



Medical Team - IMTRA - Instituto Madrileño de Traumatología - Incoma Medical Center in Spain

Tel: (0034) 915545405 WhatsApp: (0034) 695921640 Email: info@enriquegalindo.info

Elena Miguel Poza - Curriculum Vitae

Traumatology and Orthopedic surgery instrumentation nurse, nursing coordinator & trainer.

PROFESSIONAL ACTIVITIES

As Nursing Coordinator:

- Institute of Orthopaedic Surgery (Madrid) 1995-now
- Accident & Emergency Department and Intensive Care Unit of Moncloa Clinic (Madrid)1994-1995

Nursing trainer, speaker & course organiser

- Various theoretical and practical courses, congresses & conferences in various cities in Spain & Europe 1990 - now (see addendums 1, 3 and 4 for details)

As Nurse:

- Operating Room Nurse - Traumatology and Orthopaedic Surgery, (Instituto Madrileño de

Traumatología-IMTRA) 1987 - now

- Accident & Emergency – Moncloa Clinic (Madrid) Dec 1993-1994
- Accident & Emergency - Móstoles Hospital (Madrid) 1988 - 1993
- Surgery ward - Móstoles Hospital (Madrid) 1986 - 1988
- Interna Medicine - Hospital Clinica Puerta de Hierro (Madrid) 1986
- Neurosurgery y Neurology ward - "La Paz" Hospital (Madrid) 1985

PROFESSIONAL PUBLICATIONS

Author & contributor – various professional publications in Spain 1985 – now (see addendum 2)

AFFILIATED ASSOCIATIONS

- President - Spanish Traumatology and Orthopaedic Nursing Association (*Asociación Española de Enfermería en Traumatología y Ortopedia* - A.E.E.T.O.) Dec 2011 - now
- Member of AO Trauma 2010 - now
- Spanish AO ORP Mentor from July 2008 - now
- AO Education ORP Alumni. 2007 - 2010
- Vice-president - Spanish Nursing of Trauma and Orthopaedics Association (*Asociación Española de Enfermería en Traumatología y Ortopedia* - A.E.E.T.O.) 2006 - Dec 2011
- Founding Member of *Asociación Madrileña de Enfermería en Cirugía Ortopédica y Traumatológica (AMECOT)*. 2000
- Member of Spanish Traumatology and Orthopaedic Nursing Association 1989 - now
- Member of Official Nursing Association of Madrid (No: 26.138) 1985 - now

EDUCATION

- 1986 – now Post graduate courses – numerous (see addendum 5 for details)
- 2012 “AOTrauma ORP Mentor Training” in Davos – Suiza
- 2011 “Expert Nursing Course in Prescription, Use and Authorization of medication and

Health care products in Nursing Care & ICT-Information & Communication Technology” 12 ECTS (300hours) *Escuela de Ciencias de la Salud (Universidad Complutense de Madrid)*

- 2006 AO Educators Seminar for Operating Room Personnel - Davos (Switzerland)
- 2004 “Nurse Care in Emergency” - *Difusión Avances de Enfermería (D.A.E. S.L.)*.
- 1997 Intensive English Course Château du Haut-Neubois of CERAN LINGUA. Spa (Belgium)
- 1996 "Course of Scientific Communication in Health Science “. *Universidad Autónoma de Madrid and Fundación Mapfre Medicina (Madrid)*
- 1995 12th Annual San Diego (California) Arthroscopic Surgery of the Shoulder Course
- 1994 "AO Teaching Course for Operating Room Personnel", organized by AO International in Davos (Switzerland)
- 1993 Specialization University of Nursing Traumatology and Orthopaedic Surgery . *Universidad de Baleares (Mallorca)*
- 1988 Tropical Medicine Course. *Escuela Universitaria Enfermería and Fisioterapeutas Universidad Complutense. (Madrid)*
- 1986 Specialization Work Place Nurse. *Escuela de Enfermería del Trabajo (Madrid)*
- 1986 Work Place Nurse. *Escuela Nacional de Medicina del Trabajo (Madrid)*
- 1985 Qualified University Nurse. Nursing School of *Universidad Autónoma de Madrid*

OTHER SKILLS:

It literacy: Word, Power Point, Excel, Final Cut, Pinnacle Studio, Adobe Photoshop, Publisher, etc.

Languages: Spanish (mother tongue), English (fluent both written and spoken)

Addendum 1

TEACHING EXPERIENCE

- “ How read a X-Ray?” and “About AO Trauma website” in the AOTrauma Course – Basic Principles of Fracture Management for ORP (Operating Room Personnel) , Hotel Melia Barajas (Pueblo de Barajas – Madrid) from 26th to 27th February 2014.
- “ Custom Hip Prothesis” and “Arthroscopy of the wrist, elbow, ankle and hip”, in IX Update

Course for Traumatology ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, *in Classroom training of SECOT* (Madrid). 27 - 29 November 2013, organized by AEETO (*Asociación Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Madrid. Sistema Nacional de Salud* (The Commission of Continuous Health Professional Training of Madrid (Spanish National Health Care System) with 4.3 credits CFC and Exp: 13/5734.

· “*Custom Hip Prosthesis*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in VIII Update Course for Traumatology ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, *Hospital Clinico San Carlos* (Madrid). 15 - 17 October 2013, organized by AEETO (*Asociación Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Madrid. Sistema Nacional de Salud* (The Commission of Continuous Health Professional Training of Madrid (Spanish National Health Care System) with 4.3 credits CFC and Exp: 13/5733.

· “*How read a X-Ray and preventive measures with X-Ray in OR*” and “*Osteosynthesis. Absolute Stability*” in the IX Basic Course for ORP in Traumatology and Orthopaedic Surgery, *Hospital Clinico San Carlos* (Madrid). 29-31 May 2013, organized by AEETO (*Asociación Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Madrid. Sistema Nacional de Salud* (The Commission of Continuous Health Professional Training of Madrid (Spanish National Health Care System) with 4.3 credits CFC and Exp: 13/1137.

· “*Minimal Incision Surgery in the Foot*”, “*Custom Hip Prosthesis*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in VII Update Course for Traumatology ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, *Hospital Clinico San Carlos* (Madrid). 22nd-26th October 2012, organized by AEETO (*Asociación Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Madrid. Sistema Nacional de Salud* (The Commission of Continuous Health Professional Training of Madrid (Spanish National Health Care System) with 4.3 credits CFC and Exp: 12-117.

· “*How read a X-Ray and preventive measures with X-Ray in OR*” and “*Osteosynthesis. Absolute Stability*” in the VIII Basic Course for ORP in Traumatology and Orthopaedic Surgery, *Hospital Clinico San Carlos* (Madrid). 21st- 25th May 2012, organized by AEETO (*Asociación Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Madrid. Sistema Nacional de Salud* (The Commission of Continuous Health Professional Training of Madrid (Spanish National Health Care System) with 4.3 credits CFC and Exp: 11/528.

