

MEDICAL ROUTE IN PORTUGAL



ELDERLY PEOPLE



PREGNANCY



ILLNESS



CHILDREN

ELDERLY PEOPLE



In Portugal, in a general way, the healthcare services for elderly people are covered by the Social Insurance and Social Assistance System.

Those services are provided by the Health Centres of the area of residence of the elderly people and at home. There are networks made up of teams and units providing continued healthcare or social support. The public hospitals, centres for elderly people, local services and some local institutions are also members of the solidarity network. Depending on the specific needs of each person, home care services may include meals, cleaning, personal care, shopping, entertainment, etc. The Institution "Misericórdias Portuguesas" is a charity organisation which has the mission to provide assistance to those in need and also to disadvantaged people.

PREGNANCY AND BABY BIRTH



Maternity care is free and covered by the national health system. The mother

receives care at the Health Centre in her area of residence unless her practitioner has decided otherwise. The first prenatal appointment should take place in the Health Centre and the mother is given a Pregnant Health Booklet (Boletim de Saúde da Grávida) in which her doctor will record ongoing medical information during the course of the pregnancy. The booklet keeps details of every consultation and test undertaken during the pregnancy. The birth itself will take place in the hospital maternity where after the baby birth, both the mother and the newborn are assisted by a multidisciplinary team composed of obstetricians, pediatricians and nurses.

EMERGENCY



112

In case of an emergency you should immediately call emergency services on 112. Both the service and transport are free. The Portuguese Integrated Emergency Medical Service (Sistema Integrado de Emergência Médica) is managed by INEM. The Medical Emergencies Regulation Centres are called CODU (Centre for Orientation of Urgent Patients) which manages all medical calls going through. If you prefer, you can also go straight to the nearest Hospital where you will find an emergency Department.

NO EMERGENCY

GP



You can find a GP in the Health Centre in your area of residence. The Health Centre is the basic unit of the National Health Service (SNS) in Portugal. It provides health care services to the population. There you will meet GP, public health doctors, nurses and other health professionals who will provide you with all the health care you need, including preventive care and treatment. The Health Centre will issue you a Medical Card. You should always take it with you when you go to the Health Centre or to any other healthcare unit, looking for assistance.

PHARMACIES



In a general way, the consumers get medicines in the pharmacies. It's very easy to find a pharmacy in Portugal, since there are many. However, people can also get medicines in other shops or supermarkets which are registered to sell medicines not subject to medical prescription.

HOSPITAL / SPECIALIST



If your GP recommend you to go to a specialist, then you can make an appointment with a specialist either at a public hospital or at a private hospital/clinic. Don't forget to take your SNS (National Health Service) medical card with you.

INSURANCE



In Portugal the health insurance works complementarily with the Public National Health Service system. There are different options:

- There is the reimbursement system under which the insurance company compensates the customer for an expense incurred with health care.
- "Managed care plans" which are a type of health insurance. They have contracts with health care providers and medical facilities to provide care for members at reduced costs. These providers make up the plan's network. How much of your care the plan will pay for, depends on the network's rules.
- Mix system that joins characteristics of the both previous systems. The health insurance covers expenses related to hospitalization, inpatient, outpatient, clinical analysis and various hospital emergencies.

DENTIST



In Portugal, an Oral Health Promotion National Programme is currently proceeding which is commonly known as dentist-cheque program. Its

main aim is to protect and treat patients' permanent denture, according to their age and date of dental eruption. The beneficiaries of such program are: children and young people, pregnant women and elderly, as well as patients suffering from Aids. The dental care covered by this Program covers the areas of prevention, diagnosis and treatment. You should go to the Health Centre in your area of residence where the medical practitioner after confirming the diagnosis, will send you to the Dentist. In a general way, all the other people can be assisted in the many dental clinics spread all over the country. Dental care are covered by your insurance according to the Health plan you have signed.

