

**EMSA 2019 SPRING ASSEMBLY HEIDELBERG**

# **Sessions' Overview**

**24.4.-29.4.2019**



# Virtual Patient Challenge

Virtual Patient Challenge is an engaging Clinical Case Competition where critical thinking and reasoning skills will be put to the test. Team spirit, adrenaline and enriching problem-based learning experience are guaranteed!

Teams of 5 members can register for the competition if they are up to the challenge of proving themselves to be the most skilled doctors of the future!

The competition is based on solving challenging clinical cases in a digital simulator using an interactive table, both powered by Body Interact.

There will be two rounds where teams will compete against each other. The highest score team from each round will be playing in the Final (28th April) against the other, and the winning team will have a small surprise waiting for them in the closing ceremony.

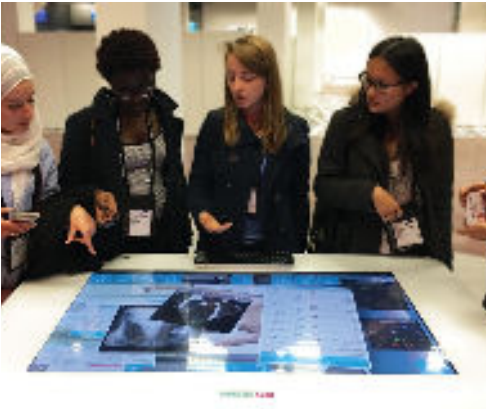
Round 1: Thursday 25th 10.00-12.30

Round 2\*: Saturday 27th 10.00-12.30

Round 3: Sunday 28th 15.00-15.30

\*(Only half of the teams will pass to this round. You will be able to attend other sessions if your team won't be competing in the next rounds.)

# Virtual Patient Challenge



As the competition rounds are scheduled to take place time in time slots designated for sessions, you won't be able to attend workshops, trainings, pillar sessions that are taking place simultaneously to the rounds. (Only Round 2 will be taking place at the same time with the pillar sessions.) You will still be able to sign up for other sessions and will be able to attend them in the case that your team doesn't make it to the next round.

For further information, please check your emails.

# Pillar Sessions



- 1- Medical Ethics & Human Rights
- 2- European Integration & Culture
- 3- Medical Science
- 4- Public Health
- 5- Medical Education
- 6- European Health Policy

Each 6 pillar will have 3 sessions that will take place on the following dates:

Friday 26th 14.30-16.30

Saturday 27th 10.00-12.30

Sunday 28th 09.00-11.30

Placement to pillar sessions will be done on a motivational basis and pillar directors will be prioritised. Members who are selected pillar sessions will be attending all sessions listed above. EMSAi who are attending the pillar sessions will be able to attend the 4 other workshop/training sessions that are not taking place parallel to the pillar sessions.

PS: You may still attend pillar sessions if you are registered for the Virtual Patient Challenge, on the 27th of April you will be in the competition if your team has passed round 1.

PS: A participant cannot attend the pillar session of more than 1 pillar. But you may apply for the multiple of them.





# Medical Ethics & Human Rights

## Session 1: Mental Health at the core of Human Rights

*Keywords: Mental Health, Human Rights, Introduction*

As medical students, we are extremely susceptible to mental health illnesses. But why is it that this issue is not discussed enough? What is stigma? And how is mental health linked and at the core of human rights? We will try to shed light onto the mental health state of medical students and discover its relation to human rights violations.

## Session 2: Gender Identity and Healthcare

*Keywords: Gender Identity, Healthcare, Ethical Practice*

Gender Identity is a major factor when it comes to the violation of human rights in healthcare systems. We will first discover the aspects of gender identity and expression to then discuss the implication and impact of discrimination against non-binary individuals on their fundamental right to health and healthcare.



# Medical Ethics & Human Rights

## Session 3: Cultural Shock and Ethics within Medical Mobility

*Keywords: Cultural Shock, Medical Mobility, Ethics*

This session is a collaboration between the European Integration and Culture Pillar and the Medical Ethics and Human Rights Pillar.

Anamnesis: professional mobility 4 months ago, feels isolated, tired, irritated, longs for home

Diagnosis: Culture Shock Syndrome

Cause: Enfacing differences in practices while working in a different cultural and professional environment.

Treatment: Find out how to cure this patient, and how you can take precautions, by joining this Pillar Session!



# European Integration & Culture

## Session 1: Medicine Without Borders

*Keywords: Medical Mobility, Professional Qualification, European Trends*

If you have ever asked yourself: what is medical mobility, how can it be done and why should we do it, this session is where you should be! What if there is a database which actually facilitates medical training and mobility in all European countries? Just imagine the opportunity to know everything you need in order to work as a doctor in a foreign country, beforehand. Requirements needed to be recognised as a doctor abroad, advertised positions and where to find them, existing deadline, interview or examination for applying, training assessments, vacation days, sick leave, salary. These are all important aspects you must know before your decision to work abroad. During this session, you will find out how to access the information, training/working conditions across Europe and different life-changing experiences. Widen your knowledge with our surprise guest: representative of European Junior Doctors (EJD)!



