



School of Medicine

ANNUAL REPORT

2018–2019

ANNEX V – Post-graduation-Report Academic Year 2018-2019

University of Minho



School of Medicine

Post-graduation-Report Academic Year 2018-2019

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1. Overview

The academic year 2018-2019 was particular for the recognition of excellence in PhD education provided by the ORPHEUS (Organization for PhD Education in Biomedicine and Health Sciences in the European System). This certification was awarded given the compliance with the guideline of best practices supported by ORPHEUS, The Association of Medical Schools in Europe and by the World Federation for Medical Education. The assessment standards include criteria on the research environment, outcomes, admission policy and criteria, quality of the training program, quality of the supervision, thesis requirements and assessment and structure of the graduate school. It is to highlight that the process that led to this certification provided the opportunity to improve the offer within our PhD and Master Programs. Specifically, it strengthened the offer of training on ethics and academic integrity, transferable skills and of supervisors. In addition, it allowed the revision of internal processes, such as the composition of the PhD thesis committee (from now on the supervisors no longer formally participate in this committee).

Another aspect to highlight relates with the launching, for the first year, of the Specialization Course on Ultrasound, a formal course of 30 credit units (ECTS) targeting medical doctors.

In addition, as detailed below, the EM continued with its activities within the Master and PhD programs as well as with the international program of advanced courses.

2. Master and PhD programs

The present report includes the information related to the academic year 2018/2019 (September 2018 - July 2019).

With respect to formal degrees, the School of Medicine (EM) presently a Master in Health Sciences and 3 PhD degrees: in Health Sciences, in Medicine (including a track, the MD/PhD, in which medical students start the PhD before finishing the medical degree) and in Aging and Chronic Diseases (PhDOC).

While there are no scholarships for the Master degrees, PhD students can get scholarships from the Portuguese Science Foundation (FCT, either on a national call for individual scholarships or by applying to funded FCT-PhD programs), from other national sources, including Portugal 2020 specific calls, and also from Marie Curie training networks and other international funded projects.

In 2018/2019, the following programs supported the EM students:

-FCT MD/PhD program awarded to the EM.

-FTC PhD program in Health Sciences (Applied), awarded to the EM, which is a program affiliated with companies and spin-offs (BIAL, BNML Enlightenment Eurotrials, iCognitus, iSurgical3D, José de Mello Saúde, Têxtil Manuel Gonçalves and Stematters).

-FCT-PhD inter-institutional program in Aging and Chronic Diseases, a joint program with the Faculty of Medicine of the University of Coimbra and the NOVA Medical School of the NOVA University of Lisbon.

-FCT national call for scholarships.

-NORTE 2020, 2014–2020 North Portugal Regional Operational Programme.

-Marie Curie-Skłodowska Innovative Training Network, H2020-MSCA-ITN-2016ITN, ESR14.

-The PGCD, Graduate Program Science for Development (Gulbenkian/PALOP).

-Protocol SENESCYT, Inter-Institutional Cooperation Agreement between the Secretaría de Educación Superior, Ciencia, Tecnología e Innovación da Republica do Ecuador and the University of Minho.

In the academic year 2018/2019 (September 2018/July 2019), 21 new students enrolled in our PhD programs (12 in Health Sciences, of which 3 in the PhDiHES track, 4 in Medicine, and 5 selected EM for developing their PhD thesis in the Aging and Chronic Diseases), and 17 enrolled in the Master program in Health Sciences. On the other hand, until July, 27 students successfully completed their programs: 16 PhD students (6 in Medicine, 8 in Health Sciences and 2 in Aging and Chronic Diseases), and 11 Master students.

During the academic year of 2018/2019, the EM had a combined total of 40 Master and 158 PhD students. Of the latter, 72 were enrolled in the Health Sciences (of which 28 in the PhDiHES track), 21 in the PhDOC and 60 in the Medicine degrees (of which 21 in the MD/PhD track).

