

Pablo Extremera Navas

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Registrations

General Medical Council (United Kingdom). GMC reference number: 7651247

Ilustre Colegio Oficial de Medicos de Madrid (Medical Council of Spain)

Memberships

Intensive Care Society (ICS)

Medical & Dental Defence Union of Scotland (MDDUS)

Education

Qualifications	Institute	Dates
FUSIC Lung	Intensive Care Society (ICS)	06/05/22
FUSIC Heart	Intensive Care Society (ICS)	10/11/21
EDIC (European Diploma in Intensive Care)	ESICM (European Society of Intensive Care)	10/11/2021
Post graduate training: Speciality Training in Intensive Care Medicine	Hospital Universitario La Paz, Madrid, Spain	10/05/2011 until 10/05/2016
National Specialized health training exam (MIR)	Ministry of Health, Spain	12/01/2011
International Scholarship	University of Verona (Italy)	01/09/2009
National Scholarship	University of Salamanca (Spain)	01/09/2008
Graduation of Medicine (MBBS)	University of Malaga (Spain)	01/09/2004 until 01/07/2010

Work experience

Locum Consultant in Intensive Care Medicine

starting date 01/04/2022 - present

Institution: Royal London Hospital and Newham University Hospital, London, United Kingdom

Name of supervisor: Chris Kirwan/James Napier

Level of supervision: Level 4 (Independent)

- Full time job equally divided between the Royal London Hospital and Newham University Hospital.
- Continuing responsibility for the care of patients in charge, including all administrative duties associated with patient care.
- Leadership, development and organisation of the services in charge in line with the Trusts' business plans and those of the Surgery Division.
- Development of own interests within the specialty focusing in Point of Care Ultrasound.
- Corporate and individual responsibility for the professional management of junior doctors, both trainees and trust appointments.

Locum Consultant in Intensive Care Medicine

05/10/2020 – 31/03/22

Institution: Royal London Hospital, London, United Kingdom

Name of supervisor: Chris Kirwan

Level of supervision: Level 4 (Independent)

- Full time job at the Royal London Hospital, the busiest major trauma centre in Europe. After a Clinical Fellowship, I accepted a Consultant job to provide high quality Intensive Care Medicine.
- Undertake administrative duties associated with the care of patients. Attend weekly Consultant's meetings, M&M meetings and educational teaching sessions.
- Supporting the Divisional Director, Clinical Director and other colleagues in the management of the department to provide a high quality service within the Clinical Governance framework.
- Running morning ward rounds and coordinating different medical teams for the appropriate care of complex trauma patients.
- Delivering formal lectures according to the Unit's program and informal teaching at bedside space for junior doctors, nurses and other allied professions.

Clinical Fellow in Intensive Care Medicine

07/08/2019 until 05/08/2020

Institution: Royal London Hospital, London, United Kingdom

Name of supervisor: Chris Kirwan

Level of supervision: Level 4 (Independent)

- "1113" role. Full time job. Most senior registrar at a very busy trauma unit. Organizing and coordinating the Intensive Care team. Leading the team during night time. Performing morning ward rounds under consultant's supervision. Admitting emergency patients to the Intensive Care Unit. Resuscitation of trauma patients admitted to the Emergency Department. Attendance at all cardiac arrest calls within the hospital. Transfer of intubated critical care patients to CT scanner, theatre etc. Reviewing patients referred to the critical care service from other wards and from the Emergency Department.
- Liaising with medical / surgical teams about patient's admission, progress and discharge. Liaising with nursing staff, physiotherapists and other clinical staff about patient status.
- Explaining the patient's condition and progress clearly to patients and relatives. Providing and receiving pertinent handover at the start and at the end of shifts.

- Participation in educational activities including formal teaching sessions, X-ray meetings, journal clubs and case presentations. Maintaining accurate medical records, including data for audit purposes.

