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Association for International  
Lifelong Learning in Medicine



# Multidisciplinary Pain and Trauma Symposium MPTS 2026

**Current Clinical Approaches in Acute Pain  
and Trauma Management**

**HOTEL MUNDIAL, LISBON**

**6-8 OCT 2026**

**PROGRAMME**

# Multidisciplinary Pain and Trauma Symposium MPTS 2026

## Current Clinical Approaches in Acute Pain and Trauma Management

6-8 OCTOBER 2026 / HOTEL MUNDIAL, LISBON

6 OCTOBER 2026, FRIDAY

SCIENTIFIC PROGRAM

### DAY 1 | Foundations of Pain and Trauma

- 09:00 – 09:30      **Opening Remarks and Welcome**  
**Prof.Dr. Önder Ersan**
- 09:30-10:30      **Session 1 – Acute Trauma: First-Line Approach**  
**Initial Assessment in Trauma Patients –**  
**Emergency Perspective**  
**Dr.Helena Fernandes**  
**Orthopedic Trauma: Fracture Stabilization**  
**Principles**  
**Prof.Dr.Pedro Fernandes**
- 10:30-10:45      **Coffee Break**
- 10:45-12:15      **Session 2 – Pain Mechanisms and**  
**Multidisciplinary Management**  
**Pathophysiology of Acute and Chronic Pain**  
**Prof. Dr. Hany Demian**  
**Role of Muscle Spasm in Trauma-Related Pain**  
**Prof. Dr. Önder Ersan**
- 12:15-13:30      **Lunch Break**

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SCIENTIFIC PROGRAM

### DAY 1 | Foundations of Pain and Trauma

**13:30-15:00**      **Session 3 – Emergency & Primary Care Approach**  
**Pain Management in the Emergency Department**  
**Dr.André Sarmento**

**Red Flags in Trauma: When to Refer?**  
**Dr.Rui Pinto**

**15:00-15:30**      **Coffee Break**

**15:30-17:00**      **Rational Use of Muscle Relaxants in Acute Care**  
**Prof. Dr. Önder Ersan**

**Panel Discussion**

**Case-Based Interactive Session**

**Prof.Dr.Pedro Fernandes**

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7 OCTOBER 2026, SATURDAY

SCIENTIFIC PROGRAM

DAY 2 | Advanced Trauma Management and Rehabilitation

09:00–10:30      **Session 4 – Surgical and Non-Surgical Approaches**

**Surgical Decision-Making in Orthopedic Trauma**

**Dr. André Sarmiento**

**Neurosurgical Indications in Trauma**

**Dr. Nuno Loureiro**

10:30–10:45      **Coffee Break**

10:45–12:15      **Session 5 – Rehabilitation & Functional Recovery**

**Early Mobilization After Trauma**

**Dr. Filipe Almeida**

**Chronic Pain Prevention Strategies**

**Prof. Dr. Pedro Fernandes**

12:15–13:30      **Lunch Break**



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**SCIENTIFIC PROGRAM**

**DAY 2 | Advanced Trauma Management and Rehabilitationa**

**13:30-15:00**

**Session 6 – Special Populations**

**Trauma in Elderly Patients**

**Dr. Rui Pinto**

**Sports Injuries and Muscle Spasm**

**Prof. Dr. Önder Ersan**

**15:00-15:30**

**Coffee Break**

**15:30-17:00**

**Acute Back Pain Management Algorithms**

**Dr. Helena Fernandes**

**Interactive Case Discussions**

**Prof. Dr. Pedro Fernandes - All Faculty**



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8 OCTOBER 2026, SUNDAY

SCIENTIFIC PROGRAM

DAY 3 | Integrated Clinical Practice

09:30 – 10:30      **Session 7 – Evidence-Based Pain Management**

**Guidelines in Acute Trauma Pain**

**Dr. André Sarmiento**

**Safety Profile of Muscle Relaxants**

**Dr. Nuno Loureiro**

10:30 – 10:45

**Coffee Break**

10:45 – 12:15

**General Discussion & Closing Remarks**

**Prof. Dr. Önder Ersan**



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