

# PORTUGUESE RED CROSS HEALTH SCHOOL - LISBON

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# Content

Our School.....	3
Introduction .....	3
History and mission.....	4
Plan of the school and its premises.....	6
Mobility and International Collaborations office .....	10
Accommodations and Transport .....	11
The application process for Erasmus + .....	12
ESSCVP-Lisbon incoming.....	12
Blended Intensive Programme Information.....	13
Critical care - Advanced Level .....	13
Introduction.....	13
Duration and credits .....	13
Application.....	14
Contact.....	14
Number of places available .....	14
Course Structure and Organization .....	14
Assessment.....	15

# Our School

## *Introduction*

Welcome to the Portuguese Red Cross Health School - Lisbon!

This document provides an overview of our institution, its history, mission, and objectives. As a private higher education health school supported by the Portuguese Red Cross, we strive to educate qualified health professionals with a focus on the humanitarian principles of the Red Cross and Red Crescent International Movement. We offer a range of undergraduate courses, postgraduate options, and short-term programs for healthcare professionals.

Our mission includes delivering high-quality services, promoting scientific knowledge, and fostering social integration while respecting individuality and equality. In this document, you will find details about our aims, premises, academic information, mobility opportunities, the application process for the Erasmus+ program, accommodations and more.

We strive to provide a welcoming and enriching experience for all students. If you have any questions, please don't hesitate to reach out to us.

## *History and mission*

The Portuguese Red Cross Health School - Lisbon is a private higher education health school that is embedded in and supported by the Portuguese Red Cross, a non-profit institution, along with two other schools in Portugal.

Our school was established in 1948/49 as a Nursing School and expanded in 2003 to include undergraduate courses in Physiotherapy, Cardiopneumology, Medical Imaging and Radiotherapy, Osteopathy and Podiatry, as well as short-term and postgraduate courses for health professionals. Our school stands out in the higher education health schools' scenario due to its specific nature, the formative portfolio in emergent areas, and its alignment with the humanitarian principles of the Red Cross and Red Crescent International Movement.

We aim to educate qualified health professionals who possess scientific and technical skills to deal with risk and human rights-threatening situations, both in Portugal and worldwide. These situations may include war and catastrophe scenarios aiding populations at risk or under-protected such as in cases of violence against women, children, and other segments of the population, as well as social segregation.

It is the mission of our school to follow the seven principles of the Red Cross (Humanity, Impartiality, Neutrality, Independence, Voluntary actions, Unity, and Universality), to educate health professionals that will deliver high-quality services, disseminate and produce adequate and relevant scientific knowledge, and promote the integration of all individuals in society while respecting their individuality.

Having these principles in mind, our school has the following goals:

1. To provide teaching that will allow our students to achieve academic degrees, following the national law,
2. To offer specialisation, extension, and perfection courses,
3. To ensure access to diverse technical and professional courses,
4. To promote technological and scientific research,
5. To support solid cultural and technical higher education training,
6. To provide scientific knowledge of theoretical and practical nature focusing on the requirements for the student's professional activity,
7. To encourage the participation and inclusion of students in their professional active lives,
8. To guarantee services to support the community and promote its development,

9. To collaborate with institutions, organisms, public and private entities, or personalities that ask for our school support whenever considered relevant and aligned with our school values, and
10. To conduct and support events to disseminate and perfect technical and scientific knowledge in Health.

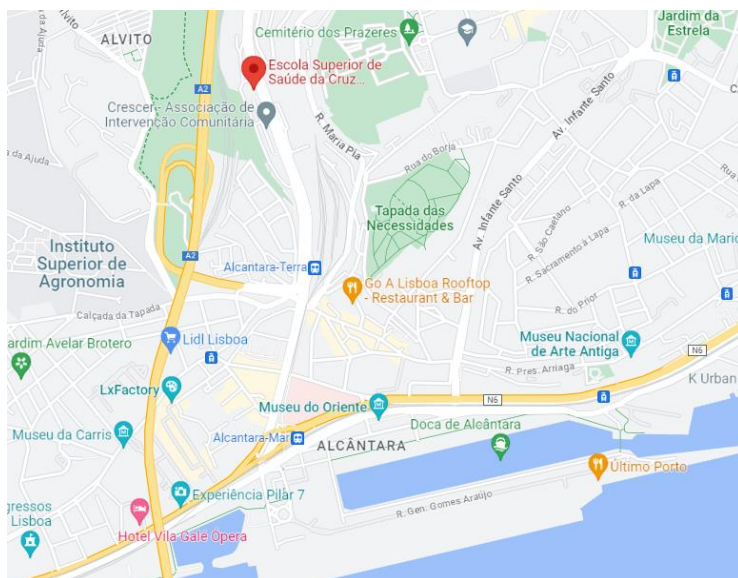
To fulfil these aims, our school focus on the following parameters:

1. Human and civic education and professional development.
2. High ethical standards focusing on rigour and transparency in all activities.
3. Incorporation of learning objectives related to human rights, community aid, social inclusion and intercultural communication skills.
4. Guaranteed scientific, cultural, artistic and technological freedom and plurality, combating any form of discrimination.
5. Inclusion and equality in access and interaction.
6. Representation of all stakeholders in academic life (teachers, students and non-teaching staff).
7. Promotion of voluntary actions.