- “*Asepsis in Operating Room*” and “*Position the patient in Traumatology Surgery*”, in the AO ORP (*Operating Room Personnel*) Workshop 14th – 15th March 2012 in Madrid.
- “*Minimal Incision Surgery in the Foot*”, “*Custom Hip Prosthesis*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in VI Update Course for Traumatology ORP (*Operating Room Personnel*) in Traumatology and Orthopaedic Surgery, CECO (Madrid). 24th – 28th October 2011, organized by AEETO (*Asociación Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Madrid. Sistema Nacional de Salud* (The Commission of Continuous Health Professional Training of Madrid (Spanish National Health Care System) with 4.3 credits CFC and Exp: 11/10504.
- “*Asepsis in Operating Room*” and “*Position the patient in Traumatology Surgery*”, in the AO ORP (*Operating Room Personnel*) Workshop, 21st – 22nd September 2011 in Madrid.
- “*How read a X-Ray and preventive measures with X-Ray in OR*” and “*Osteosynthesis. Absolute Stability*” in the VII Basic Course for ORP in Traumatology and Orthopaedic Surgery, *Hospital La Zarzuela* (Madrid) 23rd – 27th May 2011, organized by AEETO (*Asociación Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Madrid. Sistema Nacional de Salud* (The Commission of Continuous Health Professional Training of Madrid (Spanish National Health Care System) with 4.3 credits CFC and Exp: 11/528.
- “*Minimal Incision Surgery in the Foot*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in V Update Course for ORP (*Operating Room Personnel*) in Traumatology and Orthopaedic Surgery, *Hospital Moncloa* (Madrid). 25th – 29th October 2010, organized by AEETO (*Asociación Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Madrid. Sistema Nacional de Salud* (The Commission of Continuous Health Professional Training of Madrid (Spanish National Health Care System) with 4.3 credits CFC and Exp: 10/3860.
- “*Osteosynthesis. Absolute Stability*” in the VI Basic Course for ORP in Traumatology and Orthopaedic Surgery, *Hosp Moncloa* (Madrid). 24th – 28th May 2010, organized by AEETO (*Asociación Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Madrid. Sistema Nacional de Salud* (The Commission of Continuous Health Professional Training of Madrid (Spanish National Health Care System) with 4.3 credits CFC and nº de exp 09/13221.
- “*AO Principles of Operative Fracture Management. Osteosynthesis*”, “*LCP specific Instrumentation*”, “*Intramedullary Nailing, with and without reaming*”, “*Care and Maintenance of Equipment*” and “*Introduction of AO Website. Help Tools*”, in the 1st Surgical Nursing Workshop in Traumatology and Orthopaedics. 7th May 2010 in the *Hospital Nuestra Señora*

del Meritxell (Andorra).

- “*Preoperative and Postoperative Care of the patient*”, “*Care and Maintenance of Equipment*” and “*Movement in OR*”, in the AO Traumatology ORP (*Operating Room Personnel*) Course, 12nd-13rd April 2010 in San Juan (Alicante).
- Moderator in discussion group and table instructor in practicals of “AO Traumatology Course Principles in Operative Fracture Management for Operating Room Personnel” November 10-11th, 2009 in Zagreb (Croatia) organized by AO Foundation Education.
- “Minimal Incision Surgery in the Foot ” and “Arthroscopy of the wrist, elbow, ankle and hip”, in IV Update Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, *Hospital La Paz* (Madrid). 26th-30th October 2009, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Madrid. Sistema Nacional de Salud* (The Commission of Continuous Health Professional Training of Madrid (Spanish National Health Care System) with 4.3 credits CFC and Exp: 08/5882.
- “Osteosynthesis” and “*Intramedullary Nailing*” in the V Basic Course for ORP in Traumatology and Orthopaedic Surgery, *Hosp La Paz* (Madrid). 25th-29th May 2009, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Madrid. Sistema Nacional de Salud* (The Commission of Continuous Health Professional Training of Madrid (Spanish National Health Care System) with 4.3 credits CFC and nº de exp 08/5883.
- “Minimal Incision Surgery in the Foot ” and “Arthroscopy of the wrist, elbow, ankle and hip”, in III Update Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, *Hospital San Rafael* (Madrid). 20th-24th October 2008, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by the Ministry of Education, Culture and Sport and Ministry of Health Care with 2 credits CFC and nº de Exp: Aso 17/12/4/10/00/10/08/01.
- “*Intramedullary Nailing*” in the IV Basic Course for ORP in Traumatology and Orthopaedic Surgery, *Hospital San Rafael* (Madrid). 26th – 30th May 2008, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association). Accredited by the Ministry of Education, Culture and Sport and Ministry of Health Care with 2,7 credits CFC
- “*Preoperative preparation of the patient*”, “*Care and Maintenance of Equipment*” and “*Introduction of AO Website*”, in the AO Traumatology ORP Course, 9th – 11st April 2008 in San Juan (Alicante).

- “Minimal Incision Surgery in the Foot ” and “Arthroscopy of the wrist, elbow, ankle and hip”, in II Update Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, *Hospital Fraternidad-Muprespa* (Madrid). 22nd -26th October 2007, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association).
- “Fractures and Osteosynthesis” and “Shoulder Prosthesis” in the III Basic Course for ORP in Traumatology and Orthopaedic Surgery, in *Hospital Fraternidad-Muprespa* (Madrid) from 28th to 31st May 2007, organized by AEETO.
- “LCP Implants and Instrumentation” y “Liss Plate of femur and tibia”, in the Workshop AO of Nursing, 18th-19th April 2007 in San Juan (Alicante).
- “Minimal Incision Surgery in the Foot ” y “Arthroscopy of the wrist, elbow, ankle and hip”, in I Update Traumatology Course for Operating Room Personnel (ORP) in Traumatology and Orthopaedic Surgery, *Hospital Gregorio Marañón* (Madrid). 16th -20th October 2006, organized by AEETO (Spanish Nursing of Traumatology and Orthopaedics Association).
- “Fractures and Osteosynthesis”, “Screw and plates of Osteosynthesis” and “Shoulder Prosthesis” in the II Basic Course for ORP in Traumatology and Orthopaedic Surgery, in *Hospital Gregorio Marañón* (Madrid) from 29th May to 1st May 2006, organized by AEETO.
- “Minimal Incision Surgery in the Foot ” y “Arthroscopy of the wrist, elbow, ankle and hip”, in I Advanced Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, *Hospital Cruz Roja* (Madrid). 17th -20th October 2005, organized by AEETO (Spanish Traumatology and Orthopaedic Nursing Association).
- “Fractures and Osteosynthesis”, “Arthroscopic Surgery” and “Shoulder Prosthesis” in the I Course for ORP in Traumatology and Orthopaedic Surgery, in *Hospital Cruz Roja* (Madrid) from 23rd to 26th February 2004, organized by AEETO.
- “Humeral Nailing” in the XXII Traumatology Course for ORP about Principles of Fractures Management. *Cantoblando Hospital* (Madrid) 27th-28th June 2002.
- “Technical and knowlegde of the Humeral Fixion® Nailing”. In the XXI Principles of Fractures Management Course. 21st-22nd March 2002, in *Hospital San Juan de Dios* (San Sebastian).
- “Setup and Instrumentation in Arthroscopy”, 22nd March in the endoscópico Surgery Course for Nursing, *Hospital Virgen de Altagracia* (Manzanares -Ciudad Real).
- “Instrumentation of Tibial and Femoral Nail” and “Instrumentation and knowledge of the technical of HipLOC® Screw and Plate” in the XVII Traumatology Course for ORP about Principles of Fractures Management, 21st June 2000 (Lerida).
- "Instrumentation of the Kadar cannulated screw" in the X Course for Traumatology ORP

about Principles of Fractures Management organized by IQL in *Hospital Soria*, the 26th and 27th November 1997.

