

PhD IN PHARMACEUTICAL SCIENCES · PORTO

# Filipa Sousa.

## Teacher · Pharmacist · Certified Trainer

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## CONTACT


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**LOCATION**
Porto, Portugal


## OPEN TO ROLES IN

- **Scientific and Medical Writing and Editing**
- **Science Communication and Journalism**
- **University Teaching**
- Professional and Clinical Training
- Medical and Regulatory Affairs
- Pharmaceutical Industry · R&D and Quality Control

## IN NUMBERS

**6** peer-reviewed publications (first author on 5)

**324** citations (ResearchGate)

**17** conference communications

**100+** pharmacy students taught

**4,000+** drug–drug interactions created

**€70,000+** FCT PhD research grant

## LANGUAGES

**Portuguese** — Native ●●●●●●

**English** — C2 ●●●●●● Cambridge CPE

**Spanish** — B2 ●●●●○○

**French** — B1 ●●●○○○

## PROFILE

Pharmacist with a **PhD in Pharmaceutical Sciences** (pharmaceutical technology) from the Faculty of Pharmacy, University of Porto (2026). For over 10 years I have combined **research, teaching and drug information**: I write and review scientific papers in English, teach pharmacy students and have created more than 4,000 drug–drug interactions for pharmacies. As a **certified trainer**, I enjoy explaining complex science clearly.

## EXPERIENCE

### Trainer · Funded Online Training — Nov 2026 – present

GTI CFQP · course “Interagir em Inglês no Contexto da Educação” (Interacting in English in Educational Contexts, 50 h)

### Invited Teaching Assistant — 2022 – present

Faculty of Pharmacy, University of Porto (FFUP)

- Laboratory and practical classes in **Pharmaceutical Technology** and **Biopharmaceutics and Pharmacokinetics** (Integrated Master in Pharmaceutical Sciences and Master in Pharmaceutical Technology).
- Over **100 students**; nominated **Best Teacher** by 4th-year students (2022/23).

### English Teacher and Academic Tutor — 2012 – present

Centro de Actividades Educativas dos Carvalhos (CAEC)

- Volunteer since 2012 and full-time since 2025: **over 14 years teaching English**.
- English from beginner to proficient level, **Cambridge exam preparation (A2–C2)** and tutoring for years 1–12.

### FCT PhD Research Fellow — 2021 – 2025

UCIBIO-MEDTECH · FFUP · Grant 2020.05884.BD (over €70,000)

- Developed **lipid nanoparticles and nano-in-microcapsules** loaded with nystatin for fungal infections.
- Scientific writing in English: **6 publications**, 4 manuscripts in preparation; peer reviewer for 6 international journals.
- Data analysis and experimental design (**Python, SPSS, Design Expert**) and **machine learning** for formulation design.
- Co-supervised Master’s and Erasmus students from **4 countries**.

### Infosaúde · ANF Group — 2018 – 2021

Junior Information Manager → Scientific Data Analyst → Scientific Data Manager

- Created and updated **more than 4,000 drug–drug interactions** on **Sifarma and MedH**, used in community and hospital pharmacies.
- Managed medicines data for **Portugal, Spain and Ireland**; pharmacist support lines during COVID-19.
- Delivered internal training in Excel and drug–drug interactions.

## OTHER EXPERIENCE

### Volunteer Science and Health Journalist — 2021

Jornal Universitário do Porto · **5 articles** for the public on vaccines, immunity and rare diseases.

### E-learning Trainer — 2020

Ambiformed · “COVID-19 Prevention Measures” course (8 h), with **160 h of tutoring**.

### Food Chemistry Researcher — 2016 – 17

LAQV-REQUIMTE · Research Initiation Grant · **DLLME and GC-MS** methods for red wines, published in 2020.

### Internships — 2014 – 17

Farmácia d’Arrábida (19/20) · Hospital de Magalhães Lemos (20/20) · Community and hospital pharmacy, plus five summer internships.

## LABORATORY

**ANALYSIS**

HPLC · GC-MS · FT-IR

**CHARACTERISATION**

DLS · DSC · Rheology · Texture analysis

**FORMULATION**

Nanoparticles · Hydrogels · Spray-drying · Freeze-drying

**BIOLOGY**

Cell culture · Mycology

## DATA AND SOFTWARE

**ADVANCED**

Excel · Word · PowerPoint · Outlook · Teams

**REGULAR USE**

Design Expert (DoE) · SPSS · ChemDraw · EndNote · Canva

**SOLID FOUNDATIONS**

Python (machine learning) · R · Power BI

## ARTIFICIAL INTELLIGENCE

**Intermediate to advanced** use of several AI models for writing, analysis and teaching; building **AI agents** and connecting tools through **MCP servers**.

