

# WORKSHOPS

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VI OPORTO BIOMEDICAL SUMMIT



## ATTENTION

This document is **not yet complete** and it is still being updated!

Workshop selection will take place after congress registration, it is **only available for Full Ticket holders** and each workshop has a **limited number of spots!**



## WORKSHOPS

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## SESSION 1

FRIDAY 10H30-12H00

### Hands-on vascular surgery: Ultrasound-guided punctures

PT

Ultrasound guided procedures in Vascular Surgery represent an important diagnostic and therapeutic tool due to the increasing application of ultrasound in Angiology. Join us and learn how to perfectly execute this essential technique in Vascular Surgery.

### What surgical Marvels Can Derm Doctors do?

This workshop will give you the opportunity to learn more about the procedures performed in dermatology and what techniques are used. Dr. Sandra Ferreira, dermatologist, will teach you everything you need to know.

### Vascular Highways - Transcranial and Carotid Doppler

PT/EN

"Does looking at a Doppler sometimes feel like staring at a broken TV? Want to learn how to perform and interpret transcranial and carotid Doppler studies? Join us and discover the insights this procedure can reveal."

### Pump it up - IV league

PT/EN

Unlock your potential at the 'Drug Administration Workshop'! Delve into mastering the primary routes of parenteral drug administration (ID, SC, IM, EV) and blood collection (EV and AI). Acquire essential technical expertise, elevating both your performance and confidence as a future professional

### TranceForm: Unlocking the Power of Hypnosis

PT/EN

Experience hypnosis firsthand in this interactive, hands-on workshop where you'll not only learn the science behind it but also practice inducing trance states on your colleagues. Discover how hypnosis can enhance relaxation, pain management, and behavioral change, all while exploring its medical and therapeutic applications. Through live demonstrations and guided exercises, you'll unlock the techniques behind this powerful tool and experience its effects in real time. Ready to TranceForm your perspective?

## Palliative Care: Beyond the End

PT/EN

Palliative care is not the end of treatment, but an essential part of it. Join this workshop to explore how integrating palliative care across healthcare systems can improve quality of life, dignity, and compassion in every stage of care.

## HoloLens in Vascular Surgery: Because X-rays Are So Last Century

PT/EN

Step into the future of surgical precision with HoloLens technology! This presentation explores how augmented reality is transforming surgery, allowing surgeons to visualize complex anatomical structures in real-time and enhance their decision-making. Learn how HoloLens is improving patient outcomes, reducing risks, and redefining the surgical experience. See surgery in a whole new way—experience the next frontier in medical innovation!

## 112, what's your emergency?

PT/EN

This presentation offers an in-depth look at the structure, protocols, and operations of the Portuguese Emergency Service. Learn how emergency care is coordinated, from initial response to patient transport and hospital care, ensuring timely and efficient treatment across the country. Gain valuable insights into the critical workings of Portugal's emergency healthcare system!

## Access to Care, Access to Dignity.

A workshop that challenges future doctors to rethink how healthcare is experienced by people with disabilities. With Espécie Rara Sobre Rodas as our guest speaker, we explore real barriers, real stories and real solutions to make medicine truly accessible — in practice, not just in theory.

## EcoFAST: Focused Assessment with Sonography in Trauma

PT/EN

A dynamic, hands-on workshop that begins with a concise introduction to the essential physical principles behind ultrasound, followed by direct practice with real equipment. Participants will learn how to confidently handle the probe, optimise images and understand the logic behind the FAST protocol – when to use it, what it can reveal and where its limitations lie.

Through guided scanning and real-time demonstrations, students will identify the key anatomical landmarks across all FAST windows and develop the practical skills needed to recognise free fluid and other critical findings.

An immersive session designed to build confidence, sharpen clinical reasoning and bring point-of-care ultrasound to life.

## Critically ill: Pediatric Patient simulation

PT

Have you heard about Virtual Pediatric Simulation? Would you like to improve your critical thinking and decision-making skills in a safe and controlled environment? In this workshop we invite you to assemble a team and dive into different pediatric clinical scenarios making a shared decision process in real-time.