# European Integration & Culture

## Session 2: Taking Over the Continents!

*Keywords: Intercontinental, Twinning, Cultural Impact*

What do you know about Asia and its cultures? And what for impact does culture have on the Health System? You will hear about this and more during this Pillar Session.

Going abroad, and talking with locals is however the best way to learn about a culture, so we'll talk about the project which creates this opportunity: Intercontinental Twinning (IC)! We will explain why we organise IC, and how you can do it too! Thereupon, there will be small working groups sessions during which we will search together for solutions for: difficulties past TP coordinators faced while organising an IC and reasons why other TP coordinators did not organize an intercontinental TP.

So, are you in for a new adventure? Do you want to make friends from all over the world, and learn about other cultures and health systems? Then, let's go!





# European Integration & Culture

## Session 3: Cultural Shock and Ethics within Medical Mobility

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# Medical Science

## Session 1: AMR: Escaping the 2019 Titanic

*Keywords: Future, Technology, AMR*

Antimicrobial Resistance is a subject touched so often by so many showing that we are still not over it and unfortunately the problem because of more and more serious each minute. This session we will not focus on the elementary of AMR but rather on new technologies and approaches to this issue. Bacteriophages, new antibiotics, technological advancement and many more possible solutions and perspectives will be discussed. Can we escape the 2019 Titanic?

## Session 2: The Creativity of Migration

*Keywords: Migration, Genetics, Bacteria*

Residents of developing nations tend to have more diverse gut microbiomes than Americans. But that was before we start migrating. Bacteria are smart creative organisms that adapted and changed based on our lifestyle. But how did that affect our genetics? Is this a good or a bad thing? And where are we heading in the next year?



# Medical Science

**Session 3: The Big Bang Theory' or 'what Sheldon Cooper did last summer' - bringing a Project from scratch to journal**

*Keywords: Research, Planning*

Have you ever find it difficult to plan a project or to make it come to an end? Along with our special guest, Benedikt Pelzer, we will have the opportunity to dive into the world of research and planning your project. Filled with tips and tricks on how to bring your project to an end, the session is of utmost use to any medical student. Benedikt, now a resident at Cologne University Hospital, was previously the Medical Science Director for the term 2015/16 and is now happy to come back home and share with us all he has learned in the field since.





# Public Health

## **Session 1: Introduction to Global Health: Navigating globalisation and its impacts on health**

*Keywords: public health, global health, globalisation*

The first session of the EMSA Public Health Pillar will begin with the Public Health Team introducing the projects and activities of the pillar to the participants. Then, we will start discussing the differences between public and global health, and their main working areas. We will also get familiar with the different concepts of globalisation while developing ideas on how it may affect global health. By the end of the session, the participants will understand the current trends in global health, challenges faced and its relation with increasing globalisation.





# Public Health

## Session 2: Climate Action & Sustainability

*Keywords: climate change, sustainability, global action*

Climate change has undeniable impacts on health as it is one of the greatest man-made health challenges of the 21st century. This session will focus on climate change and its impacts on health and we will be talking about its political importance and EMSA's stance on the issue. We will also create a platform for the participants to discuss and develop ideas regarding sustainable actions on individual, organisational and governmental level. Finally, a fully sustainable pillar session will make its grand debut in this assembly.







# Public Health

## Session 3: A European Priority: NCDs - Youth Action on Tobacco

*Keywords: noncommunicable diseases, tobacco, youth action*

In this session, the participants will realize the urgency of Non-Communicable Diseases and the impacts of this increasing threat in Europe. We will focus on tobacco as a leading risk factor for NCDs and the participants will learn and practice the possibilities of primary prevention among children and adolescents as well as methods of smoking cessation in patients. The International Coordinator of Education Against Tobacco (EAT) will be one of the session holders, sharing the details of their unique project while giving interactive messages to the participants to raise awareness on the issue.





# Medical Education

## Session 1: Which right is right for you?

*Keywords: rights, core curriculum, advocacy*

Why do the medical students' rights are so different depending on the country of study? What does our medical school faculty expect from us? Besides our school's expectations, what should "we" expect from our school? Throughout this session, you will get your claws into your own colleagues through different scenarios. It will be followed by information of student rights & responsibilities and their guidelines, in addition, discussion of the guidelines that we can use to advocate for a change in our own Medical Schools to achieve a solid and compatible European medical education!





# Medical Education

## Session 2: Unhiding the Hidden Curriculum

*Keywords: continuing professional development, competency, hidden curriculum*

**How do we develop our professional identity without realizing through this huge process ? Are role models important in making good doctors ?**

So far, undergraduate curriculum implemented in medical schools has focused on a formal way of conveying an appropriate level of knowledge and skills with the changes of course content, teaching methods, and examinations but is medical education limited to that?

In our session, we will answer all these questions together and get to know the medical education process as well as discovering how we actually learn in medical schools with a brand-new concept: Hidden Curriculum. We will also try to enlighten the 'hidden' impact of hidden curriculum on medical students with interactive methods focusing on 'self-reflection'.



