18th European Congress of INTERNAL MEDICINE

29-31 August, 2019
Lisbon

President of ECIM 2019: Luís Campos, Lisbon, Portugal
EFIM President: Nicola Montano, Milan, Italy

Innovation in Health Care: New Opportunities for Internal Medicine

Scientific Program

www.efim.org/ecim2019
Join us for the 18th European Congress of Internal Medicine in Lisbon 2019!

Dear Colleague,

On behalf of the European Federation of Internal Medicine, it is our pleasure and privilege to invite you to the 18th European Congress of Internal Medicine, which will take place at the Lisbon Congress Centre, from 29 to 31 August 2019.

The theme of the congress is “Innovation in Health Care: New Opportunities for Internal Medicine”.

The choice of this theme was motivated by our belief that the demographic evolution, super-specialization trends in medicine and the escalating healthcare costs underscores the importance of a specialty with the characteristics of internal medicine, including the broad scope, patient-centred care and cost-conscious approach.

We have created an exciting program that balances challenging clinical topics with emerging innovations in medical care related to the theme of the congress. Excellent speakers will update our knowledge in a wide spectrum of areas in internal medicine and open new horizons for our specialty.

ECIM 2019 will also provide an excellent opportunity to share successful experiences and network with peers.

Voted as Europe’s leading destination, Lisbon is a trendy multicultural and multi-ethnic city with a unique light, beautiful buildings and streets, and excellent food and wine.

Throughout its history, Lisbon has been a point for convergence of civilizations. It is our wish that ECIM 2019 will be the meeting place for all internists across Europe and worldwide.

Welcome to ECIM 2019 in Lisbon! We will make you will feel at home!

Nicola Montano, MD, PhD
EFIM President

Luís Campos, MD, MSc, FACP (Hon)
President of ECIM 2019
President of ECIM 2019
Luís Campos, Portugal

EFIM President
Nicola Montano, Italy

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Lisbon, Portugal
www.admedictours.pt

Congress Venue
Júlio Teixeira
Email: julio.teixeira@ccl.fil.pt
Phone: (+351) 218921400
Praça das Indústrias, 1300-307
Lisbon, Portugal
LOCATION AND CONGRESS VENUE

Lisbon

The capital of Portugal lies on the north bank of the Tagus Estuary, on the European Atlantic coast. It is the westernmost city in continental Europe. Greater Lisbon has an area of approximately 1,000 km².

The city lies more or less in the centre of the country, approximately 300 km from the Algarve in the south and 400 km from the northern border with Spain. Lisbon offers a wide variety of options to the visitor, including beaches, countryside, mountains and areas of historical interest only a few kilometers away from the city centre.

Congress Venue – Lisbon Congress Center

The ECIM 2019 will take place at Lisbon Congress Centre, a pleasant and modern location, specially designed to hold large scale events of different kinds. The building offers lecture halls of different sizes, an attractive exhibition area as well as a number of rooms for spontaneous small scale meetings.

With the Tagus River nearby and close to the prestigious area of the Belém historical quarter, Lisbon Congress Centre is about 15 minutes drive from the city centre with its high number of hotels and restaurants.
### Registrations

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<thead>
<tr>
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<th>Early Bird Fee</th>
<th>Regular Registration Fee</th>
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<tbody>
<tr>
<td><strong>Member</strong></td>
<td>€ 350.00</td>
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<tr>
<td><strong>Non-Member</strong></td>
<td>€ 400.00</td>
<td>€ 450.00</td>
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<td><strong>Young Internists and Students</strong></td>
<td>€ 200.00</td>
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<td><strong>Exhibitor</strong></td>
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<td><strong>Fast Assessment Diagnostic Ultrasound</strong></td>
<td>€ 150.00</td>
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<tr>
<td><strong>Hands-on course in non-invasive ventilation</strong></td>
<td>€ 150.00</td>
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<tr>
<td><strong>Antibiotic therapy in clinical practice</strong></td>
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<td><strong>Less is More course</strong></td>
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<tr>
<td><strong>Quality of care, patient safety and doctor-patient communication</strong></td>
<td>€ 75.00</td>
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<tr>
<td><strong>Obesity Management Task Force Course Obesity Disease Treatment</strong></td>
<td>Free</td>
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**Registration fee includes:**
- Admission to the scientific sessions
- Congress material
- Lunches and coffee-breaks
- Welcome cocktail
- Certificate of attendance

**Registration cancellations:**
- Any cancellations must be sent in written to ana.pais@admedic.pt;
- Up to August 15, 2019 | A handling fee of € 50.00 is due;
- From August 16, 2019 onwards | A full invoice amount will be charged

Registrations for the conference must be made online at http://www.efim.org/ecim2019/.

