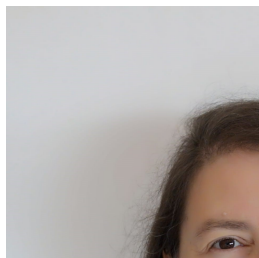


Europass Curriculum Vitae

Personal information



Ana Paula Gomes Pona de Augusto Pisco

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Phone number

964223905

e-mail

anapaulapona@ulsar.min-saude.pt / apgponaap@gmail.com

Work Place

Unidade Local de Saúde do Arco Ribeirinho – ULSAR

Nationality

Portuguese

Birth date

03/05/1966

[linkedin.com/in/ana-paula-pona-pisco-5352b7223](https://www.linkedin.com/in/ana-paula-pona-pisco-5352b7223)

<https://orcid.org/0000-0003-4765-2711>

I am optimistic, resilient, determined and proactive.

Professional experience

01/10/2023–Present

Coordinator of Ward A of the Internal Medicine Service (IMS) - ULSAR

The Internal Medicine Service of the Arco Ribeirinho Local Health Unit is separated into three sectors, each of which has 33 beds. There is a nursing and a medical team that includes Internal Medicine Specialist, interns, and faculty students.

20/10/2021 - Present

Advisor to the Director of Medical Internship

Service Order No. 54/2021 of 20/10/2021

01/08/2019–30/09/2023

Responsible for the Integrated Diabetes Unit and Diabetes Day Hospital

Centro Hospitalar Barreiro Montijo (CHBM), EPE, Barreiro (now renamed: ULSAR)

01/12/2016–31/07/2019

Director of General Medical-Surgical Emergency Service

Service Order nº 21/2016 of 29/11/2016

27/01/2017–31/07/2019

Member of the Municipal Civil Protection Commission of Barreiro, Moita, Montijo and Alcochete

Among other activities, organization of exercises and simulations in response to disasters, at national and international level. **Exercise Falck Modex 2017, Exercise RAILEX 17, Exercise CASCADE'19**

22/12/2016–21/03/2019

Assistant Clinical Director for the area of Urgency and Medical Emergency Replacing the Clinical Director in absences

Service Order Nº 25/2016 of 27/12/2016

01/09/2006–28/02/2017

General Medical-Surgical Emergency Service Team Leader

Service Order Nº 63 of 27/10/2006

01/01/2012–03/11/2016

Head of Internal Medicine Service – Ward

Replacing the Director of Internal Medicine Service during periods of absence

27/02/1998–Present

Care Activity in Wards, Day Hospitals and Outpatient Clinics (Internal Medicine, Diabetes, Endocrine-metabolic Diseases, Diabetes and Pregnancy)

As Internal Medicine Specialist and Diabetes certificated physician.

2019 - 2023

Coordinator of Diabetes Mellitus Consultation

2002

Created the Diabetes and Pregnancy Consultation

2002–Present

Responsible for Diabetes and Pregnancy Consultation

Other Activities - IMS

01/01/2001–Present

Training supervisor for residents and medical students

Guidance and supervision of the theoretical and practical training in Internal Medicine of 4 Internal Medicine residents, 1 Cardiology resident, 2 Oncology residents. I have supervised the training of several general residents, and 3rd and 6th year medical students through the protocol signed between the hospital and the Faculty of Medicine of the University of Lisbon.

1998 - 1999 e de 2003 - 30/11/2016

Responsible for the Organization of Scientific Activities at the Service

2005 - present

Jury of Medical Career Competitions and member of ULSAR Committees or Working Groups

Academic and professional training

08/05/2023–Present

Senior Graduate Hospital Assistant in Internal Medicine

(Deliberation n.º 487/2023 - Diário da República n.º 88/2023, 2ª Série of 2023-05-08)

2010–2023

Hospital Assistant Graduate in Internal Medicine - Consultant Degree

(Publish in Diário da República, 2ª Série, nº 240 of 14/12/2010)

27/02/1998

Specialist in Internal Medicine

(Final Exam with National Jury; Final classification: 19,1v (0-20))

01/01/1993–31/12/1997

Internal Medicine Specialty Residency

Hospital Nossa Sra. Do Rosário (HNSR), former CHBM, now ULSAR

01/01/1991–31/12/1992

General Internship

Hospital Nossa Sra. Do Rosário (HNSR), former CHBM, now ULSAR

28/07/1990

Master in Medicine

Faculty of Medicine of the University of Lisbon – Final classification: 16 v (Good with Distinction)

