

Short Curriculum Vitae

Martina Rekatsina, MD, MSc, PhD, FFPMRCA, ESRA-DPM

**Assistant Professor of Anesthesiology, NKUA
Hon. Associate Prof, University College London**

Personal Details

Surname	Rekatsina
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Anesthesiology and Pain Management positions/ training/ board exams

09/2022- Now

Current Position: **Assistant Professor of
Anaesthesiology and Pain Medicine**, Aretaieion
University Hospital, National and Kapodistrian
University of Athens, Greece

Clinical work on Pain Management:

- 2 sessions/ week Pain Management Clinic
(approx. 30 patients/ week)
- 2 sessions interventional list for Pain
Management (approx. 20 patient/ week)
[Fluoroscopy and U/S list offering diagnostic
blocks, radiofrequency and cryoneurolysis]

Educational work on Pain Management:

- Teaching trainees, fellows and anesthesiologists
during pain management educational programs
in a weekly basis, both during clinic and
interventional lists on a daily basis
- Teaching at the Elective Course of Pain
Management and Palliative Care the modules:
 - *Spinal Cord Stimulation and ITDD*
 - *Pain Management Clinic and Palliative
Care Services in Greece*
- Teaching at the MSc: *Algology: Pain
Management. Diagnosis and Treatment
Medicinal, Interventional and Other Approaches*
the following modules:
 - *Medical history taking in Pain
Management*
 - *Clinical examination in Pain Management*

- *Cancer pain management*
- *Interesting Cases in Pain Management*
- PhD supervisor in 5 PhDs related to pain management
- Member of the seven-member PhD dissertation committee in 3 PhD Candidates

04/2023- Now

Current Position: **Hon. Associate Professor**

University College London – teaching and mentoring at the Pain Management MSc

<https://www.ucl.ac.uk/prospective-students/graduate/taught-degrees/pain-management-msc>

Educational responsibilities:

- Teaching in 3 modules on Pain Management:
 - *Perioperative pain and opioids- Opioid Stewardship*
 - *Neuromodulation Outpatient Clinic*
 - *Principals of Interventions in Chronic Pain Management*
- Marking and evaluation of students' essays
- Advising students on publishing their thesis in peer-reviewed Journals

05/2021- 07/2022

Fellowship in Neuromodulation and Pain

Management- Basildon University Hospital, London

UK - experience in Spinal Cord Stimulation and

Intrathecal Drug Delivery Systems (ITDDs)

04/2020- 05/2021

Chronic Pain Clinical Fellow- Whipps Cross Hospital

Barts Health, London UK (*Advanced Pain Training*

according to the official anaesthetic training curriculum of the UK)

07/2019-04/2020	Clinical Fellow of Anaesthesia - Moorfields Eye Hospital
04/2019-06/2019	Honorary Anesthetic and Pain Management Fellowship at King's College Hospital, London UK (ESA Trainee Exchange Fellowship)
20/02/2019	GMC Specialist Register - 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

Pain and Regional Anesthesia Accreditations and Important Positions

01/2025	European Representative of the International Society of Pain and Neuroscience (ISPN) Young Innovators Leadership Council Faculty of ISPN London 2025
03/2023- Now	European Diploma of Pain Medicine (ESRA- DPM) Examiner -Participating in the OSCES working group
9/2023- 6/2024	Acupuncture Diploma –AcuScience (www.acuscience.gr)
10/2022	Fellow of Faculty of Pain, Royal College of Anaesthetists, FFPMRCA- https://fpm.ac.uk/
4/2022	European Diploma in Pain Medicine- ESRA -DPM https://esraeurope.org/edpm/
9/2021	EDRA PART IIA, IIB
9/2018	EDRA Part I, Dublin, ESRA Annual Congress

Academic Background

12/2016- 05/2021	PhD at National and Kapodistrian University of Athens, Aretaieion Hospital thesis title: <i>«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.»</i> - European Union Grant.
2/2017- 6/2019	MSc in "Algology: Pain Management. Diagnosis and Treatment Pharmacological, Interventional and Other Techniques", Medical School of Athens, National & Kapodistrian University of Athens, Greece Degree: 9.42/10
5/2015-10/2016	MSc second level: " <u>Health Management</u> ", 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

Invited Lectures in National/ International Conferences and Seminars / Hands on seminars

