



Tiago Silva

Passport: CE597717 | **Work permit:** British | **Date of birth:** 17/09/1990 |

Place of birth: Pombal - Leiria, Portugal | **Nationality:** Portuguese | **Gender:** Male |

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ABOUT ME

Registered nurse with a degree from the Polytechnic Institute of Leiria (2014), bringing international experience across diverse clinical settings. I began my professional journey in Angola in occupational health nursing and have been practicing in the UK since 2015 at Ashford and St. Peter's Hospital. My career spans Trauma and Orthopaedics, Surgical High Dependency Unit, and currently, I work as a **Clinical Site Nurse Practitioner**, actively involved in hospital-wide clinical operations.

I am a dedicated healthcare professional with strong leadership, crisis management, and interprofessional coordination skills. I am committed to delivering high-quality patient care and have a growing interest in **Digital Health**, where I aim to contribute to the development and implementation of innovative care solutions. I value teamwork, empathy, and continuous professional development as core elements of my practice.

WORK EXPERIENCE

03/2021 – CURRENT Chertsey - Surrey, United Kingdom

CSNP – CLINICAL SITE NURSE PRACTITIONER ASHFORD AND ST PETER'S HOSPITALS NHS FOUNDATION TRUST

- Oversee operational and clinical flow across hospital wards, ensuring efficient patient flow and bed management
- Provide advanced nursing assessment and autonomous clinical decision-making in complex situations
- Coordinate site-wide escalation processes and respond to clinical emergencies
- Liaise with multidisciplinary teams to ensure safe and effective patient care delivery
- Support and supervise junior staff, promoting continuous learning and professional development
- Contribute to hospital-wide quality improvement initiatives and clinical audits
- Represent the nursing team in operational meetings and support strategic planning and resilience efforts
- Lead on digital transformation, implementing new digital tools and workflows across the Trust
- Play a central role in the transition to the Cerner electronic health record system, including staff training and system optimization

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

Website <https://www.ashfordstpeters.nhs.uk>

01/2019 – 03/2021 Chertsey - Surrey, United Kingdom

CHARGE NURSE – ORTHOPAEDIC WARD ASHFORD AND ST PETER'S HOSPITALS NHS FOUNDATION TRUST

- Led the day-to-day coordination of a busy orthopaedic ward, ensuring high standards of patient care and efficient staff allocation
- Provided clinical leadership and supported junior staff through supervision, mentoring, and bedside teaching
- Ensured effective multidisciplinary communication to deliver timely surgical interventions and postoperative care
- Managed patient flow, including admissions, discharges, and transfers, in alignment with hospital-wide targets
- Oversaw medication administration, wound care, pain management, and the implementation of complex care plans
- Participated in pre-operative assessments and discharge planning to ensure continuity of care and patient safety
- Conducted incident reporting and contributed to root cause analyses and ward-level quality improvement initiatives

- Supported the induction and training of new staff and students, promoting a positive learning environment
- Liaised with theatre coordinators and bed managers to optimise surgical scheduling and bed utilisation

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

Website <https://www.ashfordstpeters.nhs.uk>

10/2016 – 01/2019 Chertsey - Surrey, United Kingdom

NURSE – SURGICAL HIGH DEPENDENCY UNIT (SHDU) ASHFORD AND ST PETER'S HOSPITALS NHS FOUNDATION TRUST

- Delivered specialised nursing care to post-operative patients requiring close monitoring and advanced interventions
- Monitored and managed patients with complex surgical needs, including tracheostomies, central lines, and high-dependency analgesia
- Interpreted clinical data from invasive monitoring (e.g., arterial lines, CVP) to inform timely and appropriate interventions
- Collaborated closely with anaesthetists, surgeons, and critical care outreach teams to provide stabilisation and recovery care
- Administered IV medications, blood products, and fluid therapies according to HDU protocols
- Responded to patient deterioration using early warning scores and escalation pathways
- Participated in emergency procedures including intubation preparation and rapid response scenarios
- Provided emotional support and clear communication to patients and families during critical post-operative periods
- Maintained accurate and detailed clinical documentation in line with hospital policy and regulatory standards

