



Carolina Cardoso José

Work permit: Portuguese | **Date of birth:** 19/09/1995 | **Place of birth:** Faro, Portugal |

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ABOUT MYSELF

I am a nurse with over 7 years of clinical experience in a hospital setting, currently working in the Medical Device Industry. I hold a postgraduate degree in Health Management, with additional training in Wound Prevention and Treatment, as well as Critical Care Intervention.

I also had the opportunity to work in aviation as a Cabin Crew member. I am passionate about healthcare, innovation, and the art of care. I believe in the value of continuous learning and professional development, always striving to contribute with knowledge, empathy, and collaboration to achieve meaningful results.

WORK EXPERIENCE

LINDE SAÚDE

CLINICAL MANAGEMENT CENTER SPECIALIST – 16/10/2024 – CURRENT

Nurse at Clinical Management Center Specialist
Digital Health, Telemonitoring patients, Medical respiratory devices

RYANAIR DAC

CABIN CREW – 31/01/2024 – 15/10/2024

Safety and security of passengers, communication skills, customer service skills, cultural sensitivity, teamwork, sales skills

HPA HEALTH GROUP, ALGARVE

NURSE – 13/06/2023 – 28/10/2023

Post-anesthetic Care Unit
First care response skills, managing resources and set priorities, adaptability

LISBON CURRY CABRAL HOSPITAL

NURSE – 23/10/2019 – 16/04/2023

Intensive Care Unit (ICU)
Experience in managing critical patients and high-stress situations, resource management during COVID, teamwork, attention to detail, organization, prioritization, and clinical nursing skills

FARO DISTRICT HOSPITAL

NURSE – 08/10/2018 – 22/10/2019

Oncology Service (Ward)
Strong communication skills, developed individual care plans to patient and family in a multidisciplinary team, set priorities

PORTUGUESE INSTITUTE OF ONCOLOGY FRANCISCO GENTIL, LISBON

NURSE – 29/08/2017 – 20/08/2018

General Oncology Surgery Service (Ward)
Strong communication skills, fostering empathetic relationships with patients and families, adopting a holistic approach to patient care, teamwork, and clinical nursing expertise

● **EDUCATION AND TRAINING**

03/2023 – 02/2025
POSTGRADUATED IN HEALTH MANAGEMENT Portuguese Red Cross Health School

2020 – 2022
POSTGRADUATED IN INTERVENTION IN CRITICAL CARE - EMERGENCY ROOM AND INTENSIVE CARE UNIT Nursing School of Lisbon

2017 – 2018
POSTGRADUATED IN PREVENTION AND TREATMENT OF WOUNDS Nursing School of Lisbon

2013 – 2017
GRADUATION IN GENERAL NURSING CARE Nursing School of Lisbon - ERASMUS+ Universitat Rovira I Virgili Tarragona, Spain

● **SKILLS**

Teamwork | Communication | Organization | Commitment | Adaptability | Costumer Service | Time Management | Critical Thinking | Problem Solving | Flexibility | Responsibility

● **CERTIFICATIONS**

Basic Life Support with AED by European Resuscitation Council

valid till 11/11/2025

● **LANGUAGE SKILLS**

Mother tongue(s): **PORTUGUESE**
Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	C1
SPANISH	B2	B2	B2	B2	B2

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