



ANA FILIPA GOMES

ABOUT ME:

Registered Nurse, Nurse Specialist in Community Nursing and Public Health, Nursing PhD-student. ACNAP Young Community (YoCo) Chair.

Country: Portugal

CURRENT APPOINTMENTS

- Nurse Specialist | Centro Hospitalar Baixo Vouga, Aveiro (PT) | 2008-present
- Guest Assistant Professor | Coimbra Nursing School, Coimbra (PT) | 2023-present

EDUCATION

Nursing Degree | 2006 | Escola Superior de Enfermagem Dr. Ângelo da Fonseca (Coimbra, PT)

Master Degree in Educational Sciences, with specialization in University Pedagogy | 2010 | Faculty of Psychology and Educational Sciences, University of Coimbra | Dissertation title: *Contributions of the Portfolio use on the Nursing skills development*

Post-graduate Degree in Economics and Management of Healthcare Organizations | 2012 | Faculty of Economics, University of Coimbra

Master Degree in Management and Health Economics | 2014 | Faculty of Economics, University of Coimbra | Dissertation title: *Health financing in OECD countries: Evolution & Trends*

Post-graduate Degree of Specialization in Community Nursing | 2017 | Coimbra Nursing School

Postgraduate diploma Healthy and Active Ageing | 2019 | Faculty of Medicine, University of Coimbra

Post Graduate Diploma in Advanced Nursing | 2020 | Institute of Health Sciences, Universidade Católica Portuguesa

Doctoral Program on Nursing | ongoing | Faculty of Health Sciences and Nursing, Universidade Católica Portuguesa | Thesis Project on: *Heart Failure Patient's Self-care*

Contributions to ESC

- ESC-ACNAP Young Community National Ambassador (Portugal) from 2019 to 2022.
- ESC-ACNAP Education Committee Member (2020/22).
- ESC-ACNAP Science Paper Proposal and Final Manuscript Approval Sub-Committee Member (2021/22).
- ESC-ACNAP YoCo Committee Chair (2022/24).
- ESC-ACNAP Board Member (2022/24)
- ACNAP Congress Task Force Member (2023-2028)
- Clinical Case Reviewing Committee for ESC Congress 2023
- Clinical Case Reviewer - ACNAP Congress 2023
- Clinical Case reviewer for ESC Congress 2022
- HFA – website: Heart Failure Matters – Videos Subtitles translation Reviewer (2023)
- ACNAP – Be Guidelines Smart – videos – Subtitles translation
- Twitter Ambassador for ESC and ACNAP Congresses

OTHER APPOINTMENTS

- **Elected Member** of the Portuguese Society of Cardiology Nursing Group | PSC | 2021/23
- **Elected Member** of the Portuguese Society of Cardiology Nursing Group | PSC | 2023/25
- **Reviewer** | European Journal of Cardiovascular Nursing | 2022-present
- **International Member** | Preventive Cardiovascular Nurses Association (US) | 2019-present
- **Nursing Representative** on the Centro Hospitalar do Baixo Vouga Task Force for the creation of the Clinical Academic Center | Egas Moniz Health Alliance – Clinical Academic Center | 2021
- **Researcher**, Member of the Cardiovascular and respiratory disease group | Clinical Academic Center – Egas Moniz Health Alliance (PT) | 2023 - present
- **Trainer** | Education Center – Centro Hospitalar do Baixo Vouga | 2018 – present
- **Lead Researcher** on the project: "Self-care and quality of life in HF patients at CHBV" | Centro Hospitalar do Baixo Vouga | 2020-2022
- **Member of Jury** selection board for public national call for Specialist Nurses admission | Centro Hospitalar do Baixo Vouga | 2022
- **Organizing and Science Committee** | Annual Meeting of the PSC Nursing Group | 2023
- **Organizing and Science Committee** | Annual Meeting of the PSC Nursing Group | 2024
- **Organizing Committee** | 16th International Seminar on Nursing Research – CIIS – UCP | 2022
- **Abstract reviewer** | Portuguese Cardiology Congress | 2022, 2023
- **Discussant at Oral Abstracts** | Euro Heart Care (ACNAP Congress) | 2021
- **Auditor** | for Digital Nursing Registries Standards and National infection control bundles at Centro Hospitalar do Baixo Vouga | 2017-2022

LEADERSHIP AND INTERNATIONAL

Participant at the HOPE Exchange Program in Växjö Sweden (2018) an International exchange program in the field of health management and health systems.

Project Coordinator – Risk Prevention and Cardiac Rehab Project development and implementation (2021-23).

Representation of all the Young Community of ACNAP as Young Community Chair (2022-24).

SCIENTIFIC ACTIVITY

Co-author in "Impact of cardiac rehabilitation program in anxiety and depression. A case-control study", Journal of Hypertension (2023).

Co-author in "Exercise related hypotensive effect in a cardiac rehabilitation program as a possible prognostic marker of cardiovascular risk", Journal of Hypertension (2023).

First Author in "Tackling cardiovascular prevention after coronary disease settled: the challenges of guideline implementation", European Journal of Cardiovascular Nursing (2022).

Co-author in "ESC Nursing and Allied Professional Training grants: 10 top tips for enhancing funding success!", European Journal of Cardiovascular Nursing (2022).

First Author in "Problem-based learning: a resource in Health?", Nursing Portuguesa (2009).

Book Chapter | "Histórias de vida – casos de interação idoso cuidador" | Manual do Cuidador | Eds: Anabela Mota Pinto; Manuel Veríssimo; João O. Malva, | Coimbra University Press | 2019.