non-Technical Skills in Anesthesiology – Annual Congress of Portuguese Society of Anesthesiology. 2019. Figueira da Foz, Portugal
- Non-Technical Skills in Patient Safety – 66^o Brazilian Congress of Anesthesiology. November 2019. Goiania, Brazil
- Simulation Tool for Patient Safety - 66^o Brazilian Congress of Anesthesiology. November 2019. Goiania, Brazil
- How to prepare a medical simulation course. In: Leaning Health+, Hospital Luz. 2020. Lisbon, Portugal
- Evolution of ambulatory surgery in pediatric patient population. Peroperative care in ambulatory surgery. MSD satellite Symposium. 14th International Congress of the International Association for ambulatory Surgery. May 2022. Bruges, Belgium
- Segurança e Rentabilidade: Sinergias ou incompatibilidades. Reunião de Anestesiologia CUF: Na vanguarda da Anestesiologia. Hospital CUF Descobertas. Março 2023. Lisboa, Portugal
- Anestesia Inalatória: Onde estamos? – What is the Past, Present and Future of Inhaled Anesthesiology? Baxter. Março 2023. Porto, Portugal.
- Key for airway management – ICERA – International Collaboration for education and Research in Anesthesiology – Boston Medical Center. May 2023. Online
- InANESTHESIA Course – How Portuguese Anesthesia Residents Begin their Training Program. 21st Edition of International Course on Guidelines and Protocols in Anesthesiology, Intensive Care and Emergency. September 2023. Timisoara, Romania.

Supervision of Medical Student Projects

Final Theses

2022/2023

- Ana Pedro Pereira – Implementation of a Crash Course on Non-invasive neuromonitoring in medical curriculum.

2021/2022

- Mariana Serle Martins - Ultrasound-Guided Cricothyroidotomy in a locally designed simulation model – a validity study.
- Inês da Silva Teixeira - Validation of assessment tool for tracheal intubation using videolaryngoscopy in pediatric simulation.

2019/2020

- Lígia Coutinho - Empathy and Lifelong Learning Among Anesthesiologists – From the beginning of the residency
- Marta Trindade - Validation of Ultrasonography – assessed hyomental distance measurement rating scale – a pilot study.

Other Projects

PO III

2019/2020

- Ana Miguel Simões, Andreia Nunes, Marta Pereira - Ultrasonography in difficult laryngoscopy and tracheal intubation – a systematic review and meta-analysis.

PO II

2016/2017

- Gonçalo Neto Pacheco - Comparative study between Desflurane and Sevoflurane in recovery of consciousness after general anesthesia
- Lígia Coutinho - Comparative study of the intubation time by an expert anesthesiologist with direct laryngoscopy and videolaryngoscopy
- Inês Alexandra Azevedo - Predictors of difficult laryngoscopy: Mallampati classifications versus cervical perimeter

2017/2018

- Filipa Rebaldo - Airway evaluation using ultrasound – study of predictive factors of difficult intubation.
- Bruna Araújo - Ultrasonographic Predictors of difficult positioning of laryngeal mask.

2018/2019

- Rita Almeida e Silva - Ultrasonographic study concerning the variation of the anatomical relation between Internal Jugular Vein and the Common Carotid Artery
- Maria Eduarda Sousa - Ultrasonographic study of preoperative gastric content
- Mariana Serle Martins - Evaluation of the incidence of nausea and vomiting in the immediate postoperative period.

MinhoMD Project II

2023/2024

- Pedro Simões – Avaliação pré-operatória do conteúdo gástrico na população pediátrica submetida a cirurgia de ambulatório.

2022/2023

- Marta Maria Pimentel Mendes Morais – Design and Implementation of an Airway Ultrasound Crash Course in the Curriculum of Medical Students from the University of Minho.
- João Rafael Carvalho Rebelo – Suporte Básico de Vida ba Comunidade Académica da Universidade do Minho.

Reviewer Experience

Scientific publications

Portuguese Society of Anesthesiologists (since 2014)
Journal of Ultrasound in Medicine (since 2020)
Journal of Internal Medicine (since 2023)
Frontiers in Medicine (since 2023)
Anesthesiology and Perioperative Medicine (since 2023)
BMC Medical Education (since 2023)

Professional Development

Conferences

(selected)

- Member of Organizing/Scientific Committee
 - SPSIM 2012 – Portuguese Society for Simulation in Healthcare Sciences
Member of the Organizing Committee
November 2012, Braga (Portugal)
 - SPSIM 2015 – Portuguese Society for Simulation in Healthcare Sciences -
Member of the Organizing Committee

- February 2015, Porto (Portugal)
- SESAM 2016 – Society in Europe for Simulation Applied to Healthcare
SPSIM 2016 - Portuguese Society for Simulation in Healthcare
Member of the Organizing Committee
June 2016, Lisbon (Portugal)
- SPSIM 2017 - Portuguese Society for Simulation in Healthcare
Member of the Organizing Committee
February 2017, Coimbra (Portugal)
- SPSIM 2019 - Portuguese Society for Simulation in Healthcare
Member of the Scientific Committee
November 2019, Funchal (Portugal)
- SPSIM 2022 – Portuguese Society for Simulation in Healthcare Sciences
Member of the Scientific Committee
June 2022, Lisbon (Portugal)
- 18th OTTAWA Conference
March 2016, Perth (Australia)
- Congresso da Sociedade Portuguesa de Anestesiologia 2019
Março 2019. Figueira da Foz (Portugal)
- 66^o Brasilein Congress of Anesthesiology
November 2019. Goiania (Brazil)
- Congresso da Sociedade Portuguesa de Anestesiologia 2019
Março 2023. Porto (Portugal)
- 21st Edition of International Course on Guidelines and Protocols in Anesthesiology, Intensive Care and Emergency. September 2023. Timisoara, Romania.
- 7th European Airway Management Society Congress. October 2023. Baveno, Italy

Workshops/Courses

(selected)

- Coordinator/Organizing and Scientific Committee

InANESTESIA Course – Introduction to Clinical Anesthesia and Advanced Course
(2011-2023, 13th edition)

School of Medicine, University of Minho

www.inanestesia.pt

ATAM Course – Advanced Techniques for Airway Management (2019-present)

School of Medicine, University of Minho

Braga, Portugal

Professional Memberships

Member of the Portuguese General Medical Council since 1998

Member of the European Society of Anesthesiologists since 2001

Founding member of the Portuguese Society for Simulation in Healthcare since 2011

Member of the Portuguese Society of Anesthesiology since 2005