## Breast and gynecological examination

PT/EN

"The gynecological and Breastexamination consists in a complete evaluation of the woman. It is necessary to choose a doctor that makes the patient feel comfortable talking about topics considered more sensitive, such as sex and the use of contraceptives. The objective of this workshop is to teach about the steps of the gynecological and breast exam, as well as to put them into practice.

## SESSION 2

FRIDAY 13H30-15H00

### Minimally invasive gynecology surgery

PT/EN

Would you like to know how Minimally Invasive Surgery can be useful in gynecological pathologies? You will have the unique opportunity to train with simulators and learn the various techniques with surgeons.

### Grossly Speaking: Mastering Macroscopy in Anatomic Pathology

PT/EN

Macroscopical examination and sampling lie at the very basis of diagnostic activity in Pathology. During training, Pathology Residents must learn how to handle simple and complex tissue biopsies and surgical specimens, how to describe the lesions they contain and how to identify and sample them to allow for accurate and safe diagnosis. In this workshop, the basic techniques of Macroscopy will be explained and demonstrated using real surgical specimens. Then, participants will be able to explore in practice their own skills for slicing and sampling tissue specimens for histopathological analysis.

### Endoscopic Spine Surgery

PT/EN

Endoscopic spine surgery is a rapidly advancing field in modern medicine, providing a minimally invasive approach to treating spine disorders. If you're interested in pursuing a career in neurosurgery, orthopedics, or spine surgery, then attending an Endoscopic Spine Surgery workshop can be an excellent opportunity to gain knowledge in this field. As a medical student, attending this workshop will provide you with a unique opportunity to gain exposure to techniques and technologies in spine surgery. In addition, attending this workshop can be an excellent way to supplement your medical education, providing you with experience that you may not have access to in traditional classroom settings. Don't miss out the chance to advance your medical education and career!

### The voice Doctors: The world of Laryngology

PT/EN

In this workshop, taught by Professor Mariline Santos - MD, PhD, you will take a real, hands-on, live look at the clinical diversity that laryngology entails as a medical-surgical specialty. You will learn how the human voice is produced in theory, then see it being produced, in action, by patients from the laryngology consult at ULSSA. Lastly, you'll learn about the most common voice pathologies: what they look like, feel like, and sound like.

## Angiography Techniques in Anatomy

Did you know that Egas Moniz, winner of the Nobel Prize in Medicine, was responsible for developing cerebral angiography, a technique that revolutionized neurosurgery?

Angiography is a procedure that uses catheters, contrast fluid, and X-rays to study blood vessels and diagnose diseases. Although the injection of vessels for anatomical study has been practiced for centuries, it remains a highly relevant and valuable technique today.

In this workshop, using pig hearts, you will have the opportunity to apply angiography techniques in practice, testing your skills as a future anatomist or cardiologist.

## Dude, How's My pH? A Crash Course in Acid-Base Disorders

PT

Deciphering acid-base disorders can be challenging, but a structured approach makes all the difference. This interactive, case-based workshop will guide you through real clinical scenarios, helping you confidently interpret ABGs, recognize metabolic and respiratory disturbances, and navigate mixed disorders. Through group discussions and expert insights, you'll refine your diagnostic reasoning and management strategies. Get ready to engage, analyze, and master acid-base balance in a practical, hands-on way!

## Otoscopy, Rhinoscopy and Laryngoscopy

PT

Have you always had curiosity to explore, diagnose, manage, and treat disorders of your head and neck? This workshop will be attended by Dr. Isabel Carvalho, an otorhinolaryngologist at ULSSA-HSA, who will enlighten you in the vast world of otolaryngology, talking about the most frequent pathology in this area, as well as how to approach different disorders using a variety of techniques, depending on the clinical context.

