

EDITORIAL

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Portugal has witnessed remarkable advancements in medical care provision since the establishment of the National Health Service (SNS) in 1979, leading to improved quality of life and increased longevity.

This progress can be attributed to a combination of several factors, including the education and training of skilled professionals, effective public health strategies, accessible primary healthcare, and advanced specialized hospital medicine. These components have facilitated the swift integration of international scientific advancements into our healthcare system. However, this commendable progress now faces critical sustainability challenges. Issues such as financial viability and the retention of skilled professionals within the SNS, exacerbated by unsatisfactory remuneration, threaten its stability. Additionally, heightened competition for talent from private healthcare institutions within Portugal and abroad compounds these challenges.

The Sociedade das Ciências Médicas de Lisboa (SCML), is relaunching its Journal with a series of papers analyzing the healthcare situation in Portugal and globally. In fact, the inaugural paper in the first edition in 1835, characterized the state of medical and surgical care in Portugal, highlighting the importance of delivering care to the population.

Effectively managing the healthcare needs of the population, motivating healthcare professionals, and ensuring the economic viability of the SNS are among the pivotal challenges of the early 21st century.

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As the official journal of the Sociedade das Ciências Médicas de Lisboa, endorsed by the two public Lisbon Medical Schools, it has the potential to become a powerhouse for strategic academic medical discourse and a platform for publishing student-driven research projects, particularly those stemming from master's theses.

At the core of medical advancement is the presence of training and research centres that invigorate the entire healthcare ecosystem, fostering progress, specialization, and motivation among all stakeholders. The establishment of Clinical Academic Centres (CACs) within University Hospitals, in collaboration with medical schools and research institutes, plays a pivotal role in this regard. These centres not only provide training to medical students and residents but also offer continuous postgraduate education to healthcare professionals nationwide. Furthermore, they serve as hubs for medical research, fostering collaboration between clinicians, clinician-scientists, and non-clinical researchers, thereby integrating scientific discoveries into clinical practice, and addressing patients' needs through clinical trials.

This integration of medical training and clinical practice with scientific research has become a cornerstone of modern healthcare. Future healthcare professionals must be immersed in the culture of the scientific method, encouraged to question and explore the complexities of medical science, and adapt to emerging technologies such as artificial intelligence and advanced imaging techniques.

The establishment of differentiated career paths within health units associated with CACs is essential to incentivize professionals to engage in clinical, training, and research activities. These careers should allow for a balanced allocation of time between SNS clinical duties and academic pursuits, with rewards tied to clinical excellence, educational contributions, and scientific output. Such collaborative efforts between healthcare providers, Medical Schools, and Research Institutes, under the framework of CACs, epitomize the ideal environment for professional development and medical research advancement.

This journal can serve as a proactive tool in the scenario described above. As the official journal of the Sociedade das Ciências Médicas de Lisboa, endorsed by the two public Lisbon Medical Schools, it has the potential to become a powerhouse for strategic academic medical discourse and a platform for publishing student-driven research projects, particularly those stemming from master's theses.

As the Deans of the two medical schools, we are very proud of being part of this collaborative effort that promotes education and research, increases knowledge and in the end, improves population's care, health and wellbeing.