# Medical Education

## Session 3: Interprofessional Education and Curriculum: Coming up with an educational program

*Keywords: Curriculum, development, IPE*

Interprofessional education involves educators and learners from 2 or more health professions and their foundational disciplines who jointly create and foster a collaborative learning environment. Interprofessional education is an important pedagogical approach for preparing health professions students to provide patient care in a collaborative team environment [Buring, 2009]. We can advance high quality in health care by an interdisciplinary approach in order to develop further utilization.

But it should also be considered that different professions' specialization requires both joint and separated curriculums so curriculum development plays a key role in holding the balance.

Come to our session to discover what IPE is and how it is implemented to International and European educational programs. We will be focusing on different approaches, studying possible collaborative educational contents' curriculum development and explore how are "our" curriculums can bring perspective to the topic.



# European Health Policy

## Session 1: Europe at a turning point? - The 2019 Parliament Elections

*Keywords: Elections, brexit, EU Institutions*

“This time it's not enough to hope for a better future: this time each and every one of us must take responsibility for it too.” - The next European elections take place on 23-26 May 2019. In the light of Brexit, rising national and populist movements as well as the big global challenges of today, they may mark a turning point for the European Union as we know it. What are the big topics discussed in the election campaign? Who is running and who can I vote for? And why are this year's elections so important? This session aims at answering those questions! We will give an overview of the role of the European Parliament in decision-making processes as well as the interplay of the EU institutions and get to discuss the threats and opportunities this year's elections may bring.





# European Health Policy

## Session 2: Medical Mobility and Migration - Challenges for Policy Makers

*Keywords: Migration, Healthcare*

Healthcare professionals' cross-border mobility increases steadily in a more and more interconnected and globalized world. The increasing mobility implies many opportunities but also risks that affect both the countries of arrival and origin as well as the migrating healthcare workers themselves. What are those potential benefits and risks of medical mobility? How can migration be shaped sustainable so that all parties can benefit from it? Which policy frameworks do we need in order to achieve this? Who is in charge to make respective policies? You will discuss and find some answers to these questions in session two of the European Health Policy Pillar!





# European Health Policy

## Session 3: Medical Mobility and Migration - the Link to Universal Health Coverage

*Keywords: Health coverage, equality*

The concept of Universal Health Coverage is aiming towards the right to health, based on the Universal Declaration of Human Rights. Every human shall be provided and have access to necessary, high-quality health service, without facing financial hardship. One of its goals is to create a system of protection which provides equality of opportunities for people to enjoy the highest possible level of health. In order to achieve and adapt Universal Healthcare concept, it is important to understand the foundation of healthcare structures, financial models and measurements of universal health coverage. During the session, you will be equipped with the toolkit and information on how to measure and improve the healthcare system in your country and we will discuss the impact of the medical professionals' mobility and migration on Universal Health Coverage.

# Thursday 24th

## 14.30-16.00

- 1- Hands on Policy Making for Newcomers
- 2- European Advocacy

## 15.00-16.00

- 1- New Comers Session
- 2- NC Sessions

EMSAi who are new to EMSA or who are attending their first general assembly are expected to join the New Comers Session at 15.00

Members who would like to gain an insight to external affairs of EMSA are welcomed to join either of the sessions that are starting at 14.30



# Thursday 24th 14.30-16.00

## Hands on Policy Making for Newcomers

Ever wanted to find out how policy making works in EMSA Europe? Here's your chance! By the end of this workshop, participants will be able to not only describe what policy is and how we move from policy to action but also able to identify a good quality policy paper and to take some first steps in getting involved in EMSA policy making. As policy goes hand in hand with advocacy, this workshop will also focus on getting familiar with the basics of advocating on adopted policies. EMSA Europe European Health Policy Team is looking forward to work with you!



# Thursday 25th 10.00-12.30

1- LC Session\*

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2- Ethics of Organ Transplantation and Brain Death

3- Forensic Imaging - Reality, Future or Fiction?!

4- Virtual Patient Challenge Round 1\*

5- Hands on: Urology

6- Recognition of medical training qualifications and medical language testing in Germany

7- Hands-On Workshop Minimally Invasive Surgery (General Surgery)

8- Mibeg Institute Medicine: Working requirements for foreign physicians in Germany

9- Bringing Europeans Together Association - EU Elections

10- Heidelberger Stem Cell Registry: International cooperation on stem cell donations

\* LCs will not be attending the workshops/training at this time. Except for the Virtual Patient Challenge if they are registered for it.



# Thursday 25th 10.00-12.30

## Ethics of Organ transplantation and brain death

Organ transplantation is associated with a set of ethical questions that are related to the different stages of cadaveric organ transplantation. The harvesting of cadaveric organs poses the question of how to ensure the (informed) consent of donors and how this concern for the autonomy of donors should be balanced against the effort to maximise the number of donor organs. Different legal frameworks will be presented and discussed. Another topic that is closely related to the harvesting of cadaveric organ donation is the concept of brain death.

