



## Ana Maria Alves de Sousa

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### WORK EXPERIENCE

#### Specialized Nurse in Medical-Surgical Nursing (OE No. 6998)

**Algarve Local Health Unit** [ 24/03/1999 – Current ]

**City:** Portimão | **Country:** Portugal

##### Professional Experience:

- **03/1999 – Present:** Nurse Specialist in Medical-Surgical Nursing (OE No. 6998) at Algarve Local Health Unit, Portimão, Portugal.

Providing nursing care in:

- **Lagos Medicine Department** (1997 to 1999)
- **Lagos Surgery Department** (1999 to 2005)
- **Lagos Emergency Department** (2005 to 2007)
- **Lagos Emergency Department** (2007 to 2008)
- **Portimão Palliative Care Unit** (16/11/2008 to present)

Specialized nursing care in the field of medical-surgical specialty.

- **Since 2009:** Responsible for in-service training.
- **Since 2013:** Management functions of the Palliative Care Unit as a substitute for the nurse manager.
- **Since 2016:** Nurse responsible for the In-Hospital Palliative Care Team.
- **Since 2021:** Member of the Center for Study, Training, and Research in Palliative Care (CEFI-PAL) of the University Hospital Center of the Algarve (CHUA).

### EDUCATION AND TRAINING

#### 1997: Bachelor's Degree in Nursing - Grade: 14 (out of 20)

**Escola Superior de Saúde de Vila real**

**Address:** Quinta de Prados , 5000-801 Vila Real (Portugal) | **Website:** <https://www.utad.pt/ess/>

#### 2003: Complementary Nursing Training with equivalence to Graduation's degree - Grade: 14 (out of 20)

**Escola Superior de Saúde de Beja**

**Address:** Escola Superior de Saúde de Beja, R. Dr. José Correia Maltez, 7800-111 Beja (Portugal) | **Website:** <https://www.ipbeja.pt/UnidadesOrganicas/ESS/Paginas/default.aspx>

#### 2013: Postgraduate Course in Medical-Surgical Specialization - Grade: 17 (out of 20)

**Escola Superior de Enfermagem de Coimbra**

**Address:** Av. Bissaya Barreto 143, 3000-076 Coimbra, 3000-076 Coimbra (Portugal) | **Website:** <https://www.esenfc.pt/pt>

#### 2013: Master's Degree in Medical-Surgical Nursing - Grade: 17 (out of 20)

**Escola Superior de Enfermagem de Coimbra**

**Address:** Av. Bissaya Barreto 143, 3000-076 Coimbra , 3000-076 Coimbra (Portugal) | **Website:** <https://www.esenfc.pt/pt>

## 2018: Postgraduate Course in Palliative Care for Non-Oncological Patients - Grade: 17 (out of 20)

Universidade Católica de Lisboa

Address: Palma de Cima, Edifício Reitoria, 1649-023 Lisboa (Portugal) | Website: <https://www.ucp.pt/pt-pt>

### LANGUAGE SKILLS

**Mother tongue(s):** Português

**Other language(s):**

#### Inglês

LISTENING B2 READING B2 WRITING B1

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

#### Espanhol






LISTENING B1 READING B2 SPOKEN PRODUCTION A1

SPOKEN INTERACTION A1

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

### DIGITAL SKILLS

#### Digital Skills - Test Results

	Information and data literacy	ADVANCED	Level 5 / 6
	Communication and collaboration	INTERMEDIATE	Level 4 / 6
	Digital content creation	ADVANCED	Level 6 / 6
	Safety	INTERMEDIATE	Level 4 / 6
	Problem solving	ADVANCED	Level 5 / 6

Results from [self-assessment](#) based on [The Digital Competence Framework 2.1](#)

### INTERNSHIPS

[ 02/08/2002 – 06/08/2002 ]

**08/2002: Pain Treatment and Palliative Medicine Unit at the Cova da Beira Hospital Center – 40 hours.**

[ 02/08/2004 – 13/08/2004 ]

**08/2004: Palliative Care Unit at Complejo Hospitalario Ntra. Sra. De Candelaria, Santa Cruz Tenerife, Spain – 96 hours.**

[ 01/08/2005 – 16/08/2005 ]

**08/2005: Internship at rev.E. Dutkiewicz Hospice in Gdansk and Saint Lasarius Hospice in Krakow, Poland – 128 hours.**

### INVOLVEMENT IN WORKING GROUPS AND HEALTH QUALITY COMMITTEES:

[ 03/2000 – 05/2001 ]

**Integrated Home Support Project and Home Health Support Project - Lagos Health Center.**

[ 17/04/2009 – Current ]

**2009-Present: Occupational Health and Safety**

[ 2013 – Current ]

## **2013-Present: Discharge Management Committee**

[ 2015 – Current ]

### **2015-Present: Clinical Governance - Medication Area**

[ 28/03/2017 – 28/03/2017 ]

