



## Bianca Bernardes Silvestre

**Date of birth:** 05/08/1994 | **Nationality:** Portuguese | **Gender:** Female | **Phone number:** (+351) 913673960 (Mobile) | **Email address:** [biancasilvestre5@gmail.com](mailto:biancasilvestre5@gmail.com) | **Address:** Rua da Ermida N44, Carvalhal, 2640-111, Mafra, Portugal (Home)

### WORK EXPERIENCE

01/10/2023 – CURRENT Portugal  
**TELEMEDICINE DOCTOR** KNOK

- Experienced telemedicine doctor providing consultations across all age groups with a focus on acute diseases, delivering efficient and compassionate care remotely;
- Patient Satisfaction: 9.6/10

01/01/2023 – CURRENT Mafra, Portugal  
**GENERAL PRACTICE AND FAMILY MEDICINE RESIDENT** ULS SANTA MARIA

- Primary care management, person-centered care, specific problem solving skills, comprehensive and holistic approach with a community oriented practice;
- Consultation of all different age groups either new-borns, infants, adolescents, adults or elders; and of different risk groups such as diabetes, hypertension, maternal and women's health.

01/01/2022 – 31/12/2023 Portugal  
**GENERAL TRAINING INTERN** CHOESTE - TORRES VEDRAS HOSPITAL

- Internship in different specialities such as general surgery, internal medicine, pediatrics, public health and general practice as preparation to acquire autonomy and responsibility as a medical doctor;
- Welcoming of Ukrainian refugees to Portugal, performing basic health check-ups, during the public health rotation;
- Final grade: 19/20

### EDUCATION AND TRAINING

06/2023 – 07/2023 Portugal  
**ONLINE COURSE** Faculty of Medicine of the University of Porto

- Essential skills in utilizing information and communication technologies for clinical practice, while integrating innovative clinical support tools and promoting health

**Website** <https://fmuponline.med.up.pt/index.php/cursos/tipologias/unidades-de-formacao-continua/63-telemedicina-e-e-saude> |

**Field of study** Telemedicine and e-health | **Final grade** 17/20 | **Type of credits** ECTS | **Number of credits** 4

11/2022 – 03/2024 Portugal  
**POST GRADUATION** Catholic University of Portugal, Lisboa

- Holistic and multidisciplinary approach regarding consulting directed to biotech and pharmaceutical industry
- Worked directly with "RD - Portugal" in a consulting project on how to improve communication in rare diseases

**Website** <https://fcse.lisboa.ucp.pt/escola-de-pos-graduacao-e-formacao-avancada/programas-de-pos-graduacao/pos-graduacao-em-health-consulting-consultoria-aplicada-area-da-saude-e-do-medicamento> |

**Field of study** Health Consulting | **Final grade** 17/20 | **Type of credits** ECTS | **Number of credits** 20

- Tutor of "Introduction to Children Medicine" 2017-2019
- Co-author of a bronchiolitis study regarding whether or not parents would seek medical care in different hypothetical scenarios

**Website** <https://www.medicina.ulisboa.pt/mestrado-integrado-em-medicina-mim> | **Field of study** Medicine | **Final grade** 16/20 |

**Number of credits** 360 | **Thesis** Pandemia COVID-19 e o ensino à distância: qual a perspetiva dos alunos do ciclo clínico da FMUL?

- Internship at Institute of Physiology (IMM - Lisbon): part of a team that was studying how D-Galactose affected the aging of lab mice
- Member of the students' association

**Final grade** 14/20 | **Type of credits** ECTS | **Number of credits** 180

## LANGUAGE SKILLS

Mother tongue(s): **PORTUGUESE**





Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	C2	C2	C1	C1	C2

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

## DIGITAL SKILLS

### Digital Skills - Test Results

 Information and data literacy	<b>ADVANCED</b>	Level 6 / 6
 Communication and collaboration	<b>ADVANCED</b>	Level 6 / 6
 Digital content creation	<b>ADVANCED</b>	Level 6 / 6
 Safety	<b>ADVANCED</b>	Level 6 / 6
 Problem solving	<b>ADVANCED</b>	Level 6 / 6

Results from [self-assessment](#) based on [The Digital Competence Framework 2.1](#)

### My Digital Skills

Google Drive | Canva | Microsoft Office (Outlook, Excel, Word, PowerPoint)