


Curriculum Vitae		
Personal information		
	First name / Surname	Oscar Sala
	Nationality	Italian
	Date of birth	5/8/1986
Work/Training experience		
Dates	July 2017 – January 2019	
Occupation or position	Licenced Cardiologist	
Departments of work Activities	Cardiology Unit – Ospedale Galeazzi, Gruppo San Donato – Milano Ambulatory outpatient consultation, echocardiography, stress echocardiography, blood pressure and 24 EKG Holter reporting, inpatient consultation (Orthopaedics and surgery wards, Emergency Room, Intensive Therapy Unit), Preoperative evaluation, treadmill test.	
Dates	July 2012 – July 2017	
Occupation or position	Resident physician in School of Specialisation in Cardiology of Milano-Bicocca Licensed physician at Italian national medical board – Ordine dei medici di Milano	
Departments of work/ Activities	<ul style="list-style-type: none"> - Cardiology rehabilitation unit – IRCCS Auxologico - Milan (8 months): managing inpatients autonomously: admission, history taking, chart filling, investigation requests, medical therapy - General cardiology unit IRCCS Auxologico - Milano (6 months): under supervision of senior cardiologist, management inpatient with heart failure, arrhythmia, ischemic heart disease, cardioversions. Rounds and duties (1 weekend per month, autonomously) - Cardiology procedures unit IRCCS Auxologico - Milano (3 months): manage inpatients before and after electrophysiology and haemodynamic procedures. - Cardiology emergency room IRCCS Auxologico - Milano (4 months): managing patients from triage to discharge under supervision of senior physician. - Coronary Intensive Care Unit IRCCS Auxologico - Milano (4 months): managing patients from triage to discharge under supervision of senior physician (history taking, EKG reading, discussing diagnosis and therapies), performing bedside echocardiography, thoracentesis - Stress test lab IRCCS Auxologico - Milano (two day per month – 4 years): performing ECG stress test autonomously - Echocardiography IRCCS Auxologico and Ospedale NIGUARDA Milano (one day a week – 2 years plus 6 months): performing trans-thorax echocardiography exam of patients with complete case mix (hypertension, ischaemic, valve diseases, prosthetic valves, cardiomyopathies, pericarditis, oncological cardiotoxicity). Transoesophageal exams as 2nd operator. - Suvra-aortic trunk echo-Doppler lab IRCCS Auxologico - Milano (once a week – 2 years): watching Echocardiography exams and performing exam under supervision of senior doctor - Cardiological Day Hospital IRCCS Auxologico (2 months): managing heart failure patients under senior cardiologist: high dosage diuretic infusion, assessment of fluid status with thoracic impedance method, Pace-Maker interrogation (Medtronic and St. Jude) - Cardiac Magnetic Resonance Ospedale NIGUARDA Milano (4 months). Admission of patients, medical history collection, verification of safety and appropriateness, analysis of images, quantitative assessment of cardiac volumes, areas, diameters, writing medical report. (under supervision of senior cardiologist) - CathLab/electrophysiology IRCCS Auxologico (2 months) observing coronary angiography and electrophysiology procedures (PM/ICD implantation, supraventricular and ventricular arrhythmias ablation). Outpatient Pace-Makers interrogation. (3 days per week) Final Thesis:	
Dates	March 2013 - July 2013	

