



## Maria Carolina Costa Alves De Smet

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### WORK EXPERIENCE

#### Medical Residency in Obstetrics and Gynecology

**Hospital São Francisco de Xavier, Centro Hospitalar Lisboa Ocidental - CHLO** [ 2019 – Current ]

City: Lisbon | Country: Portugal

- 2019 - 1 year in Maternal Fetal Medicine - Hospital de São Francisco de Xavier, Lisbon
- 2020 - 1 year in Prenatal Diagnosis and Obstetrics Ultrasound - Hospital de São Francisco de Xavier, Lisbon
- 2021 - 1 year in General Gynecology - Hospital de São Francisco de Xavier, Lisbon
- 2022 - 3 months in Reproductive Medicine - Hospital de Santa Maria, Lisbon
- 2022 - 3 months in Urogynecology - Hospital Beatriz Ângelo, Loures
- 2022 - 3 months in Senology - Hospital de São Francisco de Xavier, Lisbon
- 2022 - 3 months in Gynecological Oncology - Portuguese Institute of Oncology, Lisbon
- 2023 - 6 months practice in Minimally Invasive Gynecologic Surgery - Hospital da Luz and Hospital de Santa Maria, Lisbon
- 2023 - 3 months Gynecological Ultrasound - 1st Medical Faculty, Charles University and General Faculty Hospital, Prague
- 2023 - 3 months in Urogynecology - Hospital Santa Maria, Lisbon
- 2024 (ongoing) - Practice in Minimally Invasive Gynecologic Surgery and Gynecologic Ultrasound - Hospital de São Francisco de Xavier, Lisbon

During these years, I maintained weekly shifts in the Obstetrics and Gynecology Emergency Department

#### Doctor in Gynecology and Obstetrics - Outpatient care

**Clinicas Mimed** [ 2023 – Current ]

City: Lisboa | Country: Portugal

Part time job in ambulatory care in Gynecology and Obstetrics

#### Doctor in Gynecology and Obstetrics - Emergency Department

**Hospital Beatriz Ângelo** [ 2022 – 2024 ]

City: Loures | Country: Portugal

Part-time job doing weekly shifts in the Obstetrics and Gynecology Emergency Department

#### General Medical Residency in Medicine and Surgery

**Centro Hospitalar Lisboa Ocidental - CHLO** [ 2018 ]

City: Lisbon | Country: Portugal

Basic training mandatory in the Portuguese Residency program:

- 3 months internship in Internal Medicine
- 3 months internship in General Surgery
- 3 months internship in Family and Community medicine

- 2 months internship in Pediatrics
- 1 month internship in Obstetrics and Gynecology

## Event planner, Outdoor activities instructor

**Bué d'Jogos** [ 2008 – 2018 ]

City: Lisbon | Country: Portugal

Part-time job working with children and teenagers from 2 to 18 years, specially focused on events and parties with outdoor activities.

## Museum monitor - activities and communication in science

**Pavilion of Knowledge - Centro Ciência Viva** [ 2014 – 2015 ]

City: Lisbon | Country: Portugal

Part-time job as museum monitor, activities of communication and training in science with schools, companies and other groups of visitors.

## EDUCATION AND TRAINING

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### Masters in Medicine and Surgery

**Facultade de Medicina e Odontologia, Universidade de Santiago de Compostela** [ 2011 – 2017 ]

City: Santiago de Compostela | Country: Spain | Final grade: 7,94 (scale 0-10) | Thesis: Acute bronchiolitis in the sanitary area of Vigo

### Bachelor in Health Sciences

**University of Lisbon** [ 2009 – 2010 ]

City: Lisbon | Country: Portugal

### High School - Scientific-Humanistic course in Science and Technology

**Escola Secundária José Gomes Ferreira** [ 2006 – 2009 ]

City: Lisbon | Country: Portugal | Final grade: 17,8 (scale 0-20)

## LANGUAGE SKILLS

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**Mother tongue(s):** Portuguese

**Other language(s):**

### English

LISTENING C2 READING C2 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

### Spanish

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

### French

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*

## PUBLICATIONS

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[2020]