04/2025	New horizons in Pain Medicine- Top Publications 2023-2024: a review of the most impactful clinical studies - Roma Pain Days 2025 , April 2025
04/2025	Presenting OSCES in ESRA- DPM during the 7 th e-ESRA International Edition
03/2025	Hands on seminar: U/S in pain Management- Hellenic Society of Algology , Genimmatas Hospital, Athens Greece <u>Hands on and Live Demo: Shoulder injections</u>
02/2025	Ultrasound-guided acupuncture: Training, safety, effectiveness, technique, AcuScience Educational Program
02/2025	Medical Acupuncture in Migraine and Other Headaches, Hellenic Neurological Society , February 2025
10/2024	Interventional techniques for the management of FBSS- Greek Society of Spine – EESS- Kastri Athens
9/2024	Combined Therapy for Quality of Life- 24th Panhellenic Congress of Regional Anaesthesia and Pain Management , Leukada, Greece
09/2024	ESRA Conference -Prague 1. LIVE DEMONSTRATION - Ultrasound-Guided invasive treatments for joint pain: Shoulder - Hip - Knee

2. PRO CON DEBATE - Spinal injections in the treatment of spinal canal stenosis -For the CONs.
3. PANEL DISCUSSION - Injectable Pharmacology for the Interventional Pain Physician

06/2024	Advances in Chronic Pelvic Pain Management- Roma Pain Days 2024
06/2024	Disparities and Cultural Influences in Pain, 14 th Panhellenic Congress of Algology, Heraklion, Greece
04/2024	Radiofrequency in Chronic Non-Cancer Pain Management, 3 rd PanCypriot Congress of Chronic Pain, Nicosia, Cyprus
03/2024	Hyaluronic Acid in Osteoarthritis, 2days meeting: Cannabis and Interventional Techniques, Papageorgiou Hospital, Thessaloniki, Greece
03/2024	Pain and Quality of Life in Breast Cancer Patients- 2 nd Patients Congress of Alma Zois
02/2024	Nociception Monitoring: Does it change the outcome? 1 st Anaesthesiologic Universities meeting, Patras, Greece
02/2024	Interventional Management of Headaches, 2day Congress: Migraine: The new Era, Thessaloniki, Greece
09/2023	Radiofrequency in Chronic Non-Cancer Pain Management, 23 rd Panhellenic Congress of Regional Anaesthesia and Pain Management, Ioannina, Greece
05/2023	The role of Registries in Neuropathic Pain Management. Past, present and future in Pain Medicine, 2nd Edition, Tunis, Tunisia

- 04/2023 **Advances in Pelvic Pain Management – 2nd PanCypriot Congress of Chronic Pain, Nicosia, Cyprus**
- 09/2023 **Collaboration with other services- The multidisciplinary approach-** European Society of Regional Anaesthesiology, Paris, France
- 6/2023 **Education and Training in Pain: The Future of Pain Medicine as a Medical Specialty,** Roma Pain Days 2023
- 11/2022 **Opioid Management in Rheumatologic Disease – 28th Panhellenic Congress of rheumatology**
- 10/2022 **Pain Management of Vulvodynia – 3rd Panhellenic Congress of lower female urogenital system and anus, Athens, Greece**

Teaching experience

03/2025, 04/2025	Teaching and coordinating at the Webinars of the Hellenic Society of Pain Management and Palliative Care • https://grpalliative.gr/ekpaideusi-stin-parigoriki-iatriki/ • https://grpalliative.gr/webinar2-inomyalgia-video/
2022- now	Teaching at the official Greek training program for anesthesiologists – Hellenic Society of Anaesthesiology
2022-2025	Teaching at the following Master Courses: 1) MSc "Algology: Pain Management. Diagnosis and Treatment Pharmacological, Interventional and Other Techniques" University: NKUA 2) MSc "Resuscitation" University: NKUA Subject: Pain Management in A&E 3) MSc "Fetal Medicine" University: NKUA Subject: Management of analgesia in labor 4) MSc "Fetal Medicine" University: AUTH Subject: Anaesthesia and analgesia in labor 5) MSc ICU University: NKUA Subject: Anaesthesia and Pain Management 6) MSc: Breast Pathology 7) MSc: Surgical Oncology

Pre-graduate Teaching

Teaching at NKUA:

1) 4th year Medical Students

Course: Anesthesiology

Subject: Anaesthesia and Pain Management

2) 5th Medical Students

Course: General Surgery

Subject: Postoperative Analgesia

3) Elective Course: Pain and Palliative Care

06/2024	Teaching at Cadaver Course 1 st ESRA Cadaver Course, Thessaloniki- Upper Limb Blocks for Chronic Pain
06/2022	Teaching in Cadaver Course during the 39 th ESRA Annual Congress, Thessaloniki, 2022- Anaesthesia for Eye surgery
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" (Subject: Pain)
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	" Teach the Teacher seminar in Regional Anaesthesia" course

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)

Editorial Board and Editorial Positions

06/2025- now	MDPI- Guest Editor for Special Issue: <i>Emerging Trends and Perspectives in the Neuroscience of Pain</i> https://www.mdpi.com/journal/brainsci/special_issues/ 8DVO2B109K
06/2024- now	MDPI- Guest Editor for Special Issue: <i>Targeted Medicine in Postoperative Pain Management</i> https://www.mdpi.com/journal/jcm/special_issues/A5V 9VYG5DC

