



Curriculum Vitae

Personal information **Catarina Isabel dos Santos Matias**

Work experience

- General Practice/Family Medicine specialist since 2013; currently, Family Doctor-Graduate Assistant at the Coimbra Centro Family Health Unit, ULS (Unidade Local de Saúde) of Coimbra.

My work as a GP/FM Specialist encompasses comprehensive patient care through personalized health management, preventive health initiatives, and clinical services. I focus on maternal health, family planning, pediatrics, adolescent health, diabetes management, hypertension, and respiratory conditions. Additionally, I provide acute care consultations for a diverse patient population, addressing a wide range of urgent health needs.

- Member of the scientific committee of the “25th WONCA World Conference, Lisbon 2025. New Vision for Primary Health Care and Sustainable Development”, following previous experience in organizing national scientific events (as coordinator of the office for organizing and promoting activities for the portuguese medical board) and international events (as a member of the host organizing committee of the 19th WONCA Europe Conference, Lisbon 2014).

- Since 2014, member of the international department of the Portuguese Medical Board, and is one of its representatives at UEMO (European Union of General Practitioners/Family Doctors). For the period 2023-2026, serving as UEMO’s secretary general (developing several activities to represent Family Medicine/General Practice in Europe, namely at the WHO Europe, with OECD and EMA; also as a reviewer at the European Accreditation Council for Continuing Medical Education (EACCME).

- Activity as Assistant Doctor in the Adão e Eva II Project (Associação Existências – Av. Emídio Navarro n° 81, 2° A 3000-151 Coimbra) - evaluation and clinical monitoring of users covered by the project, as well as their referral for care in health care units: identification of risk behaviors regarding HIV infection; transmission of information about HIV/AIDS and other sexually transmitted infections; act on the determinants of HIV/AIDS infection; distribution of preventive and informative materials; rapid test screenings for anti-HIV1 and anti-HIV2 antibodies, HBV, HCV and Syphilis, with pre and post counseling.

- Involved in postgraduate training in medicine, namely as a tutor of General

Practice/Family Medicine portuguese trainees and also as a tutor of foreign trainees who organize exchange periods in Portugal.

- Facilitator of the EURACT Leonardo Level 1 and 2 and Assessment Courses for Trainers in General and Family Medicine and other specialties.

- Participating in pre-graduate medical education, namely as Invited Assistant in General Practice and Family Medicine at the Faculty of Medicine, University of Coimbra (2017–present), primarily working with 5th- and 6th-year medical students.

- Co-supervisor of integrated master's theses at Faculty of Medicine of the University of Coimbra:

- 2019: Medical empathy and person-centered medicine in patients with osteoarthritis: pain intensity and quality of life

- 2019: Training people with osteoarthritis: pain intensity and quality of life.

- 2019: Effect of nonsurgical weight loss interventions in overweight or obese patients diagnosed with knee osteoarthritis: a systematic review and meta-analysis

- 2020: Difficulties, facilitators and training needs identified by family doctors in the management of chronic pain due to knee osteoarthritis: pilot project for qualitative study by focus group

- 2022: Expectations, beliefs and needs felt by people with chronic knee pain in Primary Health Care: pilot project for qualitative study by focus group

- 2023: Cultural adaptation of the Western Ontario and McMaster Universities Arthritis Index (WOMAC) to European Portuguese

- Member of the evaluation jury for integrated master's theses at the Faculty of Medicine, University of Coimbra:

- 2021: Association of reasons for consulting chapters P and Z of ICPC-2 depending on the gender and age of the user in the specialty of General and Family Medicine in the Central Region of Portugal.

- 2022: Colorectal Cancer Screening in the Central Region of Portugal in 2018, 2019 and 2020.

- 2022: Person-Centered Medicine: Correlation between students and patients in the 5th year of the Integrated Masters in Medicine at the Faculty of Medicine of the University of Coimbra.

- 2023: Assessment of parents' knowledge about the national vaccination program and adherence to extra-plan vaccines.

- 2023: Compassion in Medicine Students and the Practice of Extracurricular Activities of Physical Exercise: differences between solo and group practice?

- 2023: Cannabis in Medicine: knowledge, stigma and attitudes towards the use of

Cannabis both recreationally and therapeutically.

- 2024: Global Geriatric Assessment in Primary Health Care: Scoping Review Protocol

- 2024: Perception of the promotion of physical activity in Primary Health Care

- 2024: Grief and the empathetic relationship between the doctor and the suffering patient

- Member of the jury for the Portuguese national examination at the end of the training program in General and Family Medicine: preparation of multiple-choice questions, monitoring and quality control of the questions; answering and guiding consensus questions and evaluating the final results (2017-2022).

- Member of the visiting group to verify the suitability of training in General and Family Medicine in Health Units in the Autonomous Region of the Azores, with members of the College of Specialty in Family Medicine of the Portuguese Medical Board (May 2012).

- Organization and participation in Health Education sessions in schools, day centers and bookstores (namely the “Café Saúde na Almedina” conference series – which took place at the Almedina Bookstore at the Estádio Cidade de Coimbra between January and March 2012).

- Trainer on the 2nd Postgraduate Course in Acupuncture at the Faculty of Medicine of the University of Coimbra (2019-2020).

- Teacher of the Health and Thermalism educational area on the Secondary Level Professional Course for Thermalism Technician at the Vasconcelos Lebre Professional School, Mealhada.