- " Glenohumeral Arthroscopy and Instability Glenohumeral" in the I Nursing Workshop about Arthroscopy in *Hospital Monte Naranjo*, 21st and 22nd November 1997 (Oviedo).
- "Intraumentation and Nursing Care of External Fixator Stronger" in the V Traumatology Course for Surgery Nurse, *Hospital Clinico San Cecilio* organized by IQL, 14th and 15th October 1996, (Granada).
- "Intraumentation and Nursing Care of External Fixator Stronger" in the V Traumatology Course for Surgery Nurse, *Hospital Morales Meseguer* , 7th and 8th May 1996 (Murcia).
- " Implants and Instrumentation of DHS *Dinamic Hip Screw* y DCS *Dinamic Condilar Screw*", 68th Theoric-Practical Course for ORP of Traumatology and Orthopaedics, organized by *Synthes Hispania*, 11st- 13rd May 1994 (Madrid).
- " Implants and Instrumentation of DHS *Dinamic Hip Screw* y DCS *Dinamic Condilar Screw*", 67th Theoric-Practical Course for ORP of Traumatology and Orthopaedics, organized by *Synthes Hispania*, 25th- 26th January 1994 (Madrid).
- "Instrumentation of ankle arthroscopy" in the Advanced Arthroscopic Course for Nursing, in *Hospital Psiquiátrico Cantoblanco*, 3rd december 1993 (Madrid)
- "Unreammed tibial nail. UTN" and "Intramedullary Nailing with locking, under view of nursing" in Traumatology OPR Course, organized by Synthex Hispania, 15th December 1992 (Madrid).
- "Universal AO Nailing" and " Unreammed tibial nail. UTN ", in the 58th Traumatology ORP Course , organized by Synthex Hispania, 25th November 1992 (Zumárraga -Guipuzcua).
- "Technical and knowledge of DHS", in the III Traumatology ORP Course, organized by Synthes Hispania, 24th June 1992 (Madrid)
- "Implante of osteosynthesis for small and mini fragments" and "DHS y DCS. Instrumentation", in the 50th Traumatology OPR Course, organized by Synthex Hispania and MUTUA GENERAL, 16th- 17th December 1991 (Madrid).
- " Intramedullary Nailing with locking, under view of nursing ", in the II Traumatology Nursing Workshop, in *Hospital Asepeyo*, 8th November 1991 (Madrid).
- "Angled Blade Plates, and instruments", in the II National Nursing Course of Orthopaedic Surgery, in *Clínica Pakea*, 18th October 1991.(San Sebastian).
- "Instrumentation for Intramedullary Nailing with locking" , in the XI Traumatology OPR

Workshop , organized by AO/Synthex Hispania, 17th June 1991 (Madrid).

- "Technical and instruments of Universal AO Nail and locking" , in the 48th Traumatology ORP Course, organized by AO/Synthex Hispania, 16th April 1991 (Madrid).
- "Intramedullary AO Nail" , in the II Course of Supervisors of Traumatology and Orthopaedy, 28th November 1990 (Madrid).
- "Feber convulsion", in the I Emergency Nursing Workshop. Mostoles Hospital. 20th November 1990, (Madrid).
- "Nursing Care with a patient with knee Injury"" in the I Nursing Workshop, *Hospital Asepeyo*, 26th October 1990, (Madrid).
- "Cerclage. Instruments and Implants" and "Special Instruments for extraction of broken screw", in the 44th Traumatology OPR Course, organized by AO/Synthex, 2nd October 1990 (Madrid).
- "Angled Blade Plates. Instruments and surgical technical" in the IX Traumatology ORP Workshop, organized by AO International, 28th June 1990 (Madrid).
- "Angled Blade Plate. Instruments and surgical technical" in the Traumatology Course of Instrumentation, San Millan Hospital de San Millán, organized by AO/ASIF, Enero 1990 (Logroño).

Addendum 2

SELECTION OF PUBLICATIONS

1) BOOKS AND CHAPTERS

§ The Chapters "*Custom Hip Prothesis*" and "*Arthroscopy of the wrist, elbow, ankle and hip*", in the book of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 9th Edition, ISBN-10: 84-695-8791-9; ISBN-13:978-84-695-8791-1, edited by AEETO. Publication date: 27 November 2013.

§ The Chapters "*Custom Hip Prothesis*" and "*Arthroscopy of the wrist, elbow, ankle and hip*", in the book of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 8th Edition, con ISBN-10: 84-695-8777-3; ISBN-13:978-84-695-8777-5, edited by AEETO. Publication date: 15 October 2013.

§ The Chapters "*How read a X-Ray and preventive measures with X-Ray in OR*" and "*Osteosynthesis. Absolute Stability*" in the book of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. 9th Edition, con ISBN-10: 84-695-7057-9; ISBN-13: 978-84-695-7057-9, edited by AEETO (Spanish Traumatology and Orthopaedic Nursing

Association) . May 2013

§ The Chapters “*Custom Hip Prosthesis*”, “*Minimal Incision Surgery in the Foot*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in the book of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 7th Edition, ISBN-10:84-695-5570-7; ISBN-13:978-84-695-5570-5 , edited by AEETO. Publication date: 22nd October 2012.

§ The Chapters “*How read a X-Ray and preventive measures with X-Ray in OR*” and “*Osteosynthesis. Absolute Stability*” in the book of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. 8th Edition, con ISBN-10: 84-695-2313-9 y ISBN-13: 978-84-695-2313-1, edited by AEETO (Spanish Traumatology and Orthopaedic Nursing Association) . May 2012

§ The Chapters “*Custom Hip Prosthesis*”, “*Minimal Incision Surgery in the Foot*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in the book of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 6th Edition, ISBN: 978-84-694-7188-3, edited by AEETO, August 2011.

§ The Chapters “*How read a X-Ray and preventive measures with X-Ray in OR*” and “*Osteosynthesis. Absolute Stability*” in the book of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. 7th Edition, con ISBN-13: 978-84-694-3390-4, edited by AEETO. May 2011

§ CARE OF THE ORTHOPAEDIC TRAUMATOLOGY PATIENTS. B. Fernández-Lasquetty Blanc. Ed. DAE. 2011. Being author of the chapter: “*Nerve compression injuries*”

§ The Chapters “*Minimal Incision Surgery in the Foot*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in the book of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 5th Edition, ISBN: 978-84-693-7274-6, edited by AEETO, October 2010.

§ The Chapter “*Osteosynthesis. Absolute Stability*” in the book of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. 6th Edition, con ISBN-13: 978-84-693-2609-1, edited by AEETO. May 2010

§ The Chapters “*Minimal Incision Surgery in the Foot*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in the book of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 4th Edition, ISBN-13: 978-84-692-6488-1, edited by AEETO, October 2009.

§ The Chapters “*Osteosynthesis. Absolute Stability*” and “*Intramedullary Nailing*” in the book of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. 5th Edition, con ISBN-13: 978-84-692-1346-9, edited by AEETO. May 2009

§ The Chapters “*Minimal Incision Surgery in the Foot*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in the book of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 3rd Edition, ISBN-13: 978-84-691-6456-3, edited by AEETO, 25th September

2008.

§ The Chapter "*Intramedullary Nailing*" in the book of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. 4th Edition, ISBN-13: 978-84-691-3656-0, edited by AEETO. May 2008.

§ The Chapters "*Minimal Incision Surgery in the Foot*" and "*Arthroscopy of the wrist, elbow, ankle and hip*", in the book of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 2nd Edition, ISBN-13:978-84-690-8492-2, edited by AEETO, October 2007.

§ "*Fractures and Osteosynthesis*" and "*Shoulder Prosthesis*" in the book of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. ISBN-13: 978-84-690-6169-5 , edited by AEETO May 2007.

§ NURSING IN ORTHOPAEDIC SURGERY AND TRAUMATOLOGY. C. Martínez Abril. Ed Médica Panamericana. October 2003. Being author of:

o Chapter 13 *Intramedullary Nailing*,

o Chapter 19 *Shoulder Prothesis*

o Chapter 24 *Arthroscopic Surgery*.

o Co-author in the chapter 9 *Osteosynthesis and chapter 10 Cannulados Screw*.

2) ARTICLES AND PAPERS

§ "*Shoulder Arthroscopy*". Infotrauma Magazine. ISSN 1698-5443 . 2006 nº7 (pag 4-7) Edited by AEETO..