## Peek Inside Without the Slice: The Magic of Urologic Endoscopy (clinical years)

PT/EN

Do you like minimally invasive surgery and technology? Urology is one of the most advanced and high-tech specialties and in this workshop, we will introduce some of the most used endoscopic surgery techniques that we are doing in Urology.

## HoloLens in Vascular Surgery: Because X-rays Are So Last Century

PT/EN

Step into the future of surgical precision with HoloLens technology! This presentation explores how augmented reality is transforming surgery, allowing surgeons to visualize complex anatomical structures in real-time and enhance their decision-making. Learn how HoloLens is improving patient outcomes, reducing risks, and redefining the surgical experience. See surgery in a whole new way—experience the next frontier in medical innovation!

## Beyond scrubs and sneakers - Where Medicine meets Influences

PT

Explore the growing intersection of healthcare and social media in this insightful presentation. Learn how doctors are using their platforms to educate, inspire, and connect with patients, while navigating the challenges of maintaining professionalism and personal branding.

## Your Eyes, Their Voice: The Red Flags of Child abuse in Medical Settings. PT

As healthcare professionals, we are often the first line of defense for vulnerable children. This dynamic and interactive workshop will equip you with the knowledge to identify subtle and overt signs of abuse, distinguish red flags from medical mimics, and understand the dynamics and behavioral patterns of perpetrators, crucial for recognizing how abuse unfolds and is concealed. Understanding your role in reporting and intervention, alongside insight into how abusers operate, will enhance your ability to detect and respond effectively. Through real case discussions and scenario-based learning, you'll gain the confidence to navigate these sensitive situations with vigilance, empathy, and professional responsibility. Understanding not just the victim's presentation but also the perpetrator's modus operandi can sharpen your clinical assessment and safeguard more children. Your awareness can make all the difference, because sometimes, we are their only voice.

## Beyond ALT & AST: The Role of Fibroscan in Liver Disease PT

Lab tests only tell part of the story—let's take liver assessment to the next level. In this hands-on workshop, you'll get real experience using FibroScan to evaluate liver fibrosis and steatosis. We'll guide you through proper technique, result interpretation, and practical applications with live demonstrations and case discussions. Whether you're new to FibroScan or looking to refine your skills, this session will give you the confidence to integrate it into your clinical practice.

## Behind the Robot: A Hands-On Journey Into Surgical Robotics

"Ever wondered what it's like to sit at the console of a surgical robot? This workshop puts you right in the pilot's seat. Step into the operating room of the future. In this dynamic workshop, you'll discover how surgeons command robotic systems with millimetric accuracy, enhancing both creativity and control. Through live demonstrations with real surgical robots, interactive challenges, and real surgical insights, you'll experience what it feels like to operate with a robotic interface. Get ready for a fast-paced session that blends technology, strategy, and hands-on exploration."

## Has Med School Prepared You for LGBTQ Patient Care?

PT/EN

This workshop focuses on delivering healthcare that genuinely affirms and supports LGBTQ+ individuals. It offers practical guidance on creating clinical environments where people of all gender identities and sexual orientations feel safe, respected, and comfortable seeking care.

Participants will explore common barriers faced by LGBTQ+ patients, approaches to inclusive communication, and key considerations in addressing specific health needs. The session also examines how small, everyday practices can build trust and reduce inequities in access and treatment.

A space to challenge assumptions and strengthen the quality of care for every patient with dignity and respect.

## Breaking Barriers: Rethinking Healthcare for People Who Use Drugs. PT/EN

Do you know how many barriers people who use drugs face before they even step into a clinic? Stigma, fear, and fragmented care often determine their health choices long before any consultation begins. This dynamic workshop challenges you to rethink these realities: recognise the systemic obstacles PWUD encounter, reflect on your own biases, and discover practical ways to communicate effectively and deliver truly person-centred care. You'll also explore how future healthcare professionals can advocate for structural change and help build a healthcare system where everyone is met with dignity and equity.