#### **Development of the Norm: N37/CHA for In-Hospital Palliative Care Teams**

**N37/CHA**

**28/03/2017**

[ 13/05/2018 – Current ]

#### **Basic Palliative Care Course - CHUA.**

Responsible for the organizing committee of the Palliative Care courses that are taught annually at ULS-Algarve

[ 2021 – Current ]

#### **CHUA - Center for Study, Training and Research in Palliative Care**

Member of the Center for Study, Training and Research in Palliative Care of the Algarve University Hospital Center

## **FORMATIVE ACTIVITIES DELIVERED AND SPEAKER AT VARIOUS CONFERENCES**

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[ 07/07/2000 – 08/07/2008 ]

#### **Poster Presentations at various conferences and congresses**

- Nursing Meeting (Formasau – Vila Real) - "The Elderly in Focus" 2000
- 3rd Itinerant and Evolving International Colloquium - "Discourses, convictions, and practices" - 2002
- I Congress of the Barlavento Algarvio Hospital Center - "Oncology in Emergency" - 2008

[ 16/02/2001 – 16/02/2001 ]

#### **"Learn to Live Better"**

Speaker - Scientific communication  
Lagos Cultural Center - Lagos City Council

[ 08/06/2011 – 09/06/2011 ]

#### **"Total Pain" - I Medical-Surgical Nursing Conference**

Speaker  
I Medical-Surgical Nursing Conference - "Bridges of Care"

Barlavento Algarvio Hospital Center

[ 03/11/2011 – 05/11/2011 ]

#### **"Unit of Palliative Care at CHBA" - Integrative Oncology Congress**

Speaker  
Integrative Oncology Congress Algarve Oncological Association

Faro

[ 01/02/2023 – 01/02/2023 ]

#### **"Nursing for All: (Re)discovering Care!"**

Speaker  
"Strategies for dealing with death" at the Nursing Event organized by the Escola Superior de Saúde de Silves

[ 23/05/2024 – 24/05/2024 ]

#### **"1st ULS-Algarve Nursing Conference: Nursing in the Integration of Care"**

Speaker

"1st ULS-Algarve Nursing Conference: Chronic patient - EIHCP

[ 07/09/2019 – 14/09/2019 ]

**"Palliative Care - Basic (Level A)" - 14 hours**

Course trainer

GAFID - Training, Research and Development Office

Order of Nurses

[ 16/10/2004 – 16/10/2014 ]

**Conducted training actions - totaling 17 hours and 30 minutes.**

Moura health center: "Dor" – 8 hours

Barlavento Algarvio Hospital Center:

"The Patient in Pain: pain as the 5th Vital Sign" - 1 hour 30 minutes

"Constipation, occlusion and diarrhea" – 1 hour

"Family in the context of Palliative Care" – 1 hour

"Palliative Care – the role of the Operational Assistant" – 1 hour

"Pain – assessment and records" – 1 hour

"Communication in the Multidisciplinary Team" - 1 hour

"Domestic Violence" - 1 hour

"Case study" - 1 hour

"Palliative Care" - 1 hour

## **TRAINING ACTIVITIES ATTENDED**

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[ 30/04/1997 – 30/04/2018 ]

**In-service training as a Trainer - total of 903 hours**

Over time I attended in-service training actions - A total of 903 hours

Selection of training sessions lasting 21h or more:

XVIII National Nursing Meeting "Nursing in the current context" – 32 hours

Nursing, cancer and people – 24 hours

Resuscitation and trauma course for healthcare units – 35 hours

From practice to research, from research to the production of care – 9pm

Wound prevention and treatment – 9pm

SICD/E – Computerized nursing patient classification system – 30 hours

1st International Wound Treatment Congress - 9pm

Speeches, convictions and practices – 24 hours

Initial Pedagogical Training for Trainers – 92 hours

3rd Research Forum of European association for Palliative care – 32 hours

Pain: Advances in research and clinical practice – 40 hours

VI Santiago do Cacém medical and surgical conferences – 24 hours

User training in SIPE-SAPE - 21 hours

Continuous improvement program for the quality of nursing care - 21 hours

6th National Palliative Care Congress - 9 pm

## **COORDINATION AND TEAM MANAGEMENT EXPERIENCE**

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[ 02/2005 – 05/2007 ]

**Team Leader - Basic Emergency Service - CHUA Lagos Unit.**

[ 05/2013 – Current ]

**Replacement of head nurse Palliative Care Unit -ULS Algarve**

## **HEALTH SERVICES MANAGEMENT TRAINING**

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### **Formação em Gestão de Serviços de Saúde**

8/03/2002 - Management in the Health Sector - 15 points - Complementary Nursing Training Course

2013/06/27 -Management and Administration - Management for specialized practice 2.5 ECTS - 16 points - Master's Course in Medical-Surgical Nursing