Another ethical issue relates to the shortage of cadaveric organs. When it comes to the allocation of donor organs, two criteria need to be balanced against one another: namely, the efficiency and urgency of organ transplantation. This leads to several questions such as: Do we have an obligation to split as many donor livers as possible? Is it ethically permissible to exclude a patient from a lifesaving resource just because another patient will probably make more efficient use of the scarce resource?



# Thursday 25th 10.00-12.30

## **Forensic Imaging - Reality, Future or Fiction?!**

Sarah Heinze is an attending physician and researcher at the Institute of Forensic and Traffic Medicine of Universität Heidelberg. Being specialised in both forensic medicine and radiology she researches at the intersection of these fields. In this talk, she will give you fascinating insights on current and future perspectives in the field of forensic radiology.

## **Hands on: Urology**

This workshop will give you a short and good overview of all relevant testicular diseases. We will perform the ultrasonic examination on testicular models and will discuss in small groups differential diagnosis and disease management. At the end of this course, you will know how to diagnose, treat and manage urologic scrotal diseases.

## **Recognition of foreign medical professionals in Germany - Seminar**

As Germany is one of the biggest health care markets within the European Union many medical professionals are seeking for practising there. This workshop will highlight the criteria that must be fulfilled to practice medicine and start postgraduate medical training in Germany under a full medical license, both for EU and non-EU diplomas.

# Thursday 25th 10.00-12.30

## Hands-On Workshop Minimally Invasive Surgery (General Surgery)

In this multimodality training course, we offer 2,5h of training in small groups with experienced tutors. Students get the chance to learn and improve skills of laparoscopic surgery. Training includes virtual reality simulation of the newest generation with procedural exercises and basic skills on real instruments and silicone models as well as real tissue. Comparable with the setting in the operation room with realistic instruments the students are following a structured practical oriented curriculum for beginners in minimally invasive surgery. This is a unique chance to take the first steps in minimally invasive surgery in a safe environment outside the operating room to improve patient safety.



# Thursday 25th 10.00-12.30

## **Mibeg Institute Medicine: Working requirements for foreign physicians in Germany**

This Workshop aims to elucidate the path to attain full recognition of a foreign medical degree in order to work as a physician in Germany. In the first part, we will discuss the legal requirements for recognition of medical degrees from EU, EEA and Switzerland as well as from third countries. Another focus will be set on the topic of working with limited registration. Also, we will present the role of the Marburger Bund and how and in which extent it can aid in the process of gaining the German "Approbation". Having covered the legal requirements, we will in the second part of this workshop concentrate on practical achievement. In order to gain full recognition of a foreign medical degree, all applicants have to pass a medical language test. Additionally, applicants from third countries generally also have to participate in a medical knowledge test. We will give an overview of these exams and useful tips for preparation. Furthermore, we will present the current employment situation and job opportunities for physicians and give an introduction of how to successfully apply for a medical position. Finally, we will discuss the post-graduate medical training to become a specialist physician.

# Thursday 25th 10.00-12.30

## **Bringing Europeans Together Association Workshops - EU Elections**

In these two workshops, Bringing Europeans Together Association will be facilitating you simulations of the European Parliament and the European Council. During this simulation, participants will be discussing health-related matters such as the recognition of professional qualifications as they get to know about our European institutions. If you have missed doing Model United Nations in high school, this workshop is just for you!

## **Heidelberger Steam Cell Registry: International cooperation on stem cell donations**

Hematopoietic stem cell transplantation is a potentially curative therapy for many diseases. The Heidelberg Stemcell Registry (HSR) and the Heidelberg Search Unit work in a global context in order to provide and to identify optimal unrelated stem cell donors for the patients.



# Friday 26th 14.30-16.30

1- NC Session\*

2- Pillar Sessions\*

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3- Structural competency -New medicine for the inequalities that make us sick

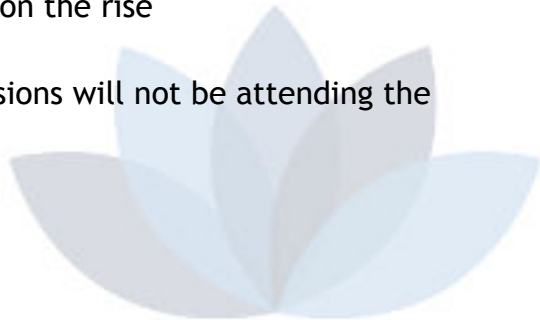
4- Lecture & hands on: Diabetes

5- The Way to the medical recognition in Germany...

6- Living Anatomy: Patient interaction as taught in the Heidelberg Curriculum Medicinale

7- Moving towards an epidemic - Obesity on the rise

\* NCs, participants selected for pillar sessions will not be attending the workshops at this time.



# Friday 26th 14.30-16.30

## **Structural competency -New medicine for the inequalities that make us sick**

Structural competency explores a new clinical politics for understanding the relationships among race, class, and symptom expression. In clinical settings, such relationships often fall under the rubric of “cultural competency,” an approach that emphasizes recognition of the divergent sociocultural backgrounds of patients and doctors, and the cultural aspects of patients’ illnesses. Increasingly, however, scholars and activists recognize that oft-invisible structural level determinates, biases, inequities, and blind spots shape definitions of health and illness long before doctors or patients enter examination rooms. This evolving literature suggests that conditions that appear from a biomedical framework to result from actions or attitudes of culturally distinct groups need also be understood as resulting from the pathologies of social systems. And, that locating race-based symptoms on the bodies of marginalized persons risks turning a blind eye to the racialized economies in which marginalized and mainstreamed bodies live, work, and attempt to survive.