## The Science Behind The Play: Understanding Sports Medicine

Have you ever wondered how medical care for high-performance athletes supports them in reaching peak performance? In this workshop, you will be guided through FC Porto's medical facilities by physicians who will enlighten you on topics ranging from injury prevention to recovery strategies, allowing you to understand the powerful role that sports medicine plays in enhancing athletic achievements, both before and after the players step onto the field.

## Inside AML: From the First Smear to the Right Donor

Step into the shoes of a hematologist and solve an acute myeloid leukemia case from the very first clue. Perform the mental autopsy of the bone marrow: dissect aspirate smears, decode flow cytometry plots, unravel cytogenetic patterns, and navigate the high-stakes management of febrile neutropenia. Finish by making one of the most decisive calls in hematology — choosing the ideal bone marrow donor to prevent GVHD. A fast-paced, case-driven experience blending morphology, clinical reasoning, and real diagnostic challenges



## SESSION 3

SATURDAY 9H00-10H30

### A Healing Hand: Hands-on Wound Care & Bandaging

PT/EN

Transition from theory to clinical reality! This hands-on workshop is designed to fill the gap between textbook knowledge and patient care. You'll move beyond simple dressing changes to truly master the complex local management of leg ulcers. Crucially, you will learn and immediately practice a complete, structured patient assessment—the foundational skill necessary to arrive at a correct and differential wound diagnosis. We'll guide you through a comprehensive global and local assessment, ensuring you gain the clinical confidence to determine the most effective, evidence-based approach for healing

### Systemic Vasculitis: Patterns and Pitfalls based on clinical cases

PT/EN

Autoimmune vasculitis often hides behind a maze of symptoms—will you recognize the signs? In this interactive session, you'll navigate through realistic case scenarios, interpret complex lab and imaging results, and collaborate or compete with peers to reach the right diagnosis. Along the way, you'll refine your clinical reasoning, discuss management strategies, and uncover key insights from expert perspectives. Get ready to test your diagnostic instincts and see if you can outsmart this master of disguise!

### The Frontline of Care: An Exploration of Family Medicine

PT

Family Medicine serves as the primary line of care within the healthcare system, a role that requires physicians to navigate clinical uncertainties and provide longitudinal care over many years, accompanying patients throughout their lifespan. In this workshop, participants will have the opportunity to engage with specialists to address and reflect upon the human-centered approach of primary care, exploring the challenges and specificities of this area of Medicine.

## Laparoscopy 360°: A complete Guide to Minimally Invasive Surgery

PT/EN

The introduction of laparoscopy and the diffusion of minimally invasive techniques in the treatment of surgical pathologies, both benign and malignant, has changed many of the dogmas attributed to surgical procedures.

The most advertised advantages are less pain, shorter hospital stay, faster recovery, better aesthetic results, and lower rate of operative wound complications. But these aspects are just some of the many others that can be named.

General Surgery is currently one of the most enthusiastic in the application of minimally invasive techniques in both emergency and elective surgery, benign or malignant pathology, covering virtually all anatomical segments. Examples of this are biliary surgery, obesity, upper-GI, colorectal surgery.

Laparoscopic surgery requires training so that it can be executed in an optimized and perfect manner. It is currently recognized by the main surgical schools that initial training in the laboratory, using mechanical, virtual or animal models, is strictly necessary before application in patients.

The growing interest in this technique demonstrated by medical students over the years led to the organization, for the second consecutive year, of the Basic Laparoscopy Course, as part of the XXIII Therapeutic Conference.

In this short course, lasting about 1h30, students will perform basic and transversal exercises in laparoscopy such as:

- adapting to functioning in two dimensions;
- exploring the functioning of real working forceps;
- developing perfection in non-dominant hand gestures;
- picking up and mobilizing objects;
- dissecting structures;
- suturing simple structures

## Decision Point: Anesthesia Emergencies Under Pressure.

PT/EN

When every second counts, your decisions matter most. This high-intensity, hands-on workshop prepares you to handle critical anesthesia emergencies with confidence and precision. Sharpen your rapid assessment skills, practice life-saving interventions, and stay calm under pressure when the stakes are highest. Think fast. Act smart. Save lives.