Clinical Fellow in Intensive Care Medicine

03/09/2018 until 06/08/2019

Institution: BHR University Hospitals, Romford, London, United Kingdom

Name of supervisor: Gonzalo de la Cerda

Level of supervision: Level 4 (Independent)

- Senior registrar at Queens Hospital and King George's Hospital. Full time job.
- The department has 3 different units (General ITU, Neuro ITU and HDU) with a total of 42 beds. Active participation in daily ward rounds. Reviewing patients from different wards and the A&E department. Updating patients and relatives.
- Transfer of critically ill patients to CT scan, theatres and tertiary care centers when indicated.
- Attending teaching sessions to enhance my learning. Informal teaching of junior doctors, nurses and physiotherapists.
- Participated in weekly departmental meetings (M&M and Clinical Governance)

Consultant in Intensive Care Medicine

01/10/2016 until 08/08/2018

Institution: Hospital Xanit International, Malaga, Spain

Name of supervisor: Rocio Aragones

Level of supervision: Level 4 (Independent)

- Consultant in a large private hospital that provides a wide range of quality care, certified by The Joint Commission, including Neurosurgery, Cardiothoracic surgery, Haemodynamic Lab, Vascular and Interventional Radiology, Onco-Haematology and others.
- The Intensive Care Unit (ICU) has 14 level 3 beds. I was working full time as ICU consultant on different shifts (daytime and night shifts) with an average of 45 hours/week.
- High workload for consultants as there are no junior doctors in private health. Attending weekly meetings and undertake administrative duties associated with the care of patients.
- Hospital agreement with Saint Bernard's Hospital (Gibraltar, UK) for the retrieval of Critical Care patients requiring urgent Cardio-Thoracic, Interventional Radiology and Neurosurgical management. Working as part of the retrieval team with an average of 4 x 24 hour on call shifts a month.

Resident in Intensive Care Medicine

10/05/2011 until 10/05/2016

Institution: Hospital Universitario la Paz, Madrid, Spain

Name of supervisor: Abelardo Garcia de Lorenzo

Level of supervision: Level 3 (supervised)

- Regular working hours 08:00 until 15:00 Monday to Friday and an average of five on calls a month as per rota. Formal training in Intensive Care as per Spanish program for Intensive Care Medicine and Cobatrice.

- Helping with administrative work and research, attending teaching and doing an average of three presentations per year.
- The only Hospital in Spain that repatriated patients to Intensive Care during the Ebola outbreak in 2014.
- Implemented the first follow up Clinic in Intensive Care in the country.

Training achieved:

