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MEETING REPORT

REPORT FROM THE 18TH CONGRESS OF THE POSTGRADUATE ACADEMY 2024

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Abstract: On September 26-27, 2024, the 18th Congress of the Postgraduate Academy Interna 2024 took place. It was organized by Medical Tribune Polska Publishing House in an online format, under the scientific supervision of Prof. Dariusz Moczulski, MD, PhD. The Congress program includes six thematic sessions covering a wide range of topics Session I: Cardiology, Session II: Gastroenterology, Session III: Challenges in the general practitioner's office, Session IV: Pulmonology and allergology, Session V: Psychiatry and pain management, and Session VI: Hematology and nephrology. The congress agenda was based on placing strong emphasis on clinical cases and encouraged participants to actively discuss and exchange experiences

Keywords: internal medicine congress; internal medicine; multidisciplinary approach in internal medicine

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REPORT

The report presents an overview of the events of the 18th Congress of the Postgraduate Academy Interna 2024, held online on September 26-27, 2024, and organized by Medical Tribune Polska Publishing House. The congress program has been prepared in a convenient distance learning format, with the option of later viewing the presentations on the organizer's medVOD platform. The program includes six thematic sessions with the opportunity to actively ask questions in a dedicated real-time chat after each lecture [1]. Participation in the congress enabled participants to earn 11 educational points pursuant to the Regulation of the Minister of Health of October 6, 2004, on the manner of fulfilling the professional development requirements for physicians and dentists.

The 18th Congress of the Postgraduate Academy Interna 2024, entitled "How to help a patient before referring them to another specialist," was inaugurated by a speech from the scientific director, Prof. Dariusz Moczulski, MD, PhD, who briefly encouraged active discussion on the topics of the presentations, which in his opinion are common but also cause difficulties in the daily practice of internists.

First day of the conference

The session devoted to cardiology addressed topics such as conduction disorders, modern diagnosis of myocardial infarction, individualized treatment of hypertension, anticoagulant therapy, aortic valve stenosis, and the usefulness of guidelines issued by cardiology societies. Given the widespread prevalence of cardiovascular diseases in the Polish population, which account for 43% of deaths in Poland, it is likely that every participant has a portfolio of complex clinical cases [2]. During the discussion, many questions were raised concerning the implementation of conclusions drawn from scientific data and clinical trials.

The next session, devoted to gastroenterology, discussed clinical issues related to acute pancreatitis, swallowing disorders, and cholelithiasis. It also addressed the topic of balanced therapy with proton pump inhibitors and probiotics, as well as improving the quality of life in patients suffering from constipation. It is worth noting that current trends in proton pump inhibitor treatment assume, in most cases, limited duration of use, primarily due to the adverse effects they develop [3]. In the session concluding the first day of the conference, speakers addressed "challenges in the internist's office." The organizers defined them as follows: positive motivation of the patient to treat diabetes, suspected erysipelas – treatment, polymyositis, shingles through cases, fever after returning from a tropical country, and difficulties in maintaining a healthy weight (yo-yo effect) after intentional weight loss in obesity. The chat room was abuzz with participants sharing their experiences and personal assessments of their struggles with the aforementioned challenges, after which the inaugural day of the congress came to a close.

The second day of the conference

The second day was just as interesting. It consisted of three sessions, followed by a "question and answer" session. The morning session, devoted to pulmonology and allergology, focused on the initial diagnosis of chronic cough, nasal breathing disorders, viral respiratory tract infections (RSV, influenza), and initial interventions for pollen and food allergies that can be performed in an internal medicine office.

The discussion focused on topics related to the diagnosis and treatment of respiratory viral infections, including complications, which have become much more significant since the start of the SARS-CoV-2 pandemic.

The subsequent session of the day was devoted to mental health issues. It can be said that the issue of patients with anxiety disorders and depression is important from the point of view of internal medicine specialists, as these conditions often complicate the course of somatic diseases. Another pillar of this session was appropriate treatment of post-traumatic and chronic pain, which should be tailored to the multimorbidity of the aging patient population. The conclusions emphasized the need for proper diagnosis (understanding the pathophysiology of pain) and individualization of analgesia, including the prevention of opioid addiction.

The final session, which concluded the congress, was entitled: "Hematology and Nephrology." In subsequent lectures, speakers demonstrated the usefulness of common laboratory tests in the initial stages of differential diagnosis of hematological disorders (pancytopenia, anemia), the appropriate path for patients to obtain specialist care, and the issue of iron supplementation in cases of iron deficiency. In addition, the management of hematuria and the nephrological aspects of the safety of contrast agents during radiological examinations (currently in widespread use) were discussed. After the last chat session, the conference was officially closed by the scientific director, who thanked the speakers and participants of the event and announced that it would continue next year.

CONCLUSION

During two intense days of the Congress, a number of internal medicine issues and everyday dilemmas faced by practicing physicians were presented. Once again, it has been proven that a comprehensive approach enables more effective and better diagnosis and treatment of patients, and the great potential of a competent internist has been demonstrated. In the course of ongoing medical specialization, a holistic approach seems to be an asset that cannot be overestimated, although the assistance of specialists in narrow fields can be very helpful in certain cases.

AUTHORS' DECLARATION

Manuscript Preparation: Szymon Nazar. The author declares that there is no conflict of interest.

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