



## Joana Luísa Casado Ventura Paula

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### WORK EXPERIENCE

01/10/2009 – CURRENT Lisbon, Portugal

**MAJOR IN THE REPUBLICAN NATIONAL GUARD - CLINICAL CENTER** GUARDA NACIONAL REPUBLICANA (REPUBLICAN NATIONAL GUARD)

- Physician - Rank of Major
- Medical Boards
- Military Medicine
- Service management
- Secretary at the GNR's Higher Board of Health
- Director of the Physical Medicine and Rehabilitation Service
- Speciality medical consultations and technical procedures
- Planning and strategy
- Trainer

**Business or Sector** Human health and social work activities |

**Department** Exames Complementares de Diagnóstico | **Email** [paula.jlcv@gnr.pt](mailto:paula.jlcv@gnr.pt) | **Website** <https://www.gnr.pt/>

01/01/2011 – 15/04/2016 Lisbon, Portugal

**INTERNAL PHYSICIAN IN THE SPECIALITY OF PHYSICAL MEDICINE AND REHABILITATION** HOSPITAL OF CURRY CABRAL. CENTRAL LISBON HOSPITAL CENTRE, EPE

Internship in Physical Medicine and Rehabilitation in the National Health System.

**Business or Sector** Human health and social work activities | **Department** Physical Medicine and Rehabilitation |

**Website** <https://www.chlc.min-saude.pt/>

01/07/2014 – 01/07/2019 Montijo, Portugal

**PHYSIATRIST** RESIDÊNCIAS MONTEPIO, MONTIJO

- Physiatry Medical Consultations.
- Continued Care Unit. Convalescence, Medium Term and Long Term.
- Private home care.
- Leadership and coordination of the multidisciplinary team.
- Assessment and treatment of patients with functional disabilities.

**Business or Sector** Human health and social work activities | **Website** <https://residenciasmontepio.pt/>

01/01/2016 – CURRENT MOITA, Portugal

**MANAGER** MOIFISA- SOCIEDADE DE REABILITAÇÃO FÍSICA DA MOITA, LDA . SAÚDE SUL MOITA

Management and Leadership/Service Direction. Direct and manage multidisciplinary teams with respect for the technical autonomy of professionals, aligning their performance with the strategic vision and directing their joint effort towards the organizational mission and objectives; Act in a transparent manner,

guaranteeing principles of equity to citizens, users and professionals, with the aim of creating trust in the services and health system; Plan, monitor and control the productive activities of health services and the costs inherent to this activity; Maximize the use of resources taking into account health needs with respect for human dignity; Maintain and guarantee professional secrecy regarding facts and documents whose knowledge results from the exercise of their functions; Promote the correct coordination of health services, optimizing existing resources with a view to providing quality health services; Prepare and manage budgets, ensure the efficient use of resources; Direct, supervise and evaluate activities of health professionals; Establish objectives and evaluate the services provided; Direct the selection, training and performance of human resources; Develop, implement and monitor procedures and performance standards; Establish contacts with entities and health service providers; Ensure compliance with hygiene, health and safety standards at work.

**Business or Sector** Human health and social work activities | **Email** [direcao@saudesul.pt](mailto:direcao@saudesul.pt) |

**Website** <https://saudesul.pt/>

01/10/2018 – CURRENT Corroios, Portugal

**MANAGER** CENTRO PARTICULAR DE MEDICINA E ENFERMAGEM, LDA SAÚDE SUL CORROIOS

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Management and Leadership/Service Direction. Direct and manage multidisciplinary teams with respect for the technical autonomy of professionals, aligning their performance with the strategic vision and directing their joint effort towards the organizational mission and objectives; Act in a transparent manner, guaranteeing principles of equity to citizens, users and professionals, with the aim of creating trust in the services and health system; Plan, monitor and control the productive activities of health services and the costs inherent to this activity; Maximize the use of resources taking into account health needs with respect for human dignity; Maintain and guarantee professional secrecy regarding facts and documents whose knowledge results from the exercise of their functions; Promote the correct coordination of health services, optimizing existing resources with a view to providing quality health services; Prepare and manage budgets, ensure the efficient use of resources; Direct, supervise and evaluate activities of health professionals; Establish objectives and evaluate the services provided; Direct the selection, training and performance of human resources; Develop, implement and monitor procedures and performance standards; Establish contacts with entities and health service providers; Ensure compliance with hygiene, health and safety standards at work

01/02/2021 – CURRENT Seixal, Portugal

**MANAGER** 3 CL REABILITAÇÃO MÉDICA, LDA - SAÚDE SUL SEIXAL

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Management and Leadership/Service Direction.

Direct and manage multidisciplinary teams with respect for the technical autonomy of professionals, aligning their performance with the strategic vision and directing their joint effort towards the organizational mission and objectives; Act in a transparent manner, guaranteeing principles of equity to citizens, users and professionals, with the aim of creating trust in the services and health system; Plan, monitor and control the productive activities of health services and the costs inherent to this activity; Maximize the use of resources taking into account health needs with respect for human dignity; Maintain and guarantee professional secrecy regarding facts and documents whose knowledge results from the exercise of their functions; Promote the correct coordination of health services, optimizing existing resources with a view to providing quality health services; Prepare and manage budgets, ensure the efficient use of resources; Direct, supervise and evaluate activities of health professionals; Establish objectives and evaluate the services provided; Direct the selection, training and performance of human resources; Develop, implement and monitor procedures and performance standards; Establish contacts with entities and health service providers; Ensure compliance with hygiene, health and safety standards at work

