

PERSONAL INFORMATION

Ana Cristina Rufino Bulas Cruz

Largo Soares dos Reis, n.º 60,3.º, Dto, 4300-486 Porto, Portugal

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Sex Female | Date of birth 26.07.1957 | Nationality Portuguese

POSITION

Medical doctor

WORK EXPERIENCE

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01-01-1983 - 31-12-2013

**General Practice, Public Health Medicine and Occupational Medicine**

Administração Regional de Saúde do Norte, IP, Braga, Porto, Portugal

General Practitioner; responsible for the Organization, Implementation and Evaluation of Health Programs, with multidisciplinary teams on Health Primary Care Services and in Local and Regional Communities (Epidemiological Surveillance);

Responsible for training Doctors and Nurses in the areas of General Practice, Public Health Medicine, Occupational Medicine and Teamwork and Leadership.

Public Sector.

01-01-2014 - [...]

**Occupational Medicine**

Expresso Saúde - Serviços Médicos Urgência, Lda - Braga; GRAL - Serviços Médicos Especializados - Porto; RS- Centro Clínico, Lda - Paredes.

Private Sector

01-2017 - 31-07-2019

**Coordinator of the Occupational Medicine Unit**

Administração Regional de Saúde do Norte, IP, Porto, Portugal

Reorganization of the Unit: implementation of the clinical practice guidelines, implementation of an information system (util SST), and moving into a new building.

Public Sector.

## EDUCATION AND TRAINING

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20-10-1982	<b>Graduation in Medicine</b> Faculdade de Medicina da Universidade do Porto, Portugal	
14-12-1992	<b>Specialist in Public Health Medicine</b> Regional Northern Section of the Order of the Doctors, Porto, Portugal	
22-05-2007	<b>Specialist in Occupational Medicine</b> Regional Northern Section of the Order of the Doctors, Porto, Portugal	
03-11-1990	<b>Pos-Graduation in Catastrophe Medicine</b> ICBAS / Hospital Geral de Santo António, Porto, Portugal	
30-06-1997	<b>Pos-Graduation in Forensic Medicine - Curso Superior de Medicina Legal</b> Instituto Superior de Medicina Legal do Porto, Portugal	t
30-06-1997	<b>Pos-Graduation in Clinical Governance Medicine - Paces Team Legal</b> Instituto Nacional de Administração, IP, Lisboa, Portugal	
29-06-2014	<b>Aviation First Aid Instructor Training - Train the Trainer Course</b> SATA Internacional / Global Air Training, Santa Maria, Açores, Portugal	
29-01-2015	<b>Pos-Graduation in Aviation Medicine - Curso Básico e Avançado</b> Força Aérea Portuguesa - Centro de Medicina Aeronáutica, Lisboa, Portugal	

## PERSONAL SKILLS

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Mother tongue(s)	Portuguese				
Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	B2	B2
Spanish	C2	C2	C2	C2	B2

Levels: A1/2: Basic user - B1/2: Independent user - C1/2 Proficient user  
Common European Framework of Reference for Languages

Communication skills Graduation in Leadership and Teamwork.

Organisational / managerial skills	High Level of Experience in Organization, Implementation and Evaluation of Health Programs, with multidisciplinary teams.
Job-related skills	High Level of Experience in training Doctors, Nurses and other Health Professionals Member of the jury of the candidates that have completed 4 years internship in Public Health, in order to become Public Health Specialists (Ordem dos Médicos).
Computer skills	End-user experience in the Office Software (Word, Exel, Power Point).