For any questions regarding group registrations or online registration process, please contact
Ad Médic: Ana Pais | Email: ana.pais@admedic.pt | Phone: (+351) 218429710

### Hotel Accommodation

Guest rooms have been reserved at special congress rates in various hotels in the surroundings of the congress venue and in the city centre.

For information and/or reservation please visit http://www.efim.org/ecim2019/ or send an email to paula.gomes@admedictours.pt
Thursday 29 August

08:00h Opening of registration desk

Pre-congress Courses

09:00-17:00h C1: Fast Assessment Diagnostic Ultrasound

09:00-17:00h C2: Hands-on course in non-invasive ventilation (Limited to 28 participants)

Coordinators
Piedade Amaro (Portugal) and Marco Fernandes (Portugal)

Faculty
Piedade Amaro (Portugal), Marco Fernandes (Portugal), Ricardo Pinho (Portugal), Elsa Sousa (Portugal), Tiago Leonor (Portugal)

Learning objectives

1) Characterize acute respiratory failure and its pathophysiology.
2) Recognise the indications and contraindications for non-invasive ventilation (NIV).
3) Learn how to operate the ventilator and the equipment needed to start NIV:
   a. Know the main differences between “intensive care ventilators” and NIV dedicated ventilators;
   b. Recognize the usefulness and limitations of the features on the new generation of NIV ventilators: oxygen supplementation, leak compensation and monitoring;
   c. Recognize the importance of the humidification of inspired gases, especially in intensive care ventilators;
   d. Acknowledge the significance of the exhalation port in single circuit ventilators;
   e. Distinguish exhalation ports from anti-choking devices;
   f. Know how to connect oxygen enrichers in single circuit ventilators;
   g. Know how to program the main ventilation modes and to set the alarms appropriately;
   h. Learn the clinical importance of the pressure ramp and of the inspiratory and expiratory triggers.
4) Know how to choose an interface and how to adjust it to the patient:
   a. Identify the advantages and disadvantages of full-face, oro-nasal and nasal masks;
   b. Understand the role of leaks in NIV success;
   c. Recognize and deal with leaks
5) Know how to capture the patient’s confidence to start NIV.
6) Know how to apply the necessary monitoring in NIV: a. Acknowledge the need to establish the most appropriate place to start, according to the severity and risk factors of each patient.
7) Raise awareness to the meaning of an “early start” and “early recognition of NIV failure”.
8) Recognise the importance of patient-ventilator synchrony.
9) Learn how to adjust ventilator parameters based on the patient’s response.
Methodology

- Lectures; Practical sessions with the ventilator-hands on;
- Clinical case scenario discussion.

Evaluation

- Theoretical knowledge assessment: The final evaluation consists in the answer to a questionnaire with 100 questions ("true" or "false" response). The successful completion of the Non-Invasive Ventilation Course implies correct answer to at least 75% of the questions.

