

PROFILE**Personal statement:**

I am a healthcare management passionate and clinical research enthusiast with work and research experience at public and private institutions, both in Africa and Europe. I am now doing research in the field of eHealth since I believe the most remarkable solutions in healthcare emerge from implementation research.

Current position:

Ph.D. Fellow in Dynamics of Health and Welfare (Phoenix Erasmus Mundus JDP Program) at Linköping University and Escola Nacional de Saúde Pública – Nova University

Qualifications:

MSc in Clinical and Health Psychology and PGDip in Management of Health Services

WORK EXPERIENCE**01.10.2016 to present – Ph.D. Fellow in Dynamics of Health and Welfare (Phoenix Erasmus Mundus JDP Program) at Linköping University and Escola Nacional de Saúde Pública – Nova University****Thesis title:**

- Self-care programs in oncology: A guided internet-delivered individually tailored ACT-influenced cognitive behavioural intervention to improve psychosocial outcomes in breast cancer survivors (iNNOVBC)

01.09.2014 to 30.06.2016 – Head of Marketing, Communications and Sustainability Office at *Clínica Sagrada Esperança* group (Health Network) - Angola**Main responsibilities:**

- Developing the marketing strategy for the group in line with company objectives;
- Repositioning and redefining branding strategies alongside other company executives and staff;
- Holding responsibility for brand management and corporate identity;
- Managing the marketing programme including budget planning, resource allocation and preparations of quarterly reports;
- Writing policies and standard operating procedures;
- Conceptualizing and successfully project managing the implementation of a provider-to-provider communication network within the group, which has been operational since February 2015;
- Creating marketing materials in line with marketing plans;
- Planning and implementing marketing and social responsibility campaigns;
- Negotiating contracts with vendors and distributors;
- Working closely with the Board of Directors, clinical staff and communications agencies;
- Promoting stakeholders' engagement;
- Training and overseeing staff.

01.10.2013 to 01.09.2014 - Executive Assistant to the Board of Directors at *Clínica Sagrada Esperança* group (Health Network) - Angola**Main responsibilities:**

- Providing administrative support to the CEO and Board of Directors;
- Researching, prioritizing, and following-up on incoming issues and concerns addressed to the CEO, including those of a sensitive or confidential nature;
- Determining appropriate course of action, referral or response;
- Preparing materials for the CEO as required in advance of meetings; Composing letters, emails, memorandums and minutes;
- Communicating with members of the Board and other stakeholders on behalf of the CEO;
- Acting as liaison between the CEO and staff to ensure appropriate coordination and follow-up of ongoing projects;
- Researching and writing policies, procedures and recommendations for improving and updating the activities of the Company;
- Supporting the development and implementation of plans and procedures.

WORK EXPERIENCE (cont.)

16.11.2009 to 16.09.2013 - Clinical Research Coordinator at *Instituto Português de Oncologia do Porto, FG - Portugal*

Main responsibilities:

- Conducting investigator-initiated research as well as industry-sponsored clinical trials according ICH GCP guidelines;
- Supervising the programs by overseeing quality assurance, staffing, budgeting and site audits;
- Disseminating information about the site and ongoing studies to others in the institution and/or community;
- Preparing, submitting and maintaining regulatory and source documents;
- Assisting the principal investigator (PI) in determining study feasibility;
- Screening subjects for eligibility and support the investigators carrying out the consent process and study visits procedures;
- Scheduling study visits, assessments and collecting patient reported outcomes;
- Liaising with study teams and working alongside with doctors, pharmacists, nurses, patients, data entry clerks, clinical research associates, etc.;
- Identifying, documenting and reporting adverse events;
- Completing and reviewing CRFs for completeness, correctness and logical sense; Determining patient navigation circuits;
- Training study teams;
- Data management;
- Performing statistical analyses;
- Participating in investigator-initiated protocol and CRF design and review;
- Attending investigators meetings.