- **Internal Medicine:** (10/05/2011 until 28/02/2012). Competencies achieved as per Cobatrice syllabus in the management of assessment of chest pain, abdominal pain, headache, syncope, vertigo, fever, palpitations, hypertension, cough, hemoptysis, maelena, jaundice, convulsions, haematuria, dysuria, anaemia.
- **Emergency Department:** (01/03/2012 until 31/03/2012). Competencies achieved as per Cobatrice syllabus in the assessment and management of new acute patients, recognition of unstable patients and severity of disease, transport of patients, making referrals to different specialists.
- **Neurology:** (01/04/2012 until 31/05/2012). Competencies achieved as per Cobatrice syllabus in the management of ischemic and hemorrhagic Stroke, Neuromuscular disease, Guillain Barre syndrome, Miastenia gravis, Neuro oncology, meningitis, transcranial Doppler.
- **Nephrology:** (01/06/2012 until 31/07/2012). Competencies achieved as per Cobatrice syllabus in the management of assessment of AKI and CKD, electrolyte disturbances, acidosis and alcalosis, Initiation and management of renal replacement therapy, management of renal transplant recipients
- **Respiratory:** (01/09/2012 until 31/10/2012). Competencies achieved as per Cobatrice syllabus in the management of the unprotected airway; pneumonia, lung or lobar collapse, asthma, chronic obstructive airways disease, pleural effusion, pneumothorax, upper and lower airway obstruction including epiglottitis, respiratory muscle disorders; pulmonary fibrosis; pulmonary thrombo-embolic disease, Non-invasive ventilation.
- **Cardiac image lab (Echocardiography):** (01/11/2012 until 31/12/2012). Competencies achieved as per Cobatrice in the management of echocardiography.
- **Cardiac and Coronary Care Unit:** (01/01/2013 until 28/02/2013). Competencies achieved as per Cobatrice syllabus in the management of acute and chronic heart failure, endocarditis, pericardial effusions, hypertensive emergencies, STEMI, NSTEMI, ACS, Cardiogenic shock, Arrhythmias, Cardiac pacing, defibrillation.
- **Radiology Emergency Medicine:** (01/03/2020 until 31/03/2020). Competencies achieved as per Cobatrice syllabus in the interpretation of CT, US and MRI
- **Anaesthesia:** (01/04/2013 until 30/09/2013). Competencies achieved as per Cobatrice in the management of manual ventilation, airway and difficult airway, use of multiple airway devices, extubation, insertion of intravenous access, indications and effects of commonly used drugs (hypnotics, sedatives, intravenous anaesthetic agents, opioids and opioid antagonists, neuromuscular blocking agents and vasoactive drugs), perioperative and postoperative care and pain management.
- **Burns and Polytrauma Critical Care Unit:** (01/10/2013 until 31/01/2014 and 01/10/2014 until 31/01/2015). Competencies achieved as per Cobatrice syllabus in the management of burns, traumatic brain injury, thoracic trauma, abdominal trauma, spinal cord injuries.
- **General and Neuro Intensive Care Unit:** (01/02/2014 until 30/09/2014 and 01/08/2015 until 10/05/2016). Competencies achieved as per Cobatrice syllabus in the management of pulmonary oedema, acute lung injury (ALI) and acute respiratory distress syndrome (ARDS), mechanical ventilation, prone position, pulmonary haemorrhage, pulmonary embolus, sepsis, septic shock, traumatic brain injury, Spinal cord injuries, stroke, Brain haemorrhage, SAH, critical illness neuropathies, ICP monitoring, End of life care (EOLC) and transport of patients.
- **Paediatric Intensive Care Unit (Hospital Universitario Materno-Infantil de Malaga):** (01/02/2015 until 31/04/2015). Paediatric competencies achieved as per Cobatrice syllabus in the management of acutely unwell paediatric patient, management of paediatric airway, getting iv access including central venous catheter, paediatric resuscitation, dosage of drugs and fluid for paediatric patient, postoperative paediatric cardiac surgery, Trauma in paediatric patient.
- **Cardio-Thoracic Care Unit (Hospital Regional Universitario de Malaga):** (01/05/2015 until 31/07/2015). Cardiothoracic competencies achieved as per Cobatrice syllabus in the management of: Valvular heart diseases (AS/AR/MR/MS), prosthetic valve complications, endocarditis, aortic dissections, Cardiac pacing, thoracic and cardiac trauma, Postoperative CABG, Valvular heart surgery, Postoperative thoracotomies and VATS.

Employment Gap

- **06/08/2020 until 04/10/2020: Extended holidays** for two months after a very busy time at The Royal London Hospital during the COVID 19 pandemic.
- **11/05/2016 until 30/09/2016: ICU Project Zanzibar:** I am the founder of a voluntary project in Zanzibar (Tanzania) at the Mnazi Mmoja Hospital in collaboration with a Spanish NGO (NED Foundation). I have been running this project since August 2016 until present. I stayed in Zanzibar for a period of three months (July, August and September 2016). The aim of this project is to improve the functioning of the local Intensive Care Unit through the implementation of new protocols and guidelines adjusted to the local context, training the local doctors and nurses in critical care and organizing the existing Intensive Care Unit.

This is a whole life project, meaning I started from zero with a new intensive care unit and training the first generation of doctors and nurses in Intensive Care. So far, the impression is that it is progressing in the right direction. The staff are becoming independent, the mortality has decreased and the hospital management has realized that is an essential department for their population.

