



Mafalda Mota

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Gender: Female **Date of birth**: 12/05/1997 **Nationality**: Portuguese

WORK EXPERIENCE

[15/02/2023 – Current]

Generalist Nurse

Hospital da Luz Torres de Lisboa

City: Lisbon | **Country**: Portugal

- Operating theatre nurse, autonomous not only in the role of anaesthesia and circulation nurse, but also in recovery room;
- Integrating in the instrumentation in gynaecology;
- Responsible for the anaesthesia area.

[25/03/2024 – Current]

Generalist Nurse

Hospital Trofa Saúde Amadora

City: Lisbon | **Country**: Portugal

- Part-time job as an operating theatre nurse;
- Autonomous in the role of anaesthesia, circulation and recovery room.

[21/07/2020 – 14/02/2023]

Generalist Nurse

Hospital Garcia de Orta

City: Almada | **Country**: Portugal

- Generalist nurse in the internal medicine and vascular surgery ward;
- Participation in various training sessions provided by the hospital, as well as the creation of posters about Look Alike Sound Alike medication (LASA) and hand hygiene.

[01/05/2021 – 15/04/2023]

Generalist Nurse

Precise

City: Sesimbra | **Country**: Portugal

- Part-time job as a generalist nurse responsible for the administration of Covid-19 and seasonal flu vaccines.

[01/10/2020 – 01/10/2021]

Generalist Nurse

Residência Sénior Egas Moniz

City: Sesimbra | **Country**: Portugal

- Part-time job as a generalist nurse responsible for the preparation and administration of medication to patients, wound care, health promotion and disease prevention.

[01/07/2017 – 01/09/2019]

Promoter

Springevents

City: Lisboa | **Country**: Portugal

- Promotional actions for various brands such as Cien, Koka noodles, Capri-Sun, Microsoft, Olá ice creams;
- Tickets sale for Lisbon Metro during Rock in Rio Lisboa 2018.

EDUCATION AND TRAINING

[01/09/2021 – 13/04/2023]

Postgraduate in Surgical Instrumentation

Universidade Autónoma de Lisboa - Escola Superior de Enfermagem São Francisco das Misericórdias <https://esesfm.pt/>

City: Lisbon | **Country:** Portugal | | **Final grade:** 16

- Theoretical section on instrumentation in various surgical specialities such as general surgery, orthopaedics, vascular surgery, urology and cardiac surgery;
- Practical training in operating theatre, involving various roles as anaesthesia nurse, circulating nurse and scrub nurse.

[13/09/2016 – 07/07/2020]

Degree in Nursing

Universidade de Évora <https://www.esesjd.uevora.pt/>

City: Évora | **Country:** Portugal | | **Final grade:** 15

- Nursing degree;
- Internships at various hospitals, gaining experience across a range of specialised areas such as, critical care, surgical nursing, medical nursing, paediatrics, maternal health and obstetrics and primary health care

ADDITIONAL TRAINING

[06/01/2025 – 06/01/2025]

Course about knee ligamentoplasty

Theoretical and practical training about knee ligamentoplasty:

- Anatomy and function;
- Surgical techniques;
- Material boxes;
- Consumable materials.

Provided by Arthrex.

[18/09/2024 – 05/10/2024]

Critical Events in Operating Theatre

The Critical Events in Operating Theatre provided by Hospital da Luz, was designed for professional working in operating theatre.

Theoretical and practical training in:

- Anaphylactic Shock;
- Adverse reaction to local anesthetics;
- Cardiorespiratory arrest;
- Malignant hyperthermia;
- Difficult airway;
- Hemorrhagic shock

[28/09/2024 – 28/09/2024]

Course about Endovascular Material

Theoretical and practical training about endovascular material, provided by Biosonda

[22/04/2024 – 22/04/2024]

Course about Ankle Instability

Theoretical and practical training about ankle instability:

- Anatomy and function;
- Surgical techniques;

- Material boxes;
- Consumable materials.

Provided by Arthrex.

[25/09/2023 – 25/09/2023]

Cerament

Theoretical and practical training on Cerament, application and post-application care.

[12/04/2023 – 12/04/2023]

Basic Life Support

Basic life support exam provided by Hospital da Luz.

[31/01/2023 – 31/01/2023]

Online course: anaesthesiology nursing

The Bwizer online course on nursing anaesthesiology covers a comprehensive range of topics such as types of anaesthesia, anaesthetic techniques and the responsibilities of an anaesthesia nurse.

[20/04/2021 – 20/04/2023]

IELTS

IELTS exam in 2021

PUBLICATIONS

[2020]

[Decúbito ventral na Síndrome de Dificuldade Respiratória no Adulto após infecção por coronavírus](#)

LANGUAGE SKILLS

Mother tongue(s): Portuguese

Other language(s):

English

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B1

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

DIGITAL SKILLS

My Digital Skills

Microsoft Office package: Microsoft Word, Excel, PowerPoint, Access | Video Conferencing (Zoom, Teams, Skype, Webex) - Advanced | Social Media / Social Network

COMMUNICATION AND INTERPERSONAL SKILLS

Interpersonal skills

- Team work;
- Emphaty;
- Active listening;
- Emotional intelligence.