



Pedro Miguel Leal Lopes

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Gender: Male **Date of birth**: 27 Dec 1993 **Nationality**: Portuguese

ABOUT ME

I've graduated from Fernando Pessoa University in Nursing and obtained a specialization in Mental Health and Psychiatric Nursing.

Throughout my career, I've worked in various settings, including public psychiatric hospitals, private healthcare institutions and social care organizations. These experiences have given me a broad understanding of how healthcare structures operate, as well as the challenges they face.

In addition to my clinical role, I also serve as a Union Representative, where I've developed skills in negotiation, conflict resolution, and advocating for the rights of Healthcare Professionals.

I am now looking for new opportunities to transition into a role where I can leverage my expertise to help design and implement systems that drive advancements in medicine, improve efficiency in healthcare delivery and create value.

WORK EXPERIENCE

[Sep 2023 – Current]

Mental Health and Psychiatry Specialist Nurse

Casa de Saúde da Idanha

City: Sintra | **Country**: Portugal

- Administer prescribed medications and manage dosages according to protocols
- Continuously monitor patients' mental, emotional, and physical well-being
- Utilize therapeutic techniques such as positive reinforcement, communication strategies, and de-escalation methods to manage difficult situations
- Collaborate with other specialists (e.g., psychologists, occupational therapists) to design appropriate behavioral interventions

[Apr 2019 – Current]

Mental Health and Psychiatry Specialist Nurse (since March 2021)

CHLN, EPE - Hospital de Santa Maria, Psychiatry Department

City: Lisbon | **Country**: Portugal

- Administer prescribed medications, monitor patient responses, and adjust care plans accordingly to ensure the best therapeutic outcomes
- Implement behavioral management strategies and provide immediate intervention in crisis situations to ensure patient safety and well-being
- Work closely with psychiatrists, psychologists, and other healthcare professionals to deliver comprehensive, coordinated care for patients
- Maintain accurate and up-to-date patient records, including progress notes, assessments, and care plans
- Shift coordinator since 2019

[Jan 2020 – Dec 2022]

Mental Health and Psychiatry Specialist Nurse (since March 2021)

São João de Deus Prison Hospital | SIEP

City: Caxias | **Country**: Portugal

- Administer prescribed medications and manage dosages according to protocols
- Patient Care

- Team leader
- Lead projects focused on continuous quality improvement to enhance care and outcomes for mental health patients, ensuring best practices and effective treatment.
- Mentoring nursing students during internships
- Participation in health quality workgroups

[Mar 2018 – Oct 2019]

Generalist Nurse

Hospital de Cascais | Psychiatric and Mental Health Ward

City: Cascais | **Country:** Portugal

Provide direct nursing care by assessing patients' mental and physical health, administering prescribed treatments, and monitoring behavioral and vital signs to ensure safe and effective recovery

[Jan 2018 – Mar 2018]

Generalist Nurse

São João de Ávila Clinic

City: Lisbon | **Country:** Portugal

- Provide direct nursing care by assessing patient conditions, administering treatments, and monitoring vital signs to ensure optimal health and recovery

TRAINER ROLE

[12 Oct 2022]

Minds Matter - First-Year Results

Trainer for the "Minds Matter - First-Year Results" session at São João de Deus Prison Hospital, delivering a 1-hour presentation on the project's outcomes.

[24 Jul 2020]

Labor Legislation: Nursing Career

Trainer for the "Labor Legislation: Nursing Career" session, conducted at SIPENF Headquarters, with a duration of 3 hours, providing valuable insights on labor laws relevant to the nursing profession.

[17 Jul 2020]

Professional Organizations: Unions

Trainer for the "Professional Organizations: Unions" session, conducted at SIPENF Headquarters, with a duration of 3 hours, delivering key information on the role and impact of unions in the nursing profession.

EDUCATION AND TRAINING

[24 Feb 2022]

"The Concept of Evil in Psychiatry, Philosophy, and Neurology: Clinical Implications" In-Service Training

São João de Deus Prison Hospital

City: Caxias |

[Oct 2019 – Jan 2021]

Specialization in Mental Health and Psychiatric Nursing (Final grade: 16/20)

Escola Superior de Enfermagem S. Francisco das Misericórdias

City: Lisbon | **Country:** Portugal | **Level in EQF:** EQF level 5

[29 Apr 2019]

"Mechanical Restraint and Self-Defense Techniques" In-Service Training

CHLN - Hospital de Santa Maria

City: Lisbon | **Country:** Portugal |

[27 Oct 2017 – 28 Oct 2017]

Advanced Cardiovascular Life Support (ACLS) Certified Course

INEM and AHA - CESPU

City: Gandra | **Country:** Portugal |

[Sep 2013 – Sep 2017]

Bachelor's Degree in Nursing

Universidade Fernando Pessoa

City: Porto | **Country:** Portugal | | **Level in EQF:** EQF level 6

ORGANISATIONAL SKILLS

Board Member of SIPENF (Independent Nursing Professionals Union) 2022-2025

Positive performance assessment in the last biennium at CHLN EPE

Leader of the Continuous Quality Improvement Project – Development and implementation of the “Minds Matter” Psychoeducation and Disease Management Program (PPGD)

Project Leader for the "Follow-up Telephone Service"

Project designed to improve outpatient treatment adherence among discharged psychiatric patients

Member of health quality improvement workgroups

Contributing to psychoeducation and disease management programs

Supervisor and evaluator of nursing students

Coordinated and supervised nursing students during clinical placements, managing mentoring periods of 153 to 168 hours per student, ensuring effective learning and evaluation

LANGUAGE SKILLS

Mother tongue(s): Portuguese

Other language(s):

English

LISTENING C1 READING C1 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

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

PUBLICATIONS

[2021]

Use of Face Masks

Published article in InforSindical Magazine (ISSN 2184-9242), Issue No. 2, April/May 2021: “Use of Face Masks,” a scientific article relevant to Mental Health and Psychiatric Nursing

CONFERENCES AND SEMINARS

[11 Oct 2021]

Minds Matter Psychoeducation Project Hospital Prisional de São João de Deus, Caxias

Presenter of the Clinical Session “Minds Matter Psychoeducation Project” on 11 October 2021 at HPSJD (90-minute session)

[25 Oct 2018]

1st Nursing Research Conference of CHLN Lisbon