## CERTIFICATIONS

Cambridge CPE (C2) **2014**

Pedagogical Competences (CCP) **2017**

E-Tutor · 40 h · 20/20 **2020**

Cell Culture · FMUP · 19/20 **2024**

## FURTHER TRAINING

Summer School in Membrane Biophysics (19/20), FIT for Executives, Management for Pharmacists (60 h), scientific writing, statistics, advanced Excel, public speaking, design thinking, GDPR and ISO 27001.

## BEYOND SCIENCE

Volunteer with the **Portuguese Red Cross** and the **Food Bank** since 2018. Travelling, dancing, reading and organising.

## EDUCATION

### PhD in Pharmaceutical Sciences — Apr 2026

FFUP · Pharmaceutical Technology · “Nanotechnological Strategies to Improve Nystatin’s Potential in Fungal Infections”

### Erasmus+ Blended Intensive Programme — 2024

Università degli Studi di Cagliari · 20/20

### Postgraduate Diploma in Computational Statistical Modelling — 2022

Faculty of Sciences, University of Porto · R, Python and Power BI · 15/20

### Integrated Master in Pharmaceutical Sciences — 2017

Faculty of Pharmacy, University of Porto · 15/20

## SCIENTIFIC PUBLICATIONS

6 peer-reviewed publications, **first author on 5**, cited 324 times (ResearchGate). Plus **4 manuscripts in preparation**.

- **Sousa F** et al. Reviving the Interest in the Versatile Drug Nystatin: A Multitude of Strategies to Increase its Potential as an Effective and Safe Antifungal Agent. Advanced Drug Delivery Reviews, 2023.
- **Sousa F** et al. Current Insights on Antifungal Therapy: Novel Nanotechnology Approaches for Drug Delivery Systems and New Drugs from Natural Sources. Pharmaceuticals, 2020.
- **Sousa F** et al. Novel analytical approach to assess the profile of volatile phenols in Portuguese red wines. Aust. J. Grape Wine Res., 2020.
- Nascimento C, **Sousa F** et al. Development of Lipid Nanoparticles with Nystatin for an Antifungal Action. Journal UMinho Science, 2023.
- **Sousa F** et al. Overview of Nanotherapeutics for Fungal Infections. Chapter 8 in: Nanotherapeutics for Infectious Diseases. Taylor & Francis, 2025.
- **Sousa F** et al. Is Micro and Nanotechnology Helping Us Fight Histoplasmosis? Chapter in: Histoplasmosis. IntechOpen, 2023.

**Peer reviewer (2023–24)** for 6 journals: Expert Opinion on Drug Delivery, Drug Design, Development and Therapy, Annales Pharmaceutiques Françaises, Applied Microbiology and Biotechnology, Journal of Nanoparticle Research and ACS Omega.

## CONFERENCE COMMUNICATIONS

**17 communications** since 2014 (6 oral and 11 posters), **9 at international conferences**. Highlights:

- Oral · 7th International Conference on Materials Science & Nanotechnology · **Vienna, Austria** · 2024
- Oral · 10th Iberian Meeting on Colloids and Interfaces · Coimbra · 2024
- Oral · XXVII Luso-Galician Chemistry Meeting · Porto · 2023
- Poster · CRS DeChAt Local Chapter Meeting · **Bern, Switzerland** · 2025
- Poster · XXVI Galician-Portuguese Chemistry Meeting · **Santiago de Compostela** · 2022

## AWARDS AND OUTREACH

- **Nominated Best Teacher** by 4th-year students of the Integrated Master in Pharmaceutical Sciences, FFUP (2022/23).
- **FameLab Portugal 2018**: regional heat of the international science communication competition (Porto, March 2018).
- **Science Communication** for non-specialist audiences: course at the Faculty of Engineering, University of Porto (2019, 17/20).
- **Recognition of excellence** for administering and moderating the ULNC online forum, Colégio Internato dos Carvalhos (2014).
- **Best student** at Colégio Internato dos Carvalhos in years 7, 8 and 9 (2006–2009).
- **Artistic Award** (Group II) in the 54th European Competition “Europe at School” (2007).
- **Winner of the Mathematics Pre-Olympics**, Portuguese Mathematical Society (2006).
- **3rd place nationally** in the MAISMAT competition, University of Aveiro (2006).