§ "*What is it Mosaicoplasty?*" Infotrauma Magazine. ISSN 1698-Edited by AEETO,2004 nº1. (pag. 10-15).

§ "Nurse and hospitalary infection " "ESCUELA DE ENFERMERIA" Magazine (nº 2 March-April 1986).

3) CD PUBLICATIONS

§ The Chapters "*Custom Hip Prothesis*", "*Minimal Incision Surgery in the Foot*" and "*Arthroscopy of the wrist, elbow, ankle and hip*", in the CD of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 7th Edition, ISBN-10:84-616-0090-8; ISBN-13:978-84-616-0090-8, edited by AEETO. Publication date: 22nd October 2012.

§ The Chapters "*How read a X-Ray and preventive measures with X-Ray in OR*" and "*Osteosynthesis. Absolute Stability*" in the CD of the Basic Course of Instrumentation in

Orthopaedics Surgery and Traumatology. 8th Edition, con ISBN-10: 84-695-2728-2 y ISBN-13: 978-84-695-2728-3, edited by AEETO. May 2012

§ The Chapters “*Custom Hip Prothesis*”, “*Minimal Incision Surgery in the Foot*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in the CD of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 6th Edition, ISBN: 978-84-694-7187-6 edited by AEETO, August 2011.

§ The Chapters “*How read a X-Ray and preventive measures with X-Ray in OR*” and “*Osteosynthesis. Absolute Stability*” in the CD of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. 7th Edition, con ISBN-13: 978-84-694-3391-1, edited by AEETO. May 2011

§ The Chapters “*Minimal Incision Surgery in the Foot*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in the CD of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 5th Edition, ISBN: 978-84-693-6841-1, edited by AEETO, October 2010.

§ The Chapter “*Osteosynthesis. Absolute Stability*” in the CD of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. 6th Edition, con ISBN-13: 978-84-693-2444-8, edited by AEETO. May 2010

§ The Chapters “*Minimal Incision Surgery in the Foot*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in the CD of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 4th Edition, ISBN-13: 978-84-692-6490-4, edited by AEETO, October 2009.

§ The Chapters “*Osteosynthesis. Absolute Stability*” and “*Intramedulary Nailing*” in the CD of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. 5th Edition, con ISBN-13: 978-84-692-1345-2, edited by AEETO. May 2009

§ The Chapters “*Minimal Incision Surgery in the Foot*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in the CD of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 3rd Edition, ISBN-13: 978-84-691-6457-0, edited by AEETO, 25th September 2008.

§ The Chapter “*Intramedulary Nailing*” in the CD of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. 4th Edition, ISBN-13:978-84-691-3657-7, edited by AEETO. May 2008.

§ The Chapters “*Minimal Incision Surgery in the Foot*” and “*Arthroscopy of the wrist, elbow, ankle and hip*”, in the CD of Update Course in Instrumentation in Orthopaedics Surgery and Traumatology. 2nd Edition, ISBN-13:978-84-690-8492-2, edited by AEETO, October 2007.

§ “*Fractures and Osteosynthesis*” and “*Shoulder Prosthesis*” in the CD of the Basic Course of Instrumentation in Orthopaedics Surgery and Traumatology. ISBN-13: 978-84-690-6166-4 , edited by AEETO May 2007.

Addendum 3

TALKS AND PRESENTATIONS AT CONGRESSES

- “Professional competences of Nursing in Orthopaedic and Traumatology. Adaptation of resources” Nursing Session during 11th EFFORT Congress and 47 SECOT Congress, 2nd – 5th June 2010 (Madrid)
- “*Arthroscopic Treatment of Shoulder Bankart Injury*” in the XVI Nursing Course during the XXVI Spanish Arthroscopy Association, 7th -9th May 2008 (Gerona)
- “Nursing care in the Wrist Arthroscopy”, XIV Nursing Course celebrated in the XXIV Congress of the Spanish Arthroscopy Association, 10th-12nd May 2006 (León)
- “Position of the patient in the Arthroscopy. Injury prevention” XII Nursing Course celebrated in the XXII Congress of the Spanish Arthroscopy Association, 19th- 21st May 2004 (Marbella – Malaga)
- “Education Post-graduate Plan”, XIX *Jornadas Nacionales de Enfermería en Traumatología y Cirugía Ortopédica*, 14th- 16th May 2003 (Sevilla)
- “Last techniques in the intramedullary nailing: from Kuntscher to Fixion”, XVIII *Jornadas Nacionales de Enfermería en Traumatología y Cirugía Ortopédica*, 29th- 31st May 2002, (Manzanares -Ciudad Real).
- “Instrumentation in Mosaicoplasty” VII Nursing Course, celebrated in the XX Congress of the Spanish Arthroscopy Association, 9th-11st May 2002 (Salamanca)
- “Nurse in the Shoulder Arthroscopy”, Open Conference in the VII Nursing Course celebrated in the XVII Congress of the Spanish Arthroscopy Association, 6th- 8th May (Las Palmas de Gran Canaria)
- "Arthroscopy in the glenohumeral joint and subacromial space" y "Evolution of the Arthroscopic Surgery" Lectures of the VI Nursing Course celebrated in the XVI Congress of the Spanish Arthroscopy Association , 7th- 9th May 1998 (Madrid)
- "Variety in the shoulder arthroscopic instrumentation" V Nursing Course celebrated in the XV Congress of the Spanish Arthroscopy Association. 16th- 18th October 1997 (Valencia)
- "Nursing behaviour in technical problems during Arthroscopy" and "*Orden y concierto en la artroscopia de hombro*". XIII *Jornadas Nacionales de Enfermería en Traumatología y Cirugía Ortopédica*. 28th-31st May 1997 (San Sebastian)
- "Shoulder Arthroscopy. Instrumentation", IV Nursing Course, celebrated in the XIV Congress

of the Spanish Arthroscopy Association. 16th-18th May, 1996 (Cadiz)

- "Attitude of Nurse in the arthroscopic complications" and "Instrumentation in the Ankle Arthroscopy". III Nursing Course, celebrated in the XIII Congress of the Spanish Arthroscopy Association. 21st-23rd September 1995 (La Coruña)
- "Setup in the Arthroscopy" and "Instrumentation in the ankle and wrist arthroscopy". II Nursing Course, celebrated in the XII Congress of the Spanish Arthroscopy Association, 13th-14th October 1994 (Palma de Mallorca)
- "Basic principles of Arthroscopy". I Nursing Course, celebrated in the XI Congress of the Spanish Arthroscopy Association 30th Sept- 1st Oct 1993 (Marbella - Malaga)

Addendum 4

EVENT AND CONGRESS ORGANISER

- AOTrauma Course – Basic Principles of Fracture Management for ORP (Operating Room Personnel) , Hotel Melia Barajas (Pueblo de Barajas – Madrid) from 26th to 27th February 2014. Chairperson.
- IX Update Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, classroom training of *SECOT* (Madrid). 27-29 October 2013, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association).
- VIII Update Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, *Hospital Clinico San Carlos* (Madrid). 15 – 17 October 2013, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association).
- IX Basic Course for ORP in Traumatology and Orthopaedic Surgery, *Hospital Clinico San Carlos* (Madrid). 29- 31 May 2013, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association)
- XII National Congress of Spanish Nursing of Traumatology and Orthopaedics Association, 24-26 April of 2013, Organizing Comitee (Toledo)
- VII Update Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, *Hospital Clinico San Carlos* (Madrid). 22nd-26th October 2012, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association).
- "VIII Basic Course for ORP in Traumatology and Orthopaedic Surgery, *Hospital Clinico San Carlos* (Madrid). 21st- 25th May 2012, organized by AEETO (*Asociacion Española de Enfermería*

en Traumatología y Ortopedia - Spanish Traumatology and Orthopaedic Nursing Association)

