



### Personal information

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### Courses and workshops

## CURRICULUM VITAE

### RITA DA FLORÊNCIA SANTOS

#### EDUCATION

##### Master Degree in Medicine (2012-2018)

Nova Medical School, Lisbon, Portugal  
Classification: 16/20.

#### WORK EXPERIENCE

##### General Internship (2019)

Institution: Centro Hospitalar e Universitário de Lisboa Central, Lisbon, Portugal

Medical fields: Pediatrics (2 months), Internal Medicine (4 months), General Surgery (3 months), General and Family Medicine (3 months). Classification: 17/20.

##### Physical Medicine and Rehabilitation Internship – Leiria Hospital Center (2020-moment)

- Rehabilitation fields: General Rehabilitation (6 months), Musculoskeletal Rehabilitation (6 months), Geriatric Rehabilitation (1 month).

- Optional fields: Multidisciplinary Pain Center (1 month).

- Other Fields: Internal Medicine (6 months), Orthopedics and Traumatology (3 months), Neurology (3 months), Rheumatology (3 months).

Areas of interest: Pain Rehabilitation, Geriatric Rehabilitation.

##### Postgraduate Degree in Pain Medicine (2021-moment)

Faculty of Medicine, University of Coimbra, Coimbra, Portugal

1. Course: Blended Learning Introduction to Clinical Studies (6 credits, 162 hours) | Faculty of Medicine, University of Porto(2021-2022) | classification: 17/20.
2. Course: XLI Rheumatology Course "Science in Practice" (17 hours, online format), February 2021
3. Medical training session: "Physical examination of the knee and foot" (1.5 hours, online format), March 2021
4. Medical training session: "Physical examination of the spine and hip" (1.5 hours, online format), April 2021
5. Course: Approach to Pain in the Context of Low Back Pain"(online format), May 2021
6. Course: 1st Monothematic Course on Osteoarthritis "From osteoarthritis to osteoarthritis (4h30m, online format), April 2021
7. Course: Approach to Musculoskeletal Pathology 2021, September 2021
8. Workshop: Ecoguided Intervention in Musculoskeletal Pathology, September 2021
9. Workshop: Musculoskeletal Imaging, September 2021
10. Course: Rheumatology Course 3rd edition E-learning (online format), December 2021
11. Course: 1.0 Orthopedics, (32 hours, online format, classification: 20/20), January 2022
12. Course: I Rehabilitation Course in Adapted Sport and Support Products (16 hours), January 2022
13. Course 1.0 Physical and Rehabilitation Medicine (16 hours, online format, classification: 20/20), January 2022
14. Workshop: Pain education – virtual edition (2h30min, virtual format), March 2022,
15. Course: Pain Approach in the Context of Musculoskeletal Pathology (2h, online format), April 2022

## Scientific Activity

Journal Publications:

1) Canelas A., **Santos R.**, Ferreira J., Pina C., Serrano S. Ultrasound examination and guidance for sudden non-traumatic drop foot. *European Journal of Physical and Rehabilitation Medicine*. (IF:2.258)

Journal Publications

(1<sup>st</sup> author)

Congress Presentations

2) Telerehabilitation program for chronic shoulder rotator cuff tendinopathy: a successful pioneer project within the Portuguese National Health Service. **Santos R.**, Ferreira B., Serrano S., Januário F., Luís L., Bernardino M. ISPRM Congress. June 2021 (poster)

3) “Distal paresis of the lower limb: an atypical presentation of stroke”, **Santos R.**, Lagarto A., Paiva A., Serrano S., Lopes P., Quintaneiro C. XXI National Congress of Physical Medicine and Rehabilitation, Portugal, October 2021

4) Effect of self-administered Active Cycle of Breathing Techniques in patients with non-cystic fibrosis bronchiectasis, **Santos R.**, Ferreira JB., Ferreira S, Costa J., Januario F., XXI National Congress of Physical Medicine and Rehabilitation, October 2021

5) Tenosynovitis of the flexors of the fingers: what is the diagnosis?, Santos R., Ferreira JB., Lagarto A., Jesus D., Januario F. clinical case format - XXIX Portuguese Rheumatology Institute Conference, Portugal, November 2021

Organizations

- **Member of** Portuguese Society of PMR (2020-moment)
- **Member of** International Society of PMR (2021-moment)