Programme

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>08:20-08:35h</td>
<td>Course presentation</td>
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<tr>
<td>08:35-09:05h</td>
<td>Acute respiratory failure</td>
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<tr>
<td>09:05-09:35h</td>
<td>Oxygen therapy and Introduction to NIV</td>
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<td>- Indications and contraindications</td>
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<td>09:35-10:20h</td>
<td>Ventilatory modalities I</td>
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<tr>
<td>10:20-10:35h</td>
<td>Coffee break</td>
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<tr>
<td>10:35-11:20h</td>
<td>Ventilatory modalities II</td>
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<tr>
<td>11:20-11:50h</td>
<td>Ventilatory interfaces and the logistics necessary to apply NIV</td>
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<td>in the acute setting</td>
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<tr>
<td>11:50-12:20h</td>
<td>Workshop: Patient-ventilator synchrony</td>
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<td>12:20-13:30h</td>
<td>Lunch</td>
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<tr>
<td>13:30-15:30h</td>
<td>Practical session: Hands-on: knowing the material and programming</td>
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<td>the ventilator in different clinical situations</td>
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<td>15:30-17:00h</td>
<td>Clinical case scenario: NIV in acute respiratory failure</td>
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<tr>
<td>17:00-17:30h</td>
<td>Theoretical knowledge assessment</td>
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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>09:00-17:00h</td>
<td><strong>C3: Antibiotic therapy in clinical practice</strong></td>
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<td>Time</td>
<td>Programme</td>
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<tr>
<td>09:00-17:00h</td>
<td><strong>C4: Quality of care, patient safety and doctor-patient communication</strong> <em>(Limited to 30 participants)</em></td>
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<tr>
<td><strong>Coordinators</strong></td>
<td><em>Matthias Raspe</em> (Germany), <em>Mine Durusu</em> (Turkey) and <em>Monica Bivol</em> (Norway)</td>
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<td><strong>Programme</strong></td>
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<tr>
<td>09:00-09:05h</td>
<td>Welcome and introduction                                                                           <em>Luís Campos</em> (Portugal)</td>
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<tr>
<td>09:05-09:45h</td>
<td>Concepts and determinants of quality of care and patient safety in healthcare                       <em>Luís Campos</em> (Portugal)</td>
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<td>09:45-10:30h</td>
<td>Tools to improve quality of care and patient safety                                                 <em>Reinhard Strametz</em> (Germany)</td>
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<td></td>
<td><em>(Presentation of practical tools to evaluate, monitor and improve quality of care and patient safety in healthcare)</em></td>
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<tr>
<td>10:30-10:45h</td>
<td>Coffee break</td>
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<td>10:45-11:30h</td>
<td>The human factor                                                                                     <em>Amie Burbridge</em> (England)</td>
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<td>11:30-12:15h</td>
<td>Treat first, what kills first                                                                          <em>Monica Bivol</em> (Norway)</td>
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<td>12:15-13:00h</td>
<td>Lunch</td>
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<td>13:00-13:45h</td>
<td>Tuning the safety environment in the wards and keeping the team in                                  <em>Mine Durusu Tanriover</em> (Turkey)</td>
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<td>13:45-14:30h</td>
<td>Improving health literacy                                                                             <em>Reinhard Strametz</em> (Germany)</td>
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<td>14:30-14:45h</td>
<td>Coffee break</td>
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<td>14:45-16:30h</td>
<td>Communication – The alpha and omega of quality in healthcare                                          <em>Fátima Seabra</em> (Portugal)</td>
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<tr>
<td>16:30-17:00h</td>
<td>Course evaluation and closing remarks                                                               <em>Matthias Raspe</em> (Germany)</td>
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### C5: Less is More course

13:00-17:00h

### C6: Obesity Management Task Force Course Obesity Disease Treatment

**Coordinator**

**Learning objectives**

1) Recognise that obesity is a chronic relapsing disease that has a multifactorial aetiology and multiple health consequences.

2) Appreciate patient perspectives and the significant issues of weight bias and stigma.

3) Appreciate clinical evaluation techniques and be cognisant of the effectiveness of various interventions including dietary, physical activity, behavioural, pharmacological and surgical approaches.

4) Be familiar with a variety of evidence-based and patient-centred tools and methods that can assist and enhance the implementation of weight management programmes.

**Programme**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>13:00-13:30h</td>
<td>Clinical evaluation of the patient with obesity disease in the Internal Medicine department</td>
<td>Davide Carvalho (Portugal)</td>
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<tr>
<td>13:30-14:00h</td>
<td>How to prepare the patient to life style changes</td>
<td>Amy Ahern (UK)</td>
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<td>14:00-14:30h</td>
<td>Medical nutrition therapy</td>
<td>Paula Freitas (Portugal)</td>
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<td>14:30-15:00h</td>
<td>Evidence based physical activity prescriptions</td>
<td>Antonio Palmeiras (Portugal)</td>
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<td>15:00-15:30h</td>
<td>Coffee break and free discussion</td>
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<td>15:30-16:00h</td>
<td>Pharmacotherapy of Obesity Disease</td>
<td>Dror Dicker (Israel)</td>
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<td>16:00-16:30h</td>
<td>Bariatric Surgery: Indication and options</td>
<td>Alex Miras (UK)</td>
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<td>16:30-17:00h</td>
<td>Post Bariatric Surgery follow up – Internist point of view</td>
<td>Luca Busetto (Italy)</td>
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<td>17:00-17:10h</td>
<td>Conclusion</td>
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**Opening session**

**Auditorium 1**

**Opening remarks**

Luis Campos (Congress chair, Portugal), Nicola Montano (President of EFIM, Italy) and Marta Temido (Health Minister, Portugal)