01.03.2009 to 16.09.2013 – Clinical Psychologist at *Hospital Privado da Boa Nova – Portugal*

Main responsibilities:

- Assessing client's needs, abilities or behaviour using a variety of methods, including psychometric tests, interviews and direct observation of behaviour;
- Working as part of a multidisciplinary team;
- Devising and monitoring appropriate treatment programmes, including therapy and counselling in collaboration with colleagues;
- Carrying out applied research on Oncology;
- Report writing.

EDUCATION

1.10.2016 to 2019 – PHOENIX Erasmus+: Erasmus Mundus Joint Doctoral Programme on Dynamics of Health and Welfare at Linköping University and Universidade Nova de Lisboa - Escola Nacional de Saúde Pública.

2010 to 2011 - PGDip in Management of Health Services at *Instituto Superior de Ciências da Saúde-Norte – Portugal* | Final classification: Good

2009 to 2010 - MSc in Clinical and Health Psychology at *Faculdade de Psicologia e de Ciências da Educação da Universidade do Porto – Portugal* | Final classification: A

2003 to 2008 – BSc in Clinical Psychology at *Instituto Superior de Ciências da Saúde-Norte – Portugal* | Final classification: A

AWARDS & DISTINCTIONS

- Clinical Psychology Top Student Award (Class of 2003-2008) – ISCS-N
- “Award of Excellence – Top enrolling study team in Portugal during 2nd and 4th quarter of 2011 in D-CARE Study”

LANGUAGE SKILLS

- Portuguese: native speaker
- English: Proficient user (IELTS score: 7.5 and TOEFL iBT score: 104)

HARD SKILLS

- ICH GCP
- SPSS (Statistical package for the social sciences)
- Medidata Rave
- InForm 4.6 CRC
- Almac Systems
- Oracle eCRF systems
- Glintt's Global Care
- Alert's CARE System
- Portuguese Certificate of Pedagogical Aptitude (CAP)
- Full Driver's licence

SOFT SKILLS

- Strategic and creative thinking ability
- Project management skills
- Research and analytical skills
- Interpersonal and relationship building skills
- Ability to work under pressure and manage multiple stakeholders
- Comprehensive understanding of the healthcare context and clinical research process

REFERENCES

- Prof. Gerhard Andersson
- Prof. Elisabete Weiderpass
- Prof. Rui Santana

APPENDIXES

- Publications & Communications
- Participation in research projects
- Certificates/documents (provided upon request)