To provide the opportunity for potential candidates to be aware of the opportunities provided by the EM/ICVS in advanced training, a specific Post-Graduation OPEN DAY took place in April; this initiative attracted 42 participants external to the EM/ICVS. An afternoon was dedicated to presenting the graduate programs as well as the research domains of ICVS, with a guided tour to the facilities by the current graduate students, and the displaying of selected videos made within the Science communication initiative "Dance your project", in which graduate students communicated in 3-minute videos and through dance the main idea of their research projects. The best video was selected by a jury including researchers, teaching staff and technical staff and a prize was awarded during the ICVS Open day session, after the presentation of the videos to all the EM/ICVS community, an initiative which was very well received by all, and which we hope may be the first of several Science communication events involving our students.



DIA ABERTO DA PÓS-GRADUAÇÃO

quinta-feira, 11/04/2019 Escola de Medicina da Universidade do Minho



A Escola de Medicina e o ICVS apresentam o Dia aberto da Pós-Graduação, a realizar no próximo dia 11 de abril de 2019.

Programa Dia Aberto da Pós-Graduação
Escola de Medicina / ICVS

14h30 Boas-vindas e apresentação dos cursos de mestrado e doutoramento da EM
15h00 Apresentação do ICVS e seus domínios de investigação
15h50 Visita aos laboratórios do ICVS
16h30 Realização de quiz e apresentação de surpresa
17h00 Lanche e interação com atuais alunos dos cursos de mestrado e doutoramento da EM



3. Advanced courses

The postgraduate offer of EM continues its mission to provide the scientific community with opportunities for career development and advanced training, by presenting courses and workshops intended for medical doctors and researchers in the biomedical sciences.

3.1. Courses offered

From September 1st 2018 until July 31st 2019, the international postgraduate program offered 36 courses and workshops (listed below), some of which are part of the formal Master and PhD training programs. Over eight hundred participants attended these courses.

FETAL AND NEONATAL ENDOSCOPIC SURGERY

Organizers: Jorge Correia-Pinto
September 3-5, 2018 ::: 10th Edition

HYPOSPADIAS REPAIR COURSE - EXOSCOPIC LIVE SURGERY

Organizers: Ruben Lamas-Pinheiro, Jorge Correia-Pinto
September 6-7, 2018 ::: 2nd Edition

FUNDAMENTALS IN NEUROSCIENCE

Organizers: Fernanda Marques, Hugo Almeida, Tiago Gil Oliveira
September 10-28, 2018 ::: 11th Edition

CAPSULE ENDOSCOPY TRAINING PROGRAM

Organizers: José Cotter, Bruno Rosa
September 26-28, 2018 ::: 3rd Edition

ESPGHAN ENDOSCOPY SUMMER SCHOOL

Organizers: Henedina Antunes, Carla Rolanda, Jorge Correia-Pinto
September 26-29, 2018 ::: 4th Edition

FUNDAMENTALS IN IMMUNOLOGY AND INFECTION

Organizers: Egídio Torrado, Jorge Pedrosa, Paula Ludovico
October 1-19, 2018 ::: 10th Edition

MEDICAL ACUPUNCTURE

Organizers: Armando Almeida, António Encarnação
October 13 - June22, 2019 ::: 4th Edition

FUNDAMENTALS IN GENETICS, DEVELOPMENT AND NEOPLASIA

Organizers: Bruno Costa, Fátima Baltazar, Rute Moura, Sandra Costa
October 22 - November 9, 2018 ::: 10th Edition

BASIC ENDOSCOPIC TECHNIQUES

Organizers: Carla Rolanda, Liliana Eliseu, Mário Dinis-Ribeiro
November 6, 2018 ::: 1st Edition

ADVANCED ENDOSCOPIC TECHNIQUES

Organizers: Carla Rolanda, Liliana Eliseu, Mário Dinis-Ribeiro
November 7, 2018 ::: 1st Edition

INTENSIVE COMMUNICATION SKILLS COURSE

Organizers: Pedro Morgado, João Cerqueira, Sara Almeida, Vítor Hugo Pereira
November 8-10, 2018 ::: 2nd Edition

BASIC LAPAROSCOPY FOR RESIDENTS

Organizers: Paulo Mota, Vera Trocado
November 9-10, 2018 ::: 15th Edition

BIOINFORMATICS IN HEALTH SCIENCES

Organizers: Bruno Costa, Nuno Osório
November 12-30, 2018 ::: 10th Edition

MINIMALLY INVASIVE SPINE SURGERY

Organizers: Rui Duarte, Bruno Santos, Pedro Varanda
November 16-17, 2018 ::: 7th Edition