## Scope It Out: Mastering gastrointestinal Endoscopic techniques

PT/EN

The workshop will focus on clinical scenarios where upper and lower GI endoscopy play a fundamental role and will address related technical aspects.

## Who Goes First? Triage Decisions in Real Life

PT

This fast-paced and interactive workshop focuses on decision-making within the Manchester Triage System. Delivered in partnership with the Grupo Português de triagem, participants will be challenged with realistic scenarios, debate priorities, test judgment calls, and navigate the grey areas of triage. Expect lively discussion, hands-on problem solving, and an honest look at how decisions are made when every minute counts.

## Global Health: Turning Social Determinants and Inequity into Publishable Clinical Learning

PT/EN

Global Health isn't geography; it's the Social Determinants of Health shaping who gets diagnosed, treated, and supported. In this practical workshop, medical students learn to move beyond a purely biomedical description and produce clinically rigorous narratives that centre context and ethical practice, turning real clinical encounters into publishable, equity-centred case reports.

## Inside the beating Heart: An Introduction to Echocardiography

This workshop offers a hands-on introduction to the world of echocardiography. Participants will learn the basic principles of cardiac ultrasound and understand how echocardiographic images are acquired. The experience includes a practical session where attendees will have the opportunity to perform an echocardiographic examination themselves, using real equipment.

## The Thyroid Uncovered

This interactive workshop focuses on the clinical use of thyroid ultrasound in the medical field. Designed for medical students, participants will work with real time images while practising hands-on thyroid scanning, fine-needle aspiration and ethanol injection on training models and analysing findings in real life. The session emphasises hands on learning, guided discussion and a clear understanding of how ultrasound supports clinical decision making.

## Drop the stethoscope and fly to Brussels - ride the European Union's fast track of public health policy PT/EN

Do you know the art of negotiation? What if one word could influence the law, the way health systems work and impact the lives of 450 million European Union (EU) citizens?

In this interactive workshop, Vasco Mendes, MD (ICBAS-UP), takes you inside what it's really like to work as a public health and policy advisor at the European Parliament.

From student leadership and advocacy, to negotiating EU's health legislation – including the European Health Data Space and mental health policies – this session explores how clinical thinking, diplomacy and strategy come together beyond the hospital walls.

Come to a space to rethink your career path, vocation, and your role as a doctor in the society.

## The Science Behind The Play: Understanding Sports Medicine

Have you ever wondered how medical care for high-performance athletes supports them in reaching peak performance? In this workshop, you will be guided through FC Porto's medical facilities by physicians who will enlighten you on topics ranging from injury prevention to recovery strategies, allowing you to understand the powerful role that sports medicine plays in enhancing athletic achievements, both before and after the players step onto the field.

## Liquid Biopsy Masterclass: Revolutionizing Cancer Diagnostics and Management PT/EN

In this workshop, different research projects focused on urological cancers based on liquid biopsies will be addressed. Participants will have the opportunity to understand and explore different fields related to epigenetics in order to diagnose and monitor urological cancers through a liquid biopsy-based approach.

## Echoes of Lost Sensation: Understanding the Diabetic Foot.

PT/EN

This workshop explores the diabetic foot as a complex and often silent condition in which peripheral neuropathy and ischaemia progressively increase the risk of ulceration and amputation. It begins with a concise theoretical overview covering epidemiology, pathophysiology, classification, and current treatment strategies, including pressure offloading techniques.

Following a step-by-step guide to the clinical examination, participants will engage in hands-on practice of a structured diabetic foot assessment, developing practical skills to identify high-risk features and implement appropriate management strategies.



## SESSION 4

SATURDAY 11H00-10H30

### Laparoscopy 360°: A complete Guide to Minimally Invasive Surgery PT/EN

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### A Healing Hand: Hands-on Wound Care & Bandaging PT/EN

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## Andrology: A Man's World

PT/EN

The path of man's sexual and reproductive health will be the subject of debate in the workshop given by Dr. Nuno Rossano Louro, which will address topics such as erectile dysfunction and male infertility and promote the discussion on these taboo topics for society.