Research Experience

- **Introduction to Good Clinical Practice (GCP).** National Institute for Health Research. 2019
- **Creating a database of all admitted patients to the ICU of the Mnazi Mmoja Hospital in Zanzibar (August 2016 until present).** Intermediate results have shown evidence to modify admission criteria or length of treatment. This leads to a more effective way of managing limited resources. Aim to perform a deeper analysis of the data and publish results after 5 years experience or when COVID 19 pandemic allows.
- **Participating in the European Prevalence Survey of Healthcare-Associated Infections and Antimicrobial Use (EPPS).** Hospital Universitario la Paz. Madrid. Spain. 2015.
- **Participated in the Spanish National database ENVIN-HELICS.** Hospital Universitario la Paz. Madrid. Spain (01/10/2013 until 10/05/2016).

Presentations

Title	Location	Year
ICU Project Zanzibar	International (Sevilla, Spain) SEMICYUC	2022
P – SILI (Patient self-inflicted lung injury)	Royal London Hospital, UK	2021
APRV (Airway Pressure Release Ventilation)	Royal London Hospital, UK	2021
Mechanical ventilation: basics	Royal London Hospital, UK	2021
Neurocritical care course. Opening presentation	International (Zanzibar, Tanzania)	2019
ICU Project Zanzibar	Royal London Hospital, UK	2019
Inaugural conference: World Day Critical Lung 2018. From dream to reality, the Zanzibar experience	International (Madrid, Spain)	2018

Incidence of acute kidney injury (AKI) in critically burned patients resuscitated with crystalloids and colloids according to thermodilution parameters, diuresis and lactic acid	National (San Sebastian, Spain) SEMICYUC	2015
Resuscitation objectives for above 50% burned body surface patients	International (Madrid, Spain)	2014
ICU Project Zanzibar	National (Malaga, Spain)	2017
Carbapenem resistant organisms	Local (Hospital la Paz, Madrid)	2016
Paediatric ICU. A quick refresh	Local (Hospital la Paz, Madrid)	2016
Terlipressin vs Noradrenaline	Local (Hospital la Paz, Madrid)	2016
Arrhythmias in Intensive Care	Local (Hospital la Paz, Madrid)	2015
Antiplatelet therapy in acute coronary syndrome	Local (Hospital la Paz, Madrid)	2015
M&M case: Burns case	Local (Hospital la Paz, Madrid)	2015
Nutritional approach to severe pancreatitis	Local (Hospital la Paz, Madrid)	2014
Peritoneal lavage in abdominal trauma	Local (Hospital la Paz, Madrid)	2014
Acute myeloid leukaemia. A review	Local (Hospital la Paz, Madrid)	2014

Publications

- **The challenges and opportunities of global neurosurgery in East Africa: the Neurosurgery Education and Development model.** Neurosurg Focus. 2018 Oct;45(4):E8. doi: 10.3171/2018.7.FOCUS18287. PMID: 30269584.
- **Are outpatient clinics justified in intensive care medicine?** Medicina Intensiva. July 2017.
- **It is true that resuscitation of critically ill burned patients with HES is a risk factor for acute kidney injury?** Annals of Burns and Fire Disasters - vol. XXVIII – Supplement EBA - September 2015.
- **Incidence of acute kidney injury (AKI) in critically burned patients resuscitated with crystalloid and colloid according to parameters of transpulmonary thermodilution, diuresis and lactic acid.** 35th International Symposium on Intensive Care and Emergency Medicine, Brussels, Belgium, March 2015.
- **Incidence of acute kidney injury (AKI) in critically burned patients resuscitated with crystalloids and colloids according to thermodilution parameters, diuresis and lactic acid.** 50^o Congreso Nacional de la SEMICYUC. San Sebastian. June 2015.
- **Resuscitation objectives for above 50% burned body surface patients.** X Pan-american and Iberian Federation of Critical Medicine and Intensive Therapy Congress. Madrid, Spain, June 2014.
- **Alterations of acid base metabolism: acidosis.** Medicine. May 2015. DOI: 10.1016/j.med.2015.05.012