RESEARCH METHODOLOGIES

Organizers: Manuel João Costa
December 3 - January5, 2019 ::: 10th Edition

FOOT AND ANKLE SPORTS MEDICINE

Organizers: Bruno Pereira, Manuel Vieira da Silva, Jorge Correia-Pinto
December 7-8, 2018 ::: 4th Edition

BIostatISTICS IN HEALTH SCIENCES

Organizers: Patrício Costa
January 7-25, 2019 ::: 9th Edition

PREMIUM CATARACT SURGERY

Organizers: Fernando Silva
January 19, 2019 ::: 9th Edition

LABORATORY ANIMAL SCIENCE

Organizers: Magda Castelhana-Carlos, Alice Miranda, Margarida Correia-Neves
January 28 - February8, 2019 ::: 14th Edition

INTERVENTION APPROACHES FOR THE TREATMENT OF CHRONIC PAIN

Organizers: João Cerqueira
February 8-9, 2019 ::: 1st Edition

CELL FUNCTIONAL AND PHENOTYPICAL ANALYSIS

Organizers: Cláudia Nobrega, Belém Marques
February 11-22, 2019 ::: 3rd Edition

TRANSFORMATIONAL LEADERSHIP IN HEALTHCARE

Organizers: Alberto Abreu da Silva, Diogo Fernandes da Silva, Isabel Azevedo, Pedro Morgado
February 16 - April13, 2019 ::: 3rd Edition

BEING A BIO-ENTREPRENEUR

Organizers: Bruno Costa, Luísa Pinto, Patrícia Patrício
March 4-22, 2019 ::: 5th Edition

EPIDEMIOLOGY

Organizers: Jaime Correia de Sousa, Luís Figueiredo, Pedro Teixeira
March 11 - April26, 2019 ::: 2nd Edition

PATHOGENESIS OF NEURODEGENERATIVE DISEASES

Organizers: Hugo Almeida, Ioannis Sotiropoulos
April 1-5, 2019 ::: 3rd Edition

EVIDENCE-BASED PRACTICE IN HEALTH RESEARCH AND DECISION-MAKING

Organizers: Jaime Correia de Sousa, Patrício Costa, Pedro M. Teixeira
May 3 - June29, 2019 ::: 1st Edition

ADVANCED NEUROPHYSIOLOGY AND BEHAVIOR

Organizers: Hugo Almeida, Patrícia Monteiro
May 6-10, 2019 ::: 1st Edition

THE FRONTIERS OF RESEARCH IN ILD

Organizers: Agostinho Carvalho, Gil Castro, Hélder Novais Bastos, Sandra Costa
May 10-10, 2019 ::: 1st Edition

EVALUATION AND TREATMENT OF INFERTILE COUPLE IN PRIMARY CARE

Organizers: Rui Miguelote, João Luís Silva Carvalho, Carla Veiga Rodrigues
May 13, 2019 ::: 1st Edition

EVALUATION AND TREATMENT OF INFERTILE COUPLE

Organizers: Rui Miguelote, João Luís Silva Carvalho
May 17-18, 2019 ::: 3rd Edition

PSYCHIATRY AND MENTAL HEALTH

Organizers: Pedro Morgado, João Bessa, Pedro Teixeira
May 17 - June1, 2019 ::: 5th Edition

TRAINING IN RESEARCH INTEGRITY AND BIOETHICS

Organizers: Cecília Leão, João Bessa, Nadine Santos, Patrícia Monteiro
May 20-24, 2019 ::: 1st Edition

GYNECOLOGICAL LAPAROSCOPIC SURGERY

Organizers: Hélder Ferreira, João Bernardes, Cristina Nogueira-Silva
May 23-25, 2019 ::: 11th Edition

BASIC LAPAROSCOPY FOR RESIDENTS

Organizers: João Nuno Torres, Vera Trocado, Paulo Mota, Jorge Correia-Pinto
June 3-4, 2019 ::: 16th Edition

FUNDAMENTALS IN ARTHROSCOPY

Organizers: Rui Duarte, Nuno Vieira Ferreira, Manuel Vieira da Silva
June 13-14, 2019 ::: 10th Edition

APPLIED CLINICAL PSYCHOPHARMACOLOGY

Organizers: João Bessa, Pedro Morgado, Luís Correia, Daniela Freitas
July 8-12, 2019 ::: 2nd Edition

Detailed information on the courses is available at www.med.uminho.pt/en/post-graduation/courses.

