



## Curriculum Vitae

Personal information **Hugo Tavares**

### Work experience

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1. Employer: HOSPITAL CUF PORTO
  - Start date: 062023
  - End date:
  - Position: PAEDIATRICIAN
  - Activities: HEAD OF THE CHILD AND ADOLESCENT (CCA Hospital CUF Porto)
  - Country: Portugal
2. Employer: CENTRO HOSPITALAR VILA NOVA DE GAIA/ESPINHO
  - Start date: 032009
  - End date: 052023
  - Position: PAEDIATRICIAN
  - Activities: HEAD OF THE ADOLESCENT MEDICINE UNIT (UMA\_GAIA)
  - Country: Portugal
3. Employer: INFARMED
  - Start date: 082013
  - End date:
  - Position: MEMBER OF THE NATIONAL MEDICATION EVALUATION COMMITTEE
  - Activities:
  - Country: Portugal
4. Employer: CENTRO HOSPITALAR VILA NOVA DE GAIA/ESPINHO
  - Start date: 062013
  - End date: 112018
  - Position: CLINICAL RESEARCH OFFICE COORDINATOR
  - Activities:
  - Country: Portugal
5. Employer: HEALTH SCIENCE SCHOOL, MINHO UNIVERSITY, BRAGA, PORTUGAL
  - Start date: 012002
  - End date: 052009
  - Position: ANATOMY ASSISTANT PROFESSOR
  - Activities: CLINICAL ANATOMY TEACHER COLLABORATION IN PAEDIATRIC RESIDENCY – ADOLESCENCE FIELD
  - Country: Portugal
6. Employer: CENTRO HOSPITALAR VILA NOVA DE GAIA/ESPINHO
  - Start date: 012004
  - End date: 022009
  - Position: PAEDIATRIC RESIDENT
  - Activities:
  - Country: Portugal
7. Employer: HOSPITAL GERAL SANTO ANTÓNIO
  - Start date: 012002
  - End date: 122003
  - Position: GENERAL PRACTITIONER RESIDENT
  - Activities:
  - Country: Portugal

### Education and training

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1. Subject: PORTUGUESE MEDICAL BOARD
  - Start date:
  - End date: 092017
  - Qualification: ADOLESCENT MEDICINE EXPERTISE
  - Organisation:
  - Country: Portugal
2. Subject: PORTUGUESE MEDICAL BOARD
  - Start date:
  - End date: 052017
  - Qualification: CLINICAL PHARMACOLOGIST
  - Organisation:
  - Country: Portugal
3. Subject: CENTRO HOSPITALAR VILA NOVA DE GAIA/ESPINHO
  - Start date: 012004
  - End date: 032009
  - Qualification: PAEDIATRICIAN
  - Organisation:
  - Country: Portugal
4. Subject: INSTITUTO CIÊNCIAS BIOMÉDICAS ABEL SALAZAR \_ PORTO UNIVERSITY
  - Start date: 091995
  - End date: 072001
  - Qualification: MEDICAL DEGREE (MD)
  - Organisation:
  - Country: Portugal

## Additional information

### Publications

H. Fonseca, **H.B. Tavares**. Desarrollo de la mama. Alteraciones patológicas. Medicina de la Adolescencia. Atención Integral. SEMA 3ª edição. Ergon. 2020

Sofia Simões Ferreira, Mafalda Oliveira, Benedita Aguiar, Márcia Ferreira, Raquel Guedes, Márcia Cordeiro, **Hugo Braga Tavares**. Violência No Namoro – Conhecimentos E Atitudes Dos Adolescentes E Avaliação Da efetividade De Uma Intervenção Breve Em Alunos Do Ensino Secundário. *Nascer e Crescer* 2020;29(2): 78-85. doi:10.25753/BirthGrowthMJ.v29.i2.18420 (prémio de melhor publicação original de 2020)

Margarida Silva Fonseca, Helena Santos, Raquel Guedes, **Hugo Braga Tavares**. Perturbação Do Comportamento Alimentar – Um Diagnóstico De Exclusão. *Nascer e Crescer* 2020;29(2): 113-116. doi:10.25753/BirthGrowthMJ.v29.i2.15091

Helena Fonseca, **Hugo Braga Tavares**. Adolescent Medicine. *Prescribing Medicines for Children: From drug development to practical administration*. 1st edition. Pharmaceutical Press. Editors: Mark Turner, Mike Sharland, Charlotte Baker. July 2019. ISBN 9780857111357

Sara Pires da Silva, Raquel Guedes, **Hugo Braga Tavares**. Os Pediatras e os Adolescentes. *Saúde Infantil* 2018;40(1):21-27.

Isabel Serra Nunes, Joana Rodrigues, Raquel Guedes, **Hugo Tavares**. Distúrbios do Sono em Idade Pediátrica – recomendações para uso da Melatonina. *Saúde Infantil* 2016;38(3):107-111.