Continuing professional development

Year	Name of course or conference	Details
2015	L Intensive Care Medicine National Congress.	SEMICYUC. Spain. 3 days

2016	II Clinical simulation course for the safe airway management	Hospital La Paz. Spain. 3 days
2016	Advance Life Support Course	Hospital Xanit International. 2 days
2016	Methodology of Clinical Research, practical workshop	Madrid, Spain. 1 day
2016	I Theoretical Essential Critical Care Course	Mnazi Mmoja Hospital, Zanzibar
2017	Advanced Life Support Instructor	Hospital Xanit International, 1 day
2018	Statutory and Mandatory Training	BHRUT
2019	Introduction to Good Clinical Practice (GCP) eLearning	National Institute for Health Research
2019	Statutory and Mandatory Training	Barts Health
2019	Basic Life Support Course	Barts Health
2019	2 nd International Neurocritical Care Course	Zanzibar, Tanzania, 5 days
2020	COVID 19 Skills passport	Faculty of Intensive Care Medicine
2020	Educator Training Resources, eLearning	Health Education England
2021	Advance Life Support	Pro Trainings
2021	Teach the Teacher. Train the trainer	ISC Medical
2022	Consultant Interview Course	ISC Medical

Conferences and courses attended

- **2nd International Neurocritical Care Course** at the Mnazi Mmoja Hospital, Zanzibar, Tanzania. (18/11/2019 until 22/11/2019). (International)
- **X Pan american and Iberian Federation of Critical Medicine and Intensive Therapy Congress.** Madrid, Spain, 15-18 June 2014. (International)
- **XVI International symposium on Intracranial Pressure and Neuromonitoring.** Hospital Universitario Vall d'Hebron. Barcelona, Spain, 21-22 November 2014. (International)
- **I Intensive Care Medicine National Congress. SEMICUYC.** San Sebastian, Spain, 14 until 17 June 2015. (National)
- **II Clinical simulation course for the safe airway management.** Hospital Universitario la Paz. Madrid, Spain. 4 until 6 February 2016. (Regional)
- **Advance Life Support Course.** Hospital Xanit International, Malaga, Spain. 23 and 24 November 2016. (Regional)
- **IV Madrid workdays for critical care patient management (SOMIAMA).** Madrid, Spain (19 and 20 November 2012). (Regional)
- **XVIII Anual Meeting of SOMIAMA.** Madrid, Spain. (18 and 19 November 2013) (Regional)
- **Methodology of Clinical Research, practical workshop.** Hotel AC Cuzco. Madrid. Spain. 25/02/2016 (Regional)
- **Communication in critical situations Course.** National Transplant Organization. Madrid. Spain. 26/05/2014. (Regional).

Clinical Audit

- **Post Intensive Care Syndrome. Implementation of an Intensive Care follow up Clinic.** Aim for prevention, detection and treatment of Post Intensive Care Syndrome (PICS). First Hospital in the country to develop this activity. (Hospital Universitario la Paz, Madrid, Spain 2016).
- **Improving ventilation-based decision making during the COVID-19 Pandemic.** The Royal London Hospital. London. Barts Health. 2021
- **Infection in Critical Care Quality Improvement Project ICCQIP (FICM and UKHSA).** The Royal London Hospital. Barts Health. London. 2022
- **A Critical care led initiative in improving access to resuscitative equipment during cardiac arrests and critical transfers.** Newham University Hospital. Barts Health. London. 2022
- **PIRRT (Prolonged Intermittent Renal Replacement Therapy) Quality Improvement Project.** Newham University Hospital. Barts Health. London. 2022

