



Ricardo Pinho de Oliveira e Silva

Date of birth: 29/10/1989 | **Nationality:** Portuguese | **Phone number:**

(+351) 914829647 (Mobile) | **Email address:** ricardo.p.o.silva@gmail.com |

Address: Rua Dr. Antonio C. Ferreira Soares, nº62, 2º Esq, 4520-214, Santa Maria Da Feira, Portugal (Home)

WORK EXPERIENCE

18/10/2020 – CURRENT Santa Maria Da Feira, Portugal

FAMILY PHYSICIAN / GENERAL PRACTITIONER LOCAL HEALTH UNIT "ENTRE DOURO E VOUGA" - FAMILY HEALTH UNIT EGAS MONIZ

Medical care and non-care activities in the follow-up of at the Family Health Unit (FHU).
Participation in meetings and decision-making.
Completion of various scientific works.
Physician responsible for the technical council of the FHU (since January 2021).
Training supervisor for interns in Family Medicine (since January 2023)

31/07/2017 – CURRENT Arouca, Portugal

PHYSICIAN IN THE BASIC EMERGENCY SERVICE IN AROUCA LOCAL HEALTH UNIT "ENTRE DOURO E VOUGA"

Attending to, treating, and guiding patients in the basic emergency service in Arouca.

04/03/2020 – 17/10/2020 Peso da Régua, Portugal

PHYSICIAN AT THE "DOURO CONTINUOUS CARE UNIT" ARS NORTE - ACES MARÃO E DOURO NORTE - UCC DOURO

Medical integration, follow-up, and guidance of patients at their homes in the Peso da Régua.
Coordinating daily care needs by the nursing team or other healthcare professionals.

31/01/2020 – 17/10/2020 Peso da Régua, Portugal

FAMILY PHYSICIAN / GENERAL PRACTITIONER LOCAL HEALTH UNIT "TRÁS-OS-MONTES E ALTO DOURO" - FAMILY HEALTH UNIT RÉGUA

Medical care and non-care activities in the follow-up of at the Family Health Unit (FHU).
Participation in meetings and decision-making.
Completion of various scientific works.
Physician responsible for the technical council of the FHU.

31/03/2017 – 09/04/2020 Portugal

VICE PRESIDENT FOR EXTERNAL AFFAIRS OF THE COMMISSION OF GENERAL PRACTICE INTERNS OF THE NORTHERN REGION OF PORTUGAL COMMISSION OF GENERAL PRACTICE INTERNS OF THE NORTHERN REGION OF PORTUGAL

Intermediate commission between the interns and the Coordination of General Practice Internship in the Northern region of Portugal.
Meeting with representatives from various General Practice internship directorates in the northern region to understand local issues and organize strategies to improve the internship and training.

01/04/2018 – 31/01/2020 Perafita, Portugal

HOSPITAL EMERGENCY PHYSICIAN HOSPITAL PRIVADO BOA NOVA - TROFA SAÚDE

Attending to, treating, and guiding patients in the emergency department.

31/12/2014 – 09/10/2019 Santa Maria da Feira, Portugal

INTERNSHIP OF GENERAL PRACTICE AND FAMILY MEDICINE LOCAL HEALTH UNIT "ENTRE DOURO E VOUGA" - FAMILY HEALTH UNIT EGAS MONIZ

Medical care and non-care activities in the follow-up of at the Family Health Unit (FHU).

Participation in meetings and decision-making.

Completion of various scientific works.

Participation in activities and projects involving the local community.

31/07/2016 – 31/03/2018 Santa Maria da Feira, Portugal

HOSPITAL EMERGENCY PHYSICIAN CENTRO HOSPITALAR ENTRE DOURO E VOUGA

Attending to, treating, and guiding patients in the emergency department.