## Experience-Dependent Neuroplasticity in Childhood: Insights from Reading and Music

PT/EN

This workshop addresses experience-dependent neuroplasticity in childhood, focusing on behavioral and neural changes associated with reading acquisition and musical training. Evidence from neurodevelopmental research, cognitive neuroscience, and clinical studies will be discussed in relation to auditory-motor processing, language, executive functioning, and emotional networks. Emphasis will be placed on translational relevance for clinical and educational practices.

## Needle Me This: The Secrets of Sternal Aspiration.

PT/EN

Get hands-on with one of hematology's key diagnostic procedures in this practical workshop. This session will guide you through the technique of sternal aspiration, from proper needle placement to interpreting bone marrow samples. Through expert demonstrations and supervised practice, you'll gain the confidence to perform this essential procedure safely and effectively. Ready to sharpen your skills and uncover the secrets hidden within the bone marrow?

## Global Health: Turning Social Determinants and Inequity into Publishable Clinical Learning

PT/EN

Global Health isn't geography; it's the Social Determinants of Health shaping who gets diagnosed, treated, and supported. In this practical workshop, medical students learn to move beyond a purely biomedical description and produce clinically rigorous narratives that centre context and ethical practice, turning real clinical encounters into publishable, equity-centred case reports.

## Beyond Labels: Sexuality and Neurodivergence

PT/EN

An engaging and interactive workshop exploring how neurodivergence influences sexuality, intimacy, and relationships. Through open discussion and practical insights, we will challenge stereotypes, promote inclusion, and rethink how we approach sexual health in neurodiverse populations.

## Healing Tiny Humans: The Delicate Touch of Pediatric Surgery

This presentation explores the unique challenges and techniques of pediatric surgery, from preoperative assessment to post-operative care. Learn how specialized surgical approaches ensure the best outcomes for young patients while minimizing risk and promoting recovery. Deliver expert care with a compassionate approach in pediatric surgery!

## The hunger Games: Live Imaging of Macrophage Dynamics

Watch the immune system in action! In this hands-on workshop, we go beyond static slides to capture the live-action "hunt" between macrophages and protozoa. Using cutting-edge dual-color imaging, you will track red-labeled parasites as they are engulfed and monitor their fate as they enter the digestive, acidic environment of the phagosome and get a green fluorescent "glow." You will learn to calculate the kinetics of phagocytosis and identify distinct pathways of parasite entry. Join us to decode host-pathogen interactions as they unfold in real time.

## Eye See What You Did There: Precision Suturing for Ophthalmologists

Ophthalmology is one of the specialties that includes the most variety of ways to carry out multiple surgical techniques. From the use of lasers, gases, emulsification machines and dyes to the introduction of several types of intra and extra ocular devices. Besides, the ophthalmologist also uses various types of sutures, including or not microsurgical techniques, and approaching both the eyeball and the periocular and facial area. Would you like to deepen your knowledge in this area? In this workshop we will go from theory to practice, demonstrating all the beauty of ophthalmic surgery.

## Breaking Bad News in Oncology

PT

What is Bad News in Medicine? Is it just bad for the patient and family? What is the challenge for the doctor?

In this Workshop, we will create clinical situations in a practical and interactive way. Role-play involves creating scenarios that look authentic and can happen in real life to give the opportunity to practice in a safe environment, without exposure to patients and family.

Come and take part in this adventure that will help you become more confident in your relationship with your patient and family!

## Newborn Examination

PT

A newborn isn't a miniature adult. In this workshop, you'll be able to know the specifics of the newborn physical exam, entering the fascinating world of neonatology.

## The Thyroid Uncovered

This interactive workshop focuses on the clinical use of thyroid ultrasound in the medical field. Designed for medical students, participants will work with real time images while practising hands-on thyroid scanning, fine-needle aspiration and ethanol injection on training models and analysing findings in real life. The session emphasises hands on learning, guided discussion and a clear understanding of how ultrasound supports clinical decision making.

