

## CURRÍCULUM VITAE

**Miriam Almirall Bernabé**  
**Hospital Universitario Vall d'Hebron**



### **FORMACIÓ**

1998	Licenciada en Medicina y Cirugía. Universitat de Barcelona
2004	Médica Especialista en Reumatología
2015	Título de experta en el abordaje multidisciplinar del paciente con Artritis Psoriásica.
2022	Doctorada en Medicina por la Universitat Autònoma de Barcelona. Excelente CUM LAUDE.

### **EXPERIENCIA PROFESIONAL**

2000-2004	Especialidad en Reumatología por la convocatoria nacional M.I.R. en el Hospital del Mar-Esperança
2005-2016	Servicio de Reumatología. Hospital del Mar
Desde 2016	Servicio de Reumatología. Hospital Universitari Vall-Hebron

### **EXPERIENCIA INVESTIGADORA Y/O DOCENTE**

Desde 2016	Investigadora en el grupo de Reumatología del VHIR
Desde 2021	Profesora en el Máster Universitario en Osteopatía. Escuelas Universitarias Gimbernat

### **PUBLICACIONES CIENTÍFICAS RECIENTES**

Publicaciones científicas recientes (últimos 5 años)

- Serrat M, Almirall M, Musté M, Sanabria-Mazo JP, Feliu-Soler A, Méndez-Ulrich JL, Luciano JV, Sanz A. Effectiveness of a Multicomponent Treatment for Fibromyalgia Based on Pain Neuroscience Education, Exercise Therapy, Psychological Support, and Nature Exposure (NAT-FM): A Pragmatic Randomized Controlled Trial. J Clin Med. 2020;9:3348.
- Serrat M, Sanabria-Mazo JP, García-Troiteiro E, Fontcuberta A, Mateo-Canedo C, Almirall M, Feliu-Soler A, Méndez-Ulrich JL, Sanz A, Luciano JV. Efficacy of a Multicomponent Intervention for Fibromyalgia Based on Pain Neuroscience Education, Exercise Therapy, Psychological Support, and Nature Exposure (NAT-FM): Study Protocol of a Randomized Controlled Trial. Int J Environ Res Public Health. 2020;17:634.
- Michelena X, Borrell H, López-Corbeto M, López-Lasanta M, Moreno E, Pascual-Pastor M, Erra A, Serrat M, Espartal E, Antón S, Añez GA, Caparrós-Ruiz R, Pluma A, Trallero-Araguás E, Barceló-Bru M, Almirall M, De Agustín JJ, Segura JL, Julià A, Marsal S. Incidence of COVID-19 in a Cohort of Adult and Paediatric Patients With Rheumatic

Diseases Treated With Targeted Biologic and Synthetic Disease-Modifying Anti-Rheumatic Drugs. *Semin Arthritis Rheum.* 2020;50:564-570.