- XI National Congress of Spanish Nursing of Traumatology and Orthopaedics Association, 9th – 11th of 2012, Organizing Comitee (Salamanca)
- AO ORP (*Operatoing Room Personnel*) Workshop 14th – 15th March 2012 (Madrid)
- VI Update Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, CECO (Madrid). 24th – 28th October 2011, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia - Spanish Traumatology and Orthopaedic Nursing Association*).
- VII Basic Course for ORP in Traumatology and Orthopaedic Surgery, Hospital La Zarzuela (Madrid). 23rd – 27th May 2011, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia Spanish Traumatology and Orthopaedic Nursing Association*).
- X National Congress of Spanish Traumatology and Orthopaedic Nursing Association. 4th – 6th May 2011, Organizing Comitee (Tenerife)
- V Update Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, *Hospital Moncloa* (Madrid). 25th – 29th October 2010, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia - Spanish Traumatology and Orthopaedic Nursing Association*)
- VI Basic Course for ORP in Traumatology and Orthopaedic Surgery, Hosp Moncloa (Madrid). 24th – 28th May 2010, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia - Spanish Traumatology and Orthopaedic Nursing Association*)
- Surgical Nursing Workshop in Traumatology and Orthopaedics. 7th May 2010 in the Hospital Nuestra Señora del Meritxell (Andorra)
- IX National Congress of Spanish Traumatology and Orthopaedic Nursing Association -AEETO. 28th – 30th April 2010, Organizing Comitee (San Sebastian)
- AO ORP (*Operatoing Room Personnel*) Course, 12nd-13rd April 2010 in San Juan (Alicante)
- IV Update Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, *Hospital La Paz* (Madrid). 26th-30th October 2009, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia - Spanish Traumatology and Orthopaedic Nursing Association*).
- V Basic Course for ORP in Traumatology and Orthopaedic Surgery, Hosp La Paz (Madrid). 25th-29th May 2009, organized by AEETO (*Asociacion Española de Enfermería en Traumatología y Ortopedia - Spanish Traumatology and Orthopaedic Nursing Association*).

- VIII National Congress of Spanish Nursing of Traumatology and Orthopaedics Association AEETO. 22nd – 24th April 2009, La Coruña. Organizing Comitee.
- III Update Course for ORP (Operatins Room Personnel) in Traumatology and Orthopaedic Surgery, Hospital San Rafael (Madrid). 20th-24th October 2008, organized by AEETO (*Asociacion Española de Enfermeria en Traumatologia y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association).
- IV Basic Course for ORP in Traumatology and Orthopaedic Surgery, Hosp San Rafael (Madrid). 26th – 30th May 2008, organized by AEETO (*Asociacion Española de Enfermeria en Traumatologia y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association).
- National AO Course for ORP in Alicante, 9th-11st April, 2008.
- II International Congress y VII National Congress of Spanish Traumatology and Orthopaedic Nursing Association - AEETO. 23rd – 25th April 2008, La Coruña . Organizing Comitee and Scientific Comitee.
- II Update Course for ORP (Operating Room Personnel) in Trauma and Orthopaedic Surgery, Fraternidad-Muprespa Hospital (Madrid). 22nd -26th October 2007, organized by AEETO (*Asociacion Española de Enfermeria en Traumatologia y Ortopedia* - Spanish Traumatology and Orthopaedic Nursing Association).
- III Basic Course for ORP in Traumatology and Orthopaedic Surgery, in Fraternidad-Muprespa Hospital (Madrid) from 28th to 31st May 2007, organized by AEETO
- Workshop AO of Nursing, 18th-19th April 2007 in San Juan (Alicante).
- I Update Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, Gregorio Marañon Hospital (Madrid). 16th -20th October 2006, organized by AEETO.
- Workshop AO of Nursing, 30th-31st October 2007. Universidad Complutense Madrid.
- II Basic Course for ORP in Traumatology and Orthopaedic Surgery, in Gregorio Marñón Hospital (Madrid) from 29th May to 1st May 2006, organized by AEETO.
- I Advanced Course for ORP (Operating Room Personnel) in Traumatology and Orthopaedic Surgery, Cruz Roja Hospital (Madrid). 17th -20th October 2005, organized by AEETO (Spanish Traumatology and Orthopaedic Nursing Association).
- I Course for ORP in Traumatology and Orthopaedic Surgery, in Cruz Roja Hospital (Madrid) from 23rd to 26th February 2004, organized by AEETO.
- Workshop of Introduce to Asociación Madrileña de Cirugía Ortopédica y Traumatológica (AMECOT), 20th October 2.000, Ramón y Cajal Hospital (Madrid).

- VI Nursing Course, celebrated in the XVI Congress of the Spanish Arthroscopy Association, 7th- 9th May 1998. Madrid.
- II Nursing Course, celebrated in the XII Congress of the Spanish Arthroscopy Association, 13th-14th October 1994, en Palma de Mallorca.
- 50th Traumatology OPR theoretical-practical Course, organized by Synthex Hispania and MUTUA GENERAL, 16th- 17th December 1991 (Madrid).

Addendum 5

POST-GRADUATE COURSES

- “AOTrauma ORP Mentor Training”: Online preparation (Nov5-Dec9,2012),
Live event (December 9-13, 2012) in Davos – Suiza and Online follow-up.
- “Basic course in prevention of occupational risks in the health sector” in October 2012 (50 hours distance). Tripartita Foundation.
- *8th Army Nursing Congress*. 17th-19th October 2012. Toledo. Accredited by *Comisión de Formación Continuada de los Profesionales Sanitarios de la Comunidad de Castilla-La Mancha* (The Commission of continuous Health professional Training of *Castilla-La Mancha*) with 3.4 credits CFC.
- “Expert Nursing Course in Prescription, Use and Authorization of medication and Health care products in Nursing Care and ICT (Information and Communication Technology,” accredited with 12 ECTS (300hours) 15th April -15th July 2011, organized by *Escuela de Ciencias de la Salud (Universidad Complutense de Madrid)*
- 1st National Surgical Nursing Congress organized by DePuy. Madrid. 20 June 2008.
- V Workshop about Introduction to Database of Web of Knowledge, organized by FECYT in the *Instituto Nacional de Investigación y Tecnología Agraria y Alimentación (INIA)* (Spanish National Institute of Agricultural & Food Investigation & Technology). 17 June 2008.
- AO Educators Seminar for Operating Room Personnel - Davos (Switzerland). 2006
- Course about Nurse Care in Emergency. *Difusión Avances de Enfermería (DAE S.L.)* Accredited with 2,8 CFC. 1st November 2003 until 31st May 2004.
- I Course about Anatomy an Arthroscopic Surgery for Nurses. *Departamento de Anatomía y Embriología Humana in Facultad de Medicina (Universidad de Barcelona)* 6th-8th November 2003. Organized by *Asociación Española de Artroscopia*.