APPENDIX A – Publications & Communications

- Mendes-Santos, C., Weiderpass, E., Santana, R., & Andersson, G. (2019). *A guided internet-delivered individually-tailored ACT-influenced cognitive behavioural intervention to improve psychosocial outcomes in breast cancer survivors (iINNOVBC): Study protocol*. *Internet Interventions*, 17, 100236. doi:https://doi.org/10.1016/j.invent.2019.01.004 ([link](#))
- Mendes-Santos, C., Weiderpass, E., Santana, R., & Andersson, G. (2017). *PROGRAMAS DE AUTO-CUIDADO EM ONCOLOGIA: uma intervenção psicológica baseada na internet, personalizada, guiada e fundamentada em princípios das Terapias cognitivo-comportamentais e de Aceitação e Compromisso (ACT), para melhoria de indicadores psicossociais em sobreviventes de cancro da mama - Projeto INNOV Cancro da Mama*. XIII Congresso Nacional de Psico-oncologia: A Psico-oncologia na reabilitação oncológica, Lisboa Portugal (Oral presentation)
- Mendes-Santos, C., Weiderpass, E., Santana, R., & Andersson, G. (2017). *A guided internet-delivered individually-tailored ACT-influenced cognitive behavioural intervention to improve psychosocial outcomes in breast cancer survivors (iINNOVBC): Study protocol*. ISRII 9th Scientific Meeting: Making e/mHealth Impactful in People's Lives, Berlin, Germany (Poster presentation).
- Co-translation from English to Portuguese of: The Lancet Commission on Global Surgery (2015). *Global Surgery 2030: evidence and solutions for achieving health, welfare, and economic development*. ([link](#)).
- Conceição, AV., Bernardo, D., Lopes, LV., Miguel, F., Bessa, F., Monteiro, F., Santos, C., Blasques, JB., Santos, LL. (2015). *Oncology pharmacy units: a safe policy for handling hazardous drugs and related wastes in low and middle income African countries – African experience* ([link](#)).
- Co-Authorship of the chapter - *Cuidados de Enfermagem e Apoio Psicológico ao doente com cancro da mama* - of the book *Cancro da Mama – O que devemos saber?* (TN: Breast Cancer: What should we know? – Chapter: Nursing care and Psychological Support to breast cancer patients). Published by LIDEL in October 2014 ([link](#)).
- Miguel, F., Conceição, AV., Lopes, LV., Bernardo, D., Monteiro, F., Bessa, F., Santos, C., Oliveira, JB., Santos, LL. (2014). *Establishing of cancer units in low or middle income African countries: Angolan experience – a preliminary report* ([link](#)).
- Santos, C. (2013). *Investigational site management*. Training programme in Pharmaceutical Medicine. Universidade de Aveiro.
- Silva, JP., Santos, C., Dinis-Ribeiro, M., Sousa, A., Santos, LL. (2011). *QLQCR-29 Portuguese version: evaluation in 500 patients with colorectal cancer*. ASCO's Meeting Library ([link](#)).
- Santos, C. (2010). *Cancer prevention*. Psycho-oncology training course. Liga Portuguesa Contra o Cancro – Núcleo Regional do Norte.
- Santos, C. (2010). *Avaliação da Qualidade de Vida nos doentes portadores de carcinoma colo-rectal: Estudo preliminar de validação da versão portuguesa do módulo de avaliação da qualidade de vida relacionada com a saúde específico para doentes portadores de carcinoma colo-rectal da EORTC (QLQCR-29)*. (TN: Health related quality of life in colorectal cancer patients: EORTC QLQCR-29 validation study for Portuguese patients) Master dissertation: Porto, FPCEUP (hard copy available upon request).
- Santos, C. (2008). *Proposta de uma intervenção psicológica em grupo na fibromialgia*. (TN: Group psychological intervention for Fibromyalgia patients): 7º Congresso da Sociedade Portuguesa de Psicologia da Saúde, Porto, Portugal (Oral presentation).
- Santos, C., Costa, M., Martinho, S. & Almeida, V. (2007). *Intervenção Psicológica em Doentes Fibromiálgicos*. (TN: Psychological intervention with Fibromyalgia patients). Actas do II Congresso Família, Saúde e Doença: Braga, Universidade do Minho.
- Santos, C. (2007). *Aplicação prática de uma intervenção psicológica em doentes fibromiálgicos*. (TN: Psychological intervention for Fibromyalgia patients – case study): Braga, II Congresso Família, Saúde e Doença.

APPENDIX B – Research projects (participation as clinical research coordinator)

