



Ana Catarina Dinis Marques

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Gender: Female **Date of birth**: 21/07/1986 **Nationality**: Portuguese

ABOUT ME

Compassionate and dedicated Registered Nurse with 14 years of experience in healthcare.

WORK EXPERIENCE

[06/2009 – Current]

Nurse

Unidade Local de Saúde Arrabida - Hospital São Bernardo

City: Setúbal | **Country**: Portugal

- Mental Health Nurse
- Development and implementation of socio-occupational intervention program aimed at patients of prolonged evolution in the socio-occupational unit of Hospital São Bernardo in May 2014;
- Train and mentor junior nurses on critical care procedures and best practices;
- Coordinated and implemented nursing activities, providing presentations at hospital board meetings

[03/2009 – 10/2011]

Nurse

Casa de Saúde do Telhal

City: Telhal | **Country**: Portugal

- Mental Health Nurse
- Responsible for planning and implementing the “Insight” project at Casa de Saúde do Telhal, which aimed to promote self-awareness of mental illness by the own person, through psycho therapeutic group activities in the period between January and October 2011;

[03/2009 – 05/2009]

Nurse

Centro psicogeriatrico Nª Srª de Fátima

City: Parede | **Country**: Portugal

EDUCATION AND TRAINING

[2004 – 2008]

Degree in nursing

Egas Moniz School of Health and Science <https://www.egasmoniz.com.pt/>

City: Almada | **Country**: Portugal

[2010 – 2010]

Postgraduate in Depression, Anxiety and Stress

UNIPSI

City: Alverca | **Country**: Portugal

[2017]

Teaching Aptitude Certificate

IEFP

[2021]

Short training course Management control

LANGUAGE SKILLS

Mother tongue(s): Portuguese

Other language(s):

English

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

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

DIGITAL SKILLS

My Digital Skills

Microsoft Office | SClinico | CIPE | Social Media

PUBLICATIONS

“Humor nos cuidados de enfermagem: Uma estratégia promotora da saúde mental”

Reference: Book "Do diagnóstico á intervenção em saúde mental"

“Electroconvulsivoterapia”

Reference: Institution internal magazine "Casa de Saude do Telhal"

“Importância da formação no contexto da prestação de cuidados ao doente mental”

Reference: Institution internal magazine "Casa de Saude do Telhal"

COMMUNICATION AND INTERPERSONAL SKILLS

Interpersonal Skills

Ease of Expression, interpersonal Relationships, critical thinking and teamwork developed through years of working by shifts with teams of 20 or more colleagues.

HOBBIES AND INTERESTS

Running and Trekking

I like sports, outdoor activities, travel, culture, music concerts.