**Opening lecture: The internist as a maestro**

Joana Carneiro (Portugal)

**Exhibition Hall**

**Welcome reception**
Friday 30 August

07:00h  Opening of registration desk

08:00-09:00h  Plenary session  Auditorium 1
New developments in the approach to chronic heart failure
Stefan Anker (Germany)

09:00-10:00h  Parallel session  Auditorium 1
Chronic thromboembolic pulmonary hypertension: A complex entity
  • Diagnosis and medical therapy  
    Marion Delcroix (Belgium)
  • Pulmonary endarterectomy and pulmonary angioplasty  
    Eli Fadel (France)

09:00-10:00h  Parallel session  Auditorium 2
Changing the paradigm of hospital care
  • Co-management of surgical patients  
    Eduardo Montero Ruiz (Spain)
  • Hospital at home  
    Sophia de Rooij (Germany)

10:00-10:30h  Coffee break / Poster discussion / Young Internists Corner
Young Internists Corner  Exhibition Hall
Make Internal Medicine great again: Bridging the two sides of the ocean  
Robert McLean (USA) and Xavier Corbella (Spain)

10:30-11:30h  Plenary session  Auditorium 1
The impact of artificial intelligence on the future of healthcare  
Don Detmer (USA)

11:30-12:30h  Parallel session  Auditorium 1
Hot topics in liver disease
  • From NAFLD/NASH to autoimmune hepatitis  
    George Dalekos (Greece)
  • Acute on chronic liver failure  
    John O'Grady (U.K.)
11:30-12:30h  **Parallel session** (Joint session EFIM-ACP)  
Auditorium 2  
The hospital in the context of health and social network  
- European perspective  
  *Xavier Corbella* (Spain)  
- American perspective  
  *Robert M. McLean* (U.S.A.)

12:30-13:30h  
**Lunch**

13:30-14:30h  **Parallel session** (Young Internists Session)  
Auditorium 1  
“Looking for Phoenix” – Dealing with burnout  
- The endemic of burnout and how should we respond  
  *Kristina Glise* (Sweden)  
- The importance of the work-life balance  
  *Ewelina Biskup* (China/Switzerland)

13:30-14:30h  **Parallel session**  
Auditorium 2  
A new look at the cardiovascular risk factors and hypertension  
- New cardiovascular risk factors: Clinical relevance  
  *José Delgado Alves* (Portugal)  
- New perspective of hypertension management  
  *Ehud Grossman* (Israel)

14:30-15:30h  **Parallel session**  
Auditorium 1  
Update on stroke  
- What is new in medical approach to stroke?  
  *Patrik Michel* (Switzerland)  
- Vascular intervention in stroke  
  *Mikael Mazighi* (France)

14:30-15:30h  **Parallel session**  
Auditorium 2  
Challenges in the future of healthcare  
- How to achieve patient centered care?  
  *Rijk Gans* (Netherlands)  
- How to provide clinical relevant information at the point-of-care?  
  *António Vaz Carneiro* (Portugal)
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<tr>
<th>Time</th>
<th>Session</th>
<th>Venue</th>
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<tbody>
<tr>
<td>15:30-16:00h</td>
<td>Coffee Break / Poster Discussion / Young Internists Corner</td>
<td>Exhibition Hall</td>
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<td><strong>Young Internists Corner</strong></td>
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<td><strong>Hidden curriculum: Mentoring the next generation of doctors</strong></td>
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<td><em>Rijk Gans</em> (The Netherlands) and <em>Kristina Glise</em> (Sweden)</td>
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<td>16:00-17:00h</td>
<td><strong>Parallel session</strong></td>
<td>Auditorium 1</td>
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<td>Update on autoimmunity</td>
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<td>• Treat-to-target in SLE: Where are we?</td>
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<td><em>Ricard Cervera</em> (Spain)</td>
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<td>• ANCA-associated vasculitis</td>
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<td><em>Loic Guillevin</em> (France)</td>
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<td>16:00-17:00h</td>
<td><strong>Parallel session</strong></td>
<td>Auditorium 2</td>
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<td>Cancer immunotherapy: Challenges for the internist</td>
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<td>• Immunotherapy as a powerful innovation</td>
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<td><em>Sergio Abrignani</em> (Italy)</td>
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<td></td>
<td>• Clinical management of adverse effects</td>
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<td><em>Juan Martin-Liberal</em> (Spain)</td>
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<td>17:00-18:00h</td>
<td><strong>Parallel session</strong></td>
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<td>Doctor-patient communication</td>
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<td></td>
<td>• How communication with patients and families are essential to good decisions?</td>
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<td><em>António Carneiro</em> (Portugal)</td>
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<td>• What is the impact of technology in doctor-patient communication?</td>
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<td>TBC</td>
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<td>17:00-18:00h</td>
<td><strong>Parallel session</strong> (Young Internists session)</td>
<td>Auditorium 2</td>
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<td>Drug management in 2050 – A glimpse to the future</td>
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<td>• State of the art and innovations in drug management for treating challenging conditions in Internal Medicine</td>
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<td><em>Emanuele Durante-Mangoni</em> (Italy) and <em>Ieva Ruža</em> (Latvia)</td>
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</tbody>
</table>
07:00h  Opening of registration desk

