

# Short Curriculum Vitae

## Martina Rekatsina, MD, MSc

### Personal Details

Surname	Rekatsina
Name	Martina
Date of birth	22/06/1989
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GMC number	7687078

### Anesthesiology positions/ training/ board exams

04/2020- now	<b>Chronic Pain Clinical Fellow</b> - Whipps Cross Hospital Barts Health
07/2019-04/2020	Anaesthetic Fellow- Moorfields Eye Hospital
04/2019-06/2019	<b>Honorary Anesthetic and Pain Management Fellowship</b> at King's College Hospital, London UK (ESA Trainee Exchange Fellowship) – <u>Pain Management Department</u>
20/02/2019	<b>GMC Specialist Register</b> - Anaesthetics
13/02/2019	GMC Registration with license to practice
22/1/2019	Anesthesiology Board Exams, Athens, Greece (CCT equivalent)
3/2015- 3/2019	Anesthesiology Resident at Aretaieion Hospital, Athens, Greece

10/2013- 3/2015 Anesthesiology Resident at Agia Sofia Children's Hospital, Athens, Greece

## Elected Positions

6/2017- 31/12/2019 **Representative for Greek Trainees at European Society of Regional Anesthesia (ESRA)**

5/2017- 5/2019 **Representative for Greek Trainees at European Society of Anesthesiology (ESA)**

## Academic Background

1/2021 **FFPMRCA Part I**  
9/2018 **EDRA Part I**, Dublin, ESRA Annual Congress

12/2016- Now **PhD candidate** at National and Kapodistrian University of Athens, Aretaieion Hospital thesis title: «Effect of perioperative intravenous infusion of dexmedetomidine vs. lidocaine on postoperative pain and analgesic consumption, bowel function and recovery after abdominal gynaecological surgery: a randomised double blind study. » - European Union Grant

2/2017- 6/2019 **MSc in "Algology: Pain Management. Diagnosis and Treatment Medicinal, Interventional and Other Approaches"**, Medical School of Athens, National & Kapodistrian University of Athens, Greece  
**Degree: 9,42/10**

5/2015-10/2016 **MSc second level: "Health Management"**, Universita Telematica Internazionale UNINETTUNO, Roma  
**Degree: 89/110**

9/2007-7/2013 **Medical School**  
National & Kapodistrian University of Athens, Greece  
**Degree: 8,15/10**

9/2011-2/2012 **Erasmus Student**  
Medical University of Innsbruck, Austria

2004-2007 **Lyceum Graduation (Greek Apolytirion)**

Dodonaia Lyceum of Ioannina, Greece

**Grade: 19,8 /20**

## Editorial Board

04/2020- now	<b>BMC Anesthesiology</b> - Associate Editor
01/2021-now	<b>Signa Vitae</b>
02/2012-now	<b>Pain and Therapy</b>

## Reviewer for

06/2019-now	1) Pain research and management- Hindawi <a href="https://www.hindawi.com/journals/prm/">https://www.hindawi.com/journals/prm/</a>
	2)Therapeutic Advances in Musculoskeletal Disease- Sage journals, <a href="https://journals.sagepub.com/home/tab">https://journals.sagepub.com/home/tab</a>
	3) Pain and Therapy- Springer, <a href="https://www.springer.com/journal/40122">https://www.springer.com/journal/40122</a>

## Seminars and Medical Training

12/2019	<b>ALS provider recertification</b> (Advanced Life Support), Hellenic Society of Cardiopulmonary Resuscitation, Athens, Greece
9/2019	<b>Hands On Clinical Workshop 01: The Chronic Pain Workshop 1- ULTRASOUND</b> , 38 <sup>th</sup> ESRA Annual Congress, Bilbao, 11September 2019
9/2019	<b>Hands On Clinical Workshop 02: Chronic Pain Workshop 2- ULTRASOUND</b> , 38 <sup>th</sup> ESRA Annual Congress, Bilbao, 11 September 2019
9/2019	<b>Hands-on Pain Cadaver Workshop</b> , 38 <sup>th</sup> ESRA Annual Congress, Bilbao, 14 September 2019
5/2019	<b>30th King's Difficult Airway Management Workshop</b> Difficult Airway Society- 6 hours

10/2018 and 12/2018	<b>11th ESRA-Hellas Hands on Workshop</b> at Aretaieion Hospital, National and Kapodistrian University of Athens, Greece (Part I and Part II) – 26,5 hours
2/2018	<b>ACRM- Anesthesia Crisis Resource Management</b> training Anesthetist Hellenic Society of Anesthesiology
2/2018	<b>ANTS Anesthesia</b> Non-Technical Skills training Anesthetist Hellenic Society of Anesthesiology
5/2018	<b>Teach the teacher in Regional Anesthesia Course</b> 18th PanHellenic Congress of Regional Anaesthesia, Pain Therapy & Palliative Care
9/2018	<b>Hands-on Regional Anaesthesia Cadaver Workshop</b> , 37 <sup>th</sup> ESRA Annual Congress, Dublin, 14 September 2018
11/2016 and 1/2017	<b>9th ESRA-Hellas Hands on Workshop</b> at Aretaieion Hospital, National and Kapodistrian University of Athens, Greece (Part I and Part II) -30 hours
5/2016	<b>ALS provider</b> (Advanced Life Support), Hellenic Society of Cardiopulmonary Resuscitation, Athens, Greece
11/2015	<b>Advanced Airway Management course-</b> Hellenic Society of Anesthesiology