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

Website <https://www.ashfordstpeters.nhs.uk>

01/2015 – 10/2017 Chertsey- Surrey, United Kingdom

NURSE – ORTHOPAEDIC WARD ASHFORD AND ST PETER'S HOSPITALS NHS FOUNDATION TRUST

- Provided direct nursing care to patients undergoing elective and emergency orthopaedic procedures, including trauma cases
- Delivered post-operative care, including pain management, wound care, neurovascular assessments, and early mobilisation
- Monitored for complications such as deep vein thrombosis (DVT), infections, and pressure ulcers, implementing preventative measures
- Collaborated with the multidisciplinary team—including physiotherapists, occupational therapists, and surgeons—to optimise recovery plans
- Educated patients and families on post-discharge care, mobility aids, and rehabilitation goals
- Ensured safe medication administration, accurate documentation, and adherence to clinical guidelines
- Supported pre-operative assessments, coordinated discharges, and contributed to efficient patient flow
- Mentored student nurses and supported junior colleagues through teaching and clinical supervision
- Participated in ward audits and quality improvement initiatives to enhance patient outcomes and safety

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

Website <https://www.ashfordstpeters.nhs.uk>

06/2014 – 10/2014 Malange, Angola

OCCUPATIONAL HEALTH NURSE – CONSTRUCTION SITE BOX4

- Provided on-site occupational health care in a remote construction environment, ensuring compliance with health and safety regulations
- Delivered first aid and emergency care for work-related and non-work-related injuries and illnesses
- Conducted routine health screenings, medical surveillance, and fitness-for-work assessments
- Promoted workplace health through educational sessions on hygiene, disease prevention, and occupational risks
- Maintained accurate medical records and health documentation in line with company and local regulations
- Collaborated with Health & Safety teams to identify and mitigate occupational hazards
- Participated in the development and implementation of workplace health and safety policies
- Supported vaccination programs, health campaigns, and return-to-work assessments
- Acted as the first point of contact for medical concerns in a challenging and resource-limited setting

Business or Sector Human health and social work activities | **Department** Occupational Health | **Website** <https://box4.eu>

RECRUITMENT CONSULTANT MYCARE HOME SERVICES

- Managed end-to-end recruitment processes for healthcare professionals
- Advertised vacancies and screened CVs.
- Matched candidates to care home and domiciliary roles based on qualifications, availability, and compliance status
- Built and nurtured relationships with candidates and clients, providing ongoing support and workforce planning solutions
- Ensured full compliance with CQC regulations, Right to Work checks, DBS processes, and mandatory training
- Contributed to staff retention initiatives and improved candidate onboarding experiences

Business or Sector Human health and social work activities | **Website** <https://mycarehomeservices.co.uk>

03/2010 – 12/2014 Pombal - Leiria, Portugal

MAINTENANCE TECHNICIAN – INJECTION AND PAINTING EQUIPMENT IBER-OLEFF

- Performed preventive and corrective maintenance on industrial equipment in the plastic injection and painting sectors
- Diagnosed and repaired faults in injection molding machines, robots, ovens, conveyors, and automated systems
- Carried out equipment adjustments and calibrations to ensure production quality and process efficiency
- Collaborated with production teams to minimize downtime and improve line performance
- Interpreted electrical, pneumatic, and hydraulic schematics to perform effective technical interventions
- Participated in technical upgrades and modernization projects to enhance system performance and reliability
- Ensured compliance with safety standards and company maintenance procedures
- Provided training and support to machine operators on proper and safe equipment usage

Business or Sector Manufacturing | **Department** Maintenance Department | **Website** <https://www.iber-oleff.pt>

09/2009 – 03/2010 Pombal - Leiria, Portugal

PLASTIC INJECTION MOULDING MACHINE OPERATOR IBER-OLEFF

- Operated and monitored plastic injection moulding machines in an industrial manufacturing environment
- Ensured accurate setup of moulds and parameters according to production specifications
- Carried out quality checks on moulded parts to identify defects and maintain high production standards
- Performed machine adjustments and basic maintenance to minimise downtime and optimise efficiency
- Collaborated with the maintenance and quality assurance teams to ensure smooth workflow and product consistency
- Followed strict safety protocols and adhered to production schedules and operational procedures

Business or Sector Manufacturing | **Department** Production Department | **Website** <https://www.iber-oleff.pt>