08:00-09:00h  **Plenary session**  Auditorium 1
The impact of environmental changes on health
- The dimension of the problem and the WHO recommendations
  *Diarmid Campbell Lendrum*
- What can the healthcare professionals do?
  *Nicholas Watts* (U.K.)

09:00-10:00h  **Parallel session**  Auditorium 1
From hospital-acquired infections to the problem of multiresistance
- What strategies can be used to prevent hospital-acquired infections?
  TBC
- Implementing antibiotic stewardship in hospitals to reduce AMR and HAI
  *Serhat Unal* (Turkey)

09:00-10:00h  **Parallel session**  Auditorium 2
Update in rare diseases
- The patient’s genome – A clinical tool for the physician
  *Idit Maya* (Israel)
- Emerging treatments in rare diseases
  *Maria Domenica Capellini* (Italy)

10:00-10:30h  **Coffee Break / Poster Discussion / Young Internists Corner**  Exhibition Hall
Young Internists Corner
Publish or perish: Tips and tricks for your next paper
*Giancarlo Agnelli* (Italy)

10:30-11:30h  **Plenary session**  Auditorium 1
The surprising world of patient innovation
*Pedro Oliveira* (Portugal)

11:30-12:30h  **Parallel session**  Auditorium 1
The undiagnosed patients of our clinical practice
- How to recognize autoinflammatory syndromes?
  *Helen J. Lachmann* (U.K.)
- How to recognize hereditary immunodeficiencies in the adult?
  *Steve Holland* (U.S.A.)
11:30-12:30h **Parallel session**

**Auditorium 2**
Hot topics in blood disorders
- Multiple myeloma  
  Sigurdur Yngvi Kristinsson (Iceland)
- Oral anti-coagulation in the real world  
  Ginancarlo Agnelli (Italy)

12:30-13:30h **Lunch**

13:30-14:30h **Parallel session**

**Auditorium 1**
Hot topics in diabetes
- Diabetes and heart failure  
  Ricardo Gómez Huelgas (Spain)
- Advances in the treatment of diabetes  
  Giorgio Sesti (Italy)

13:30-14:30h **Parallel session**

**Auditorium 2**
Perspectives in Internal Medicine from the other side of the Atlantic
- The hospitalist revolution in USA  
  Gretchen A. Diemer (U.S.A.)
- Internal Medicine in South America  
  Manuel Klein (Argentina)

14:30-15:30h **Parallel session**

**Auditorium 1**
New imaging techniques for the internist
- New boundaries of liver imaging: The MR shift from to function  
  Filipe Caseiro Alves (Portugal)
- Endoscopic ultrasound  
  TBC

14:30-15:30h **Parallel session**

**Auditorium 2**
Top five rated abstracts

15:30-16:00h **Plenary session**

**Auditorium 1**
- FDIME Research Grant Award Ceremony and FDIME Best Award Ceremony
- EJCRIM and Young Internists Best Case Report Ceremony

16:00-17:00h **Closing session** *(Young Internists session)*

**Auditorium 1**
Closing Lecture: Heath care in the social media era  
  Vasi Radulescu (Romania) and Nicola E. Rüegsegger (Switzerland)
Closing Remarks
Please submit your abstract at:  
www.efim.org/ecim2019/eposters

<table>
<thead>
<tr>
<th>DATES TO REMEMBER</th>
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<tr>
<td>Online Registration and Housing Opening</td>
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<tr>
<td>Online Abstract Submission Opening</td>
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<td>Abstract Submission Deadline</td>
<td>April 30, 2019</td>
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<td>Authors Notification</td>
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<td>Early Registration Deadline</td>
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