- Intensive English Course in Château du Haut Neubois organized by Certan Lingua in Spa (Belgica) 15th-27th June 1997.
- Scientific Communication in Health Care Course organized by Universidad Autónoma de Madrid and Fundacion Mapfre Medicina. School of Medicine (UAM). 28th-31st October and 4th-6th November 1996.
- Workshop about “Women’s Professional Image and Self-projection” organized by CarrerTrack. Madrid. 9th May 1996.
- 12th Annual San Diego Arthroscopic Surgery of the Shoulder Course. 14-17 June 1995. San Diego, California (USA).
- AO Teaching Course for Operating Room Personnel, organized by AO International in Davos Switzerland. December 1994.
- 67th Traumatology ORP Course organized by Synthes Hispania. Madrid. 25th-26th January 1994.
- Advanced Nursing Course about Arthroscopy. Hosp Psiquiátrico Cantoblanco (Madrid) 3rd December 1993.
- Specialization University of Nursing Traumatology and Orthopaedic Surgery (200 hours) . Universidad Baleares . January – December 1993
- 58th Traumatology ORP Course organized by Synthes Hispania. Zumárraga (Guipuzcua) 24th-25th November 1992.
- 9th Traumatology ORP Course organized by AO/ Synthes Hispania (Madrid 15th-16th December 1992.
- Workshop about Sterilization and Asepsis. 3M España (Madrid) 4th December 1992.
- III Nursing Workshop of Orthopaedic Operating Room, organized by Synthes Hispania (Madrid) 23rd-24th June 1992.
- Nursing Emergency Course, organized by *Escuela de Especialización Profesional de Ciencias de la Salud (Universidad Complutense de Madrid)* en Hospital Mostoles 20th-29th January 1992.
- 50th Traumatology ORP Course organized by AO/Synthes and Mutua General (Madrid) 16th-17th December 1991.
- II National Traumatology ORP Course organized by AO/Synthes, Clinica Pakea (San

Sebastian) 17th-18th October 1991.

- XI Traumatology ORP Workshop organized by AO/Synthes (Madrid) 17th June 1991.
- 48th Traumatology ORP Course organized by AO/Synthes (Madrid) 15th-16th April 1991.
- Course about "Functional Bandages". BDF Medipharm. Hospital Móstoles (Madrid) 4th March 1991.
- II Course of Supervisors of Traumatology and Orthopaedic, organized by AO/Synthes (Madrid) 27th-28th November 1990.
- 44th Traumatology ORP Course organized by AO/Synthes (Madrid) 2nd-3rd October 1990.
- IX ORP Workshop about Instrumentation in Traumatology organized by AO International. 28th June 1990 (Madrid)
- Course of Instrumentation in Traumatology. San Millan Hospital de San Millan (Logroño) organized by AO/ASIF. Enero 1990
- Course of Instrumentation in Traumatology. Hospital Virgen de la Salud (Toledo) organized by AO/ASIF. December 1989.
- 38th AO/ASIF ORP Course. Hospital Niño Jesus (Madrid) November 1989.
- I Course about Care and prevention of Sport failures for Nursing and Physic therapist. Hospital La Paz (Madrid). April – June 1989.
- Course about Treatment of the Big Burn. Hospital de Móstoles (Madrid) April 1988.
- II Drugs Course. Official Nursing Association of Madrid. December 1987.
- Update Nursing Care Course of Mental Patient. Official Nursing Association of Madrid. December 1987.
- XVI Intensive Course: Urological Postoperative Complications. *Asociacion Española en Urología* (Madrid). May 1987.
- X Nursing Intensive Care Course: "Heart Emergencies" Hospital Clinico San Carlos. June 1986
- I Nursing Burn Course. Burn and Aesthetic Surgery Unit of Hospital Cruz Roja (Madrid) April 1986.

- IX Nursing Intensive Care Course: "Heart Failure". Hospital de la Cruz Roja (Madrid). February 1986

Perioperative Nursing

Nurses provide care and support to patients before, during and after surgery during the perioperative process. The surgical team is formed by a group of healthcare professionals with common goals that coordinate their efforts to achieve them:

- Surgeons (primary and second surgeon)
- Anaesthesiologist
- Holding room nurse
- Scrub nurse
- Circulating nurse
- Nursing assistant
- Recovery nurse
- Support staff

We can do a summary of the different functions of the Nursing in this field:

- Holding room nurse. The nurse who receives patients in the surgical area and prepares them for surgery in the preoperative area. In some hospitals the circulating nurse and the scrub nurse take this role once prepared the operating room (OR).
- Nurse anaesthetist. A nurse who assists the anaesthesiologist monitoring the patient during surgery, administering medication, etc. The circulating nurse assumes this role in most hospitals.
- Circulating nurse. The nurse who is responsible for non-sterile tasks in the operating room. Firstly, she has to prepare with the scrub nurse all devices, instrumentation, medications, etc. in the OR, to receive the patient, to help anaesthetist and during the surgery to care for the patient and to assist the scrub nurse.
- Scrub nurse. A nurse who "scrubs in" to assist surgeons with sterile procedures at the operating table. She has to check that all the instrumentation is sterile, that there are all things that are required for this specific surgical operation and also other instruments that will probably be useful (anticipating the needs of the operation). She is responsible for maintaining a sterile environment. She helps the surgeons draping the patient, handing and arranging the instrumentation during the surgery, collecting it in the end and separating and removing the sharps properly. Once the instrumentation is clean, sometime the nurse has to review all instruments and preparing them for sterilization.
- Recovery nurse. The nurse who cares for patients in the post-anaesthesia care unit after surgery.

- They are responsible for making sure the OR team provides the patient with the best care possible.

Here I have wanted to do a summary of the roles of perioperative nursing that are unknown to the public and relate from personal experience the concepts of nursing care that we put into practice on a daily basis with our patients from the IMTRA INCOMA Clinic in Madrid Spain when they are in the operating room.

Care in patient care

In Medicine, the patient is someone that suffers pain or discomfort. From the sociological point of view, the patient is a person receiving services from a healthcare professional to do a test, treatment or a surgical intervention.

Patients are in a vulnerable position, depending on doctors, nurses, therapists, etc. They have to go through bad experiences with injections, ailment, pain, medical techniques they do not understand, loss of privacy, loss of control of the environment, etc.

It is very important that the patient feels secure in all treatment process and the persons around him (doctors, nurses, family, etc.) give him this security.

Nurses know very well the importance of a proper relationship with the patient. In English, there is a term that defines this concept: "Bedside manner". We don't have this phrase in Spanish, but all healthcare professionals know the importance of the meaning.

In the relationship of patient-nurse/doctor, it is very important:

- Communication (verbal and non-verbal)
- Forms and expressions of communication
- Help relationship

Patients need to feel that they are in the best hands (professional and personal). During a treatment or test the patient needs:

- To feel that he is important for the nurse/doctor
- To understand technique (it is necessary that you explain it to him)
- To understand that this is a phase to be better (improvement or healing)
- To feel comfortable and confident

It is necessary that the nurse/doctor knows how to handle:

- Kindness
- Empathy
- Accompanying
- Sympathy

- To make the patient participant in the technique
- To transmit relaxation

With all these ideas, I have wanted to do a summary of the principles of nursing care in general and relate from personal experience the concepts of nursing care that we put into practice on a daily basis with our patients in the IMTRA Incoma clinic in Madrid Spain.

Links for Elena Miguel Poza

Blog

<http://elenamiguelnursing.blogspot.com.es/>

Google Site in English

<https://sites.google.com/site/elenamiguelnursingcoordinator/>

Google Site en Castellano

<https://sites.google.com/site/elenamiguelpoza/>

Twitter

<https://twitter.com/ElenaMiguelPoza>

LinkedIn

<https://www.linkedin.com/pub/elena-miguel/17/3aa/164>

Facebook Page

<https://www.facebook.com/pages/Elena-Miguel-Poza-Nurse-Nursing-Coordinator-Trainer/1401146360141220?ref=hl>

Youtube Video Channel

<https://www.youtube.com/user/melenamiguel/videos>

Vimeo Video Channel

<https://vimeo.com/user33282604>

Soundcloud Podcasts

<https://soundcloud.com/elena-miguel-poza>

Audioboo Podcasts

<https://audioboom.com/ElenaMiguelPoza>

Tel: (0034) 915545405 WhatsApp: 695921640 Email: elena@imtra.es

Medical Team - IMTRA - Instituto Madrileño de Traumatología - Incoma Medical Center in Madrid











Services provided by the IMTRA Incoma Clinic

Services of the IMTRA Incoma clinic include:

Traumatology and Orthopedics

The Madrid Institute of Traumatology (Instituto Madrileño de Traumatología - IMTRA - Incoma) has a team of specialists led by Dr. Enrique Galindo Andújar, providing the highest level of medical services to patients in the field of orthopedic surgery and traumatology.