1984–1990

Faculty of Medicine of the University of Lisbon – Medical course

Other qualifications

04/2021–15/11/2021

Postgraduate Course in Health Project Management

Nacional School of Public Health – Nova. University of Lisbon

(20 ECTS – 560 horas) Final classification: 17v (0-20)

Specific training in the area of management or organization of health units

23/07/2024

Software project management

19/07/2024

Sustainability project management

15/02/2009

Basic Life Support Instructor Course

Portuguese Resuscitation Council

11/03/2008–09/05/2008

Pedagogical Training Course for Trainers

Centro de Formação Profissional para o Comércio e Afins (96h)

Projects and Research Activities

2024

MiMI Project – Patient Care in the last hours or days of life in Internal Medicine wards: ONE DAY SURVEY

Participated in the ONE DAY SURVEY, of the MiMI (Morte iminente em Medicina Interna) Project, of the Bioethics Studies Center, of the Portuguese Society of Internal Medicine.

2022 - 2024

PAFSE - Partnerships for Science Education

European project in science education on Public Health challenges, NOVA School of Public Health. Pedagogical coordinator in some Learning Objects, and member of the pedagogical and creative team that developed the project in the Chronic Diseases area, contributing, with participation in the elaboration of scenarios, workshops for teachers, evaluation elements and creation of Learning Objects for the PAFSE repository - PhotodentroPAFSE.

2021

The Diabetes Circle - Project

Health literacy project and awareness campaign.- https://www.youtube.com/@uls_arco_ribeirinho

Example: <https://youtu.be/F7JVkampdjQ?si=IN8HDwNLhAjTqlwr> - Healthy children of mothers with Diabetes

2020 – 2021

Diabetes is not in Quarantine - Project

During the Pandemic, we created and implemented the project: “Diabetes is not in Quarantine”, one of the 15 finalists of the APDH initiative – Experiences in the COVID-19 era: Resilience, Singularity and Determination, presented at the 8th International Hospital Congress.

<https://youtu.be/dJUwzl17XIY> (APDH Portugal - <https://www.youtube.com/@APDHHOPEFIH>)

05/2018

DIAMEDINT II Multicentre Study

Diabetes Mellitus Study Group of the Portuguese Society of Internal Medicine

Epidemiological study to identify the characteristics of diabetics admitted to Internal Medicine wards

Projects in the Community

11/03/2020

COVID – 19 Pandemic

Health literacy project, high school students at Colégio Minerva

October – November /2019

“Prós e Contras na Diabetes” - Pros and Cons of Diabetes

Health literacy training project for the adult population.

Carried out in conjunction with the Municipal Prefecture of Barreiro, Moita, Montijo and Alcochete.

04/06/2019

The Diabetes

School health project/health information, preschool students (5 years old), Colégio Minerva

October – November /2018

Traveling exhibition through the 4 Municipal Prefectures - **What do you know about Diabetes?**

Scientific Activities

Trainer

2004 - present

Training provided

I am a trainer in several courses for health professionals, residents or medical students.

- **Basic Life Support, AED, Airway Clearance and PLS**

- **Introduction to Emergency Services**

- **Insulin Therapy in Hospitalization**

- **Diabetes course for nurses**

- ...

Guest teacher

2023 - present

Egas Moniz School of Health & Science

I teach classes for the Master's degree in Medical-Surgical Nursing in the area of Nursing for People in Critical Situations.

Lectures

Diabetes a dois - planejar / tratar

XI Jornadas do Dia Mundial da Diabetes, Alcochete, 15 de Novembro de 2024

Mind the GUT – qual a ligação entre intestino e Diabetes?

X Jornadas do Dia Mundial da Diabetes, Barreiro, 14 de Novembro de 2023

“20 anos do Projeto - Diabetes e Gravidez no CHBM”

IX Jornadas do Dia Mundial da Diabetes, Alcochete, 11 de Novembro de 2022

Diabetes não está de quarentena – Um projeto em tempo de pandemia.

Programa Nacional para a Diabetes - 5ª Reunião das UCFD, 6 de Outubro de 2021

O outro lado da Insulina.

VIII Jornadas do Dia Mundial da Diabetes. Alcochete, 19/11/2021

“Novas Terapêuticas na Diabetes”

VII Jornadas do Dia Mundial da Diabetes. Alcochete, 13/11/2020

Workshop - “Correr, comer e beber!”

IV Jornadas do Dia Mundial da Diabetes, Barreiro, 17 de Novembro de 2017

...

Organization of Scientific Events

1998–present

I actively participated in the organization of several scientific or training events for professionals or the community.