## Teaching experience

02/2021	Final FRCA Pain Teaching Day
09/2020	Informal teaching regarding Pain Management at novice trainees
3/2019	Contribution in organizing ALS lessons for my department (2 lessons, 4h/each,20 persons/each), as I hold the ALS diploma since 2016

2/2019	Visiting Teacher at MSc "Resuscitation"
2015-2018	Academic training lectures for anesthesiologist at Aretaieion Hospital

## Qualifications in Teaching

2018	ANTS-ACRM Anaesthetists' non-technical skills- Anaesthesia Crisis Resource Management
2018	" <b>Teach the Teacher seminar</b> in Regional Anaesthesia" course

## Publications

- 1. Human immunodeficiency virus-related peripheral neuropathy: A systematic review and meta-analysis** Julian T, Rekatsina M, Shafique F, Zis P. [published online ahead of print, 2020 Nov 23]. Eur J Neurol. 2020;10.1111/ene.14656. doi:10.1111/ene.14656  
<https://pubmed.ncbi.nlm.nih.gov/33226721/>
- 2. Pharmacological Management of Painful Peripheral Neuropathies: A Systematic Review**  
 Andreas Liampas, Martina Rekatsina, Athina Vadalouca, Antonella Paladini, Giustino Varrassi, Panagiotis Zis  
 Pain Ther . 2020 Nov 3. doi: 10.1007/s40122-020-00210-3.  
<https://pubmed.ncbi.nlm.nih.gov/33145709/>
- 3. Non-Pharmacological Management of Painful Peripheral Neuropathies: A Systematic Review**  
 Andreas Liampas, Martina Rekatsina, Athina Vadalouca, Antonella Paladini, Giustino Varrassi, Panagiotis Zis  
 Adv Ther . 2020 Oct;37(10):4096-4106. doi: 10.1007/s12325-020-01462-3.  
 Epub 2020 Aug 18.  
<https://pubmed.ncbi.nlm.nih.gov/32809209/>
- 4. Best practice in cardiac anesthesia during the COVID-19 pandemic: Practical recommendations**  
 Eleni Moka, Antonella Paladini, Martina Rekatsina, Ivan Urits, Omar Viswanath, Alan D Kaye, Joseph V Pergolizzi, Cheng Teng Yeam, Giustino Varrassi  
 Best Pract Res Clin Anaesthesiol . 2020 Sep;34(3):569-582. doi: 10.1016/j.bpa.2020.06.008. Epub 2020 Jul 3. Varrassi  
<https://pubmed.ncbi.nlm.nih.gov/33004168/>

- 5. Healthcare at the time of COVID-19: A review of the current situation with emphasis on anesthesia providers**  
Martina Rekatsina, Antonella Paladini, Eleni Moka, Cheng Teng Yeam, Ivan Urits, Omar Viswanath, Alan D Kaye, John A Morgan, Giustino Varrassi  
*Best Pract Res Clin Anaesthesiol* . 2020 Sep;34(3):539-551. doi:  
10.1016/j.bpa.2020.07.002. Epub 2020 Jul 17.  
<https://pubmed.ncbi.nlm.nih.gov/33004165/>
- 6. Neuropathic Pain Registries Improve Pain Management and Provide More Efficacious Planning of Healthcare Services.**  
Vadalouca A, Rekatsina M.  
*Pain Ther*. 2020 Apr 17. doi: 10.1007/s40122-020-00168-2  
<https://www.ncbi.nlm.nih.gov/pubmed/32303978>
- 7. Influence of Microbiota on NSAID Enteropathy: A Systematic Review of Current Knowledge and the Role of Probiotics.** Rekatsina M, Paladini A, Cifone MG, Lombardi F, Pergolizzi JV, Varrassi G.  
*Adv Ther*. 2020 Apr 10. doi: 10.1007/s12325-020-01338-6,  
<https://www.ncbi.nlm.nih.gov/pubmed/32291647>
- 8. Pathophysiologic approach to pain therapy for complex pain entities: A narrative review.** Martina Rekatsina; Antonella Paladini; Alba Piroli; Panagiotis Zis; Joseph V. Pergolizzi; Giustino Varrassi, M.D. Ph.D.; Antonella Paladini, *Pain Ther*. 2020 Jan 4. doi: 10.1007/s40122-019-00147-2. [Epub ahead of print]- <https://www.ncbi.nlm.nih.gov/pubmed/31902121>
- 9. The Current Clinically Relevant Findings on COVID-19 Pandemic.**Pergolizzi JV Jr, Magnusson P, LeQuang JA, et al. *Anesth Pain Med*. 2020;10(2):e103819. Published 2020 Apr 25. doi:10.5812/aapm.103819  
<https://pubmed.ncbi.nlm.nih.gov/32754437/>
- 10.The Expanding Role of the COX Inhibitor/Opioid Receptor Agonist Combination in the Management of Pain.** Varrassi G, Yeam CT, Rekatsina M, Pergolizzi JV, Zis P, Paladini A. *Drugs*. 2020;80(14):1443-1453. doi:10.1007/s40265-020-01369-x <https://pubmed.ncbi.nlm.nih.gov/32749653/>
- 11.Pathophysiology and Therapeutic Perspectives of Oxidative Stress and Neurodegenerative Diseases: A Narrative Review**  
Rekatsina M., Paladini A., Piroli A., Zis P., J. Pergolizzi, Varrassi G. *Advances in Therapy*, *Adv Ther*. 2020 Jan;37(1):113-139. doi: 10.1007/s12325-019-01148-5. Epub 2019 Nov 28.  
<https://www.ncbi.nlm.nih.gov/pubmed/31782132>
- 12.Use of Rocuronium and Sugammadex under Neuromuscular Transmission Monitoring in a patient with Multiple Sclerosis: a case**

