


Profile will be available until 18 December 2024




Date of birth: 14/10/1990 | **Gender:** Male | **Nationality:** Portuguese

[Hide contact details](#) ^

 **Home:** (+351) 968423577

 **Email address:** renatombreis@gmail.com

 **Home:** Rua Cândido dos Reis nº 61, 1º Esq., 2860-048 ALHOS VEDROS,
Portugal

WORK EXPERIENCE

IT Consultant


17/05/2022 – Current

Axians |  Lisboa, Portugal

- Strong focus on digital transformation and healthcare integration as a Business Analyst for SPMS (Serviços Partilhados do Ministério da Saúde/Shared Services of Ministry of Health);
- Actively engaged in various transformative projects related with telehealth, primary healthcare and epidemiology;
- Entrusted with the task of defining requirements and ensuring that they are align with the needs and expectations of end users.

Physiotherapist

31/01/2022 – Current

Freelancer |  Barreiro & Montijo, Portugal

- Monitoring of individuals with neuromuscular and/or cardiorespiratory diseases in a home setting and in a private clinic;
- Promotion of autonomy and effective self-management of chronic conditions;
- Coordination of care with other clinical and non-clinical teams present in the community.

Product manager


05/01/2016 – 27/01/2022

Linde Saúde |  Lisboa, Portugal

- Monitoring chronic respiratory patients in the comfort of their homes. In collaboration with physicians and several stakeholders, I worked to prevent hospital admissions, prioritizing the promotion of health and enhancing the quality of life for these individuals.
- Leading a dedicated national team of healthcare professionals, including nurses, physiotherapists, cardiopneumologists, and clinical physiologists. Together, we are committed to providing home-based monitoring and care for chronic respiratory patients, ensuring their well-being and quality of life.

Physiotherapist

05/11/2013 – 29/11/2015

Centro de Medicina de Reabilitação do Sul |  São Brás de Alportel, Portugal

- Intensive neurological rehabilitation for individuals with spinal cord injury, stroke, and traumatic brain injury;
- Integrated into the adaptive sports group (Boccia and adapted sailing);
- Motor control and gait training using Lokomat.

EXPERIÊNCIA ACADÉMICA

Guest Lecturer | Polytechnic Institute of Setúbal - School of Health

02/2021 – Current

1. Lecturer for 2nd-year and 4th-year students, specifically in the field of cardiorespiratory conditions and community intervention projects. Alongside, I was also the co-creator and clinical developer of the groundbreaking respiratory telerehabilitation program, RECoV19, in collaboration with InspirO2 Association, which earned the prestigious 2nd place in the Angelini University Awards 2020/2021.

Researcher | CHRC – Comprehensive Health Research Centre

12/02/2024 – Current

Guest Lecturer | Alcoitão School of Health Sciences

12/2019 – 01/06/2022

1. Collaboration in the postgraduate course "Advanced Practice in Respiratory Physiotherapy," providing an enriching learning experience for my colleagues.

EDUCATION AND TRAINING

NOVA National School of Public Health

18/09/2023 – Current

PhD in Public Health |  Lisbon, Portugal

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<https://www.ess.ips.pt/>

NOVA National School of Public Health

09/2020 – 07/2023

MSc in Public Health |  Avenida Padre Cruz, 1600-560 , Lisbon, Portugal

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<https://www.ensp.unl.pt/>

Alcoitão School of Health Sciences

12/2017 – 12/2018

Post-graduation in Respiratory Physiotherapy |

 Rua Conde Barão, 2649-506, Alcabideche, Portugal

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<http://www.essa.pt/portal/>

Polytechnic Institute of Setúbal - School of Health

08/2009 – 07/2013

Degree in Physiotherapy |

 Campus do IPS, Estefanilha, 2914-503, Setúbal, Portugal

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<https://www.ess.ips.pt/>

EUTOPA @ Babeş-Bolyai University


04/2024

EUTOPIA Innovation Challenge |  Cluj-Napoca, Romania

[Hide details ^](#)<https://www.ubbcluj.ro/en/>

NOVA Doctoral School

03/2024

 Lisbon, Portugal

Ciencias E Letras Ensino Ltda


09/2023

HL7® FHIR - Fast Healthcare Interoperability Resources |  Lisbon[Hide details ^](#)<https://ciencia-letras.pt/>

Grupo de Interesse em Fisioterapia Cardio-respiratória / Associação Portuguesa de Fisioterapeutas

06/2021


Respiratory telerehabilitation for physiotherapists |

 Rua João Villaret , 285 A – Urbanização Terplana, 2785-679 , São Domingos de Rana, Portugal[Hide details ^](#)<https://www.gifcr-apf.com/>

Grupo de Interesse em Fisioterapia Cardio-respiratória / Associação Portuguesa de Fisioterapeutas

10/2016

Physiotherapy in patients under invasive and non-invasive ventilation |

 Rua João Villaret, 285 A – Urbanização Terplana, 2785-679, São Domingos de Rana, Portugal[Hide details ^](#)<https://www.gifcr-apf.com/>

Portuguese Red Cross

12/2015


Basic Life Support Training |

 Jardim 9 de Abril, 1 a 5, 1249-083, Lisbon, Portugal[Hide details ^](#)

<https://www.cruzvermelha.pt/>


Fisio-lógica

18/01/2015 – 19/01/2015

 Rua 4 de Infantaria, 92A, 1350-275, Lisboa, Portugal

COMPETIR

13/09/2014 – 14/11/2014

Initial Pedagogical Training |  Faro, Portugal

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<https://competir.com.pt/>

Bwizer

15/09/2013 – 16/09/2013

Kinesio Taping® Method KT1/KT2 |

 Estrada da Circunvalação, 10381, 2.º direito, 4250-151, Porto, Portugal

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<https://www.bwizer.com/pt/>

Formaterapia

03/2023

Advanced Practice in Pediatric Respiratory Physiotherapy

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<https://www.formaterapia.com/>

LANGUAGE SKILLS

Mother tongue(s)

Portuguese

Other language(s)

	Listening	Reading	Spoken interaction	Spoken production	Writing
English	C1: Proficient User	C2: Proficient User	C1: Proficient User	C1: Proficient User	C1: Proficient User
Spanish	B2: Independent User	B2: Independent User	A2: Basic User	A2: Basic User	A2: Basic User

DIGITAL SKILLS

Conhecimentos informaticos na optica do utilizador | Outlook, Gmail |
Microsoft Office (Word, Excel, PowerPoint) e Teams |
Domínio das ferramentas de comunicação (e-mail, skype, zoom) |
Project, Access, Visio | Bizagi Modeler+Studio | Linguagem BPMN |
UML e metodos ageis |
Conhecimento em metodologias ágeis (Scrum, Lean Thinking, Kanban e Smart) |
design thinking

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