**Giant fibroepithelial vulvar polyp in a pregnant woman**

Smet C, et al. BMJ Case Rep 2021; 14:e236101. Doi: 10.1136/bcr-2020-236106 2020

[2021]

### **One Year of COVID-19 in Pregnancy: A National Wide Collaborative Study**

Borges Charepe N, et al. COVID-19 in pregnancy, Acta Med Port. <https://doi.org/10.20344/amp.16574>

[2022]

### **Massive fetomaternal hemorrhage: a case series and review of literature**

Smet et al. Case Rep. Perinat. Med. 2022; 11(1): 20210079. <https://doi.org/10.1515/crpm-2021-0079>

[2023]

### **Isthmocele correction: resectoscopic, laparoscopic or both?**

Smet et al. Facts Views Vis Obgyn. 2023 Sep;15(3):283-285. doi: 10.52054/FVVO.15.3.086.

[2023]

### **Deep (aggressive) angiomyxoma of the vulva in a pregnant woman**

Smet C, et al. BMJ Case Rep 2023;0:e254564. doi:10.1136/bcr-2023-254564

[2024]

### **Staging by imaging in gynecologic cancer and the role of ultrasound: an update of European Joint Consensus statements**

Fischerova D, Smet C et al. Int J Gynecol Cancer 2024;0:1–16. doi:10.1136/ijgc-2023-004609

## **NETWORKS AND MEMBERSHIPS**

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**Member of the International Society of Ultrasound in Obstetrics and Gynecology (ISUOG)**

**Member of the European Society for Gynecological Endoscopy (ESGE)**

**Member of the Portuguese Society of Gynecology (SPG)**

## **CERTIFICATES**

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**GESEA L1 - Gynaecological Endoscopic Surgical Education and Assessment**

**IOTA - International Ovarian Tumour Analysis**

**FMF - Fetal Medicine Foundation - The 1st trimester scan**

## **VOLUNTEERING**

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[ 1997 – Current ] Scouting Association of Portugal

**Scout member** Comprises volunteer work with youths from 6 to 22 years, having completed in 2018 a two-year training in Pedagogy.

## **COURSES**

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### **2013**

· Advanced Life Support - Spanish Society of Family and Community Medicine

## 2018

- Workshop in intrauterine contraception - Portuguese Society of Gynecology (SPG)
- Drugs in pregnancy - Obstetrics Department, Hospital da Luz

## 2019

- Promotion and support in breastfeeding in a Baby-Friendly Hospital - Hospital de São Francisco de Xavier
- Training in obstetrical emergencies with controlled simulation - Technology center of education from A Coruña (CTF-XXIAC)
- Basic interventions in delivery - Biomedical simulation center, Faculty of Medicine, Porto University
- Workshop in subcutaneous contraception - Portuguese Society of Gynecology (SPG)
- FIGO course in intrapartum fetal monitoring - Obstetrics Department, Hospital de Santa Maria
- Invasive procedures in prenatal diagnosis - Portuguese Association of Prenatal Diagnosis (APDPN)
- First trimester ultrasound - tricks and pitfalls - Portuguese Society of Obstetrics and Maternal-fetal medicine (SPOMMF)

## 2020

- Basic Gynecology Ultrasound - Hospital CUF
- The 11-13 weeks scan - The Fetal Medicine Foundation (FMF)
- Cervical assessment - The Fetal Medicine Foundation (FMF)
- The fundamentals of Safe Vacuum Delivery - Vacca Academy
- Placental pathology, fetal growth restriction and preeclampsia - Fundació Medicina Fetal Barcelona
- ISUOG Basic Training Online Course: Fetal Anomalies and Gynecology - ISUOG and the Hellenic Society of Obstetric and Gynecologic Emergency
- Neurologic pathology in pregnancy - Obstetrics Department, Hospital de Santa Maria
- Integrated Course of Laparoscopy: Understand the Basics - Hospital da Luz