## Echoes of Lost Sensation: Understanding the Diabetic Foot

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Following a step-by-step guide to the clinical examination, participants will engage in hands-on practice of a structured diabetic foot assessment, developing practical skills to identify high-risk features and implement appropriate management strategies.

## SESSION 5

SUNDAY 17H00-18H30

### Surgical Stabilization of Spinal Fractures: Virtual and Enhanced Reality Training

PT/EN

Do you know what to do with a patient with a spinal fracture with or without a spinal cord injury? And do you know that urgent surgical treatment with spinal stabilization and neurologic decompression is paramount for success and to reduce the likelihood of serious permanent injuries? In this workshop the attendees will have the opportunity to use Virtual and Enhanced Reality and to train spinal surgery, particularly the placement of spinal screws – a technique used to stabilize spinal fractures.

### Needle Me This: The Secrets of Sternal Aspiration

PT/EN

Get hands-on with one of hematology's key diagnostic procedures in this practical workshop. This session will guide you through the technique of sternal aspiration, from proper needle placement to interpreting bone marrow samples. Through expert demonstrations and supervised practice, you'll gain the confidence to perform this essential procedure safely and effectively. Ready to sharpen your skills and uncover the secrets hidden within the bone marrow?

### Game On! A Sports Medicine Approach

PT

Have you ever wondered what happens when a professional athlete has an injury in the middle of a sports competition? Explore the intricate intersection of medicine and athleticism, delving into injury prevention, treatment, and rehabilitation strategies essential for athletes of all levels with the help of some of the best professionals on the area!

### A Focused Look At Eating Disorders

PT/EN

There is a commonly held misconception that eating disorders are lifestyle choices. Eating disorders are serious and often fatal illnesses associated with severe disturbances in people's eating behaviors and related thoughts and emotions. In this workshop you will have the opportunity to learn about these disorders from a integrated point of view.

## Whispers from the Grave: The Secrets of Paleopathology

PT/EN

Do you know how to recognize pathologies in remains from the past? Have you ever heard of taphonomy or of the osteological paradox? This workshop, taught by Dr. Dany Coutinho-Nogueira, is sure to bring light to a lot of questions you didn't even know existed, underlining the true potential of multidisciplinarity.

## Medicine at High Performance

PT/EN

Natacha is a medical student and vice world champion. How is it possible to achieve excellence in two highly demanding fields? In this workshop, Natacha and her coach share the routines, mindset and discipline behind high performance, offering an inside look into the daily reality of an elite athlete navigating a demanding medical degree, where precision, resilience and consistency define success.

## The Frontline of Care: An Exploration of Family Medicine

PT

Family Medicine serves as the primary line of care within the healthcare system, a role that requires physicians to navigate clinical uncertainties and provide longitudinal care over many years, accompanying patients throughout their lifespan. In this workshop, participants will have the opportunity to engage with specialists to address and reflect upon the human-centered approach of primary care, exploring the challenges and specificities of this area of Medicine.

## Colostomy Surgery and Intestinal Transit Reconstruction

PT/EN

Do you know that in Portugal we have more than 20.000 patients with an ostomy? Most of the ostomies do not need to be definitive but most of the patients never will be reconstructed. They have a significantly lower QoL because of its impact on social relations, self-esteem and self-image. How do we choose the patients for reconstruction? How do we prepare to do that? What are the Pearls & Pitfalls? In this hands-on workshop, you will be guided by specialists on how to perform intestinal reconstruction techniques on real bowel tissue.

## Ancient Wisdom, Modern Care: Traditional Chinese Medicine in Practice

PT

Traditional Chinese Medicine (TCM) and acupuncture offer a holistic framework for understanding health and disease, emphasizing balance, prevention and individualized care. This workshop introduces core principles of TCM and its therapeutic approaches, including acupuncture, while exploring how these concepts can support self-care, stress regulation and well-being among healthcare professionals.