## Plan of the school and its premises

The Portuguese Red Cross Health School - Lisbon (ESSCVP-Lisbon) is located at Avenida de Ceuta nº 1, 1300-125 in Lisbon (as shown in Figure 1).

Figure 1. Location of the Portuguese Red Cross Health School – Lisbon



Our school has 15 floors that will be briefly described (see Figure 2). All the facilities are operational and in good condition for their respective purposes and wheelchair accessible, if needed.

Figure 2. Building of the Portuguese Red Cross Health School – Lisbon



On the ground floor, the school features a reception with a security guard, the Medical Imaging and Radiotherapy laboratory, the customised insoles laboratory for the Podiatry course, three Physiotherapy gyms and other maintenance and storage rooms.

Also, the Academic Clinic is located on the ground floor and has seven offices, two rooms for surgical interventions with an adjacent observation room, reception, a waiting room and a storage room (see Figure 3 and Figure 4)

*Figure 3. Academic Clinic – Operating Room*



*Figure 4. Academic Clinic – Reception room*



On the 1<sup>st</sup> floor, we have our main auditorium, with 120 seated places, and also the cafeteria for students and staff.

On the 2<sup>nd</sup> floor, we have our students' support services: the secretariat, archives, informatics office, IT and innovation support office, communication and marketing office, and library with access to computers and anatomy virtual reality software. The treasury department is located on the 7<sup>th</sup> floor.

The 3<sup>rd</sup>, 5<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> floors have several classrooms and study rooms for students to autonomously work individually or in groups. On the 4<sup>th</sup> and 6<sup>th</sup> floors, there are several rooms with clinical simulation anatomical models as well as technical assessment and communication laboratories that are mainly used in the Nursing course (see Figure 5).

On the 4<sup>th</sup> floor, the school has several clinical practice laboratories with clinical simulation anatomical models as well as technical assessment and communication laboratories. On the 5<sup>th</sup> floor we have our laboratory for clinical dosimetry and multimodality imaging, for Radiotherapy dose planning and Medical Imaging registration.

On the 6<sup>th</sup> floor, the school currently has its simulation centre - the CrossSim Health Centre, which has international accreditation at the International Trauma Life Support level, as a chapter and of the Advanced Cardiovascular Life Support of the American Heart Association as a training site. These laboratories are mainly used in Nursing undergraduate and specialisation courses. At present, the CrossSim Health Centre has several other cooperation with national scientific associations allowing training in various subject areas.

*Figure 5. Simulation Anatomical Models*



Also, on the 8<sup>th</sup> floor, there is a laboratory specifically equipped with the most recent technologies for teaching Cardiopneumology and for the course practical classes, such as an ultrasound machine, an electrocardiograph recorder, and a plethysmograph. There is another laboratory for Podiatry skills training, and an additional room for students to work, be in groups or relax. On the 9<sup>th</sup> floor, besides one study room and three classrooms, we have two gymnasiums for the Osteopathy course practical classes; and from the 11<sup>th</sup> to the 14<sup>th</sup> floors, we have several teaching and board offices, meeting rooms, and coffee break rooms.

We would also like to highlight that, shortly, our building will undergo structural improvements (see Figure 6).

*Figure 6. Plans for architectural changes*



## ***Mobility and International Collaborations office***

As previously stated, the Portuguese Red Cross Health School - Lisbon is a higher education private health school that, along with two other schools in Portugal, is embedded and supported by the Portuguese Red Cross.

We have an institutional coordinator (Professor Eduardo Cruz) who manages the international mobility of the three schools. You can see our Erasmus + Charter at <https://drive.google.com/file/d/1FWHlg7fEIIHMwyleiZM4P9-iUewctnrP/view>.

In ESSCVP-Lisbon, we have the following members working on mobility and international collaborations:

*Coordinator:* Matilde Soares ([internationalofficelisbon@esscvperasmus.eu](mailto:internationalofficelisbon@esscvperasmus.eu))

### *Elements by Area/ Field:*

- Nursing: Paulo Santos and Cristina Centeno
- Physiotherapy: João Guerra
- Cardiopneumology: Ana Quaresma
- Medical Imaging and Radiotherapy: Amadeu Martins
- Osteopathy: Sílvia Gomes
- Podiatry: João Martiniano

## ***Accommodations and Transport***

Our school is well-served by public transportation. If you come by train, the closest station is Alcantara Terra and walk North around 650 meters (around 10 min) towards Campolide. If you come by plane, we suggest you come by taxi or Uber, as this would take around 15 minutes.

You also have a nearby bus stop (Quinta do Cabrinha, Avenida de Ceuta) for buses 713 (Alameda Dom Afonso Henriques - Campolide), 751 (Campolide - Linda-a-Velha) and 756 (Olaias-Junqueira).