II às XII Jornadas do Dia Mundial da Diabetes – (2015 to 2025)

VII, X e XI Jornadas do Serviço de Medicina Interna do CHBM - (2016, 2018, 2024)

1st CHBM Emergency Conference – (2011)

Morning work with Diabetic patients and their families - (2016 to 2025)

Event - Violence against the elderly. "Hospital Experience"– CHBM - 15/06/2018

<https://youtu.be/huGt4xWbAmk?si=yNo6inrvEyy-QZfq>

Presentations at scientific events

1992–present

I have presented as author or co-author numerous works at conferences, congresses and other scientific meetings. I also attend many scientific events.

Publications

- Rodrigues Barbosa, B., Pereira, L., Campante, F., & Pona, A. P. (2024). **Chronic Liver Disease, Not Everything Is What It Seems: Autoimmune Hepatitis/Primary Biliary Cholangitis Overlap Syndrome**. Cureus, 16(1), e51630. <https://doi.org/10.7759/cureus.51630>

- Coordinator and author of 4 chapters of a Technical Book entitled:

DIABETES DE BOLSO - Descomplicar a diabetes na prática clínica do dia a dia

September 2022

Publisher: LIDELISBN: ISBN: 978-989-752-798-2

- Experiências na era COVID-19: Resiliência, Singularidade e Determinação – “**A Diabetes não está de Quarentena**” (Experiences in the COVID-19 era: Resilience, Singularity and Determination – “Diabetes is not in Quarantine”) Ana Paula Pona, Jerónima Correia, Magda Sofia Silva, Ana Rocha https://issuu.com/apdhpublicacoes/docs/publica_o-digital-experiencias-covid19.

Digital Publications APDH November 2021.

- Colite por Leishmania – uma causa rara de diarreia no doente imunocomprometido

F. Ferreira¹ / A. Pona² / J. Gramaça³ - 1(<https://orcid.org/0000-0002-4378-782>)

2 (<https://orcid.org/0000-0003-4765-2711>) 3 (<https://orcid.org/0000-0001-6968-0436>)

Published in the Portuguese Journal of Infectious Diseases Janeiro, Abril 2020 / Vol. 16, N.º 1

- Social cases in hospital admissions: characterization of a particular population..

Published in the Portuguese Journal of Internal Medicine. VOL.20 | N.º 1 | JAN/MAR 2013

- Consensus Report on Diabetes and Pregnancy

Published in book form and available in 2011 and available on the DGS website or through:
<https://www.dgs.pt/documentos-e-publicacoes/relatorio-de-consenso-sobre-diabetes-e-gravidez.aspx>

I also participated in the development of clinical protocols and sectoral procedures for the Hospital, as well as leaflets and produced videos for patients and caregivers.

<https://www.youtube.com/watch?v=1SjAWxDhhcl>

<http://www.chbm.min-saude.pt/servicos/cuidados-de-saude-hospitales/731-diabetes>

ADICIONAL INFORMATION

Scientific Societies

Sociedade Portuguesa de Medicina Interna – member nº 1249 – Núcleo de Estudos de Diabetes Mellitus e Núcleo de Estudos de Formação em Medicina Interna
Sociedade Médica dos Hospitais Distritais da Zona Sul – member nº 564
Sociedade Portuguesa de Diabetologia - member nº 606 - Grupo de Estudos da Diabetes e Gravidez

Portuguese Medical Order: since 20-11-1990, member nº 33639 Professional license.

Personal Skills

Mother Language

Other Language(s)

English

Portuguese

Understanding		Speaking		Writing
Listening	Reading	Spoken Interaction	Spoken Production	
B2	B2	B2	B2	B2

Communication skills

Communication and human relationship skills, whether in the area of interacting with patients, or in presenting scientific papers, I believe that I have developed, over the years, other communication skills that are fundamental for managing teamwork, like: active listening, objectivity, empathy and feedback. I improved my verbal and non-verbal communication skills.

Organizational skills

As the Head of the Emergency Team, for 10 years, I was exposed to countless situations of varying degrees of complexity and stress. I was responsible for teams working in the healthcare area and for organizing scientific events or working groups to prepare documents, developing the following skills: adaptability, project and team management, delegation of functions and organization of tasks and time; prioritization and problem solving. I seek to lead in a participatory manner; this leadership ability comes from developing the previous ones and the motivation to set an example whenever necessary.

Digital skills

Information processing, Communication and content creation - Independent user

Security and Problem solving - Basic user

Artistic skills

Art and design, creativity and execution of works in different materials.
Photography



Note: When submitting my application for this master's program, I was unable to include all the supporting documents, as this would block the submission process.

If you consider it necessary, I would be happy to provide them.