

SOCIEDADE DAS CIÊNCIAS MÉDICAS DE LISBOA

PRO INCOLUMITATE CIVIUM

I CONGRESSO / 24 MAIO 2025

RETHINKING MEDICINE: INNOVATION, COLLABORATION, AND THE HEALTH OF THE FUTURE

Medicina ULisboa
Campus de Torres Vedras
TORRES VEDRAS

SCIENTIFIC PROGRAM:

The 1st Congress of the Sociedade das Ciências Médicas de Lisboa aimed to promote a debate on the importance of interdisciplinarity linking investigation and medical practice.

10h00-10h15 Abertura do Congresso

JOAQUIM FERREIRA, HUGO PINTO-MARQUES

10h15-11h15 Sessão Plenária I

A CONSULTA MÉDICA NO SÉCULO XXI: PILAR ESSENCIAL OU MODELO EM TRANSFORMAÇÃO?

MODERADOR: CATARINA LIMBERT

- A Consulta Médica: Origem, Evolução e Perspectivas
PALESTRANTE: ANTÓNIO SOUSA GUERREIRO
- A Tecnologia e a Consulta Médica: Complemento ou Substituto?
PALESTRANTE: PEDRO GOUVEIA
- O Formato e Papel das Equipas Multidisciplinares
PALESTRANTE: ANA ABREU

11h15-11h30 COFFEE BREAK

11h30-12h00 A Interdisciplinaridade como Pilar da Medicina Moderna

PALESTRANTE: MIGUEL SEABRA

12h00-13h00 Sessão Plenária II

ONE HEALTH: INTERDISCIPLINARIDADE E COLABORAÇÃO NA SAÚDE GLOBAL

MODERADOR: HUGO PINTO-MARQUES

- One Health em Ação: Lições Aprendidas com a Pandemia a SARS-CoV-2
PALESTRANTE: FILIPE FROES
- A interconexão Saúde Ambiente: o Impacto nas Alterações Ambientais
PALESTRANTE: JOÃO QUEIROZ E MELO
- Como Construir Redes Colaborativas para Saúde Global?
PALESTRANTE: ANDRÉ PERALTA

13h00-14h00 ALMOÇO

14h00-14h30 Educação Interdisciplinar em Medicina: Preparando a Próxima Geração

PALESTRANTE: HELENA CANHÃO

14h30-15h30 Sessão plenária III INVESTIGAÇÃO TRANSLACIONAL: INTEGRANDO CIÊNCIA, TECNOLOGIA E CUIDADOS PARA O FUTURO DA MEDICINA

MODERADOR: JOAQUIM FERREIRA

- Da Descoberta à Cura: A Jornada Translacional
PALESTRANTE: MIGUEL PRUDÊNCIO
- Como Aumentar a Probabilidade de Sucesso
PALESTRANTE: LUÍS ALMEIDA
- Desafios Éticos e Regulatórios
PALESTRANTE: RUI NUNES

15:30-16:00 COFFEE BREAK

16h00-17h00 Sessão Plenária IV NOVOS MODELOS DE ESTUDOS CLÍNICOS: INOVAÇÕES, DESAFIOS E OPORTUNIDADES

MODERADOR: A VAZ CARNEIRO

- Ensaios Clínicos Adaptativos: Flexibilidade e Eficiência
PALESTRANTE: JOAQUIM FERREIRA
- O Uso de Big Data e Inteligência Artificial nos Estudos Clínicos
PALESTRANTE: ARLINDO OLIVEIRA
- Real-World Evidence (RWE): A Utilização de Dados do Mundo Real
PALESTRANTE: TIAGO TAVEIRA GOMES

17:00 Encerramento

The Path Forward: Reflections from the 1st Congress of the Sociedade de Ciências Médicas de Lisboa

The 1st Congress of the Sociedade de Ciências Médicas de Lisboa (SCML), held on 24 May 2025 at the new Campus of the Lisbon School of Medicine in Torres Vedras, marked a strategic moment in the life of the Society. Under the theme “Rethinking Medicine: Innovation, Collaboration and the Health of the Future,” the congress brought together physicians, researchers, allied health professionals, and students in a space for critical, interdisciplinary, and open debate, promoting dialogue between clinical tradition, scientific innovation, and new models of healthcare organisation. The scientific programme reflected this ambition. The opening session addressed the evolution of medical consultation, questioning whether this pillar of clinical practice is undergoing reformulation or is at risk of disappearance. The role of technology as a complement, or possible substitute, to face-to-face interaction was discussed, and a reorganisation of care centred on multidisciplinary and interdisciplinary teams, better suited to the complexity of patients and the diversity of health needs, was advocated. Miguel Seabra’s lecture reinforced the idea that interdisciplinarity is an essential condition for generating innovation with real impact. The plenary session dedicated to the One Health concept highlighted how human health is deeply interconnected with animal and environmental health. Lessons from the SARS-CoV-2 pandemic were revisited, the environmental implications of healthcare were analysed, and strategies for building collaborative networks in global health were discussed. Helena Canhão, head of Nova Medical School, discussed medical education, pointing towards more

interdisciplinary curricular models adapted to the current and future realities of clinical practice. The session on translational research emphasised the articulation between basic research, clinical research, and drug development, with concrete examples of biomedical innovation originating from academia. Strategies to increase efficiency in the development processes of new treatments and the ethical requirements that should guide all stages of research were also debated. The final plenary session addressed new models of clinical studies, with concrete proposals to review how we develop and evaluate therapeutic innovation. Adaptive trials, the growing role of Big Data and Artificial Intelligence, and the use of Real-World Evidence (RWE) as an essential complement to traditional clinical trials were discussed. This congress, in its inaugural edition, reaffirmed the founding mission of the SCML de Lisboa to foster dialogue between disciplines, promote medical science, and contribute to the advancement of medicine and society. At a time when medicine faces unprecedented challenges, from the overload of healthcare systems to the demands of digital and demographic transition, it is imperative to create spaces for critical discussions and the construction of solutions. The success of this inaugural edition is proof that the SCML has the competence and vision to fulfil this role.

Joaquim J Ferreira

Vice-Dean of the Lisbon School of Medicine; President of the Sociedade de Ciências Médicas de Lisboa; Clinical Director of CNS - Campus Neurológico