Arthroscopy

Arthroscopy is a minimally invasive surgical procedure. It allows us to inspect, diagnose and treat any damage to a joint. The advantages over traditional open surgery are that the joint does not have to be fully opened up.

Fully Open High Field Magnetic Resonance Imaging MRI scanning

Treatments with resonance results in just 48 hours. IMTRA Incoma in its clinic in Madrid, Spain offers fully open high field MRI (Magnetic resonance imaging) which offers unparalleled picture quality and greater patient comfort. With a field of 1.0 Tesla, superior even to some closed resonances, IMTRA Incoma is able to obtain very high quality images, almost without noise, in only about 20 minutes, whilst the patient is sitting comfortably. This fully open MRI scanner combines the latest cutting edge technology in image quality (the images obtained have a definition like a conventional closed MRI: 1 Tesla) together with maximum comfort for

the patient because he or she can just sit comfortably in a chair outside the machine, and so only entering the limb to be analyzed within the receiving antenna. IMTRA Incoma obtains very accurate images of the arm, including the elbow, wrist and hand, or of the leg, including the knee, ankle and foot getting the image quality and consistency you would get with a more powerful magnet, thanks to the patient moving less and as the antenna better fits around the joint.

HBOT Hyperbaric Oxygen Therapy

Hyperbaric medicine, also known as Hyperbaric Oxygen Therapy (HBOT), is the medical use of oxygen at a level higher than atmospheric pressure, in a hyperbaric chamber. The hyperbaric chamber that we have in our medical center, is one of the most modern monoplace chamber. It is at the disposal of athletes and patients. The medical and sports uses of the hyperbaric chamber are:

- Decompression sickness (divers, aviator, etc.)
- Treatment of sports and athletic injuries and sports performance enhancement:
 - o Prevention and treatment of injuries caused during sports and exercise;
 - o Physical preparation of the athlete, sportsman, sportswoman for high level performance;
 - o Increase exercise tolerance;
 - o Treatment of and speeded up recuperation from overtraining (when the intensity of the exercise has exceeded the recovery capacity of the athlete);
- Treatment of cases of delayed healing of wounds, fractures and other injuries;
- Carbon monoxide or cyanide poisoning;
- Sudden hearing loss, central retinal artery occlusion, ischemic encephalopathy, etc.;
- Gas gangrene.

The benefits of the hyperbaric oxygen therapy are:

- Hyper oxygenation (restoring oxygen to depleted cells and tissues);
- Help to clean toxic gases;
- Assisting in the growth of new blood vessels;
- Formation of collagen and new tissue growth;
- Enhanced white blood cell's increased ability to destroy bacteria and fungi;
- Reduce swelling, inflammation, bruising, infection, scarring and recovery time from surgery and injury.

Human Growth Factors Treatments - Plasma Rich in Growth Factors (PRGF) (PRP)

Treatment with growth factors specialist clinic in Madrid Spain for treatments for Chronic tendonitis, sports injuries, cartilage injuries, fibromyalgia, myofascial syndrome, fractures and degenerative joint lesions. Dr Enrique Galindo Andujar and the IMTRA Incoma clinic in Madrid Spain carries out treatments with growth factors in the following cases:

- Chronic tendinitis Being able to reverse in some cases local inflammatory processes and thus also reduce pain. It gives very good results in Achilles tendonitis, plantar fasciitis and epicondylitis (otherwise known as tennis elbow).
- Sports injuries Such as muscle or tendon injuries and ligament injuries of any joint, reducing downtimes of professional and amateur athletes, sportsmen and sportswomen.
- Cartilage injuries - Pain trigger points In conditions such as fibromyalgia or myofascial syndrome, where there is widespread muscle pain.
- Fractures Contributing positively to the consolidation of the fractured bone.
- Degenerative joint injuries Contributing positively in the case of degenerative joint injuries.

Physiotherapy and Rehabilitation

The IMTRA Incoma physiotherapy and rehabilitation center in Madrid has vast experience in

this sector, achieved after 20 years of experience. The clinic works with private patients, patients from the leading medical and mutual insurance companies in Spain and patients referred from the Spanish Social Security. All our physiotherapists are fully qualified and certified professionals and have extensive individual and group session timetable availability slots that can be adapted to best suit your professional and personal schedule.

Physio-Pilates / Pilates

For private patients we offer exclusive personalized treatment programs and now also Pilates and PhysioPilates sessions including after-work Pilates classes on weekday evenings.

Clinical Psychology

Clinical psychology, adult, child, anxiety, couple, addictive behaviors, phobias, stress, depression, low self-esteem, eating disorders, obsessions, problems of adjustment to bereavement, personality disorders, fears, jealousy, shyness, phobias, anxiety, depression, behaviour problems, social skills. Wellness and conflict resolution - Clinical psychology IMTRA Incoma's specialist psychologist José Luis Muñoz Blanco helps individuals, families and couples solve problems and resolve conflicts. His principal areas of specialisation include: • Adults: - Anxiety, phobias, stress, depression, self-esteem, eating disorders, obsessions, problems of adjustment to bereavement, personality disorders. • Children and teenagers: - Fear, jealousy, shyness, phobias, anxiety, depression, behavior problems, social skills. • Couples: - Decision-making, communication, conflict resolution, negotiation skills. • Addictive behaviour.

Advanced Rehabilitation

Conventional Radiology

Tel: (0034) 915545405

WhatsApp: (0034) 695921640

Email: info@enriquegalindo.info

Dental Surgery

The Incoma dental practice prides itself on the kind of warmth of treatment that you can only get from a personalised, individual service that cannot be offered by franchises or the low cost dental practices. Incoma and Dr Beatriz Galindo guarantee you the peace of mind that you can only get from a truly experienced and professional who will always be there both for you and for your family. Patients can relax knowing that all operations are performed or personally supervised by Dr. Beatriz Galindo, who is not only one of Spain's leading dentists but also a well respected university professor for the master's course in dental surgery and implants at the Universidad Alfonso X in Madrid. Treatments offered by the Incoma dental surgery and Dr. Beatriz Galindo include: Periodontics Endodontics Pediatric dentistry Maxillofacial surgery Orthodontics Dental implants Dental prosthetics Oral pathology and also cosmetic dentistry such as: Dental whitening Veneers / porcelain crowns Modeling with composite aesthetic

contouring Dental rejuvenation Cosmetic surgery of the gums Veneers / temporary crowns.

Doctor Beatriz Galindo Martens dentists Incoma dental surgery

Tel: (0034) 915545405

WhatsApp: (0034) 695921640

Email: info@beatrizgalindo.com

<http://www.beatrizgalindo.info/>



Elena Miguel Poza Enfermera en IMTRA Incoma 915545405 WhatsApp 695921640 www.incoma.info © Edward Olive

Doctor Enrique Galindo Andujar Traumatology, orthopedic surgery and arthroscopy specialist with clinic in Madrid Spain. Surgeon specialised in shoulder, elbow, wrist, hip, knee, ankle and foot surgery.

Tel: (0034) 915545405

WhatsApp: (0034) 695921640

Email: info@enriquegalindo.info

Address: IMTRA Incoma Instituto Madrileño de Traumatología, Calle Explanada 16, 28040

Madrid Spain. Moncloa Aravaca area of Madrid / Avenida de la Reina Victoria. Nearest Metro station Guzman el Bueno.