## 2021

- Gynecologic ultrasound - Portuguese Society of Gynecology (SPG)
- Orientation and study of the infertile couple - Faculty of Medicine, Minho University
- Fetal growth restriction - Fundació Medicina Fetal Barcelona

## 2022

- Training in obstetrical emergencies - Biomedical Simulation center, Faculty of Medicine, Coimbra University
- Advanced practical course in Reproductive Medicine - Portuguese Society for Reproductive Medicine
- Course in Oncological Gynecology - Oncological Portuguese Institute, Lisbon
- Advanced Course in Gynecological Ultrasound - Swedish Society of Obstetrics and Gynecology, Malmö

## 2023

- 22<sup>nd</sup> Gynecological Endoscopy Course - Hospital da Luz Learning Health
- Advanced Course in Gynecological Ultrasound, 3<sup>rd</sup> edition - Hospital CUF descobertas
- "Surgical techniques in 10 steps" - Portuguese Gynecology Society
- Basic course in Colposcopy - Portuguese Gynecology Society
- Basic course in Gynecological Endoscopy - Centro Hospitalar Tâmega e Sousa

## CONFERENCE PRESENTATIONS AND CLASSES

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### 2019

- "Tubal ligation during cesarean", Reunion of the Portuguese Society of Contraception (SPC)
- "Trissomy 13 in a newborn - a case report", Reunion of the Portuguese Association of Prenatal Diagnosis (APDPN)
- "Placental accretion in a pregnant woman without risk factors", V Congress of the Portuguese society of Obstetrics and Maternal-fetal Medicine (SPOMMF)
- "Labour and intrapartum care" and "Puerperium and postpartum complications", class taught to the 4th grade students of the Medicine Faculty of Nova University of Lisbon
- "Vulvovaginitis" and "First trimester bleedings", class taught to the general residents from Centro Hospitalar Lisboa Ocidental
- "Emergency contraception", Reunion of the UCF São Francisco Xavier
- "Anatomy and Physiology of the female and male reproductive systems", class taught to 11º grade students from Escola Secundária Rainha Dona Amélia

### 2020

- "Sexually transmitted diseases" and "Contraceptive methods in the adolescence", class taught to 12º grade students from Escola Secundária de Miraflares
- "Prescriptions in pregnancy" class taught to the General Residents from Centro Hospitalar Lisboa Ocidental
- "Urgent care in gynecology - clinical cases", class taught to Family and Community doctors from ACES Oeiras e Lisboa Ocidental
- "Prenatal diagnosis of congenital osteoarticular malformations", presented in the Pediatric Orthopaedics Department of Hospital Dona Estefânia
- "Vulvovaginitis" and "First trimester bleedings", class taught to the 6th grade students of the Medicine Faculty of Nova University of Lisbon

### 2021

- "Hematocolpometra by cervical stenosis without apparent cause: a case series" Reunion of the Portuguese Society of Gynecology (SPG)
- "Cistadenofibroma of the ovary: ultrasound images" Reunion of the Portuguese Society of Gynecology (SPG)
- "Prenatal diagnosis of a congenital dacryocystocele" XXVII European Congress of Perinatal Medicine
- "COVID-19 in Pregnancy: a single-centre experience 1 year after the beginning of the pandemic" XXVII European Congress of Perinatal Medicine
- "Prenatal diagnosis of congenital heart defects: a 5-year single-center experience" XXVII European Congress of Perinatal Medicine
- "Abnormal uterine bleeding" and "Amenorrhea" class taught to the 4th grade students of the Medicine Faculty of Nova University of Lisbon

### 2022

- "Cervical cancer diagnosed after the detection of protein p16 in an iliac adenopathy" EUROGIN – International multidisciplinary HPV congress
- "Is the miscarriage rate higher in IVF pregnancies using low quality embryos?" 8º Portuguese Congress of Reproductive Medicine

