

CURRICULUM VITAE

Zélia Maria Araújo da Silva Muggli

Lisbon

Email: zelia.muggli@ihmt.unl.pt

LinkedIn: www.linkedin.com/in/zelia-muggli-a0b8952a5

Postdoctoral Researcher with a PhD in International Health and Medical a Doctor with over two decades of experience in Paediatrics in clinical, training and advisory roles across diverse cultural contexts. Conducts research adopting a life course approach seeking to understand how early experiences shape health trajectories, with a focus on migrant child health. Dedicated to influencing policies to promote health equity.

EDUCATION

PhD in International Health (2023)

Specialization: Health Policy and Development

Institute of Hygiene and Tropical Medicine (IHMT), NOVA University of Lisbon

Dissertation: *The Impact of Immigration on the Health Profile of Children in the Municipality of Amadora*

Master's in Health and Development (2015)

Specialization: Program Management

Institute of Hygiene and Tropical Medicine, NOVA University of Lisbon

Dissertation: *Impact of the Economic Crisis on Child Health: Analysis of Health Professionals' Perceptions at ACES Sintra*

Bachelor's Degree in Medicine (1988)

Faculty of Medicine, University of Lisbon

RESEARCH EXPERIENCE

Population Health, Policies and Services Research Group

Global Health and Tropical Medicine (GHTM), IHMT, NOVA University of Lisbon

Post-Doc Researcher (2023 - Present)

- Member of the research team studying the social and health profiles of immigrant children in cohorts within the Lisbon Metropolitan Area.
- Collaborates in a partnership focusing on linking and analysing data on social inequalities and health across child cohorts from different countries

GHTM Research Fellow for the project *Health Trajectories of Immigrant Children: A Cohort Study in the Municipality of Amadora (2019-2023)*

- Fieldwork Coordinator of the project; managed the interviewer team and monitored data quality, enhancing team management and leadership skills.
- Refined skills in designing research protocols, submissions to ethics committees and funding applications
- Presented the study at conferences and developed scientific writing as the first author of publications
- Presented topics on Migration and Health in the following MSc and PhD courses: *Demography, Health, and Migration, Community Development, and Thematic Sessions in Epidemiology*

- Attended international conferences and workshops on Migration and Health, including all editions of the WHO Global School on Refugee and Migrant Health

Erasmus+ Intern, University of Cape Verde, Faculty of Science and Technology, April-July 2022

- Collaborated on training in interview techniques and assisted with initial data collection and management for the RESPIRA-CV project on pediatric asthma prevalence in Santiago Island, Cape Verde.
- Developed fieldwork skills and communication with different stakeholders in a different sociocultural context

Research Supervision (2018 - Present)

- Provides mentorship to Masters students on research methodology and dissertation writing . Dissertations:
 Filipa Gonçalves; *Children with cerebral palsy: a mixed methods study in Guinea-Bissau*, ongoing
 Solange Afonso; *Vaccination Coverage Among Immigrant and Native Children at ACES Amadora*, ongoing
 Vânia Teófilo; *Immigration and Cesarean Section as Determinants in Childhood Overweight and Obesity: A Cross-sectional Study in the Municipality of Amadora*, 2023, completed and approved, IHMT, UNL, 2023
 Jocilene Moreira; *Immigration as a Determinant in Psychomotor Development of Four-Year-Old Children at ACES Amadora*, completed and approved, IHMT, UNL, 2023
 Silva Sá; *Emotional and Behavioral Health Assessment of Immigrant Children at ACES Amadora*, completed and approved, IHMT, UNL, 2020
 Regina Amado; *Comparison of Pediatric Emergency Room Admissions in Two Municipalities in the Lisbon Metropolitan Area from 2009 to 2016*, completed and approved, IHMT, UNL, 2019
 Jenisse Abilio Matsimbe; *Impact of the Economic Crisis on Child Health: Analysis of Perceptions from Migrant and Native Families of Children at ACES Amadora*, completed and approved, IHMT, UNL, 2018

GHTM Research Fellow in studies on the effect of economic crises on child health conducted in the Lisbon Metropolitan Area 2012-2018

- Acquired skills in designing and implementing quantitative and qualitative research and ethical aspects
- Identified barriers and facilitators in fieldwork

CLINICAL EXPERIENCE

Paediatrics Advisor (2005-2009)

International Health Centre, The Hague, Netherlands

- Managed and supervised child health surveillance consultations, including adapting international guidelines for vaccination and psychomotor development assessments

Specialist Paediatrics (1998-2004)

Al Massaraat Clinic & Laboratory, Muscat, Sultanate of Oman

- Awarded the Specialist Degree in Pediatrics after successfully passing the Medicine Board exam of Oman's Ministry of Health
- Responsible for primary and secondary pediatric care

- Consultant in school medicine for medical and neurodevelopmental issues
- Organized awareness campaigns aimed at the early diagnosis of child developmental disorders.
- Pediatrics correspondent for the national newspaper *Times of Oman*

Pediatrics Clinical Medical Officer (1994-1999)

Department of Community Pediatrics, Barnet Healthcare, London, United Kingdom

- Responsible for child health surveillance consultations and member of the school health team
- Assessed health needs of at-risk children (victims of abuse, asylum seekers, refugees) and children with special educational needs
- Focal point for psychomotor assessments of children referred by GPs, school health teams, and social services
- Supervised medical students and junior doctors on child health surveillance