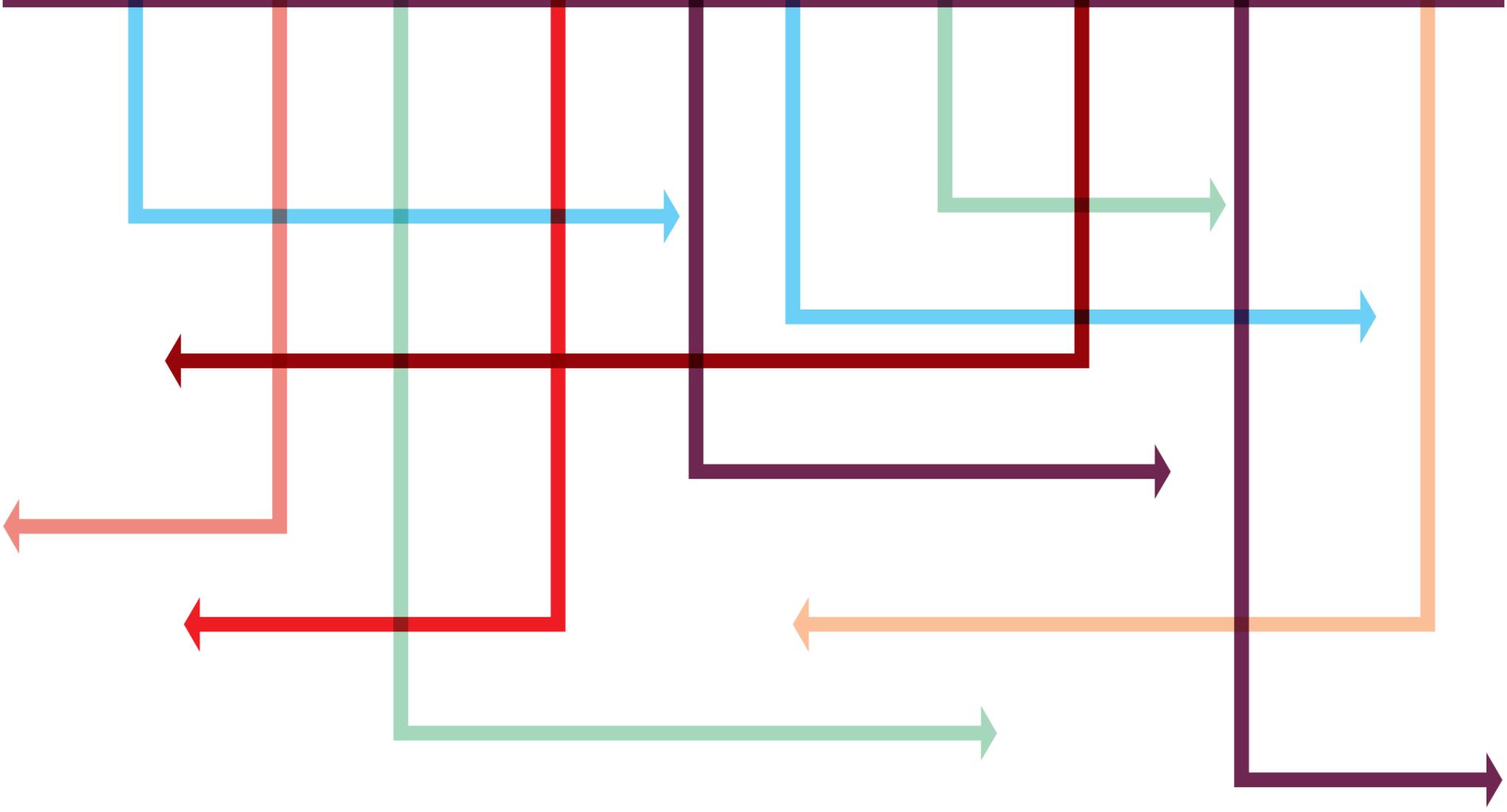
VACCINATIONS



The Portuguese National Vaccination Programme is universal, free and accessible to everybody in the country. All the Health Care Centres have vaccination services where the vaccines are provided daily. Vaccines are also administered in hospitals to newborns and to other people in special situations.

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Lifelong Learning Programme

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