01/2024- now	Advancements in Health Research (https://www.ahr-journal.org/site/board)
04/2020- now	BMC Anesthesiology - Associate Editor
01/2021-now	Signa Vitae
02/2020-now	Pain and Therapy
05/2021- now	Cureus
10/2021- now	Journal of Oral and Maxillofacial Anesthesia

Reviewer for

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| 06/2019 - now | <p>1) Pain research and management- Hindawi
https://www.hindawi.com/journals/prm/</p> <p>2)Therapeutic Advances in Musculoskeletal Disease-
Sage journals, https://journals.sagepub.com/home/tab</p> <p>3) Pain and Therapy- Springer,
https://www.springer.com/journal/40122</p> <p>4) Journal of Clinical Medicine</p> <p>5) Journal of Pain Research, Dove Medical Press</p> <p>6) International Journal of Environmental Research and
Public Health, MDPI</p> <p>7) African Health Sciences</p> |
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8) Orthopedic Reviews

Seminars and Medical Training

3/2025	RF and PRF Techniques- Workshop- Leiden- Netherlands
6/2022	Cadaver Workshop in Regional Anaesthesia- 39 th ESRA Annual Congress, Thessaloniki, 2022
5/2022	Cadaver Workshop in Spinal Cord Stimulation- INS Barcelona
5/2022	Cadaver Workshop in Spinal Cord Stimulation- Boston Scientific- Leeds, UK
6/2022	Cadaver Workshop in Spinal Cord Stimulation- Boston Scientific- Cologne, Germany
12/2019	ALS provider recertification (Advanced Life Support), Hellenic Society of Cardiopulmonary Resuscitation, Athens, Greece
9/2019	Hands On Clinical Workshop 01: The Chronic Pain Workshop 1- ULTRASOUND, 38 th ESRA Annual Congress, Bilbao, 11September 2019
9/2019	Hands On Clinical Workshop 02: Chronic Pain Workshop 2- ULTRASOUND, 38 th ESRA Annual Congress, Bilbao, 11 September 2019
9/2019	Hands-on Pain Cadaver Workshop, 38 th ESRA Annual Congress, Bilbao, 14 September 2019
5/2019	30th King's Difficult Airway Management Workshop Difficult Airway Society- 6 hours

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

Publications

50 publications in PubMed (updated 30.06.2025)

1st author: 11

2nd: 12

last: 3

Google Scholar

Citations 977

H index 16

i10- index 23

Scopus

(41 Documents included)

Citations 516

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Awards and Scholarships

1. **2nd Prize for Oral Presentation**, awarded by the Organizing Committee at the 22nd Congress of Regional Anesthesia, Pain Therapy and Palliative Care, Volos, September 15–19, 2022. Perceptions and Management of Acute Pain Among Healthcare Professionals Working in Emergency Departments: The Greek Experience
P. Theodosopoulou, M. Moutafi, A. Tsaroucha, M. Rekatsina, M. Kalogridaki, K. Tsiamis, E. Pikoulis
2. **1st Prize for best abstract** at the 21st Pan-Hellenic Congress of Regional Anaesthesia, Pain Therapy & Palliative Care - Perioperative administration of lidocaine and dexmedetomidine for the prevention of acute postoperative

pain, M.Rekatsina, P.Theodosopoulou, C.Staikou, September 2020, Vravrona Greece

3. European Union- Support for young researchers 2019
4. **European Society of Anesthesiology Trainee Exchange Fellowship- 1st place**
5. **Onassis Foundation Fellowship, Scholarships for Hellenes for the MSc Algologia, 9/2017- 1/2019**
6. **First award** for the presentation with the title: **Pain and pain treating in Greece, evaluation from the Greek population,** 14th Pan-Hellenic Congress of Regional Anaesthesia, Pain Therapy & Palliative Care, Costa Navarino, Messinia, Greece, October 2012
7. **Erasmus Scholarship,** Scholarship in support of Erasmus Mobility Programme, Sep 2011, State Scholarship Foundation (IKY)

Research and Free Communications in Congresses

35 oral presentations/posters

6 invited lectures in National and International congresses

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

Participation in the organizational and scientific committee of 16 congresses

Professional Memberships

2/2020-Now	Member of INS and NSUKI
2/2017-Now	Member of ESA (European Society of Anesthesiology)
1/2017- Now	Member of ESRA Europe & ESRA Hellas , Member No. 44766
2007- Now	Member of PARHSYA , The Hellenic Society of Pain Treatment and Palliative Care

Medical Volunteer Experience

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

Seminars- Congresses

- **Seminars -18**
- **National congresses- 14**
- **International congresses -16**
- **Cadaver courses: (2 in regional anaesthesia, 1 in pain management , 3 in Spinal Cord Stimulation)**

Volunteering

10-22/1/2012 Volunteer at 1st 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