



Débora Fernandes

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ABOUT MYSELF

Dedicated professional with a background in physiotherapy and a strong interest for integrating health sciences with technology. Experienced in patient care, rehabilitation in different settings. Quick learner with good communication skills, adaptable to both clinical and corporate environments.

WORK EXPERIENCE

DataAnnotation – Portugal

Country: Portugal

Product development assistant

[07/2024 – Current]

- Assisting with the development of AI software

Oneclinics Barreiro – Barreiro, Portugal

City: Barreiro | Country: Portugal

Physiotherapist

[05/2022 – 05/2025]

- Assessing and developing treatment plans for patients with various injuries and disorders.
- Providing quality service to multiple patients per hour.
- Working within a team of physiotherapists and doctors.
- Engaging in administrative tasks to facilitate the clinic's practices.
- Management of the clinic's material and resources.
- Engaging in progressive professional development and contributing to the clinic's improvement.

Fisisul – Barreiro, Portugal

City: Barreiro | Country: Portugal

Physiotherapist

[02/2022 – 05/2022]

- Assessing and developing treatment plans for patients with various injuries and disorders.
- Writing reports and communicating with other healthcare professionals that may be involved with the patients progression, in accordance to protocols led by different insurance companies.
- Managing the clinic's material and resources.
- Providing quality service to multiple patients per hour.
- Working within a team of physiotherapists, nurses and doctors

GDESSA (Basketball Team) – Barreiro, Portugal

City: Barreiro | Country: Portugal

Physiotherapist

[09/2020 – 06/2022]

- Working on the prevention and treatment of injuries with highly competitive female athletes, including their integration in return to sports.
- Management of medical and training material and resources.
- Handling administrative tasks and reports regarding the health and safety of the athletes.
- Facilitating the communication between the team's organisation and the official regulating entities.
- Collaborative work with other health professionals in a partnership between the team and other clinics.
- Providing first line medical support within my field during training sessions and games.

 **Polytechnic Institute of Setúbal** – Sesimbra, Portugal

City: Sesimbra | Country: Portugal

Accessibility Assistant - "All and One" Project for an accessible beach

[07/2020]

- Providing assistance to disable people on the Sesimbra beach through mobility equipment, for 2 weeks
- Managing the equipment
- Writing a report on the collected data

EDUCATION AND TRAINING

1st year of Master's Degree in Physiotherapy In Musculoskeletal Conditions

Polytechnic Institute of Setúbal [09/2021 – 06/2023]

City: Setúbal | Country: Portugal | Level in EQF: EQF level 6

Bachelor's Degree in Physiotherapy

Polytechnic Institute of Setúbal [09/2016 – 06/2020]

City: Setúbal | Country: Portugal | Level in EQF: EQF level 6

CERTIFICATIONS

[11/2024]

Advanced Rehabilitation in Gynecology and Obstetrics

Assessment and treatment of various pelvic dysfunctions, including urinary incontinence, pre and post partum, and sexual dysfunctions.

LANGUAGE SKILLS

Mother tongue(s): Portuguese

Other language(s):

English

LISTENING C2 READING C2 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

Spanish

LISTENING B2 READING C1 WRITING A2

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

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

CONFERENCES & SEMINARS

[04/2025] Barreiro

Posture and Quality of Life - Speaker

Spoke to adult students of secondary school of Santo André about managing an active lifestyle and posture in a work setting

[12/2018] Setúbal

SPLIT Conference - Attendee

An overview on the initial results of a project that tackles the treatment of persistent and limiting low back-pain

Link: <https://split.ips.pt/projeto-split>

SKILLS

formulate a treatment plan / adjust physiotherapy interventions / provide information on the effects of physiotherapy / manage healthcare users' data / manage resources / provide health education






VOLUNTEERING

[11/2021] Lisbon

Operations and Logistics at Web Summit

Worked in accreditation of attendees and provided assistance to staff and attendees in several conferences

DIGITAL SKILLS TEST RESULTS

	Information and data literacy	INTERMEDIATE	Level 4 / 6
	Communication and collaboration	INTERMEDIATE	Level 4 / 6
	Digital content creation	FOUNDATION	Level 2 / 6
	Safety	ADVANCED	Level 6 / 6
	Problem solving	INTERMEDIATE	Level 3 / 6

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

HOBBIES AND INTERESTS

Music

I'm always listening to music whenever I can. Throughout my academic years I studied listening to a lot of softer and calm music, like indie folk and RnB. That taste in music stayed with me, but I do listen to more genres.

Sports

I played basketball from 6 to 18 years old and developed an interested for sports in general. I really like to watch national team football games in the stadium!

Hanging out with my friends

Most of my friends are physiotherapists as well, and we always end up talking about work one way or another. I'm happy to do anything with them.

Reading

I mostly enjoy fiction - specially romance and drama.

DRIVING LICENCE

Driving Licence: B