31/12/2013 – 30/12/2014 Santa Maria da Feira, Portugal

GENERAL INTERN CENTRO HOSPITALAR ENTRE DOURO E VOUGA

31/12/2011 – 09/12/2012 Covilhã, Portugal

COORDINATOR OF THE PUBLIC HEALTH DEPARTMENT AT THE MEDICAL STUDENTS' ASSOCIATION OF THE UNIVERSITY OF BEIRA INTERIOR MEDICAL STUDENTS' ASSOCIATION OF THE UNIVERSITY OF BEIRA INTERIOR

Organization of events for the community to promote health, screenings for hypertension, overweight, and diabetes.

Organization of health-promoting activities for medical students

25/05/2023 – CURRENT Porto, Portugal

MEMBER OF THE FAMILY PHYSICIANS OBSERVATORY OF THE NORTHERN ZONE OF PORTUGAL AND LOCAL REPRESENTATIVE NORTHERN REGIONAL SECTION OF THE PORTUGUESE ORDER OF PHYSICIANS

Monitor, identify, and gather information about issues related to the work of family physicians in the northern region of the country.

Coordinate with higher authorities to address identified problems.

Promote projects to enhance work and promote the well-being of family physicians.

23/11/2023 – CURRENT Santa Maria Da Feira, Portugal

INVESTIGATOR AND SITE PERSONNEL GP4RESEARCH

Participating as a researcher/investigator in clinical trials promoted by GP4Research.

● **EDUCATION AND TRAINING**

12/05/2019 – 31/05/2020 Espinho, Portugal

INTENSIVE COURSE IN GERIATRICS Iniciatia Médica 3M

- occupational techniques (making of standard breads, fancy breads, cakes and pastries)

- science applied to food and equipment (microbiology, biochemistry, hygiene)

- occupational technology (basic principles, hygiene and safety)

- knowledge of business and its economic, legal and social context

Final grade 20/20

31/01/2016 – 24/08/2016 Amsterdam

QUALITATIVE RESEARCH METHODS Coursera - University of Amsterdam

Website www.coursera.org | **Final grade** 92.9 %

Final grade 16/20

Final grade 18/20 | **Type of credits** ECTS | **Number of credits** 20

Final grade 18/20 | **Type of credits** ECTS | **Number of credits** 14

● **LANGUAGE SKILLS**

Mother tongue(s): **PORTUGUESE**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C2	B2	C1	B2
SPANISH	C1	C1	B2	B2	B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● **DIGITAL SKILLS**

Microsoft Office Word | Microsoft Office PowerPoint | Microsoft Office | Microsoft Excel | Adaptability and Flexibility | Remote Desktop | Remote Working | Intermediate Knowledge in Cybersecurity | Data Management and Data Analysis | Digital literacy | MicroStrategy, PowerBI, Qlikview, Tableau

● **ADDITIONAL INFORMATION**

ORGANISATIONAL SKILLS

Competências de organização Teamwork skills acquired through academic experience and reinforced by professional activities:

Member of the Board and Coordinator of the Public Health Department of the Student Association of Medicine at University of Beira Interior.

Student-Teacher at the Clinical Skills Laboratory of the Faculty of Health Sciences at University of Beira Interior.

Vice President of the Intern Committee of the Egas Moniz Internship Directorate (2015-2017).

Member of the General Practice and Family Medicine Intern Committee of the Northern Region of Portugal (2017-2020).

Physician responsible for the Technical Council of the Family Health Unit.

Member of the Family Physicians Observatory of the Northern Zone of Portugal and local representative

Sense of organization and commitment to all tasks undertaken.

COMMUNICATION AND INTERPERSONAL SKILLS

Social and communication skills Good communication skills acquired through professional experience as a physician and peer-teacher at the university.

PUBLICATIONS

[Theta burst stimulation over the prefrontal cortex: Effects on cerebral oximetry and cardiovascular measures in healthy humans](#)

– 2021

Co-autor

Neuroscience Letters - Journal article

Vitamin D supplementation in chronic pain. – 2020

Magazine article | Investigation, Writing - review & editing

Impact of mammography screening on breast cancer incidence and mortality reduction. – 2019
2019-03 | Review

Revista Patient Care, Portuguese Edition

[Bilateral theta-burst magnetic stimulation influence on event-related brain potentials](#) – 2018

2018-01-05 | Journal article

PLOS ONE