3.2. Participants

Figure 1 presents the professional background distribution of the 811 participants (attending the courses offered until the end of July). Similar to previous editions, the vast majority of the participants were medical doctors (72%), which reflects the commitment of EM in pursuing continuous medical education as well as

the acceptance of the medical community, not only in the country but also abroad.

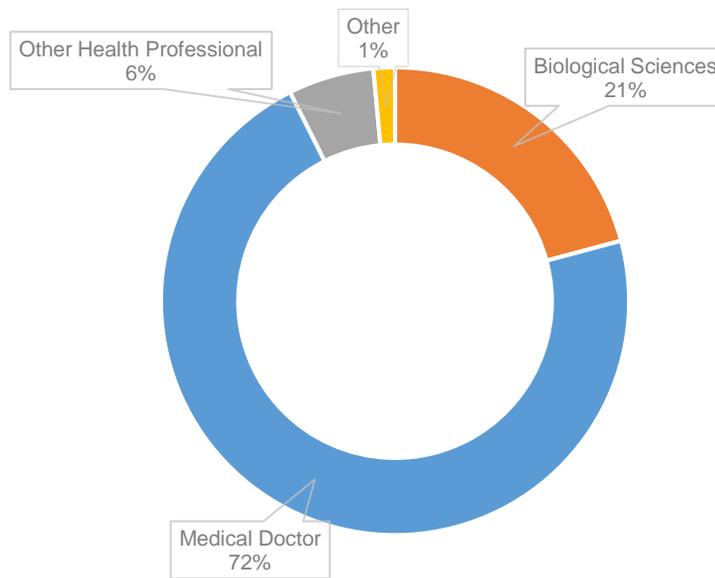


Figure 1 - Background distribution of the participants (“Other Health Professionals” include participants having as background pharmacy, psychology or clinical analysis and public health; “Others” include participants having as background polymer, biotechnological, biological, food technology or chemical engineering).

Figure 2 presents the institutional origin of the participants.

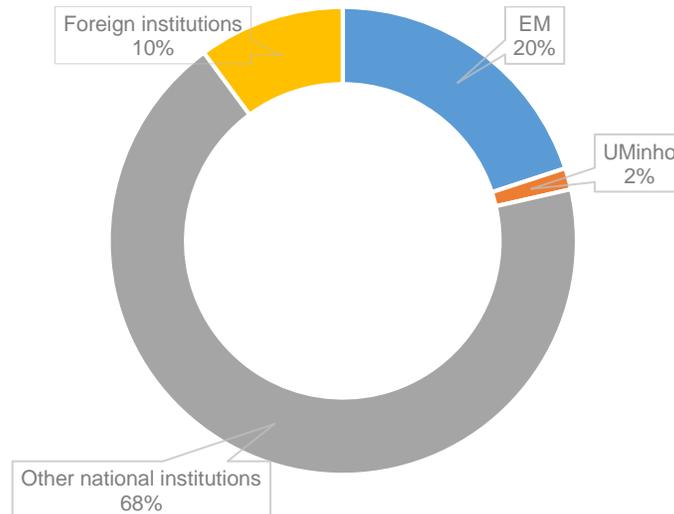


Figure 2 – Participants’ affiliation.

The great majority of the participants (68%) belong to Institutions other than the University of Minho, of which 10% originate from foreign institutions; showing the ability to attract interest from outside our own institution and country.

3.3. Global assessment

The questionnaires of evaluation (for the courses until July) A questionnaire was filled by 606 out of the 811 total participants (75% response rate), to evaluate several aspects of each course. The overall evaluation provided the results presented in Figure 3; 92% of the participants considered the courses very good or excellent.

