



Inês Cavaleiro

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Date of birth: 26 Jun 1998 **Nationality**: Portuguese

ABOUT ME

I am a recent graduate doctor currently initiating my medical career. I am looking for new opportunities to learn and improve my knowledge in different areas that might be related to Medical practice in the future.

EDUCATION AND TRAINING

[1 Sep 2017 – 1 Jul 2023]

Medicine

University of Minho <https://www.med.uminho.pt/pt>

City: Braga | **Country**: Portugal | **Field(s) of study**: Health and welfare:

• **Medicine** | **Final grade**: 17 | **Level in EQF**: EQF level 7 |

Type of credits: ECTS | **Number of credits**: 360

[1 Mar 2024 – Current]

Financial Literacy

MoneyLab <https://moneylab.pt/moneylab>

Country: Portugal |

WORK EXPERIENCE

[1 Jan 2024 – Current]

Resident

SNS

Country: Portugal | **Business or sector**: Human health and social work activities

I am currently a Medical Resident at a peripheric Hospital in Portugal. This residency is part of my post-graduate formation. I am doing medical work (history taking, physical examination, patient empowerment, etc.) while being tutored by a Senior Doctor whom discusses with me the therapeutic approaches. At the end of this Residency I am expected to be autonomous in clinical practice.

[27 Dec 2021 – 19 Dec 2022]

Call centre agent

SNS

City: Braga | **Country**: Portugal | **Name of unit or department**: Telemedicine | **Business or sector**: Human health and social work activities

This callcenter is part of the Portuguese Health System and is dedicated to advise individuals about their Health. This means doing a clinical diagnosis, inform about the best conduct related to their clinical diagnosis (conservative treatment, further evaluation at a medical center and referenciation, emergency assistance if needed).

My activity in this callcenter was helping the Portuguese government dealing with the COVID pandemic by:

- identify symptoms of COVID
- prescribe diagnostic tests for COVID
- clinically diagnose COVID
- send sick leave for COVID

- monitoring and manage COVID symptoms
- reference moderate to severe illness for a medical center or hospital
- promote health literacy by giving reliable information

[1 Jul 2021 – 1 Aug 2021]

Professional Exchange as a Medical Student Trainee

IFMSA - Klinički bolnički centar Sestre milosrdnice

City: Zagreb | **Country:** Croatia | **Name of unit or department:** Gynaecology and Obstetrician | **Business or sector:** Human health and social work activities

My internship was carried out at the Gynaecology and Obstetrician of the Klinički bolnički centar Sestre milosrdnice, at Zagreb. Having this learning opportunity was crucial to consolidate theoretical concepts and practice my clinical activity. In addition, I had the opportunity to network with other medical students around the world and reflect on the differences of Medical Education curricula and opportunities in different countries.

[1 Jun 2019 – 31 Dec 2020]

Cashier

Continente

City: Vila Nova de Famalicão | **Country:** Portugal | **Business or sector:** Other service activities

- communicate with the public
- receive the payments from customers
- explain the benefits of the associate card
- work by incentives
- know and identify all the vegetables and fruits

PUBLICATIONS

[2023]

Harnessing student feedback to transform teachers: Role of emotions and relationships

Reference: Cavaleiro I, de Carvalho Filho MA. Med Educ. 2024; 58(6): 750-760. doi: 10.1111/medu.15264

Feedback is crucial to promote learning and improve performance. However, we lack a nuanced understanding of how medical teachers reflect on and internalise (or not) student feedback (SF). This study aims to fill this gap by exploring how teachers make sense of SF to improve their performance and nurture their personal and professional development.