Cátia Oliveira Matos, Joana Santos, Sílvia Sacramento, **Hugo Tavares**, Rosa Arménia Campos. Referenciação à consulta de Pediatria pelos Cuidados de Saúde Primários. *Revista ADSO (Associação dos Docentes e Orientadores de Medicina Geral e Familiar)*. V.4, nº 6 (2016)

Luciana Barbosa, Joana Grenha, Diana Moreira, **Hugo Braga Tavares**, Andreia Teles, Jorge Sales Marques, Rosa Arménia Campos. Hirsutismo na adolescência: protocolo de abordagem. *Acta Médica do CHVNG/E, EPE*. Vol 14 nº1, pág 50-59, Fevereiro 2014

Alfredo Frade (scientific coordination), Cristina Ribeiro (executive coordination), Filipa Balona, Helena Fonseca, Hugo Tavares, Otília Queirós e Paula Fonseca. Acute Alcohol Intoxication \_ Approach to the Adolescent/Youth. Clinical Guideline. Directorate General of Health. Lisbon, January 2013. António Vinhas da Silva, Ana Luísa Leite, Raquel Guedes, Hugo B Tavares. Acute Alcoholic Intoxication in a Paediatric Emergency Department – 3 years. *Arquivos de Medicina* 2012; 26(1): 59\_62 Braga\_Tavares H, Ferreira P, Fonseca H. Somatization Disorder (Perturbação Somatização). Livro de Protocolos de Urgência em Pediatria. 3ª Edição. ACSM Editora. Departamento da Criança e da Família \_ Hospital Santa Maria – Centro Hospitalar Lisboa Norte. November 2011 World Health Organization 2010. Youth Friendly Health Policies And Services In The European Region. Braga\_Tavares H, Helena Santos, Mª José Dinis, Andreia Teles, Ana Lopes, Teresa Ferreira, Adelaide Marques, Susana Aires Pereira. Psychomotor Developmental evaluation in 5\_6 years old Global Health Check\_up. *Acta Pediatr Port* 2010;41(2):59\_63 Braga\_Tavares H, Fonseca H. Prevalence of metabolic syndrome in a Portuguese obese adolescent population according to three different definitions. *Eur J Pediatr*. 2010 Aug;169(8):935\_40. Epub 2010 Feb 23. Braga\_Tavares H, Ferreira P, Fonseca H. Somatic disorder – a prevalent adolescent pathology. *Acta Pediatr Port* 2010;41(1):33\_7 Braga\_Tavares H, Fonseca H. Evaluation of adolescent healthcare resources in portuguese hospitals. *Acta Pediatr Port* 2009;40(4):154\_9 Braga\_Tavares H, Ramos L, Bini\_Antunes M, Barbot J, Rosário C, Taveira M. Neonatal Lupus – case report. *Nascer e Crescer* 2009;18(3):148\_50. Braga\_Tavares H, Teles A, Nogueira R, Cardoso Rodrigues F, Costa C. Eosinophilic Esophagitis \_ Increasing Incidence in Paediatric Population. *Acta Med Port*. 2009 Sep\_Oct;22(5):579\_88. Epub 2009 Oct 22. Português. Tavares HB, M\_Pinto I, Ramos M, Sousa P. Congenital Epublis. *Cir Pediatr*. 2009 Jan;22(1):49\_51. Antunes H\*, Tavares HB\*, Mendes V, Cunha I, Cadilhe A, Matos\_Cruz J, Pereira A, Correia\_Pinto J. Congenital simple hepatic cyst – a diagnostic and management challenge. *Gastroenterol Hepatol*. 2009 Feb;32(2):92\_6. Epub 2009 Feb 13 (\* both participate as first authors) Tavares HB, Carro E, Rosário C, Taveira M. Linear IgA Bullous Dermatitis of Childhood successfully treated with flucloxacillin. *European Journal of Pediatric Dermatology*; 18: 137\_39 (2008) Santos H, Furtado A, Tavares HB, João A, Ferraz L, Ferreira G, Nogueira R, Sousa P. Pre\_natal retroperitoneal mass: teratoma or fetus in fetu? *Cir Pediatr*; 21: 185\_187 (2008) Mesquita A\*, Tavares H\*, Silva R, Sousa N. Febrile convulsions in developing rats induce a hyperanxious phenotype later in life. *Epilep Behav*; 9:401\_406 (2006) (\* both participate as first authors) Oliveira M, Bessa JM, Mesquita A, Tavares H, Carvalho A, Silva R, Pego JM, Cerqueira JJ, Palha JA, Almeida OFX, Sousa N. Induction of a hyper\_anxious state by antenatal dexamethasone: a case for less detrimental natural corticosteroids. *Biol Psych*, 59:844\_52 (2006)

### Projects

#### Memberships

Member of the Portuguese Paediatric Association

President of the Portuguese Adolescent Medicine Society

#### Other Relevant Information

EDUCATION AND TRAINING SKILLS \_ Since 2011: European Paediatric Life Support Course Teacher, Portugal \_ January 2011: European Paediatric Life Support Course, Porto \_ July 2010: Monitor at EuTEACH (European Training In Effective Adolescent Care And Health) Summer School, Lausanne (Switzerland) COORDINATION / ORGANIZATION WORK \_ Since 2010: Organization of Several Courses and Meetings on Adolescent Medicine (5th (2010) to 7th (2012) Autumn School on Adolescent Medicine 5th (2010) to 6th (2012) National Meeting of the Portuguese Adolescent Health Society (Portuguese Paediatric Association) CULTURAL ACTIVITY \_ Frequency of the 6th year of Classic Guitar course (level 4) \_ Participation in the Instituto de Ciências Biomédicas Abel Salazar Choir between 1998 and 2005, with performances both in Portugal and abroad (Spain, France, Macau, Thailand) \_ Participation in musical groups: "Almas" (CD edition, "Do outro lado", in 2003) and "Lusíadas" (CD edition, "Lusíadas", in 2004)