4. Serrat M, Sanabria-Mazo JP, Almirall M, Musté M, Feliu-Soler A, Méndez-Ulrich JL, Sanz A, Luciano JV. Effectiveness of a Multicomponent Treatment Based on Pain Neuroscience Education, Therapeutic Exercise, Cognitive Behavioral Therapy, and Mindfulness in Patients with Fibromyalgia (FIBROWALK Study): A Randomized Controlled Trial. *Phys Ther.* 2021 Sep 2:pzab200. doi: 10.1093/ptj/pzab200.
5. Serrat M, Coll-Omaña M, Albajes K, Solé S, Almirall M, Luciano JV, Feliu-Soler A. Efficacy of the FIBROWALK Multicomponent Program Moved to a Virtual Setting for Patients with Fibromyalgia during the COVID-19 Pandemic: A Proof-of-Concept RCT Performed Alongside the State of Alarm in Spain. *Int J Environ Res Public Health.* 2021;18:10300.
6. Rivera Redondo J, Díaz Del Campo Fontecha P, Alegre de Miquel C, Almirall Bernabé M, Casanueva Fernández B, Castillo Ojeda C, Collado Cruz A, Montesó-Curto P, Palao Tarrero Á, Trillo Calvo E, Vallejo Pareja MÁ, Brito García N, Merino Argumánéz C, Plana Farras MN; en nombre del Panel de expertos. Recommendations by the Spanish Society of Rheumatology on Fibromyalgia. Part 1: Diagnosis and Treatment. *Reumatol Clin.* 2021:S1699-258X(21)00058-9.
7. Rivera Redondo J, Díaz Del Campo Fontecha P, Alegre de Miquel C, Almirall Bernabé M, Casanueva Fernández B, Castillo Ojeda C, Collado Cruz A, Montesó-Curto P, Palao Tarrero Á, Trillo Calvo E, Vallejo Pareja MÁ, Brito García N, Merino Argumánéz C, Plana Farras MN; Grupo de revisores de la evidencia. Recommendations by the Spanish Society of Rheumatology on the Management of Patients with Fibromyalgia. Part II. *Reumatol Clin.* 2021:S1699-258X(21)00063-2.
8. Almirall M, Martínez-Mateu SH, Alegre C, Collado A, Ojeda B, Arias A, Calandre EP, Hidalgo J, Carrillo MD, Huguet R, Tornero J, Alperi-López M, Fernández-Gutierrez B, Julià A, Marsal S, Arranz LI; IMIDC Project Collaborative Group. Dietary habits in patients with fibromyalgia: a cross-sectional study. *Clin Exp Rheumatol.* 2021;39 Suppl 130:170-173.
9. Llop M, Moreno M, Navarro-Compán V, Juanola X, de Miguel E, Almodóvar R, Quintana EC, Sanz JS, Beltrán E, Montesinos MDR, Calvet J, Berenguer-Llergo A, Gratacós J; Regisponserbio group (...Almirall M...). Sustained low disease activity measured by ASDAS slow radiographic spinal progression in axial spondyloarthritis patients treated with TNF-inhibitors: data from REGISPONSERBIO. *Arthritis Res Ther.* 2022;24:30.
10. Serrat M, Albajes K, Navarrete J, Almirall M, Lluch Girbés E, Neblett R, Luciano JV, Moix J, Feliu-Soler A. Effectiveness of two video-based multicomponent treatments for fibromyalgia: The added value of cognitive restructuring and mindfulness in a three-arm randomised controlled trial. *Behav Res Ther.* 2022;158:104188.
11. Serrat M, Ferrés S, Auer W, Almirall M, Lluch E, D'Amico F, Maes M, Lorente S, Navarrete J, Montero-Marín J, Neblett R, Nijss J, Borràs X, Luciano JV, Feliu-Soler A. Effectiveness, cost-utility and physiological underpinnings of the FIBROWALK multicomponent therapy in online and outdoor format in individuals with fibromyalgia: Study protocol of a randomized, controlled trial (On&Out study). *Front Physiol.* 2022;13:1046613.
12. Fernández-Quirós J, Lacasa-Cazcarra M, Alegre-Martín J, Sanmartín-Sentañes R, Almirall M, Launois-Obregón P, Castro-Marrero J, Rodríguez-Urrutia A, Navarro-Sanchis JA, Ramos-Quiroga JA. The Connors Continuous Performance Test CPT3™: Is it a reliable marker to predict neurocognitive dysfunction in Myalgic encephalomyelitis/chronic fatigue syndrome? *Front Psychol.* 2023;14:1127193.
13. Michelena X, Zhao SS, Marco-Pascual C, Almirall M, Collantes E, Font-Ugalde P, López-Medina C, Wei JC, Morgan AW, Rodríguez J, Juanola X, Vázquez-Mellado J, Marzo-Ortega H. Diagnostic delay is associated with uveitis and inflammatory bowel disease in AS: a study of extra-musculoskeletal manifestations in SpA. *Rheumatology (Oxford).* 2023 May 15:kead225. doi: 10.1093/rheumatology/kead225. Online ahead of print.
14. Urruticoechea-Arana A, Sanz J, Ginard D, González-Lama Y, Juanola X, Almirall M, Borrueal N, Gratacós J, Loza E. Implementation of the recommendations for the psychological management of patients with spondyloarthritis and inflammatory bowel disease. *Reumatol Clin (Engl Ed).* 2023;19(8):423-429.
15. Martín F, Blanco-Suárez M, Zambrano P, Cáceres O, Almirall M, Alegre-Martín J, Lobo B, González-Castro AM, Santos J, Domingo JC, Jurek J, Castro-Marrero J. Increased gut permeability and bacterial translocation are associated with fibromyalgia and myalgic encephalomyelitis/chronic fatigue syndrome: implications for disease-related biomarker discovery. *Front Immunol.* 2023;14:1253121.

16. Almirall M, Casellas F, Dot J, de Torres I, Seguro H, Marsal S. Prevalence of non-celiac gluten sensitivity and assessment of the response to gluten-free diet in a cohort of patients with fibromyalgia. *Rheumatology (Oxford)*. 2023;62:1069-77.

#### **OTRAS PUBLICACIONES**

Autora de 66 comunicaciones orales y/o pósters en congresos nacionales, 23 en congresos internacionales, 1 capítulo de libro, 9 artículos en revistas nacionales y 35 en revistas internacionales.