Websites in English:

<http://www.enriquegalindo.net/>

<http://www.enriquegalindo.eu/>

Websites in Spanish:

<http://www.enriquegalindo.info/>

<http://www.enriquegalindo.biz/>

<http://www.imtra.eu/>

<http://www.incoma.info/>

Twitter:

<https://twitter.com/enriquegalindoa>

<https://twitter.com/imtraincoma>

Blogs in English:

<http://drenriquegalindo.blogspot.com.es/>

<http://rehabilitationmadrid.blogspot.com.es/>

<http://arthroscopysurgeon.blogspot.com.es/>

<http://growthfactortherapy.blogspot.com.es/>

<http://hyperbaricoxygentherapyhbot.blogspot.com.es/>

<http://dentistmadrid.blogspot.com.es/>

Blogs in Spanish:

<http://enriquegalindoandujar.blogspot.com.es/>

<http://imtra.blogspot.com.es/>

<http://incoma-madrid.blogspot.com.es/>

<http://artroscopiacirugiaartroscopica.blogspot.com.es/>

<http://resonanciaabierta.blogspot.com.es/>

<http://medicohiperbarico.blogspot.com.es/>

<http://losfactoresdecrecimiento.blogspot.com.es/>

<http://tratamientosantiedad.blogspot.com.es/>

<http://aportedecelulasmadre.blogspot.com.es/>

<http://rehabilitacionavanzada.blogspot.com.es/>

<http://fisioterapiafisioterapeutas.blogspot.com.es/>

<http://psicologiaclinicamadrid.blogspot.com.es/>

<http://radiologiamadrid.blogspot.com.es/>

<http://clinicadentalenmadrid.blogspot.com.es/>

Other blogs:

<https://www.flickr.com/photos/imtra/>

<http://www.flickrriver.com/photos/imtra/>

<http://instagram.com/imtraincoma>

<http://imtraincoma.tumblr.com/>
<http://www.scoop.it/t/doctor-enrique-galindo-andujar>
<http://about.me/doctorenriquegalindoandujar>
<http://www.slideshare.net/EnriqueGalindoAnduja>

Video Channels:

<https://www.youtube.com/channel/UCp-xYqW2tUpbcCNUdNA9O8g>
<https://www.youtube.com/channel/UChIgc4wVUN2g13PKZ19exLg/feed>
<https://vimeo.com/user33145267>

Audio channels and podcasts:

<https://soundcloud.com/imtra>
<https://audioboo.fm/imtra>

LinkedIn and professional networks:

<https://www.linkedin.com/pub/enrique-galindo-andujar/23/a75/718>
https://www.linkedin.com/company/instituto-madrile%C3%B1o-de-traumatologia?trk=top_nav_home
https://www.linkedin.com/company/incoma-investigacion-y-cirugia-ortopedica?trk=company_name
<http://es.beperk.com/enriquegalindo/>
<https://independent.academia.edu/EnriqueGalindoAndujar>

Facebook pages:

https://www.facebook.com/pages/Enrique-Galindo-Andujar/1417861568470556?skip_nax_wizard=true#
<https://www.facebook.com/pages/IMTRA/760189797326718>
<https://www.facebook.com/pages/Resonancia-Abierta/237556323115539>
<https://www.facebook.com/pages/Incoma-Investigacion-y-Cirugia-Ortopedica-Dr-Galindo/715740265116067?id=715740265116067&sk=info>
<https://www.facebook.com/pages/Oxigenoterapia-hiperbarica-clinica-Imtra-Incoma-tratamientos-en-Madrid/672234049529068#>
<https://www.facebook.com/pages/HBOT-Hyperbaric-oxygen-therapy-in-Madrid-Spain-Imtra-Incoma-clinic/786552791366882>
<https://www.facebook.com/pages/Factores-de-crecimiento-tratamientos-IMTRA-Incoma-clinica-en-Madrid/508319862603818>
<https://www.facebook.com/pages/Growth-factors-treatments-IMTRA-clinic-Madrid-Spain-Dr-Enrique-Galindo/915896701772530>
<https://www.facebook.com/pages/Consulta-de-Psicologo-Madrid-Psicologia-Clinica-Jose-Luis-Munoz-Blanco/135456739962667>
<https://www.facebook.com/pages/Rehabilitacion-fisioterapia-fisioterapeutas-fisio-pilates-Madrid-IMTRA/442465232563594#>
<https://www.facebook.com/pages/IMTRA-rehabilitacion-fisioterapia-fisioterapeutas-fisio-pilates/738670959528397?ref=hl#>
<https://www.facebook.com/pages/Physiotherapists-physiotherapy-rehabilitation-center->

physio-pilates-Madrid/143257152511303

<https://www.facebook.com/pages/Clinica-dental-IMTRA-Dentista-en-Madrid-Doctora-Beatriz-Galindo/857763314250029>

Google+ in English:

<https://plus.google.com/u/0/b/110539549385291840562/+EnriquegalindoNettraumatologistmadridspain/about>

Google+ in Spanish:

<https://plus.google.com/b/105934240065727813666/105934240065727813666/about?hl=en>

<https://plus.google.com/b/103418489801459515558/103418489801459515558/posts?hl=en>

<https://plus.google.com/u/0/b/102090681291519705213/102090681291519705213/about?hl=es>

Google Site in English:

<https://sites.google.com/site/drenriquegalindo/>

<https://sites.google.com/site/traumatologyclinicmadridspain/>

<https://sites.google.com/site/arthroscopymadrid/>

<https://sites.google.com/site/hyperbaricoxygentherapyhbot/>

<https://sites.google.com/site/growthfactorstreatments/>

<https://sites.google.com/site/openhighfieldmriscan/>

<https://sites.google.com/site/customhipprothesis/>

<https://sites.google.com/site/customkneereplacement/>

Google Sites in Spanish:

<https://sites.google.com/site/doctorenriquegalindoandujar/>

<https://sites.google.com/site/imtramadrid/>

<https://sites.google.com/site/imtratraumatologiamadrid/>

<https://sites.google.com/site/clinicadetraumatologiamadrid/>

<https://sites.google.com/site/artroscopiamadrid/>

<https://sites.google.com/site/incomamadrid/>

<https://sites.google.com/site/camarahiperbaricamadrid/>

<https://sites.google.com/site/ohboxigenoterapiahiperbarica/>

<https://sites.google.com/site/factoresdecrecimientomadrid/>

<https://sites.google.com/site/fisioterapiafisioterapeutas/>

<https://sites.google.com/site/protesisdecaderaamedida/>

<https://sites.google.com/site/protesisrodillaconguiasamedida/>

<https://sites.google.com/site/consultapsicologiamadrid/>

<https://sites.google.com/site/rehabilitacionavanzadamadrid/>

<https://sites.google.com/site/aportedecelulasmadre/>

<https://sites.google.com/site/tratamientosantiedad/>

<https://sites.google.com/site/dentistasmadrid/>

Services of the clinic IMTRA INCOMA :

Traumatology (pathology of the hip, knee, ankle, foot shoulder, elbow and wrist) -

Contribution of human growth factors in platelet-derived pathologies - Rehabilitation from Traumatology - Physiotherapy - Conventional Radiology - Fully Open Magnetic Resonance Scanning for extremities (MRI Scan) - Hyperbaric Oxygen Therapy Chamber - Arthroscopy - Orthopedic Surgery - Dental Surgery - Psychologist Consultations - Advanced Rehabilitation.

Copyright for images Edward Olive photographer and webmaster:

Photos, corporate videos, audio podcast recording, professional business portraits, website design and online social network marketing for companies in Spain by Edward Olive photography studio Madrid. All images are copyright all rights reserved by Edward Olive. Web: <http://www.edwardolive.eu/> Email: edwardolive@hotmail.com Tel: (0034) 605610767