## 2023

- "The case of the (not) missing sentinel lymph node" 24<sup>th</sup> European Congress on Gynecological Oncology
- "Fumarate-hydratase deficient leiomyoma" 200<sup>a</sup> Reunion of the Portuguese Society of Gynecology
- "Hypogastric Nerve" 200<sup>a</sup> Reunion of the Portuguese Society of Gynecology
- "Total Laparoscopic Hysterectomy - How to do it" 200<sup>a</sup> Reunion of the Portuguese Society of Gynecology
- "Adnexal cyst in pregnancy - laparoscopy challenges in pregnancy" 200<sup>a</sup> Reunion of the Portuguese Society of Gynecology
- "Endometriosis of the Nuck Canal" 201<sup>a</sup> Reunion of the Portuguese Society of Gynecology
- "Isthmocele Correction - Resectoscopic, Laparoscopic or both?" 201<sup>a</sup> Reunion of the Portuguese Society of Gynecology
- "How simple surgeries can become true nightmares" 201<sup>a</sup> Reunion of the Portuguese Society of Gynecology"
- "Hysteroscopy" - Pratical course for the students of the Medicine Faculty of Nova University of Lisbon

## CONFERENCES AND SEMINARS

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### 2019

- 1<sup>o</sup> Reunion from the Department of Gynecology of children and teenagers from CHULC - Alfredo da Costa Maternity
- Spring Congress of SPOMMF - Portuguese society of Obstetrics and Maternal-fetal Medicine (SPOMMF)
- 9<sup>a</sup> Reunion of SPC - Portuguese Society of Contraception (SPC)
- Nacional Reunion of Prenatal Diagnosis - Portuguese Society of Prenatal Diagnosis (APDPN)
- V congress of SPOMMF - Portuguese Society of Obstetrics and Maternal-fetal Medicine (SPOMMF)

### 2020

- Webinar "External Cephalic Version" - Portuguese society of Obstetrics and Maternal-fetal Medicine (SPOMMF)
- Webinar "Cervical Maturation" - Portuguese society of Obstetrics and Maternal-fetal Medicine (SPOMMF)

### 2021

- Webinar "Ultrasound during and after labour" - The Fetal Medicine Foundation (FMF)
- Webinar "Perinatal Sepsis" - The European Association of Perinatal Medicine (EAPM)
- Harvard Medical School "57th Annual Update in Obstetrics and Gynecology "
- "VirtualEndo24 - the global view" - The International Society for Gynecologic Endoscopy (ISGE)
- Webinar "Neurosonography" - The Fetal Medicine Foundation (FMF)
- Webinar "Clinical cases in Obstetrics and Maternal-fetal Medicine" - Portuguese society of Obstetrics and Maternal-fetal Medicine (SPOMMF)
- Webinar "Maternal Medicine" - The Fetal Medicine Foundation (FMF)
- Webinar "Diabetes and Obesity" - The European Association of Perinatal Medicine (EAPM)
- Webinar "Fetal Medicine" - The Fetal Medicine Foundation (FMF)
- Webinar "Fetal growth restriction" - The Fetal Medicine Foundation (FMF)
- Webinar "Classification of cesarean sections" - The European Association of Perinatal Medicine (EAPM)
- Webinar "Basics in Urogynecology" - Portuguese Society of Gynecology (SPG)
- Reunion of SPG - Portuguese Society of Gynecology (SPG)
- XXVII European Congress of Perinatal Medicine - The European Association of Perinatal Medicine (EAPM)
- Webinar "Gynecologic endoscopy" - Portuguese Society of Gynecology (SPG)
- 10<sup>o</sup> Anual congress on contraception - Portuguese Society of Contraception (PSC)
- 22<sup>o</sup> Congress of FSPOG - Portuguese Federation of Obstetrics and Gynecology (FSPOG)

**2022**

- EUROGIN – International multidisciplinary HPV congress
- 8º Congress for Reproductive Medicine - Portuguese Society of Reproductive Medicine

**2023**

- 200ª Reunion of the Portuguese Society of Gynecology
- 201ª Reunion of the Portuguese Society of Gynecology

**2024**

- 202ª Reunion of the Portuguese Society of Gynecology
- Webinar "Gynecology in infants and teenagers" - Portuguese Society of Gynecology
- "In the depths of Endometriosis" - Hospital CUF Descobertas