MANAGEMENT AND LEADERSHIP SKILLS

Coordinator of V Meeting Medical Education

As a Coordinator of V Meeting Medical Education, a national conference about Medical Education, I had the opportunity to prove and improve my leadership and soft skills. The V Meeting Medical Education's motto was "Keeping Up With Innovation in Medical Education". The organizing committee consisted in nine medical students divided in different teams: fundraising and logistics, workshops and scientific and marketing and divulgation. Together we managed to make the conference grow approximately three times in terms of audience (250 participants), we raised the greater value in sponsorships, created different channels in social media and expanded the existing ones by doubling the number of followers. This was only possible with a great team and of course a good leadership. I believe that my management of time, my way of making everyone feel important and responsible in the process and the delegation of the right task for each different person were the main features that contributed to this successful event.

NETWORKS AND MEMBERSHIPS

[1 Jan 2021 – 3 Jul 2023] **Medical Student Representative - Pedagogical Council** Universidade do Minho - Escola de Medicina

I was a Medical Student Representative in the Pedagogical Council of my University. This was an institutional organism where the major decisions affecting the curricular units and the running of pedagogical activities were made. It was an honour for me to represent my colleagues and to dialog with my supervisors in order to find consensus. There were challenging times, but also very rewarding because I could improve my argumentation skills and I could see the important decisions that were made from a different perspective.

[1 Jan 2020 – 31 Dec 2020] **Medical Students Associate - NEMUM** Núcleo de Estudantes de Medicina da Universidade do Minho

I was a Medical Student Associate in the Medical Education Department of the Medical Students Association of my University. During this year, I was part of team consisting of 29 medical students in total. In my department I was responsible for organizing activities in which the medical students could contact with the different medical specialties (post-graduate education), alternative medical careers and also had the opportunity to clarify their educational tracks during the medical degree. This was an excellent opportunity to be important and make a difference in my school community.

CONFERENCES AND SEMINARS

[1 Jan 2020 – 1 Dec 2020] **V Meeting Medical Education - Coordinator** Portugal

As a Coordinator of V Meeting Medical Education, a national conference about Medical Education, I had the opportunity to prove and improve my leadership skills. The V Meeting Medical Education's motto was "Keeping Up With Innovation in Medical Education". The organizing committee consisted in nine medical students divided in different teams: fundraising and logistics, workshops and scientific and marketing and divulgation. Together we managed to make the conference grow approximately three times in terms of audience (250 participants), we raised the greater value in sponsorships, created different channels in social media and expanded the existing ones by doubling the number of followers.

[7 Sep 2020 – 9 Sep 2020] **AMEE - An International Association for Medical Education - ePoster presenter** Glasgow

I attended this International Medical Education Conference to share the curricula change my Medical School was conducted. Using an ePoster format in Learning Toolbox I shared with the participants the work "*Minho MD: transforming the curriculum for the 2050 physician*". This was a fantastic opportunity to improve my communication and technological skills while sharing one of the most important moments in the development of my Medical School.

[1 Jan 2019 – 8 Dec 2019] **Minho Medical Meeting - Organising Committee - Fundraising Department** Portugal

I was part of the Fundraising department of a national medical student conference. During this time, I had the opportunity to contact with various financial departments of medical industry and improve my soft skills in negotiation, team-work and

marketing. This was an incredible chance to understand how medical industry works, what is preferred and their main objectives in participating at conferences.

LANGUAGE SKILLS

Mother tongue(s): Portuguese

Other language(s):

English

LISTENING B2 **READING** B2 **WRITING** B2

SPOKEN PRODUCTION B2 **SPOKEN INTERACTION** B2

Spanish

LISTENING A2 **READING** A2 **WRITING** A1

SPOKEN PRODUCTION A1 **SPOKEN INTERACTION** A1

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

DIGITAL SKILLS

My Digital Skills

Microsoft Office | Microsoft Word | Microsoft Excel | Microsoft Powerpoint | Google Drive | Skype | Outlook | zoom | Google Docs

HONOURS AND AWARDS

[31 Mar 2015]

High School Award - Best Student Awarding institution: Fundação Belmiro de Azevedo

I was awarded because I was the best student in the cohort of students whom parents worked at SONAE.

HOBBIES AND INTERESTS

Exercise

I go to the gym four days in a week. For me going to exercise my body is a way to free my mind. So, exercise is like my mental therapy.