Paediatrics Registrar (1993-1994)

Neonatal Intensive Care Unit, King's College Hospital, London, United Kingdom

- Provided medical care to extremely premature infants
- Participated in outpatient consultations and in the development of follow-up plans after hospital discharge

Pediatrics Internship (1991-1993)

Hospital S. Bernardo, Setúbal, Pediatrics Department

Sub-specialty rotations: Pediatric Infectious Diseases at Hospital Pediátrico D. Estefânia, Lisbon (Jan-Mar 1992); Neonatal ICU at Maternidade Dr. Alfredo da Costa, Lisbon (Apr-Jun 1992); Dermatology at Hospital Curry Cabral, Lisbon (Oct-Nov 1992)

General Internship (1989-1990)

Barreiro District Hospital
Almada Health Centre

PUBLICATIONS

Journal Articles:

- Muggli Z, Mertens T, Loureiro H, Amado R, Vaz D, O Martins MR. *Patterns of healthcare use among children with immigrant and non-immigrant backgrounds in 2019 and 2020: evidence from the health trajectories of Immigrant Children cohort study in the Metropolitan Area of Lisbon, Portugal*. BMC Public Health 23, 2531 (2023). <https://doi.org/10.1186/s12889-023-17402-z>
- Muggli Z, Mertens T, Amado R, et al. *Cohort profile: Health trajectories of Immigrant Children (CRIAS)–a prospective cohort study in the metropolitan area of Lisbon, Portugal*. BMJ Open 2022;12: e061919. <http://doi.org/10.1136/bmjopen-2022-061919>
- Muggli Z, Mertens T, -Sá S, Amado R, Teixeira AL, Vaz D, O Martins MR. *Migration as a Determinant in the Development of Children Emotional and Behaviour Problems: A Quantitative Study for Lisbon Region, Portugal*. Int J Environ Res Public Health. 2021 Jan 6;18(2):375. <https://doi.org/10.3390/ijerph18020375>
- O Martins, M. R., Shaaban, A. N., Abecasis, A., Muggli, Z., Amado, R., Vaz, D., Dias, S. S., Silva, A. C., Fronteira, I. *Are immigrants more vulnerable to the socioeconomic impact of COVID-19? A cross-sectional study in Amadora Municipality, Lisbon metropolitan area*. Frontiers in public health, 10, 920308. <https://doi.org/10.3389/fpubh.2022.920308>

- Shaaban, A. N., Dias, S. S., Muggli, Z., Peleteiro, B., & Martins, M. R. O. *Risk of Readmission Among HIV Patients in Public Portuguese Hospitals: Longitudinal Multilevel Population-Based Study*. *Frontiers in public health*, 8, 15. <https://doi.org/10.3389/fpubh.2020.00015>

Book:

- M. Rosário Oliveira Martins (coord.), Zélia Muggli, Regina Amado, António Carlos Silva, Dora Vaz, Inês Fronteira. *Health Pathway of Immigrant Children: A Cohort Study in the Municipality of Amadora*. Studies Collection, Migration Observatory. High Commission for Migration (ACM, I.P.), Lisbon, 2023

Presentations at International Conferences:

- Muggli Z, Loureiro H, Amado R, O Martins MR. *Migration background and hospital emergency department use by children: evidence from a cohort study in the Metropolitan Area of Lisbon, Portugal, in 2019 and 2020*. *Population Medicine*. 2023;5(Supplement) doi:10.18332/popmed/165576. **17th World Congress on Public Health, May 2023, Rome, Italy**
- Z Muggli, R Amado, M R Oliveira Martins, M Pires, D Vaz. *The health of immigrant children: a cohort study in the metropolitan area of Lisbon – Portugal*. *European Journal of Public Health*, Volume 30, Issue Supplement_5, September 2020, <https://doi.org/10.1093/eurpub/ckaa166.787>. Poster presented at the **16th World Congress on Public Health (virtual edition), October 2020, Rome, Italy**
- M.R. Oliveira Martins, Z.M. Muggli, D.M. Vaz, R. Amado, M. Pires. *Health trajectory of immigrant children: a mixed-methods study in the municipality of Amadora, Portugal*. Presentation at the **XXXVII Annual SEE Meeting, XIV Congress of APE, XVIII Congress of SESPAS, September 2019, Faculty of Medicine and Health Sciences, Oviedo, Spain**. *Gac Sanit*.2019;33 (Espec Congr):6-125, p. 102 <https://gacetasanitaria.org/es-pdf-X0213911119000660>

ADDITIONAL INFORMATION

Membership in Professional Organizations:

- Portuguese Medical Association – 32151
- Royal College of Paediatrics and Child Health, United Kingdom – 13178
- General Medical Council, United Kingdom – 4056548
- BIG Register, Netherlands – 79061969301
- Member of the Global Society on Migration, Ethnicity, Race, and Health (GSMERH)

Computer Skills:

- Microsoft Office® (Word, Excel, PowerPoint)
- Statistical Package for the Social Sciences (SPSS®)
- REDCap web app

Languages:

- Portuguese – native language
- English – fluent
- French – fluent
- German and Spanish – basic proficiency