Occupation Departments of work Employer	Assistant physician Internal medicine (4 Months) - Pneumology (2 weeks) - Nephrology (2 weeks) Ospedale San Gerardo, Monza (Italy) - <i>University Hospital</i>
Dates Occupation Main activities Employer	September 2007 - June 2008 Internet point responsible managing computers maintenance, user assistance to set up WIFI and network connections Università degli Studi di Milano-Bicocca, Milan, (Italy)
Research/ Academic experience	
Dates	October 2017 – March 2018
Activities	<ul style="list-style-type: none"> - 2017/2018 and 2018/2019: Lecturer on cardiovascular diseases - internal medicine course for podology undergraduate students. - 2017/2018: Lecturer for Echocardiography elective course for medical undergraduate students - 2018: Lecturer for MASTER program in Echocardiography for physicians
Institution	Università degli Studi di Milano, Medical Faculty
Scientific coordinators	Prof. M. Turiel
Research projects involved	<ul style="list-style-type: none"> • Vitamin D role on LV systolic function • Subclinical perioperative LV systolic function transitory loss in non cardiac surgeries • Epidemiological surveys on NOAC use in A-Fib dedicated ambulatory • Randomised multicenter trial on tranexamic acid cardiovascular safety during surgeries
Employer	Ospedale Galeazzi / Gruppo San Donato Milan (Italy)
Scientific coordinator	Prof. M. Turiel
Research projects involved	<ul style="list-style-type: none"> • Hypertension epidemiological studies • Baroreflex sensibility • Epidemiological surveys hypertension in altitude – partnership with SIIA (Italian Society of Hypertension) and CAI (Italian Alpine Club) • Mountain medicine • BP commercial device validation by Omron™ • Blood pressure variability in Cushing Syndrome • Epidemiological surveys hypertension – partnership with SIIA (Italian Society of Hypertension)
Scientific coordinators	Prof. Gianfranco Parati – Prof. Alberto Zanchetti – Dr. Gregorz Bilo
Occupation / Main activities and responsibilities	<ul style="list-style-type: none"> • Data collection, database filling, patient recruitment, performing instrumental examination (Echocardiography), clinical monitoring, ethic committee approval, supervision of other operators, coordination of operators, quality control.
Employer	San Luca Hospital – Istituto Auxologico Italiano, Piazzale Brescia 20, Milan (Italy). <i>University Hospital</i>
Type or sector	Clinical – Medical clinical research
Dates	September 2007 - April 2008
Occupation / Main activities Scientific coordinators	Collection of data for research: "CAMUNI" project – phone surveys Dott. Michele Riva and Prof. Giancarlo Cesana.
Employer	Centro Studi Patologie Cronico Degenerative. Villa Serena, Monza (Italy)
Type of sector	Epidemiology - Medical Research
Publications	
	<p>"Impact of cuff positioning on blood pressure measurement accuracy: may a specially designed cuff make a difference?" <i>Hypertension Research</i> (2017) 40, 573–580. Grzegorz Bilo, Oscar Sala, Carlotta Perego, Andrea Faini, Lan Gao, Anna Gluszevska, Juan Eugenio Ochoa, Dario Pellegrini, Laura Maria Lonati and Gianfranco Parati</p>
	<p>"Percutaneous renal denervation in patients with resistant hypertension" A .Cereda, S. Nava, S. Mauri, S. Santacesaria, M. Cereda, O. Sala</p>

	<i>Italian Journal of Medicine (2013) 7 (s2), 25</i>
	<p>"Correction of hypovitaminosis D improved global longitudinal strain earlier than left ventricular ejection fraction in cardiovascular older adults after orthopaedic surgery"</p> <p><i>Matteo Briguglio, Luigi Gianturco, Daniele Stella, Chiara Colombo, Marika Bonadies, Oscar Sala, Mauro Anselmi, Giuseppe Banfi, Maurizio Turiel.</i></p> <p><i>Journal of Geriatric Cardiology (2018) 15: 519522</i></p>
Education	
Dates	December 2011- March 2012
Title of qualification awarded	Italian Medical Board registration
Principal subjects covered	Training and assessment of practical clinical skills: General surgery (1 month); family medicine (1 month); Internal medicine (1 month);
Dates	11 September 2005 - 17 October 2011
Title of qualification awarded	Degree in Medicine and Surgery: Doctor of Medicine and Surgery (110/110 e lode)
Name of organisation	Università degli Studi di Milano – Bicocca. Milan, (Italy)
Level in national classification	2° best medical faculty in Italy in 2011
Language of teaching	Italian
Dates	September 2008 – June 2009
Activity	ERASMUS program
Name of organisation	Poznan University of Medical Sciences (Medical University) - Poznan (POLAND)
Level in national classification	N 1° Medical School in Poland in 2010
Language of teaching	English (lectures, seminars, exams) – English/ Polish (clinical activity)
Dates	1 August 2011 – 10 September 2011
Principal subjects	Internship/practical training in radiation therapy/ radiology unit Study of radioactivity contamination from nuclear accident
Name and type of organisation	Chelyabinsk Medical University - Chealyabinsk Oncological Hospital Chelyabinsk, RUSSIA
Dates	17 to 20 June 2011
Date	August 2011
Activity	Internship /practical training in plastic and reconstructive surgery department
Name of organisation	University of Hamburg, Alten Eichen Klinik - Hamburg (GERMANY)
Language of training	English/German
Date	December 2009
Activity	Elective course
Principal subjects	Effects of hypobaric hypoxia at high altitude
Name of organisation	University of Milano – Bicocca, Monza (ITALY) - Prof. G. Parati
Date	December 2009
Activity	Aspects of physiological neuro-respiratory alterations during sleep
Name of organisation	University of Milano – Bicocca, Monza (ITALY) - Prof. G. Parati
Dates	07 September 2009 - 03 October 2009
Principal subjects	Cardiothoracic surgery Internship / practical training
Name of organisation	North Shore - Long Island Jewish Hospital - New York (UNITED STATES)
Language of teaching	English
Dates	03 August 2008 - 28 August 2008
Title of qualification	English for medicine course
Principal subjects	Medical English language course:
Name of organisation	University of Edinburgh – IALS - Edinburgh (UNITED KINGDOM)
Language of teaching	English