In order to offer a a new approach to the relationships among race, class, and symptom expression, we offer a structural competency training workshop developed by the Structural Competency Working Group, founded in 2014 and based in the San Francisco Bay Area. For more information on structural competency, see <https://www.structcomp.org/> and <https://structuralcompetency.org/>.

# Friday 26th 14.30-16.30

## Lecture & hands on: Diabetes

According to the World Health Organization, the worldwide number of people with diabetes has nearly quadrupled from 108 million since 1980 to about 422 million and will double again in the next 20 years. This concerns diabetes mellitus type 2 in particular. The current treatment goals and new therapeutic strategies are a central point of the event. Together we will discuss in detail the current diagnostic and therapy as well as new technical possibilities in the treatment of this disease. Already today I'm pleased to discuss with you and invite you warmly to this event.

## The Way to the medical recognition in Germany...

The Medical license: permanent medical license & temporary medical license.

The Requirements: Applying for the medical license, The German language test B2 & The Medical language test C1.

The Way to Success: Preparation courses and possible financial support & Hospitation and internships at Hospitals.

# Friday 26th 14.30-16.30

## **Living Anatomy: Patient interaction as taught in the Heidelberg Curriculum Medicinale**

This student-run seminar teaches you the basic know-how of physical examinations and practical skills of a doctor. The second focus is based on doctor-patient-communication: You will be able to test your communication skills in a simulated situation with an experienced tutor and to get subsequent feedback from the instructors and other participants.

## **Moving towards an epidemic - Obesity on the rise**

In this workshop, we will interactively discuss the probably most relevant Public Health issue of our time. Together we will develop a strategy on how to tackle a disease that knows no borders.



# Friday 26th 17.00-19.00

These trainings will be taking place parallel to the Plenary 3. Voting right holders (LCs and proxies), the plenary team, commission members are not eligible for signing up for this trainings.

1- Training: Intercultural Communication in Medicine

2- Training: Burn-out

3- Training: Time management

4- Workshop: Anatomy combined with Radiology - Hands on demonstration using the virtual life-size dissection table (uncertain)



**Friday 26th 17.00-19.00**



**Training: Intercultural Communication in Medicine**

*Trainers: Deren Esencan & Narmina Khanmammadova (EMSA Yeditepe), (EMSA Medeniyet)*

Do you believe yourself in your intercultural skills? Have you ever faced such difficulties during your medical student life? Are you ready for a new challenge? Then you're at the right place!



What makes our session unique is that it will be conducted in such an event with a theme, Medical Migration and Mobility. We as EMSAis are the new generation who will shape the future of medicine, which will be inevitably intercultural.

**What we aim to do in this session is for us to start a change and encourage each other on this crucial topic. We will be challenging you to contribute and to do brainstorming during our session. Let us learn and to be impressed from each other's experiences as it's the main thing that EMSA provides us. We believe that, if we want, we can change everything together.**

**Health. Europe. Together.**

# Friday 26th 17.00-19.00



**Training: Burn-out**

*Trainer: Berkay Akad Ulker (EMSA Istanbul)*

“The fire of life” is believed to be an important part of our souls for centuries. The power of wisdom, energy, health and other mystic forces increasing our well-being is considered to be coming from this never-ending flames. In Far East, it’s known as chi; and known by different cultures with many names, such as prana, lung or barraka. Even in the Greek and the Roman mythology, the goddesses Hestia and Vespa are worshipped and believed as the protectors of this luminous fire inside of us.

In times of misfortune, this fire of life burns out. A couple of wood pieces strengthen the fire, but too many will distinguish it. Have you ever felt like you’ve fed up with everything in your life, lost control and all the walls around are coming at you? Are you aware of the ways for preventing another terrifying fatigue? Then join me in this journey beginning from the ancient times until this training session and let us protect our inner-fire from burning out.

# Friday 26th 17.00-19.00

## Workshop: Anatomy combined with Radiology - Hands on demonstration using the virtual life-size dissection table

What could you expect?

- A comprehensive presentation about our successful concept called “Virtual Anatomy combined with anatomical cadaver dissection”. We generate and use cadaver-specific non-enhanced and contrast-enhanced computed tomography (CT)-datasets from our body donors, presented on PCs next to the dissection table, during the dissection course to strengthen the anatomical knowledge of our students.

A short summary of our own scientific studies, publications and the results to point out the benefits associated with this method.

- A guided tour through our dissection hall, to show how our curriculum concept works.
- A tutor-guided session (1 hour) with the virtual life-size dissection table Anatomage®.

Selected cases are prepared to demonstrate how you could use radiologic imaging techniques to learn anatomy.

Enough time to explore the features of the Anatomage® table.

