Profile will be available until 18 December 2024



**Date of birth:** 14/10/1990 Gender: Male Nationality: Portuguese

Hide contact details ^

**Home:** (+351) 968423577

Email address: renatombreis@gmail.com

Home: Rua Cândido dos Reis nº 61, 1º Esq., 2860-048 ALHOS VEDROS, Portugal

#### **WORK EXPERIENCE**

#### **IT Consultant**

17/05/2022 - Current

**Axians** 



Lisboa, Portugal

- Strong focus on digital transformation and healthcare integration as a Business Analyst for SPMS (Serviços Partilhados do Ministério da Saúde/Shared Services of Ministry of Health);
- Actively engaged in various transformative projects related with telehealth, primary healthcare and epidemiology;
- Entrusted with the task of defining requirements and ensuring that they are align with the needs and expectations of end users.

## **Physiotherapist**

31/01/2022 - Current

Freelancer



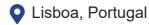
Barreiro & Montijo, Portugal

- Monitoring of individuals with neuromuscular and/or cardiorespiratory diseases in a home setting and in a private clinic;
- Promotion of autonomy and effective self-management of chronic conditions;
- Coordination of care with other clinical and non-clinical teams present in the community.

### **Product manager**

05/01/2016 - 27/01/2022

Linde Saúde



- Monitoring chronic respiratory patients in the comfort of their homes. In collaboration with physicians and several stakeholders, I worked to prevent hospital admissions, prioritizing the promotion of health and enhancing the quality of life for these individuals.
- Leading a dedicated national team of healthcare professionals, including nurses, physiotherapists, cardiopneumologists, and clinical physiologists. Together, we are committed to providing home-based monitoring and care for chronic respiratory patients, ensuring their well-being and quality of life.

### **Physiotherapist**

05/11/2013 - 29/11/2015

Centro de Medicina de Reabilitação do Sul



- Intensive neurological rehabilitation for individuals with spinal cord injury, stroke, and traumatic brain injury;
- Integrated into the adaptive sports group (Boccia and adapted sailing);
- Motor control and gait training using Lokomat.

## **EXPERIÊNCIA ACADÉMICA**

# Guest Lecturer | Polytechnic Institute of Setúbal - School of Health

02/2021 - Current

1. Lecturer for 2nd-year and 4th-year students, specifically in the field of cardiorespiratory conditions and community intervention projects. Alongside, I was also the co-creator and clinical developer of the groundbreaking respiratory telerehabilitation program, RECoV19, in collaboration with InspirO2 Association, which earned the prestigious 2nd place in the Angelini University Awards 2020/2021.

## Researcher | CHRC – Comprehensive Health Research Centre

12/02/2024 - Current

#### **Guest Lecturer | Alcoitão School of Health Sciences**

12/2019 - 01/06/2022

1. Collabotation in the postgraduate course "Advanced Practice in Respiratory Physiotherapy," providing an enriching learning experience for my colleagues.

#### **EDUCATION AND TRAINING**

#### **NOVA National School of Public Health**

18/09/2023 - Current

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https://www.ess.ips.pt/

#### **NOVA National School of Public Health**

09/2020 - 07/2023

MSc in Public Health | • Avenida Padre Cruz, 1600-560, Lisbon, Portugal

Hide details A

https://www.ensp.unl.pt/

#### Alcoitão School of Health Sciences

12/2017 - 12/2018

Post-graduation in Respiratory Physiotherapy

Rua Conde Barão, 2649-506, Alcabideche, Portugal

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http://www.essa.pt/portal/

## Polytechnic Institute of Setúbal - School of Health 08/2009 - 07/2013

Degree in Physiotherapy

Ocampus do IPS, Estefanilha, 2914-503, Setúbal, Portugal

Hide details ^

https://www.ess.ips.pt/

### **EUTOPA** @ Babes-Bolyai University

04/2024

EUTOPIA Innovation Challenge



#### Hide details ^

https://www.ubbcluj.ro/en/

#### **NOVA Doctoral School**

03/2024

Lisbon, Portugal

#### Ciencias E Letras Ensino Ltda

09/2023

Hide details ^

https://ciencia-letras.pt/

# Grupo de Interesse em Fisioterapia Cardio-respiratória / Associação Portuguesa de Fisioterapeutas

06/2021

Respiratory telerehabilitation for physiotherapists

Q Rua João Villaret , 285 A − Urbanização Terplana, 2785-679 , São Domingos de Rana, Portugal

Hide details ^

https://www.gifcr-apf.com/

# Grupo de Interesse em Fisioterapia Cardio-respiratória / Associação Portuguesa de Fisioterapeutas

10/2016

Physiotherapy in patients under invasive and non-invasive ventilation

Rua João Villaret, 285 A – Urbanização Terplana, 2785-679, São Domingos de Rana, Portugal

Hide details ^

https://www.gifcr-apf.com/

## Portuguese Red Cross

12/2015

Basic Life Support Training

Jardim 9 de Abril, 1 a 5, 1249-083, Lisbon, Portugal

Hide details ^

https://www.cruzvermelha.pt/

#### Fisio-lógica 18/01/2015 - 19/01/2015

• Rua 4 de Infantaria, 92A, 1350-275, Lisboa, Portugal

**COMPETIR** 13/09/2014 - 14/11/2014

Initial Pedagogical Training | • Faro, Portugal

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https://competir.com.pt/

**Bwizer** 15/09/2013 - 16/09/2013

Kinesio Taping® Method KT1/KT2

Estrada da Circunvalação, 10381, 2.º direito, 4250-151, Porto, Portugal

Hide details ^

https://www.bwizer.com/pt/

**Formaterapia** 03/2023

Advanced Practice in Pedriatric Respiratory Physiotherapy

Hide details ^

https://www.formaterapia.com/

## LANGUAGE SKILLS

### Mother tongue(s)

**Portuguese** 

## Other language(s)

	Listening	Reading	Spoken interactio n	Spoken productio n	Writing
English	C1: Proficient User	<b>C2</b> : Proficient User	C1: Proficient User	C1: Proficient User	C1: Proficient User
Spanis h	B2: Independ ent User	B2: Independ ent User	<b>A2</b> : Basic User	<b>A2</b> : Basic User	<b>A2</b> : Basic User

#### **DIGITAL SKILLS**

Conhecimentos informaticos na optica do utilizador Outlook, Gmail

Microsoft Office (Word, Excel, PowerPoint) e Teams

Domínio das ferramentas de comunicação (e-mail, skype, zoom)

Project, Access, Visio Bizagi Modeler+Studio Linguagem BPMN

UML e metodos ageis

Conhecimento em metodologias ágeis (Scrum, Lean Thinking, Kanban e Smart)

design thinking

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