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I am a neonatal and pediatric nurse at Faro Hospital since 1998, working in the Neonatal and Pediatric Intensive Care Unit, a level III unit. NIDCAP Professional since 2010, and responsible for the implementation of the program in the hospital. At the moment I am a NIDCAP Trainer in training with Dr. Nikk Conneman from the Sophia NIDCAP & APIB Training Center, Rotterdam, trying to pass through the very demanding APIB certification. Currently I am attending a Masters Degree program in Health Care Management at the Algarve University, embracing specific and relevant aspects of caregiving management, important for the management role I have in the unit. I am a massage instructor by the Portuguese Association of Infant Massage in 1996. Since 2015 I collaborate with EFCNI on the project "European Standards for the Care of the Newborn Health" as first author and/or member in some of the Care and Procedures Standards. I participated in and coordinated a national group for the Reformulation of Quality Standards for Children, Adolescent and Families Nursing Care with the Nursing Professional Regulation Organization. I participated in the national work group about Light and Noise National Standards in the NICU, released by the Neonatology Portuguese Society. In 2016, and working with parents, in an attempt to fulfill many premature babies and families needs, we founded a parents association, where I am now Vice-president and a board member: Nascer Prematuro. I participated in many national and international talks and meetings raising awareness for a more baby friendly approach in the light of NIDCAP, sharing the NFI vision, my experience, skills and concerns around neonatal care. I believe that my experience as a nurse, the inspiring knowledge gained throughout these years, meeting so many people, professionals, parents, organizations, nationally and internationally, may help the NFI to achieve its goals, inspiring and shaping the way caregiving is performed for babies and families.

The path I went through, the nurse I am today, was definitely influenced by so many people that crossed my path. NIDCAP was one of those life changing events! My passion for neonatal care emerged from a vision of an inspiring person that was mentoring my Neonatal training back in 1996! In 2009 I got my first NIDCAP introduction lecture, and in the end of 2010 I was a NIDCAP professional, and part of this great community. Again, my trainer was, and is, one of those special people. Mentoring the team became an extremely important aim! Gradually, as I developed coaching, teaching and mentoring skills, the unit changed towards more developmental, baby and family centered care. Carrying the message to others in Portugal and abroad, needs a more holistic approach, an inspiring message, all rooted with the work which was happening in Faro Neonatal Unit and the knowledge gained through these years.