- A lot of fun, no previous knowledge is necessary.

Come and explore “Anatomy combined with Radiology”!

The Institute of Anatomy and Cell Biology at the University of Heidelberg welcomes you!



# Friday 26th 17.00-19.00



**Training: Time Management**

*Trainer: Justyna Mirko (EMSA Warsaw)*

Being a doctor or performing any other job, requires from us focus, energy and a lot of effort. Our future jobs will be very stressful, sometimes unpredictable and we should use every spare minute of the day, that we can get. What if you could help yourself by planning your day properly, so you have more time for your passions or anything else you ever wanted to do but thought you don't have enough time? Do you want to improve yourself in organizing your day or maybe learning more efficiently in the same amount of time? If you said YES, than this training is for YOU!

Together we will try to reduce stress and make your day as efficient and effective as possible, so you can find more time for something other than studying :)

Come and join me in Time Management Training and let's find the time that we have been missing.

# Saturday 27th 10.00-12.30

1- Pillar-Sessions\*

2- NC Session\*

3- LC Session\*

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4- Virtual Patient Challenge Round 2\*\*

5- Hands-On Workshop Minimally Invasive Surgery (General surgery)

6- Interprofessional Collaboration

\* NCs, LCs, participants selected for pillar sessions will not be attending the workshops/training at this time. Except for the Virtual Patient Challenge if they are registered for it.

\*\*Participants whose teams are not competing in round 2 may sign up attend other sessions during this time.



# Saturday 27th 10.00-12.30

## **Hands-On Workshop Minimally Invasive Surgery (General surgery)**

In this multimodality training course we offer 2,5h of training in small groups with experienced tutors. Students get the chance to learn and improve skills of laparoscopic surgery. Training includes virtual reality simulation of the newest generation with procedural exercises and basic skills on real instruments and silicone models as well as real tissue. Comparable with the setting in the operation room with realistic instruments the students are following a structured practical oriented curriculum for beginners in minimally invasive surgery. This is a unique chance to take the first steps in minimally invasive surgery in a safe environment outside the operating room to improve patient safety.

## **Interprofessional Collaboration**

The Interprofessional Collaboration (IPC) Workshop will be a chance for you to discuss and brainstorm about the collaboration between healthcare professionals in an active setting. We will be doing case-based discussions about the role and future of IPC in an ever-more globalized context. We will also be gathering ideas on how to implement Interprofessional Education at your universities and will create clear outcomes that we can follow-up on in the future.

# Saturday 27th 17.00-19.00

These trainings will be taking place parallel to the Plenary 3. Voting right holders (LCs and proxies), the plenary team, commission members are not eligible for signing up for this trainings.

1- Training: Project Management

2- Training: Personal Branding

3- Workshop: Anatomy combined with Radiology - Hands on demonstration using the virtual life-size dissection table



**Saturday 27th 17.00-19.00**



**Training: Project Management**

*Trainer: Irmengard Rodler (EMSA LMU Munich)*

Everyone knows something about project management for sure. You might have gained project management skills through either school projects, EMSA events or other activities. You want to know how to start and end a project and what comes in between? You have faced obstacles and had to solve challenges during organization of your projects?

Then this workshop is just right for you. We will bring your practical experience and some more theoretical knowledge together. We will discuss tools and competences you need. And we will prepare some interactive activities for you to consolidate your old and new knowledge. In the end you will have some more ideas how to improve your project management skills.

# Saturday 27th 17.00-19.00



**Training: Personal Branding**

*Trainer: Irem Aktar (EMSA Istanbul)*

Do you remember the times when only celebrities and major companies had personal brands? Actors, musicians, Fortune 100 businesses got all the attention and dominated the airwaves.

However, all of that's changed now. In today's world, nearly everyone who is willing to make an effort to create a 'personal brand' can make a difference and draw attention. The value it particularly brings to a business is priceless.

Most people do not even think much about having a personal brand and this brand-new concept is pretty unusual to them. It may also sound like daunting and a mythical task that can never be achieved. But in this online era, where things last forever on the internet, personal branding can be considered more important than ever even if you do not own a business.

If you are also planning to build your own 'brand' but you are not sure of how to proceed with it, this training session is the right place for you to take a step forward.

# Saturday 27th 17.00-19.00

## Workshop: Anatomy combined with Radiology - Hands on demonstration using the virtual life-size dissection table

What could you expect?

- A comprehensive presentation about our successful concept called “Virtual Anatomy combined with anatomical cadaver dissection”. We generate and use cadaver-specific non-enhanced and contrast-enhanced computed tomography (CT)-datasets from our body donors, presented on PCs next to the dissection table, during the dissection course to strengthen the anatomical knowledge of our students.

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- A lot of fun, no previous knowledge is necessary.

Come and explore “Anatomy combined with Radiology”!

The Institute of Anatomy and Cell Biology at the University of Heidelberg welcomes you!