- Microarray In Node-negative and 1 to 3 positive lymph node Disease may avoid ChemoTherapy: A prospective, randomized study comparing the 70-gene signature with the common clinical-pathological criteria in selecting patients for adjuvant chemotherapy in breast cancer with 0 to 3 positive nodes (MINDACT) - EORTC;
- A European Observational Study of Dasatinib (Sprycel) in the Management of Imatinib Resistant and Intolerant Patients with Chronic Myeloid Leukemia (Studiennr. CA 180211) FORTE, CA 180211 - Bristol-Myers-Squibb;
- Psychological Factors that predict the adjustment to life in people with severe diseases - FPCEUP;
- Study on the risk of venous thromboembolism (ARTE), - Forpoint, Instituto de Formação e Inovação na Saúde;
- A Multinational Before and After Retrospective Study to Assess Hospital Resource Utilization Associated with Skeletal Related Events with Bone Metastases Secondary Breast Cancer, Prostate Cancer, Non-Small Cell Lung Cancer or in patients with Multiple Myeloma Bone Disease (20090146), - Amgen, Inc. & Quintiles;
- An Open-Label Expanded Access Study of Lapatinib and Capecitabine Therapy in Subjects with ErbB2 Overexpressing Locally Advanced or Metastatic Breast Cancer (EGF103659) – GlaxoSmithKline;
- Phase III study of vinflunine plus gencitabine versus paclitaxel plus gencitabine with unresectable, locally recurrent or metastatic breast cancer after prior anthracycline-based adjuvant chemotherapy (VICTORIA) – Pierre Fabre Medicament.
- A randomized, 3 arm, multicentre, phase III open label study of the efficacy and safety of trastuzumab-mcc-dm1 vs. Capecitabine+lapatinib in patients with her2 positive locally advanced or metastatic breast cancer who have received prior trastuzumab based therapy (EMILIA Study – BO21977) – Hoffmann-La Roche, Ltd.;
- A randomized, 3 arm, multicentre, phase III study to evaluate the efficacy and the safety of T-DM1 combined with pertuzumab or T-DM1 combined with pertuzumab-placebo (blinded for pertuzumab), versus the combination of trastuzumab plus taxane, as first line treatment in HER-2-positive progressive or recurrent locally advanced or metastatic breast cancer (MARIANNE Study – BO22589 B), - Hoffmann-La Roche, Ltd.;
- A randomized, double-blind, placebo-controlled, multi-centre phase III study of Denosumab as adjuvant treatment for women with early stage breast cancer at high risk of recurrence (D-CARE), - AMGEN, Inc. & EuroTrials.
- A Multicentre Phase III Randomized Trial of Adjuvant Therapy for patients with HER2-Positive Node-Positive or High-Risk Node-Negative Breast Cancer Comparing Chemotherapy Plus Trastuzumab with Chemotherapy Plus Trastuzumab Plus Bevacizumab – (BETH) – Hoffmann-La Roche, Ltd.;
- A Phase 3, Multicentre, Randomized, Double-Blind, Placebo Controlled Trial of AMG479 or Placebo in Combination with Gemcitabine as First-line Therapy for Metastatic Adenocarcinoma of the Pancreas (GAMMA) - AMGEN, Inc. & EuroTrials.
- An open label, randomized phase III trial of BIBW 2992 and vinorelbine versus trastuzumab and vinorelbine in patients with HER2-overexpressing breast cancer failing one prior trastuzumab treatment (LUX BREAST 1) – Boehringer Ingelheim;
- A multicentre, open-label, single-arm study of pertuzumab in combination with trastuzumab and a taxane in first line treatment of patients with HER2-positive advanced (metastatic or locally recurrent) breast cancer (PERUSE-MO28047) – Hoffmann-La Roche, Ltd.;
- A phase III prospective, two-cohort non-randomized, multi-centre, multinational, open label study to assess the safety of assisted and self-administered subcutaneous trastuzumab as adjuvant therapy in patients with operable HER2-positive early breast cancer (SafeHER Study) - Hoffmann-La Roche, Ltd.;
- A phase II randomized trial of the combination of ridaforolimus and examestane, compared to ridaforolimus, dalotuzumab and examestane in high proliferation, estrogen receptor positive breast cancer patients (MK8669-064) – Merck Sharp & Dohme;
- A phase III trial to compare the safety and efficacy of lapatinib plus trastuzumab plus an aromatase inhibitor (AI) versus trastuzumab plus an AI versus lapatinib plus an AI as first-line therapy in postmenopausal subjects with hormone receptor positive, HER2-positive metastatic breast cancer (MBC) who have received trastuzumab and endocrine therapy in the neoadjuvant/adjuvant setting (ALTERNATIVE) – GlaxoSmithKline.

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APPENDIX C – Certificates/documents

- Upon request.