

PUBLIC NOTICE FOR A RESEARCH SCHOLARSHIP

i2A/THCS/0001/2023/2026

Reference: PRBI/26/2026

IPC/ i2A is now accepting applications to award one (1) **Research Scholarship (BI)** within the scope of the project **“TOGETHER - Vascular age as a key for a Team-based approach to manage blood pressure and cardiovascular risk between community pharmacists and Primary Health Care Centers”**, reference THCS/0001/2023, funded by THCS initiative, co-funded by the EU, as follows:

Scientific area: Clinical Physiology.

Requirements:

- A. Holders of a Bachelor's degree in the field of Clinical Physiology;
- B. If the candidate holds a higher education degree obtained abroad, he/she must have the respective recognition of the degree, if applicable;
- C. Enrolment in a master's degree or in a non-academic degree course in Health Sciences or related field;
- D. Oral and written fluency in Portuguese and English.

Work Plan achievements:

Hypertension (HTN) is the leading cause of premature death and disability worldwide, and cardiovascular diseases related to HTN represent a significant burden for the healthcare system. Reducing the pressure that HTN represents through better equipped and integrated primary care, in close collaboration with non-medical health professionals, will increase the quality, efficiency and sustainability of health systems. Previous studies have conveyed surprisingly positive results in non-randomized feasibility projects, supporting the TOGETHER initiative as a provider of innovative pathways, investigating solutions in the context of a randomized study focused on blood pressure assessment (casual and outpatient) in community pharmacies. The project will implement these programs, combining them with the concept of Vascular Aging in the experimental group, safely enhancing their effect, and promoting effective coordination between community pharmacists and general practitioners. In this way, the central objective is to provide innovative patient pathways, uniting Community Pharmacies with Primary Care, and promoting better rates of blood pressure control. The complementary strengths, organizational configurations and main focus of Community Pharmacies and Primary Care will allow us to create new strategies for the identification and early intervention of HTN, ranging from lifestyle to medical treatment, taking into account social, economic and behavioral aspects.

Scholarship Length:

The scholarship, on an exclusive basis, has an initial duration of 12 months, in accordance with the Regulation of the Fellow of the Polytechnic University of Coimbra, approved by Order n.º 5963/2020, published in the 2nd series of the Diário da República, 1st of June, and Regulation n.º 950/2019, 16th of December (Regulation of Research Grants of the Foundation for Science and Technology - FCT), scheduled to start on April 2025.

Monthly Maintenance Allowance:



1090,98 €, according to the table of scholarships amounts awarded by FCT to positions held in Portugal (www.fct.pt/apoios/bolsas/valores). The payment will be made by bank transfer monthly, to the account to be designated by the Fellow. To this amount is added the voluntary social insurance corresponding to the first tier, and a workplace accident insurance contract.

Workplace:

The work will be carried out at the Coimbra Health School of the Polytechnic University of Coimbra, under the scientific guidance of Prof. Telmo António dos Santos Pereira.

Selection Criteria:

Applications will be assessed on a scale of 0 to 20 using the following weights:

- a) Curriculum evaluation (50%), with a value of 50% for academic qualifications and 50% for the degree of fulfilment of the requirements relating to competences;
- b) Interview (50%), to be carried out only with the candidates placed at least in the first three positions with a minimum grade of 14 out of 20, according to the order resulting from the previous criterion.

Jury of Selection:

President: Prof. Telmo António dos Santos Pereira, PhD

Members: Prof. Ana Paula Fonseca, PhD

Prof. Nádia Isabel Almeida Osório, PhD

Substitutes: Prof. Paulo Júlio Moreira Caseiro, PhD

Prof. Joaquim Moreira Castanheira, PhD

Mandatory documents:

Applications must include the following documents:

- a) Application form available on the webpage for this research grant announcement at https://www.ipc.pt/bupc/concursos/form/concursos_bolseiros
- b) Personal identification, address, number of the identification document, and tax identification number;
- c) Motivation letter, in which the candidate must explain his/her motivation to carry out this multidisciplinary work plan, as well as mention if he/she is available to start the scholarship on schedule date;
- d) Document(s) proving that the candidate holds the required academic degree and/or diploma(s), preferably indicating the final average and the marks obtained per curricular unit.
Applicants with foreign qualifications must provide proof of their foreign degree and diploma in accordance with Decree-Law no. 66/2018, of 16th August;
- e) Document proving enrolment and registration in the master's or non-degree course, which may be made at a later date than the application, provided that it is prior to the contractualization of the scholarship;
- f) Updated *Curriculum Vitae* of the candidate, with a description of the qualifications;
- g) Supporting document(s) for other assessment parameter(s) indicated in the application notice;
- h) Declaration, under oath, regarding the scholarship(s) of the same type that the candidate have carried out and its duration;

- i) Other certifications and/or other documents considered relevant by the candidate.

Deadline of Application Submission:

Between **September 22, 2026, and October 6, 2026.**

Candidates must register and submit their applications through the following webpage:

https://www.ipc.pt/bupc/concursos/form/concursos_bolseiros.

Applicants should select the specific procedure to which they intend to apply.

Applications must be submitted exclusively in digital format, in portable document format (pdf) files, except where other digital formats are expressly required.

The application process is completed by filling in the sections available on the above-mentioned link.

When formalizing the application, if it contains a classified document that reveals commercial or industrial secrets, or secrets relating to literary, artistic or scientific property, the candidate must expressly indicate such reservation, under penalty of the work in question being freely accessed by any one of the other candidates, in consultation with the process.

When submitting the application, the candidate must provide the data strictly necessary for the purpose, under the terms of this public notice, and must hide personal data that may exist in the documentation submitted, otherwise these data may be freely accessed by any of the other candidates, in the process query.

Legislation and applicable Regulation:

The award of this scholarship is based in the Law 40/2004, of the 18th of August (Statute of the Scientific Research Fellow), changed and republished by the Decree-Law 202/2012, of the 27th of August, updated by: Decree-Law 233/2012, Law 12/2013, Decree-Law 89/2013 and Decree-Law 123/2019; the Regulation of the research scholarships from the Fundação para a Ciência e a Tecnologia, I. P. and the Regulation of the Research Scholarships from Coimbra Polytechnic no. 12709/2016, published on the DR, 2nd serie, of 21/10/2016.

The model of the scholarship contract, as well as that of the final reports to be prepared by the scholarship holder and the scientific supervisor, are those set out in the annexes to the above-mentioned Statute for Scientific Research Scholarship Holders.

Information of Results:

The results of the evaluation will be published within 90 working days from the deadline for submission of applications, by sending a communication to the candidates, via email. After the results have been published, candidates will be notified to, if they wish, give their opinion in a prior hearing within a maximum of 10 working days after that date. After this deadline, the selected candidates will have to declare their acceptance in writing. Unless a justifiable reason is provided, failure to make the declaration within the deadline will be considered as a

waiver of the scholarship. In case of resignation or withdrawal of the selected candidate, the immediately best ranked candidate will be notified.

For further information please contact:

Telmo Pereira (telmo@estesc.ipc.pt)

Coimbra, September 2026