# Sunday 28th 09.00-11.30

1- Pillar Sessions \*

2- NC Session\*

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3- Training: Team Building and Dynamics

2- Training: Emotional Intelligence

3- Training: Public Speaking

4- Virtual Patient Challenge Round 3\*\*

5- Hands-On Workshop Minimally Invasive Surgery (General surgery)  
(defined on page 37)

6- Anatomy combined with Radiology - Hands on demonstration using the  
virtual life-size dissection table (defined on page 35)

7- Doctors Without Borders - Talk

\* NCs, participants selected for pillar sessions will not be attending the workshops/training at this time. Except for the Virtual Patient Challenge if they are registered for it.

\*\*Only the 2 remaining finalists will be competing in this time. Participants who have attended the previous session(s) of the challenge will attend other sessions if their team is not in the finals.



# Sunday 28th 09.00-11.30



**Training: Team Building and Dynamics**

*Trainer: Thomas Hausmann (AMSA Vienna)*

Do you want to start your day reflecting on your past team experiences? Do you want to learn in depth how building a team actually works? Do you want to understand how team building affects teamwork? And do you want to experience all this put right into team action?

Then this workshop is the absolute right choice for you. Join me in connecting your personal team experiences with more theoretical knowledge in the first half of the session. And be a part of an amazing highly interactive activity I have planned for you for all of the second part of your morning.

Let's start building teams together!

**Sunday 28th 09.00-11.30**



**Training: Emotional Intelligence**

*Trainer: Anna Gumienny (EMSA Warsaw)*

The haste, routine and rush of everyday life can often make us dissociate from our feelings and lose focus on what important to us. Being future doctors, we must learn how to understand and distinguish our own emotions, in order to utilize them to provide the best possible care to our patients, as well as maintain healthy and happy personal life.

Do you want to learn how to connect with others in more effective way? How to live a more authentic, healthy and happy life?

Let's take a dive into human psyche and learn how to face and tame all the different emotions together!

**Sunday 28th 09.00-11.30**



**Training: Public Speaking**

*Trainer: Mustafa Efe Sukuroglu (EMSA Yeditepe)*



Do you have difficulties in oral exams at the Med School ? Is it too stressful for you to talk to the community? Do you think you have social phobia or glossophobia? You know, but talking drives you into anxiety? Do you want to know how to be an effective speaker? If you are having these problems and have these questions in mind, this is the best training opportunity for you.

Together with you, we will have a session includes suggestions, methods and resources that can be useful to improve your Public Speaking ability.

Join me if you want to say goodbye to feel nervous on the stage, have a stomach knots or sweaty palms.

# Sunday 28th 09.00-11.30


## Doctors Without Borders - Talk

Going to the field with Doctors Without Borders

Doctors Without Borders (Médecins Sans Frontières, MSF) is a private, international, aid organisation. It provides medical assistance to people affected by conflict, epidemics, disasters, or exclusion from healthcare. MSF teams are made up of tens of thousands of health professionals, logistic and administrative staff, working in more than 70 country worldwide. MSF's actions are guided by medical ethics and the principles of impartiality, independence and neutrality. A medical staff member will talk about their experience working in an MSF project in Bangladesh.



# Sunday 28th 12.00-14.30

- 1- Is he who heals always right? Workshop on Critical Thinking in the Medical Field
  - 2- Living Anatomy: Patient interaction as taught in the Heidelberg Curriculum Medicinale (defined on page 30)
  - 3- Field report from a migrated doctor
  - 4- Resilience in the medical profession
  - 5- Let's talk about sex, baby Love and borders
  - 6- Organ donation - European and ethical issues
  - 7- Training: Creative Thinking
  - 8- Training: Individual Growth and Influencing.
  - 9- Training: Creating Learning Experiences (How Do I Make My Content Stick)
  - 10- Training: Feedback
  - 11- Training: Stress Management
  - 12- Training: Decision Making
  - 13- Training: Communication Skills
  - 14- Anatomy combined with Radiology - Hands on demonstration using the virtual life-size dissection table (see page 35)
- 

# Sunday 28th 12.00-14.30

## Is he who heals always right? Critical thinking in the medical field

Should doctors aim for satisfied patients or the cure of disease?

Medical practice has always been a balancing act between treatment of disease and empathy for the patient. Now this field of tension enters into medical education as well. We all want affectionate, warm-hearted doctors who talk to us and make us feel well. Who cares, if the treatment they subscribe, actually works? Skills and competences prominently enter the medical curricula and replace transfer of content-based knowledge and rational thought. However, placebos never cure a condition. They might alleviate symptoms, but cure? No!

In this workshop, we will discuss critical thinking as something essential and integral for good medical practice. We will establish and use a simple toolbox for critical thinking, experiment with some common medical problems and discuss the importance of critical thinking for effective patient treatment and medical progress.

Petra Schling, a reknown researcher at the Centre for Biochemistry of Universität Heidelberg, will lead a workshop on critical thinking in which students will get a chance to explore ways to implement analytical reasoning into medical studies.

# Sunday 28th 12.00-14.30

## **Field report from a migrated doctor**

In this interactive workshop you will get to know the story of a migrated doctor, who is successfully working in the university medical center of Heidelberg right now. Mrs Khristenko is going to share her history with you, she will provide information, tips and tricks and discuss difficulties of the recognition process and the work in a foreign country.