● EDUCATION AND TRAINING

03/2010 – 03/2014 Leiria, Portugal

BACHELOR OF SCIENCE IN NURSING (BSC NURSING) Polytechnic of Leiria | ESSLEI - School of Health Sciences

- Completed a comprehensive nursing degree with a strong foundation in clinical practice, evidence-based care, and patient-centred approaches
- Participated in diverse clinical placements, including medical-surgical wards, community health, paediatric and maternal health
- Final research project: *“From the Desire for a Child to a Desired Child: The Fulfilment of a Dream as a Couple”* – awarded 19/20

Website <https://www.ipleiria.pt/esslei/> | **Field of study** Nursing and midwifery | **Final grade** 17 | **Level in EQF** EQF level 6 |

National classification 6 | **Type of credits** ECTS | **Number of credits** 240

07/2022 Guildford - Surrey, United Kingdom

ADULT HEALTH ASSESSMENT - LEVEL 7 University of Surrey

- Completed advanced training in comprehensive health assessment of adult patients
- Developed skills in systematic history taking, physical examination, and clinical reasoning

- Focused on identifying early signs of deterioration, supporting timely intervention and escalation
- Applied evidence-based frameworks to support autonomous clinical decision-making in acute and community settings

Website <https://www.surrey.ac.uk> | **Number of credits** 15

01/2025 London, United Kingdom

SPECIALIZATION IN DIGITAL HEALTH Imperial College London (via Coursera)

- Completed a 3-course online specialisation in Digital Health, covering:
 - Introduction to Digital Health
 - Design and Implementation of Digital Health Interventions
 - Evaluation of Digital Health Interventions
- Gained insight into the use of mobile applications, wearable technologies, telehealth, health information systems, AI, machine learning, and big data in healthcare
- Explored the challenges and opportunities of digital tools in improving the quality, safety, and efficiency of healthcare services
- Developed foundational skills to contribute to the digital transformation of public health and clinical care globally

Website <https://www.coursera.org>

03/2025 – CURRENT London, United Kingdom

GOOGLE PROJECT MANAGEMENT – PROFESSIONAL CERTIFICATE Google (via Coursera)

- A 6-course, 140+ hour program designed by Google to prepare learners for careers in the high-growth field of project management
 - *Foundations of Project Management*
 - *Project Initiation: Starting a Successful Project*
 - *Project Planning: Putting It All Together*
 - *Project Execution: Running the Project*
 - *Agile Project Management*
 - *Capstone: Applying Project Management in the Real World*
- Completed a comprehensive, hands-on programme covering project management fundamentals using agile and traditional methodologies
- Developed core skills in project initiation, planning, execution, risk management, stakeholder communication, and team leadership
- Applied tools such as Gantt charts, RACI matrices, and project documentation in practical case studies
- Gained experience with project lifecycle management, problem-solving strategies, and process improvement techniques
- Aligned with industry standards and frameworks such as PMI and Agile project management principles

Website <https://www.coursera.org>

10/2018 Guildford - Surrey, United Kingdom

MENTORSHIP IN CLINICAL PRACTICE – LEVEL 6 University of Surrey

- Completed NMC-approved mentorship training at Level 6, focused on supporting and assessing nursing students in clinical settings
- Developed skills in supervision, teaching, feedback, and competency-based assessment
- Gained practical and theoretical knowledge on facilitating learning in the workplace
- Qualified to act as a mentor/preceptor for undergraduate nursing students within the NHS and other clinical environments

Website <https://www.surrey.ac.uk>

09/2021 Kingston - London, United Kingdom

ADVANCED LIFE SUPPORT (ALS) Resuscitation Council UK

- Successfully completed the Advanced Life Support (ALS) course, focused on the management of adult cardiac arrest and medical emergencies
- Gained advanced competencies in airway management, rhythm recognition, defibrillation, drug administration, and team leadership in resuscitation scenarios

- Trained in adherence to current Resuscitation Council UK guidelines and best practices
- Certified to lead and participate effectively in adult resuscitation teams across acute care settings

Website <https://www.resus.org.uk>

05/2014 Leiria, Portugal

PROFESSIONAL COMPETENCE CERTIFICATE Mindform – Vocational Training and Consultancy

- Completed certified professional training focused on practical and technical skill development
- Acquired competencies aligned with national standards and workplace requirements
- Emphasis on hands-on learning, industry-relevant methodologies, and regulatory compliance
- Issued under the Portuguese National Qualifications Framework

