



HELDER CARDOSO

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● ABOUT MYSELF

I am a nurse with 18 years of experience, currently working in an acute geriatric care setting as a Clinical Nurse Facilitator.

I hold a postgraduate qualification with a specialty in Wound Management and Tissue Viability.

I am seeking further training in to digital area to support and enhance my professional practice

● WORK EXPERIENCE

🏢 **ST JAMES HOSPITAL** – DUBLIN, IRELAND

CLINICAL NURSE FACILITATOR – 26 AUG 2024 – CURRENT

As a Clinical Nurse Facilitator, my role focuses on educating, mentoring, and supporting Nurses and HCA staff to enhance their clinical skills and professional development. As part of Education & Training team, we design and deliver training programs, conducting competency assessments, and providing ongoing feedback to ensure high standards of patient care. We collaborate with educational institutions and hospital departments to facilitate learning opportunities, oversee orientation programs for new staff, supporting a leadership development. Additionally, we play a key role in policy implementation, quality improvement, and fostering a positive learning culture within the clinical environment.

🏢 **ST. JAMES HOSPITAL** – DUBLIN, IRELAND

ENHANCED NURSE – 16 JAN 2017 – 23 AUG 2024

Provide health care to patients with different care needs.

Promote health.

Monitor and record patient vital signs

Administer medication accordingly to hospital policy

Order medication and products electronically

Preparing patients for exams or treatments

Link with multidisciplinary teams

Provide emotional support for patients and families

Report to managers

🏢 **LISHEEN NURSING HOME** – RATHCOOLE, IRELAND

WARD NURSE – 21 SEP 2015 – 10 JAN 2017

- Responsible for being an active member of a multidisciplinary team.

- Provide nursing care to residents.

- Responsible for update the nursing careplans.

- Administer medication to each resident as prescribed.

- Provide assistance to resident's families.

- Assist the GP visits.

- Responsible for pharmacy requests.

- Report situations to the CNM when necessary.

🏢 **HOSPITAL ESCOLA FERNANDO PESSOA** – PORTO, PORTUGAL

NURSE RESPONSIBLE FOR GENERAL CARE – 18 JUL 2014 – 10 SEP 2015

- Provide nursing care in a continuing care unit, incorporated in the National Network Of Integrated Continuous Care.

- Collaborate with all healthcare services in the Hospital.

- Responsible for being an active member of a multidisciplinary team.

- Provide nursing care to residents.

- Responsible for update the nursing careplans.

- Administer medication to each resident as prescribed.
- Provide assistance to resident’s families.

 **5 SENSI – UCCI, SAÚDE E BEM-ESTAR LDA.** – BARCELOS, PORTUGAL

CLINICAL NURSE MANAGER – 20 JUL 2009 – 14 JUL 2014

- Organise Continuing Care Unit Department
- Interlocutor between the Unit and Local Coordinating Team
- Liaising with the families of institutionalized patients
- Manage of human amd material resources
- Update clinical information on GestCare CCI Software
- Developing a database of institutionalized patients
- Collaborate in the development of care protocols
- Responsible for training on duty
- Advisor in the nursing home field for the same company.

 **HOTEL LAR CONDES DE BARCELOS** – BARCELOS, PORTUGAL

NURSE RESPONSIBLE FOR GENERAL CARE – 1 AUG 2007 – 19 JUL 2009

- Provide nursing care to residents.
- Responsible for update the nursing careplans.
- Administer medication to each resident as prescribed.
- Provide assistance to resident’s families.
- Assist the GP visits.
- Responsible for pharmacy requests.
- Report incidents to the Administration when necessary.

● **EDUCATION AND TRAINING**

5 SEP 2023 – 25 OCT 2024 Dublin, Ireland

POSTGRADUATE DIPLOMA IN NURSING - WOUND MANAGMENT AND TISSUE VIABILITY Royal College of Surgeons in Ireland

Website <https://www.rcsi.com/dublin/> | Level in EQF EQF level 7

10 SEP 2003 – 31 JUL 2007 Ponte de Lima, Portugal

NURSING DEGREE Universidade Fernando Pessoa

Website <https://www.ufp.pt/> | Level in EQF EQF level 6

● **LANGUAGE SKILLS**

Mother tongue(s): **PORTUGUESE**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C2	C2	C2	C1	C1

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

● **SKILLS**

treat medical conditions of elderly people | safe management of medicines | provide palliative care | use clinical reasoning | manage multiple patients simultaneously | perform venous cannulation | patient safety theories | carry out nurse-led discharge

Electronic Patient Record Link Nurse

Electronic Patient Record Link Nurse

Training and Education

use e-health and mobile health technologies | IV cannulation and venepuncture assessor | have computer literacy

● CONFERENCES & SEMINARS

30 APR 2025 – 30 APR 2025 Ireland

Wounds Week Seminar

- Debridment in outpatient and community settings
- Hard-to-heal venous leg ulcers
- Wound infection prevention and management using Negative Pressure Wound Therapy
- Pressure care

10 APR 2025 – 10 APR 2025 Ireland

ISTAP World Without Skin Tears

Participant in ISTAP Global 'A World Without Skin Tears' Day 2025 (April 10, 2025) – Virtual international seminar focusing on skin tear prevention, assessment, and management, featuring expert-led sessions and multilingual accessibility.

● DRIVING LICENCE

Driving Licence: BE

● HOBBIES AND INTERESTS

Modeling kits WWII

I enjoy building and painting detailed World War II model kits, which has developed my patience, attention to detail, and historical knowledge. This hobby also strengthens my ability to focus on long-term projects and follow precise instructions.

Literature

I have a strong interest in reading historical books across a wide range of periods and themes. My reading includes biographies, social and cultural histories, and historical analyses that explore different civilizations, ideologies, and societal changes. This interest enhances my understanding of human behavior, global perspectives, and the development of modern society.

Music

Music helps me relax and stay focused.

● VOLUNTEERING

9 SEP 2003 – 1 SEP 2009 Barcelos

Portuguese Red Cross

- Assisted in organising community blood drives and health awareness campaigns
- Supported local emergency response efforts and distributed supplies during crises
- Completed basic first aid and humanitarian training
- Collaborated with a team to deliver services to vulnerable individuals and families