

ATS Spotlight 2022: Pulmonary Rehabilitation Assembly Early Career Professionals



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Tell us about yourself.

I was born and raised in Brazil. I trained as a respiratory physiotherapist and became enthusiastic about research. In my free time, I like to watch sports (but not to play). I am an (American) football fan – as much as it can be odd for a Brazilian.

Is your research clinical, basic science, or translational?

I would say both clinical and translational. I participate in research that takes physiological principles to the clinical bedside in several clinical populations such as patients with COPD and patients under mechanical ventilation

Tell us about your research.

I started my research adventure by studying general principles of pulmonary rehabilitation, more specifically, exercise training and physical activity in patients with COPD. Overtime, my research focus evolved towards assessment of respiratory muscle (dys)function in health and individuals with acute or chronic respiratory problems. My current research focuses on understanding the determinants of normal and abnormal respiratory muscle activity during wakefulness and sleep in critically ill patients.

Where do you see yourself in 5 years?

I would certainly like to continue my research adventure; let's see which opportunities arise. My ultimate professional goal is to become an independent academic researcher. I have had amazing mentors during my training, so I would like to reciprocate– perhaps as a mentor myself...

How has the Pulmonary Rehabilitation Assembly contributed to your career?

I have learned a great deal through the resources available on the assembly webpage and the journal clubs. The Outcome Measures section of the webpage is a great example of how the assembly promotes and facilitates access to outstanding educational content. The Journal Club discusses recently published studies and brings together international leaders in Pulmonary Rehabilitation to promote exciting discussions with exceptional quality.

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SOME OF MY PUBLICATIONS

My first peer-review paper in English – this was important for me because my mother tongue is Brazilian Portuguese.

Is the six-minute walk test a useful tool to prescribe high-intensity exercise in patient with chronic obstructive pulmonary disease? Heart Lung, 2016 (PMID: 27639286).

While working on this paper, I discovered several different techniques in evaluating the respiratory muscles. These techniques are an important part of the research I do today.

Differences in respiratory muscle responses to hyperpnea or loaded breathing in COPD. Med Sci Sports Exerc 2020 (PMID: 31876666).

I am extremely grateful to have had the opportunity to collaborate on this paper discussing the developments and future directions of my profession.

Current developments and future directions in respiratory physiotherapy. Eur Respir Rev. 2020 (PMID: 33328280).

A bit about my current research

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Reverse triggering during assist-control ventilation: from physiology to clinical management. Am J Res Crit Care Med, 2022 (PMID: 36470240)