## ● **EDUCATION AND TRAINING**

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01/10/2002 – 01/10/2009 Lisbon, Portugal

**TRAINING COURSE FOR OFFICERS OF THE REPUBLICAN NATIONAL GUARD.**

**COMPLEMENTARY MILITARY TRAINING - MEDICAL BRANCH.** Academia Militar (Military Academy)

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**Website** <https://www.academiamilitar.pt/> | **Field of study** Military Sciences | **Final grade** 15

Lisbon, Portugal

**INTEGRATED MASTER'S IN MEDICINE** Nova Medical School

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**Website** <https://www.nms.unl.pt/pt-pt/nms> | **Final grade** 16,3 |

**Thesis** Arterial hypertension in a population of young military personnel

01/10/2009 – 31/12/2009 Lisbon

**POST GRADUATION IN MILITARY HEALTH** Military Health Service School

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**Website** <https://www.exercito.pt/>

01/11/2010 – 01/11/2011 Lisbon, Portugal

**DEGREE IN SPORTS MEDICINE** Faculty of Medicine, University of Lisbon.

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**Website** <https://www.medicina.ulisboa.pt/>

01/10/2014 – 30/10/2014 Coimbra, Portugal

**POST-GRADUATION IN ASSESSMENT OF POST-TRAUMATIC BODILY INJURY** National Institute of Legal Medicine and Forensic Sciences.

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Medico-legal expertise in body damage assessment

**Website** [www.inmlcf.pt](http://www.inmlcf.pt) | **Final grade** 16

01/11/2016 – 01/11/2017 Lisbon, Portugal

**POST GRADUATION IN SOCIAL MEDICINE** Portuguese Catholic University

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National classification Medical expertise in Social Security, ADSE and CGA.

**Website** <https://www.ucp.pt/pt-pt> | **Final grade** 16

01/10/2018 – 13/02/2019 Lisbon, Portugal

**COURSE FOR PROMOTION TO SENIOR OFFICER IN THE REPUBLICAN NATIONAL GUARD - POSTGRADUATE COURSE IN MILITARY AND POLICE SCIENCES.** Military University Institute

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Employment and Management of Health Services

Applied Military Strategy

Operations Planning

Resource Management and Administrative Law

Organisational Behaviour

**Website** <https://www.ium.pt/> | **Field of study** Military Sciences | **Final grade** 17

01/11/2021 – 22/09/2022 Sevilla, Spain

**MASTER'S IN MUSCULOSKELETAL ULTRASOUND AND ECHOGUIDED INTERVENTIONISM** San Pablo de Andalucía Foundation

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-Musculoskeletal and osteoarticular ultrasound

-Advanced rehabilitation techniques.

**Website** <https://www.ceuandalucia.es> | **Field of study** Health and welfare

## ● LANGUAGE SKILLS

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Mother tongue(s): **PORTUGUESE**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	C1	C1	B2	C1	C1

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>SPANISH</b>	B2	B2	B2	B2	B1
<b>FRENCH</b>	B1	B1	B1	B1	B1

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

## ● **DIGITAL SKILLS**

Microsoft Office (Outlook, Excel, Word, PowerPoint) | INTERNET AND SOCIAL MEDIA | Microsoft office/Office 365 | Clicloud | Glintt

## ● **HONOURS AND AWARDS**

2001

**Dr Fernando Teixeira de Matos Prize – Lyons Club Almada-Tejo**

- The best student to graduating from secondary school.

2005

**- Marechal Duque da Terceira Prize – Military Academy**

-To the best 4th year student in the Intellectual Aptitude.

08/11/2009

**Second prize for best oral communication – “EnjoyMed” Congress, Faculty of Medicine.**

"Hypertension in Young Adults - A Study at the Military Academy".

2023

**TOP 10 best SMEs in the Health Services Sector – Scoring**

Company Moifisa, Sociedade de Reabilitação Física da Moita, Lda.  
Financial certification.  
Awarded twice: 2022 and 2023.

Link <https://scoring.pt/empresas/moifisa/>

2023

**TOP 5% best SMEs Portugal – Scoring**

Company: Centro Particular de Medicina e Enfermagem, Lda.  
Financial Certification.  
Awarded twice: 2022 and 2023.

Link <https://scoring.pt/empresas/saude-sul/>

2023

**TOP 5% best SMEs Portugal – Scoring**

Company: 3CL- Reabilitação Médica, Lda.  
Financial Certification.  
Awarded twice: 2022 and 2023.

Link <https://scoring.pt/empresas/saude-sul-seixal-3-cl-reabilitacao-medica/>

2023

**5-star Regions Award - in the Physiotherapy Clinics Category -Saúde Sul - Setúbal District. – Prémio Cinco Estrelas**

Brand and Service Evaluation.

Awarded twice: 2022 and 2023.

**Link** <https://r.cinco-estrelas.pt/vencedor/saude-sul/>

2024

### **Quality award – Consumer Choice**

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This evaluation system recognizes quality products or services that, in the dimensions mentioned below, obtain a rating greater than 70% in the evaluation of consumers:

Performance, characteristics, trust, conformity, durability, service, design, expectation reality, perceived quality, recommendation.

**Link** <https://quality-award.pt/saude-sul-premios-quality-award-2024/>

## ● **COMMUNICATION AND INTERPERSONAL SKILLS**

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### **Empathy, emotional intelligence**

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Good coordination and team leadership skills.

Good communication skills and the ability to adapt to different contexts.

Initiative, dynamism and entrepreneurship.