report, Staikou C, Rekatsina M Saudi J Anaesth. 2017 Oct-Dec;11(4):472-475.  
doi: 10.4103/sja.SJA\_625\_16  
<https://www.ncbi.nlm.nih.gov/pubmed/29033729>

**13. How Does an Undergraduate Pain Course Influence Future Physicians' Awareness of Chronic Pain Concepts? A Comparative Study.**, Argyra E., Theodoraki K., Moutzouri A., Papadopoulos V., Rekatsina M., Vadalouka A., Siafaka I. Pain Med. 2015 Feb;16(2):301-11. doi: 10.1111/pme.12568. Epub 2014 Sep 15.  
<https://www.ncbi.nlm.nih.gov/pubmed/25219419>

## Awards and Scholarships

1. **1st Prize for best abstract** at the 21<sup>st</sup> Pan-Hellenic Congress of Regional Anaesthesia, Pain Therapy & Palliative Care - Perioperative administration of lidocaine and dexmedetomidine for the prevention of acute postoperative pain, September 2020, Vravrona Greece
2. European Union- Support for young researchers 2019 for my PHD project/team (37.000 euros)
3. **European Society of Anesthesiology Trainee Exchange Fellowship**- 1<sup>st</sup> place
4. **Onassis Foundation Fellowship, Scholarships for Hellenes for the MSc Algologia**, 9/2017- 1/2019
5. **First award** for the presentation with the title: **Pain and pain treating in Greece, evaluation from the Greek population**, 14<sup>th</sup> Pan-Hellenic Congress of Regional Anaesthesia, Pain Therapy & Palliative Care, Costa Navarino, Messinia, Greece, October 2012
6. **Erasmus Scholarship**, Scholarship in support of Erasmus Mobility Programme, Sep 2011, IKY

## Research and Free Communications in Congresses

26 oral presentations/posters

## Book Chapters

## **Pain, Anesthetics and Analgesics**

Book 3.1 – Physiology, imaging and physical recordings

### **1) Linking heart function and analgesia**

Giorgia Saltelli, Antonella Paladini, **Martina Rekatsina**, Giustino Varrassi

Book 1.3 – Interlinking anesthesia, analgesics and pain

### **1) Multimodal analgesia and post-surgical pain**

**Martina Rekatsina**, Antonella Paladini, Giorgia Saltelli, Giustino Varrassi

## **Organizational and wider scientific work**

14 congresses

## **Professional Memberships**

2/2017-Now	Member of <b>ESA</b> (European Society of Anesthesiology)
1/2017- Now	Member of <b>ESRA Europe &amp; ESRA Hellas</b> , Member No. 44766
2007- Now	Member of <b>PARHSYA</b> , The Hellenic Society of Pain Treatment and Palliative Care

## **Medical Volunteer Experience**

8/2013-10/2013	<b>Pain Clinic &amp; Palliative Care Center</b> , Aretaieion University Hospital, University of Athens, Athens Greece
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8/2013	<b>Medical Center of Milos, Greece, "Iatriki Apovasi"</b> programme for the students of greek Medical Schools
06-07/2011	<b>Pain Clinic &amp; Palliative Care Center</b> , Aretaieion University Hospital, University of Athens, Athens Greece
4-14/08/2011	<b>Medical Center of Milos, Greece, "Iatriki Apovasi"</b> programme for the students of greek Medical Schools
2007- Now	Volunteer at <b>PARHSYA</b> , The Hellenic Society of Pain Treatment and Palliative Care

## Seminars- Congresses

**Seminars -15**

**National- 12**

**International -14**

## Volunteering

10-22/1/2012 Volunteer at 1<sup>st</sup> Youth Olympic Games in Innsbruck, Austria

## Foreign languages and other skills

English	OET language certificate (2018)  Proficiency in English
German	Mittelstufe (C1 level)
IT skills	Microsoft Windows Microsoft Office Pack (Word, Excel, and PowerPoint) Full use of Internet

## Interests

Travelling, running, movies