## **Resilience in the medical profession**

This workshop provides a platform for becoming familiar with easy to apply techniques how to strengthen your resilience and handle emotionally challenging situations during work.

## **Let's talk about sex, baby Love and borders**

An approach of demonstrating the problems of sex and love between tinder, Sexting, and long distance relationships.

## **Organ donation - European and ethical issues**

This workshop is about organ transplantation. Especially we would like to take a closer look at the different systems in Europe and Eurotransplant as an European Organization. Moreover we will discuss ethical issues and cases.

**Sunday 28th 12.00-14.30**



**Training: Creative Thinking**

*Trainer: Liesa Stadhouders (IFMSA Rotterdam)*

Are you the one that always comes up with the crazy new ideas that no one else thought about? Would you like to be this person? In this training we are going to work that creative mind and associative skills. This is something that will not only come in handy while brainstorming about solutions for a problem, but also in everyday life, concentration and memory. Apart from that, it is also a lot of fun!





**Sunday 28th 12.00-14.30**



**Training: Individual Growth and Influencing**

*Trainer: Anna Tapani (HelMSIC Thessaloniki)*

Do you always set your goals high but don't always manage to accomplish them? Have you thought about becoming a better version of your, but don't actually know a particular way of doing so? Do you think that by changing a few elements in yourself, it could actually help you be sure that you did the best you could, either in your life or in your FMO?

If you are intrigued by any of the above, you are choosing the right training, the one that will focus on developing yourself as a matter of helping yourself and others be your best versions and perform at your most efficient.

**Sunday 28th 12.00-14.30**



**Training: Creating Learning Experiences  
(How Do I Make My Content Stick)**

*Trainer: Sophia Tolle (EMSA Frankfurt)*

Are you the one who wants to give your session this little extra?

This is for all of you out there responsible for teaching, training, making people learn!

Within this two hours, we will be taking a look at the bigger picture of learning and how to achieve your participants/students/trainees leaving the room full of awe and some meaningful learning points in their minds.



**Sunday 28th 12.00-14.30**



**Training: Feedback**

*Trainer: Trainer: Gabriel Cristian Vacaru (EMSA Cluj)*

Feedback is valuable information that will be used to make important decisions. Top performing companies are top performing companies because they consistently search for ways to make their best even better.

Either you are a trainer, med student or volunteering for sure your aim is becoming a top professional.

As we are working with different personalities and treating people, not diseases, we constantly rely on the impact our decisions generate. Agree? If yes, let's dive together into the art of giving, receiving and asking for feedback as together we will reveal how each detail counts!

**Sunday 28th 12.00-14.30**

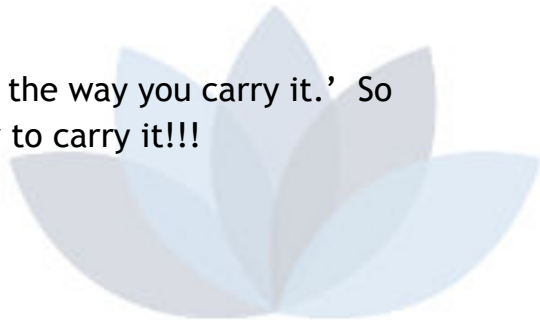


**Training: Stress Management**

*Trainer: Mehmet Utku Ozbek (EMSA Acıbadem)*

Surveys and researches show that most of the people struggle with stress issues. Though, we don't need to see the results of these surveys to understand how stress has invaded our lives, right? In our daily life, we come across with so many people - including us - having stress about any topic. As medical students, this word means a lot more to us. When we consider the long and hard path waiting for us in our life, it becomes more important to learn dealing with stress.

'It's not the load that breaks you down, it's the way you carry it.' So come and join me if you want to learn how to carry it!!!



**Sunday 28th 12.00-14.30**



**Training: Decision Making**

*Trainer: Burak Tunahan Ekincikli (EMSA Yeditepe)*

According to an article from Psychology Today, on average humans make about 35.000 decisions per day. If deciding on ‘things’ is this central to our lives, then why most of us find ourselves in situations where we are indecisive? What is decision making, anyways?

In this training, we will try to unpack what every one of us go through while making decisions and focus on the reasons that make “deciding” a challenging act. Join me to find out what solutions, tricks and thinking methods can help you when all the options look indiscernible!

**Make the right decision!**



**Sunday 28th 12.00-14.30**



**Training: Communication Skills**

*Trainer: Savvina Prapiadou (HelMSIC- Patras)*

Communication has a perception of being very simple. You just say what you feel and it's all straightened out. However, in reality, communication is a lot more complicated than that. What we say can be misunderstood and cause tension and chaos. I am sure that all of us at one time or another in our lives have suffered the consequences of miscommunication.

Join me as we try to discover the causes that get in the way of effective communication and the pillars of strong communication skills. Hopefully you will leave this training with some tools that will show you the road towards effective communication. Applying those communication skills will undoubtedly have multifaceted benefits in your future job and in your interpersonal relationships with peers and family!

# Editorial

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