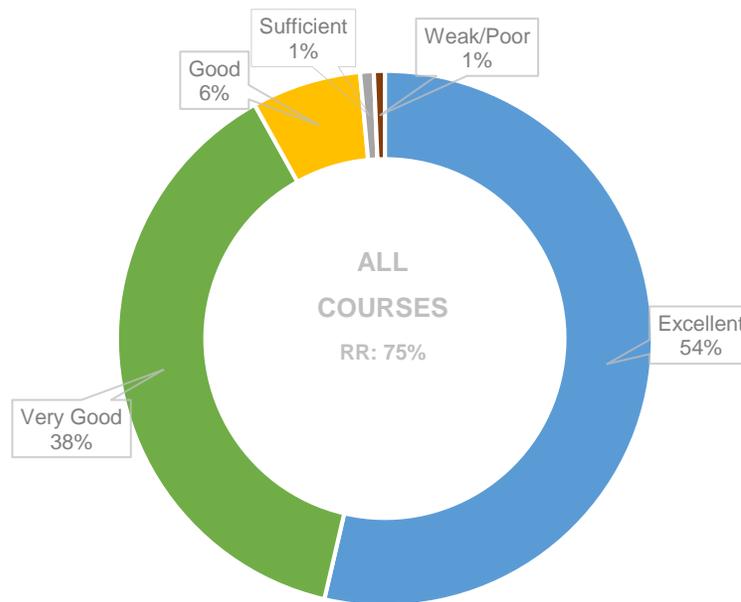


Figure 3 – Evaluation results.

4. Courses for residents

In collaboration with the Alumni Medicina Association, the offer of hands-on introductory and advanced courses addressing specialized competencies for residents in various medical specialities consisted in the initiatives specified below.

4.1. InAnesthesia

"InAnesthesia" is an intensive training program, nationwide, addressed to all newly admitted residents in anesthesiology. It is recognized by the Anesthesiology College of Portuguese Medical Association (Ordem dos Médicos), the Portuguese Anesthesiology Society and CAR – Portuguese Regional Anesthesia Club

(ESRA). The course is divided in two modules. The first, "InAnesthesia - Introduction to Clinical Anesthesiology" occurs in the first week of the internship work. It consists of five intense days focused on the theoretical basis for clinical practice of Anesthesiology, and on training of specific skills in high-fidelity simulators (monitoring, arterial and venous catheterization, airway manipulation, induction general anesthesia and regional anesthesia). Participants also they contact with simulated patients to learn the clinical interview technique and how to handle the patient who will be anesthetized. The second, "InAnesthesia - Advanced Simulation" is a 2-day program, aimed at all Anesthesiology resident, regardless of the degree of training, where they are exposed to complex situations based on real cases and they are trained in various techniques and team management as well as communication issues in crisis situations.

In 2019 the InAnesthesia Courses had its 9th edition, with a total of 139 participants and more than 60 trainers. ("InAnesthesia - Introduction to Clinical Anesthesiology - 80 - all residents admitted to anesthesiology; "InAnesthesia - Advanced Simulation" with a total of participants - 59). Participants rated the introductory course as very good (29%) or excellent (71%) and the advanced course as very good (37%) or excellent (63%).

Since its launching, InAnesthesia – Introduction to clinical Anesthesiology enrolled 463 residents and 392 trainers participations and InAnesthesia – Advanced Simulation enrolled 482 residents and 271 trainers participations.

4.2. iPsychiatry

iPsychiatry – Introduction to Psychiatry" is an advanced course addressed for residents beginning their specialization in Psychiatry. The innovative program was designed to combine clinical seminars in areas like psychopathology, psychotherapy and psychopharmacology, with practical sessions with standardized patients in our clinical skills laboratory, in which the residents have the opportunity to practice and develop skills related with communication, clinical interview and management of psychiatric emergencies.

In 2017/2018 the course had its 7th edition, with the participation of 60 residents, which corresponds to 100% of the national residents admitted in Psychiatry, in addition to the participation of international residents in Psychiatry. Both the clinical seminars and the practical training were highly rated by the participants (clinical seminars: 22% very good, 68% excellent; practical sessions: 28% very good, 62% excellent).