Teaching and Training experience

- **Current role:** Bedside teaching and training of doctors and other allied health professionals posted in Intensive Care at the Royal London Hospital. Regular lectures following teaching program.
- **Director and Lecturer of the 2nd International Neurocritical Care Course** at the Mnazi Mmoja Hospital, Zanzibar, Tanzania. (18/11/2019 until 22/11/2019).
- **Advanced Life Support Instructor:** Hospital Xanit Internationnal, Malaga, Spain. 26/04/2017
- **I Theoretical Essential Critical Care Course at the Mnazi Mmoja Hospital, Zanzibar, Tanzania:** Clinical director and lecturer. 10/08/2016 until 26/08/2016
- **Zanzibar ICU Project** (NED Foundation), Founder, Mnazi Mmoja Hospital, Zanzibar, Tanzania. (01/07/2016 – present)
- **Advanced Life Support Instructor:** Facultad de Medicina Universidad Autónoma de Madrid. (01/01/2012 until 31/12/2012)
- **General Practitioner Volunteer** (Marami pro Asia Foundation) Medical Mission in Negros (Phillipines) (01/02/2011 until 01/03/2011)
- **Basic Life Support Instructor:** Facultad de Medicina de Málaga. (01/01/2010 until 31/12/2010)

Management Experience

- **Educational Supervisor for junior doctors, The Royal London Hospital (October 2020 – present).** Educator Training Resources program completed.
- **ICU Project Zanzibar (2016 – present):** Since I'm leading the ICU Project in Zanzibar I've been recruiting full trained Intensive Care volunteers from different countries in Europe. My duty is to select adequate volunteers, interview and give them recommendations about their tasks in Zanzibar. During this period, I've recruited more than 60 volunteers (doctors and nurses) with great feedback. I used fiscal management to distribute adequately the scarce resources and organised the unit better. The staff's knowledge in Intensive Care has boosted significantly, meaning they are now admitting more patients and the outcomes have improved.
- **"1113" role, The Royal London Hospital, London, UK (07/08/2019 until 05/08/2020):** Most senior registrar of a very busy trauma unit. Organizing and coordinating the Intensive Care team during day time. Leading the team during night time. Taking referrals, deciding clinical admissions and managing bed capacity.

Procedures

Learnt the below procedures during my training at Hospital Universitario la Paz through different rotations, especially during training in Intensive Care. Kept these competencies all up to date during all my jobs until present:

- Peripheral iv access
- Central and peripheral central venous catheter access, ultrasound guided and unguided
- Arterial catheter insertion

- Endotracheal intubation (direct laryngoscope)
- Difficult Airway Management (Airtraq, Fastrach, C-MAC, Fiberoptic)
- Right heart catheterization (Swan-Ganz)
- Cardioversion. Defibrillation. Crash calls and team leader during resuscitation
- Arterial catheterization systems thermodilution (PiCCO and VolumeView)
- Placing IABC (Intraaortic balloon counterpulsation)
- Placing intraparenchymal brain pressure sensors
- Techniques of continuous and intermittent renal replacement therapy
- Mars hepatic clearance
- Tracheotomy: surgical and percutaneous. Emergency cricothyrotomy.
- Bronchoscopy for tracheotomy and lung collapse
- Use of ultrasonography: channeling vascular access, transcranial doppler ultrasound, transthoracic echocardiography, lung ultrasound, abdominal ultrasound, vascular system of upper and lower limbs.
- Thoracentesis. Chest drain insertion (percutaneous and surgical)
- Paracentesis and peritoneal puncture-washing
- Lumbar puncture
- Pericardiocentesis
- Handling different types of invasive mechanical ventilation, non-invasive ventilation, high flow oxygen systems, nitric oxide and helium.
- Postoperative management of specialized surgeries (Neurosurgery, Maxillofacial Surgery, Cardiovascular and Thoracic Surgery, Plastic Surgery, Trauma...)
- Reception and care of polytrauma patients
- Management of critically burned patients

Others

Languages:

- Spanish, native language
- English, professional working proficiency
- Italian, professional working proficiency

Hobbies: Sports