



Mariana de Bastos Fernandes

Nationality: Portuguese **Date of birth:** 26/12/1984 **Gender:** Female

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📍 **Home:** Porto (Portugal)

WORK EXPERIENCE

General and Family Medicine Specialist

[10/2015 – Current]

Country: Portugal

- First place at nacional public tender process ranking.
- Provision of health care to a patient file, performing diabetes, hypertension, maternal health, family planning, child and youth health, cancer screening, adult health, open medical appointments and medical house calls. Telemedicine appointments.
- Experience in diverse Functional Units: UCSP to USF model B. NorthenRHA: Feb. 2016 - Nov. 2022
- Participation in formative activities and scientific meetings

COORDINATOR – Personalized Health Care Unit

NorthenRHA [12/2016 – 08/2019]

- Coordination of the activities of the multiprofessional team, in order to guarantee the fulfillment of the Action Plan and guiding principles of the activity in the Healthcare Unit.
- Participation in contractualization and monitoring meetings
- Monitoring of indicators
- Management of processes and determination of the necessary acts for their development
- Confirmation and validation of documents

Comment: I started my activity as a Coordinator being a recently specialist with less than a year of experience, in a Functional Unit with a significant deficit of resources, namely human. The results prove the growth of the Unit: in the period of one year the value of the Global Performance Index was doubled: 30,70 in 12-2017 to 67,30 in 12-2018.

Intensive Smoking Cessation Specialist

NorthenRHA [12/2016 – 12/2019]

Medical Doctor and Responsible for the Intensive Smoking Cessation appointment: management and monitoring of indicators

General and Family Medicine Residency

CentralRHA [01/2011 – 10/2015]



- USF model B ; Maximum rating in every internship: A
- Residency Final Exam Classification in USF Cruz de Celas - Coimbra: 19,7

General Residency

NorthernRHA [01/2010 – 12/2010]

- Medical Doctor

EDUCATION AND TRAINING

Integrated Master Degree in Medicine

ICBAS [2009]

Country: Portugal | Final grade: 15/20 | Thesis: "Hypercholesterolemia-beyond pharmacological treatment": 20/20

LANGUAGE SKILLS

Mother tongue(s): Portuguese

Other language(s):

English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

Spanish

LISTENING C1 READING C1 WRITING B2

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

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

DIGITAL SKILLS

Microsoft Office / Microsoft Excel / Microsoft Word / Microsoft Powerpoint / Power Query ,Power BI / new software learning facility / Organizational and planning skills / attention to details and professional curiosity / technical analysis / audit / Medical coding

CONFERENCES AND SEMINARS

CentralRHA

Management of Clinical Practice

BIAL - Porto

Medical Writing – Presentation and publication of results in Clinical Research

19th WONCA Europe Conference - Lisbon

Medical Leadership – a competency for GPs