Dates	September 2000 - July 2005							
Title of qualification	Maturità Scientifica (98/100) - High school diploma							
Name of organisation	Liceo Scientifico Tecnologico "A. Einstein", Vimercate (MB) – ITALY							
Language skills								
	(*) Common European Framework of Reference (CEF) level (**) IELTS certificate achieved – 7.5							
Mother tongue	Italian							
Other language(s)								
	Understanding				Speaking		Writing	
European level (*)	Listening		Reading					
English (**)	C1	Proficient user	C1	Proficient user	C1	Proficient user	C1	Proficient user
French	B1	Independent user	B2	Independent user	A2	Basic User	B1	Independent user
Russian	B1	Independent user	B1	Independent user	B1	Independent user	A2	Basic user
German	B2	Independent user	B2	Independent user	B1	Independent user	B1	Independent user
Name of organisation	“Lingue in Comune” - City of Milan – Milan (Italy)							
Language of teaching	Italian/Russian							
Dates	September 2010 – June 2014							
Activity	German language course							
Name of organisation	- Associazione culturale “Verderio Oggi” - Verderio Sup (Italy), sept 2010 – may 2014 “Lingue in Comune” City of Milan – Milan (Italy), September 2014 –on going in 2019							
Language of teaching	Italian/German							
Activity	Polish language course - course for Erasmus student.							
Name of organisation	Poznan University of Medical Sciences - Poznan, (POLAND)							
Dates	March 2010 – May 2010							
Dates	- 04 August 2009 - 28 August 2009							
Activity	IELTS English language course							
Principal subjects	Advanced English language course for IELTS							
Name of organisation	“Global Village Toronto” – Toronto (CANADA)							
Language of teaching	English							
Dates	01 August 2004 - 15 August 2004							
Activity	English language course							
Name of organisation	“School and Vacation”, Canterbury (UNITED KINGDOM)							
Dates	01 August 2003 - 15 August 2003							
Activity	English language course							
Principal subject	General English course							
Name of organisation	Watford College (UNITED KINGDOM)							
Language of teaching	English							
Personal skills and competences								
Areas of interest (main)	- Echocardiography, Ambulatory cardiology							
(secondary)	- Cardiac imaging (Cardiac MRI, Cardiac CT) - Preventive Medicine Epidemiology, Public Health, Legal and economic aspects in medicine.							
Social skills	Used to live in a multicultural environments							

Organisational skills, competences, previous experiences	<ul style="list-style-type: none"> - Organising and manage workflow, optimise process in healthcare, resource allocation in healthcare. - Coordinator for executive organisation of clinical research program (about 6 people) and scheduling of patients. - Coordinator of all cardiology assistant physicians (15 people) for schedule planning (shifts, holidays, duties)
Computer skills and competences	<ul style="list-style-type: none"> - ECDL (European Computer Driving Licence) full. - Windows and Office (Excel, Word, Power Point) good ability in using graphic software, good hardware and IT knowledge
Sports	- Alpine skiing, snowboard, running, swimming
Hobbies	- Gardening; strategy games.
Interests	- Politics, economy, finance.
Dates	October-December 2014
Principal subject	Financial markets
Activity	- Online university course – open Yale program
Name of organisation	- Yale University - New Haven (USA)