4.3. iNeurology

iNeurology is an advanced course addressed for first year residents of Neurology in Portugal. The program of this course consists mainly of hands-on workshops and skills labs, complemented with short introductory seminars and a final skills based assessment that is used for constructive feedback and as a stimulus to learning. Importantly, the focus is on competency acquisition and training, with the students rotating in

small groups (3 to 4) through the different stations and scenarios, set up with the use of standardized patients and state of the art mannequins and high-fidelity simulators (for coma, seizures and others ...). In 2018/2019 the course had its 7th edition with 23 participants from the entire country, corresponding to 84% of the first year Neurology residents in Portugal in 2019.

4.4-Radial access step by step

This course was offered for the first time. This is a one day theoretical-practical course based on clinical cases and on the use of simulators (of radial puncture and diagnostic coronary catheterization), aimed at internal physicians or young specialists in cardiology with interest in the area of Cardiology of Intervention. It was organized by the group of young cardiologists of intervention of the Portuguese Association of Interventional Cardiology (APIC). It aims at providing intensive training in the radial arterial access, to deepen the theoretical knowledge and to develop capacities to solve the challenges related to this access. This first edition counted with 5 trainers and 12 trainees. The participants provided very good feedback of the course, highlighting the acquisition of new knowledge and skills with practical use in the area of Interventional Cardiology.

4.5. Courses in clinical communication

Communication is a core competency in the practice of Psychiatry, with particular relevance for the follow-up of patients. Two courses were offered in 2019: Clinical Communication in Psychosis and Assessment and Diagnosis of Anxiety Disorders. Both intended to train and certify skills and competences in the field of communication, diagnosis and therapeutic orientation of patients. The target audience were psychiatrists, allowing in-context training and using standardized patients (actors) and feedback based on the training provided by a team with experience in this area. The courses were embedded in the activities of the Clinical Skills Lab of School of Medicine of University of Minho. Each course consisted of a 10 hours' program, with brief theoretical presentations and in-context training with clinical stories trained by standardized patients.

In 2019, the Clinical Communication in Psychosis course was offered twice, with 34 participants; the Assessment and Diagnosis of Anxiety Disorders had three editions with a total of 87 participants.

The courses were highly appreciated by the participants, with all except one recommending its attendance to a colleague.

5. Transferable skills training

In 2018-2019 a program of transferable skills was implemented, targeting students and supervisors. These were highly appreciated by supervisors and students; the program is to be continued and further extended in 2019-2020.

Following is the list of initiatives offered this academic year.

5.1 Workshops for students and supervisors

COMPETENCES AND SELF-KNOWLEDGE

November 5th, 2018 ::: 1st Edition
November 6th, 2018 ::: 2nd Edition
June 12th, 2019 ::: 3rd Edition
June 13th, 2019 ::: 4th Edition

CREATIVITY

June 3rd, 2019 ::: 1st Edition
June 4th, 2019 ::: 2nd Edition

5.2 Workshops for students

CV AND MOTIVATION LETTER

November 5th, 2018 ::: 1st Edition
January 21st, 2019 ::: 2nd Edition

PREPARATION FOR SELECTION INTERVIEWS

January 21st, 2019 ::: 1st Edition
June 12th, 2019 ::: 2nd Edition

5.3 Workshops for supervisors

LEADERSHIP

February 8th, 2019 ::: 1st Edition

CONFLICT MANAGEMENT

April 29th, 2019 ::: 1st Edition

6. Sponsors

In 2018-2019 we obtained financial support from several companies: Amplifon, Boston Scientific, Endotécnica, Gedeon Richter, JABARcordati, Johnson & Johnson, Lumdbeck, Karl Storz, Medtronic, Olympus, Pierre Fabre Medicament, Praxair and Smith & Nephew. We are grateful to our sponsors for the helpful contribution for this international program of courses and workshops in biomedical sciences.

In recognition of the support by our sponsors, the EM/ICVS displays in its main hall a plate with the indication of their contribution. All sponsors were invited to participate in the day of the ICVS, in which a specific mention on the relevance of their support was publicly acknowledged.