Website <https://www.mindform.pt> | **Field of study** Education

07/2014 Coimbra, Portugal

WOUND CARE AND TISSUE VIABILITY Bwizer – Nursing Education and Training

- Completed specialised training in advanced wound assessment, management, and tissue viability
- Developed clinical skills in identifying and treating complex wounds, including pressure ulcers, surgical wounds, and chronic ulcers
- Gained up-to-date knowledge on wound healing processes, dressings, and evidence-based treatment protocols
- Recognised by DGERT (Direção-Geral do Emprego e das Relações de Trabalho) under the Portuguese National Qualifications System

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

03/2025

USING SYSTEMATIC REVIEWS TO INFORM NURSING PRACTICE RCNi – Nursing Standard

- Completed professional development module focused on integrating systematic review findings into evidence-based nursing practice
- Gained understanding of how to critically appraise and apply high-quality research in clinical decision-making
- Explored methods for interpreting systematic reviews and translating evidence into patient-centred care strategies
- Strengthened skills in evidence-based practice (EBP), clinical judgement, and quality improvement initiatives

Website <https://rcnilearning.com>

03/2025

SEARCHING AND CRITIQUING RESEARCH LITERATURE RCNi – Nursing Standard

- Developed skills in identifying, selecting, and appraising research literature relevant to nursing and healthcare practice
- Learned how to formulate clinical questions and conduct effective database searches using keywords and Boolean operators
- Gained confidence in critiquing the quality, validity, and applicability of quantitative and qualitative studies
- Enhanced evidence-based practice by integrating research findings into clinical decision-making and care planning

Website <https://rcnilearning.com>

03/2025

GUIDANCE FOR NOVICE AUTHORS ON WRITING A JOURNAL ARTICLE RCNi – Nursing Standard

- Completed a professional development module focused on the fundamentals of academic and professional writing for publication in nursing journals
- Gained insight into the structure and components of a scholarly article, including abstract, introduction, methodology, discussion, and referencing
- Learned strategies for selecting appropriate journals, responding to peer review, and avoiding common writing pitfalls
- Developed confidence to contribute to professional literature and share evidence-based insights with the wider nursing community

Website <https://rcnilearning.com>

● **LANGUAGE SKILLS**

Mother tongue(s): **PORTUGUESE**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	C1

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

● **SKILLS**

Video Conferencing (Zoom, Teams, Skype, Webex) - Advanced | Microsoft Office package: Microsoft Word, Excel, PowerPoint, Access | Hospital management | Healthcare | Healthcare IT | Clinical Research | Literature Reviews | Digital platforms, digital contracts, digital transformation | Digital Health | Project Management | Problems' solving | Clinical Reports | Resolve Conflicts | Digital Strategy | Project Lifecycle Management | Stakeholder Communication | Conflict Resolution and Escalation Handling | Documentation and Reporting | Risk Management | Agile Project Management | Scrum Framework | Project Management Tools & Templates | Gantt Charts & RACI Matrices | Use of Digital Project Management Platforms | Time Management | Critical Thinking | Attention to Detail | Adaptability in Fast-Paced Environments | Systematic History Taking | Comprehensive Physical Examination | Cardiorespiratory and Abdominal Assessment | Skin and Wound Assessment | Clinical Reasoning and Decision-Making | Early Recognition of Patient Deterioration | Use of Evidence-Based Assessment Frameworks | Patient-Centred Communication | Health Promotion and Patient Education | Interdisciplinary Collaboration

● **NETWORKS AND MEMBERSHIPS**

01/2015 – CURRENT United Kingdom
Registered Nurse – Nursing and Midwifery Council (NMC)

- Fully registered with the UK’s regulatory body for nursing and midwifery
- Compliant with NMC standards of proficiency, revalidation, and continuing professional development
- Legally authorised to practise as a Registered Nurse in the UK across various healthcare settings

01/2015 – CURRENT United Kingdom
Royal College of Nursing (RCN)

- Active member of the UK's largest nursing union and professional body, supporting professional development, advocacy, and evidence-based practice
- Access to continuing professional development resources, clinical guidance, and legal support
- Committed to upholding professional standards and contributing to the nursing profession through lifelong learning and engagement with the wider healthcare community