We would like to highlight that if you come for a traineeship, it will unlikely occur in our school facilities. So, please have it in mind before deciding where to rent a room for your stay.

We do not have a student residency. However, we have a collaboration with Spotahome.com. Our students (incoming or outgoing) have a 30% reduction fee if they use a promotion code. This will be provided to you by the international coordinator, upon request.

# The application process for Erasmus +

## ESSCVP-Lisbon incoming

### REQUIREMENTS

The student must be a student of one of the participating countries or be recognised as having an official status of refugee or stateless person or permanent resident according to national legislation.

The student must be registered at a higher education institution which holds an ERASMUS University Charter and to be enrolled in higher education studies leading to a recognised degree or other recognised tertiary level qualification up to and including the level of doctorate.

Regarding language proficiency, no certification is required, although a B1 English level is advisable, and a A1 Portuguese level may be helpful.

The EU has launched the Online Language Support. At the EU Academy Portal, you may get access to language placement tests. As an Erasmus+ student and receiver of the Erasmus+ grant, you will be asked to complete an online language placement test before your studies abroad. You will be tested in the primary language of instruction. When finishing the test, you will get a certificate stating your language level. The result of the test will have no consequences for your Erasmus+ grant. The test is a tool you can use to improve your language skills.

### AFTER YOUR DEPARTURE

Regarding your Erasmus+ grant, we need to send your transcript of record to document that you have completed your studies abroad. Usually, it can take up to 5 weeks after the final exam before you and your host institution receive it.

In Portugal, our grades range from 0 (worst) to 20 (best), with a 10 being required to be considered approved (see Table 1).

Portuguese grading scale	18 - 20	16 - 17	14 - 15	10 - 13	0 - 9
Definition	EXCELLENT	VERY GOOD	GOOD	SUFFICIENT	FAIL
ECTS Grade	A	B	C	D E	FX F

Table 1. Portuguese grading scale system

# Blended Intensive Programme Information

## *Critical care – Advanced Level*

### Introduction

This BIP is a comprehensive program integrating ITLS Advanced provider course, covering the skills necessary for rapid assessment, resuscitation, stabilization and transport of a trauma victim. Founded in the early 1980s by John E. Campbell, MD, FACEP, of the Alabama Chapter of the American College of Emergency Physicians, it is aimed at medical and nursing students, which teaches the correct assessment sequence and techniques for critical intervention, resuscitation and trauma victim transport.

### Duration and credits

- The international module is validated with **3 ECTS-credits**.
- The workload of the week of intensive programme is estimated on **48 hours**.
- The **online part is 8 hours** of workload (hosted on GoogleMeets platform) and will be held in the **last week of June**.
- The intensive in-person programme is **40 hours of contact** and will be held on the **second week of July during 5 full days** (from 9 to 13h and 14-18h every day, GMT+1).

All participants receive a 'transcript of records' at the end of the course. The certificate gives the ECTS-credits, the ECTS-grades and an ECTS-description of the module. Students can transfer the credits to their curriculum or can add this to their portfolio.

Participants are expected to follow all educational activities and to participate in practical activities. The presence on all lectures or workshops (100%) is required to be accepted for the final evaluation.

### Application

Students should apply via their Home University Erasmus+ Office until 30 April 2024

### Contact

For more details regarding the program please contact: BIP Coordinator, Matilde Soares ([internationalofficelisbon@esscvperasmus.eu](mailto:internationalofficelisbon@esscvperasmus.eu)).

### Number of places available

A minimum number of 15 international participants and a maximum of 20 is required, to guarantee the success of the educational strategies, as well as the sustainability of the course and taking in account the capacity of the facilities and human resources.

Students should undergo a selection procedure at their home institutions, according to pre-defined criteria.

### Course Structure and Organization

The online part will cover the following topics:

- Standard Precautions and Transmission-Based Precautions
- Scene Size-up
- Trauma in Pregnancy
- Paediatric Trauma
- Geriatric Trauma

The in-person part will cover the following topics:

- Introduction to Traumatic Disease
- Trauma assessment and management
- Airway Management and Capnography
- Shock and haemorrhage control
- Thoracic and Abdominal Trauma
- Head and Spinal Trauma
- Burns
- Trauma Arrest
- The Impaired Patient
- Focused Assessment with Sonography in Trauma

- Leadership and task allocation within a trauma team
  - Responsibilities of a trauma team member
  - Communication Skills within the team and non-team members
  - Prioritizing in the multi-trauma patient
- Decision-making under pressure

To apply the knowledge in a practical setting, we will provide the following **Skill stations**:

- Thoracic trauma skills
- Airway approach skills
- Shock and haemorrhage control skills (IO access/fluid therapy)
- Spine management skills
- Patient assessment demonstration
- Eco FAST and eFAST
- Patient Assessment Practice Scenarios

### Assessment

Students will be assessed in group, on the final morning of the in-person week, by solving a clinical case in which the learning topics will be putted to test and individually by a written test.

*Hope to see you soon!*

*Let us know if you have any further questions*