



Alexandra Lourenço

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EDUCATION AND TRAINING

Doctor of Medicine, MD

Universidade da Beira Interior [Oct 2020 – Jul 2026]

Level in EQF: EQF level 7 | Type of credits: ECTS | Number of credits: 360

Thesis: "The Retina in Alzheimer's Disease", supervised by Prof. Dra. Liliana Bernardino and Prof. Dr. Francisco Brardo. It is a literature review exploring the potential of emerging retinal imaging technologies for early Alzheimer's disease diagnosis.

Optional Course: Value-Based Healthcare (19/20) taught by Dr. João Marques-Gomes.

CM2002 Artificial Intelligence within Biomedical Engineering and Health Systems

KTH Royal Institute of Technology [Jan 2023]

Final grade: Pass | Type of credits: ECTS | Number of credits: 7.5

TKT21018 Elements of AI

University of Helsinki [Jan 2024]

Final grade: Pass | Type of credits: ECTS | Number of credits: 2

Health Policies

NOVA Medical School - Faculdade de Ciências Médicas [Sep 2024 – Jan 2025]

Final grade: 18/20 | Type of credits: ECTS | Number of credits: 4

Financial Literacy in Health Economics

University of Novi Sad [Jun 2025]

Type of credits: ECTS | Number of credits: 2

WORK EXPERIENCE

🏢 **Universidade da Beira Interior**

Point-of-Care Ultrasound Peer-Teacher

[Sep 2024 – Jul 2025]

Taught 40 4th-year students cardiac, lung and pleura, abdominal and renal point-of-care ultrasound.

🏢 **Fraunhofer Portugal AICOS**

Intern

[Jul 2024 – Aug 2024]

Developed patient-friendly educational content for an e-Health app to promote safe and effective self-management for diabetes patients.

In2ME - Into Better Medical Education

Logistics Department Coordinator

[Feb 2024 – Sep 2024]

Lead a team of three other students to secure partnerships and sponsorships for our medical education congress. Responsible for ensuring full coverage for coffee breaks, giveaways, kits for 100+ attendees, and an engaging social program.

ANEM | Portuguese Medical Students International Committee

National Internships Organizing Committee

[Mar 2023 – Dec 2023]

This initiative enriches medical education by offering students exposure to diverse specialities. I reached out to more than 200 healthcare units in the Centre region of Portugal and secured over 300 extracurricular clerkship positions.

EDGE Digital Lab

Intern

[Aug 2021]

Two-week internship focused on developing medical devices for low- to middle-income countries.

LANGUAGE SKILLS

Mother tongue(s): Portuguese

Other language(s):

English

LISTENING C1 **READING** C2 **WRITING** C1

SPOKEN PRODUCTION C1 **SPOKEN INTERACTION** C1

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

HONOURS AND AWARDS

[Jan 2024] BelnMed - Beira Interior Medical Meeting

1st Place | BeTheMD Clinical Competition

BeTheMD Clinical is a competition composed of 25 clinical cases, testing participants' knowledge and clinical reasoning.

[Oct 2020] Calouste Gulbenkian Foundation

Merit Scholarship

Scholarship recipient from Oct 2020 to Jul 2026.

The Calouste Gulbenkian Foundation supports students with outstanding academic achievements.

[Oct 2020] Universidade da Beira Interior

Merit Award "Programa +UBI"

The University of Beira Interior awards academic merit awards to students who enter Higher Education with a grade equal to or higher than 180 points (scale of 0-200).

[Oct 2020] Câmara Municipal da Covilhã

Merit Award

The Covilhã City Hall Merit Award recognizes academic excellence upon university admission.

PROJECTS

[Jun 2024 – Jul 2024]

Policy Commission for the Policy “Ear and Hearing Care”

Reviewed grammar, relevance, and accuracy, as well as the references used, ensuring a high-quality policy document based on scientific evidence.

Link: <https://ifmsa.org/wp-content/uploads/2024/11/Ear-and-Hearing-Care.pdf>

[Apr 2024 – Jun 2024]

Small Working Group for the Policy "Organ, Stem-Cells, and Tissue Donation"

Developed an evidence-based, global policy to ensure safe and ethical organ, stem-cells, and tissue donation processes, emphasizing equitable access and securing the health of patients and donors throughout the process.

Link: <https://ifmsa.org/wp-content/uploads/2024/11/Organ-Stem-cells-and-Tissue-Donation.pdf>

[Nov 2023 – Jan 2024]

Small Working Group for the Policy "Healthy Ageing and Life Course"

Developed an interdisciplinary policy that promotes healthy ageing by targeting vulnerabilities, optimizing health systems, mitigating socioeconomic impacts, aligning with SDGs, and consolidating current policies and stakeholder strategies.

Link: <https://ifmsa.org/wp-content/uploads/2024/04/Healthy-Ageing-and-Life-Course.pdf>

VOLUNTEERING

[Feb 2022]

Missão País

Missão País sends university students to rural Portugal for a week, mitigating social isolation among the elderly population and promoting long-lasting change in the community.

[Sep 2021 – Feb 2022]

7 Cups

7 Cups provides free, emotional support to millions via online chat by answering texts from people in crisis through active listening, and collaborative problem-solving.

SKILLS

AI in Healthcare / Digital Health Literacy / Health Policy Development / Academic Writing / International Collaboration / Project Managing / Microsoft Office / Google Workspace

Medical student (MD candidate) with expertise in AI applications for healthcare, health policy development, and digital health tools. Seeking to leverage ManagiDiTH's interdisciplinary curriculum to drive equitable digital transformation in health systems.