Education and training

2007 - Degree in Medicine, Faculty of Medicine of the University of Coimbra, 14 out of 20.

2008 - Postgraduate studies in Climatology and Hydrology, Institute of Climatology and Hydrology – Faculty of Medicine of the University of Coimbra – 17 out of 20.

2009 - Postgraduate studies in Acupuncture – Faculty of Medicine of the University of Coimbra – 18 out of 20.

2009 - Medical Competence in Acupuncture, by the Portuguese Medical Board.

2009: Integrated Master's in Medicine (Bologna-compliant), Faculty of Medicine, University of Coimbra, for the presentation of a research protocol titled “Acupuncture in Knee Pain,” with a final grade of 17 out of 20.

2013: Training Program in General and Family Medicine, with a final grade of 19.4 out of 20.

Until 2016: EURACT courses for trainers in General and Family Medicine, including

the Assessment Module and Levels 1, 2, and 3.

Postgraduate education (continuing medical education/continuous professional development) in areas such as respiratory diseases, critical appraisal of scientific articles, how to conduct systematic reviews, cardiovascular diseases, pain management, and others.

Additional information

Publications

- **Co-author of the book** “Basic Psychiatry in Family Medicine”. Co-author of the Chapter: “1.3. The epidemiology of psychiatric pathology in Family Medicine. The importance of registration systems”.

Scientific Publications:

- *Does the White Coat Influence Satisfaction, Trust, and Empathy in the Doctor-Patient Relationship in General and Family Medicine Consultations? An Interventional Study.* Marques Caetano Carreira L, et al. **BMJ Open** 2021; 11: e031887. doi:10.1136/bmjopen-2019-031887.

- *Índice tornozelo-braço em função da pressão de pulso e microalbuminúria em doentes hipertensos: estudo prospectivo em Medicina Familiar;* **Revista Portuguesa de Cardiologia**, 2010; 29 (05): 751-764:

- *Exercício físico e risco cardio-vascular em diabéticos seguidos no Centro de Saúde;* **Revista Portuguesa Hipertensão e Risco Cardio-Vascular**, May/June 2010, nº 17: 14-17: “

- *DIABETES: Como prever para prevenir. Um estudo casos e controlos no ambulatório de Medicina Geral e Familiar no Centro de Portugal;* **Revista Portuguesa de Diabetes**, vol 5, nº 2, June/2010, pp 62-66

- *Evolução da prescrição de medicamentos anti-inflamatórios não esteróides em Medicina Geral e Familiar no Centro de Portugal entre 2007 e 2009;* **Acta Reumatológica Portuguesa**, 2010, nº 35, pp 325-332

- *O medicamento, a ansiedade e a depressão;* **Acta Med Port**, 2010, nº 23, pp 983-992

Projects

- Pursuing a doctoral thesis at the Faculty of Medicine, University of Coimbra, Portugal, on the topic “*Chronic Pain from Knee Osteoarthritis: Identifying Unmet Needs and Preferences Among Patients and General Practitioners*” This research is part of the **@Know.pt Project (KNee Osteoarthritis aWareness in PorTugal)**.

This project includes a systematic review, two qualitative studies and a study with best-worse scale methodology.

Memberships

For the period 2023-2026, serving as UEMO’s secretary general

- Serving as a member of the General Assembly of the Central Regional Section of the Portuguese Medical Board for the 2023-2026 term.

- Member of the board of the Central Regional Section of the Portuguese Medical

Board, elected for the periods: 2014-2016, 2017-2019 and 2020-2022.

- Member of the National Board of the Portuguese Association of General and Family Medicine; member of its Department of Trainees and Young Family Doctors: 2012-2014.
- National Exchange Coordinator of the Hippocrates Program – Portuguese representative of this European exchange program for General and Family Medicine Trainees and Young Family Doctors.
- Member of the Executive Group of the Vasco da Gama Movement – WONCA Europe (European Movement of Family Medicine Trainees and Young Family Doctors): 2012-2014.
- Participation in National and International Congresses, Conferences and Scientific Seminars (Portugal, Spain, Ireland, United Kingdom, Austria, Poland, Czech Republic and Brazil, participating as a speaker in round tables and workshops, as well as with oral communications and posters in the areas of research, case report, theme review and continuous quality improvement cycle; knowledge of health systems in other countries, through observational exchanges in Health Centers in Madrid (Spain), Henfield (United Kingdom), Rocinha Community - Rio de Janeiro, Porto Alegre and Belo Horizonte (Brazil).
- Jury for the selection of abstracts in various scientific meetings on Family Medicine (national and international, including WONCA Europe conferences).
- 2011 - 2013: Member of the Board of the Portuguese Medical Society of Acupuncture.
- 2010 - 2013: Member of the Executive Board of SMZC (Union of Doctors of the Central Region of Portugal), one of the organizations that make up FNAM (National Federation of Doctors). Secretary of the Executive Committee of the SMZC Board from January to September 2011.

Other Relevant Information

- Language Proficiency: Native Portuguese speaker (C2 level), with B2 proficiency in English and Spanish, and A2 proficiency in French.
- Social Awareness and Organizational Skills developed through participation in volunteer activities.
- Strong Management, Communication, and Adaptation Skills demonstrated in multicultural environments through the activities previously described.