ELENCO ATTESTATI e CORSI di aggiornamento

ENTE	TITOLO DEL CORSO o CONGRESSO	DATA	DURATA
Ospedale Galeazzi	BLSD	8/10/2018	1 giorno
Ospedale Niguarda	52° convegno di cardiologia	24-27 sett 2018	4 giorni
Micom	Floating hearth	14 e 15/09/2018	2 giorni
Ospedale Humanitas - Milano	Workshop: "Echocardiography Update" La miocardiopatia da sovraccarico di volume del ventricolo sinistro	20/6/2018	1 giorno
SICOA	Congresso nazionale	Dal 17 al 20 Maggio 2018	4 giorni
SIECVI - Società Italiana di Ecocardiografia e CardioVascular Imaging	Incontro pratico - Ecocardiografia 3D	19/12/2017	3 ore e 1/2
Ospedale San Raffaele	MITRALE	23 e 24/11/2017	2 giorni
SUMMEET	Ipertensione arteriosa e dislipidemia: diagnosi, complicanze e trattamento di scelta	22 e 23/9/2017	2 giorni - 7 ECM
Ospedale Niguarda	corso - Le valvulopatie. Dalla diagnosi al trattamento più avanzato	14/6/2017	1 giorno
SIA - Società Italiana di Ipertensione	23° congresso nazionale	dal 6/10/2016 al 8/10/2016	3 giorni
Ospedale Niguarda	50° convegno di cardiologia	dal 26 al 29/9/2016	4 giorni
Ospedale Niguarda	Imaging cardiaco nella fibrillazione atriale	24/11/2016	1/2 giornata
Ospedale San Raffaele	Milan Cardiac Imaging 2016	25 e 26/2/2016	2 giorni
IRCCS Auxologico	Il ruolo dei calcio antagonisti	30/11/2015 e 1/12/2015	2 giorni

IRCCS Auxologico	Inquinamento ambientale e alimentazione	2 e 3/7/2015	2 giorni
Cardio Scholar Lombardia	Manuale di istruzioni per il cardiologo di guardia	17 e 18/4/2015	2 giorni
ESH - European Society of Hypertension	Cardiovascular variability: metodological issues and clinical application	11/6/2015	1 giorno
IRC - Italian Resuscitation Council	Corso e diploma ALS - Advanced Life Support	da 11/12/2015 al 13/12/2015	3 giorni
Werfen	Corso: cultura in emogasanalisi	25/9/2015	1 giorno
Ospedale Niguarda	4th Meeting Cardiorisonanza	23 e 24/10/2015	2 giorni
Ospedale San Raffaele	Milan Cardiology 2014	dal 13 al 15/2/2014	3 giorni
	Hands on: prevenzione e terapia delle malattie cardiovascolari	22/2/2014	1 giorno
Pencil and Papers (azienda)	corso di medical writing: istruzioni per l'uso, corso pratico per medici e ricercatori	20/10/2013	1 giorno
Micom Comunicazione	corso di aggiornamento: l'evoluzione è oggi	30/10/2013	1/2 giornata
ANMCO - GISE	convegno LombardIMA 7	8 e 9/11/2013	2 giorni
ESH - European Society of Hypertension	Cardiovascular variability: metodological aspects and clinical relevance	13 e 14/6/2013	2 giorni
ANMCO	Seven question in clinical practice - linee guida ESC sullo STEMI	16/3/2013	1 giorno
OCM - Agenas	5° congresso breaking news in intervenistica cardiovascolare	30/11/2013	1 giorno
Ospedale Niguarda	47° convegno di cardiologia	dal 23 al 27/9/2013	5 giorni
Arca Lombardia	temi di medicina cardiovascolare nella pratica clinica	19/10/2013	1 giorno
ESH - European Society of Hypertension	23th meeting on hypertension and cardiovascular protection	da 14 a 17/6/2013	4 giorni
IRC - Italian Resuscitation Council	corso BLSD	24/10/2012	1 giorno
Ospedale Niguarda	46° convegno di cardiologia	dal 24 al 27/9/2012	5 giorni
ESH - European Society of Hypertension	21th meeting on hypertension and cardiovascular protection	da 17 al 20/6/2011	4 giorni



Firma

Data: 13/01/2019