

4TH INTERNATIONAL CONGRESS ON REHABILITATION NURSING

13th National Congress on Rehabilitation Nursing

"Rehabilitating for Life"

SEPTEMBER 10–12, 2026

School of Health of Viseu (ESSV) · Portugal



SCIENTIFIC PROGRAMME



DAY 10 THURSDAY · PRE-CONFERENCE

14:30 – 18:00 | WORKSHOPS (Parallel Sessions)

1st Workshop Cycle · 14:30 – 16:00

SALA	WORKSHOP	FORMADOR/A
Room 1	Advanced Techniques in Respiratory Rehabilitation	Sérgio Vaz
Room 2	Neuromuscular Taping (Kinesio Taping)	Tiago Saramago
Room 3	Paediatric Respiratory Rehabilitation	Luciana Rodrigues
Room 4	Electrical Stimulation / FES	Luís Fernandes

16:00 – 16:30 | Coffee Break

2nd Workshop Cycle · 16:30 – 18:00

SALA	WORKSHOP	FORMADOR/A
Room 1	Advanced Techniques in Respiratory Rehabilitation	Sérgio Vaz
Room 2	Neuromuscular Taping (Kinesio Taping)	Tiago Saramago
Room 3	Paediatric Respiratory Rehabilitation	Luciana Rodrigues
Room 4	Electrical Stimulation / FES	Luís Fernandes

18:10 | Encerramento do Pré-Congresso



DAY 11 FRIDAY · INNOVATION, EVIDENCE AND GLOBAL CHALLENGES

08:45 – 10:00 | ORAL COMMUNICATIONS SESSION

10:00 – 10:30 | OPENING CEREMONY

- President of the Polytechnic Institute of Viseu | IPV
- President of the School of Health of Viseu | ESSV
- President of the Viseu Municipal Council | CMV
- President of the Portuguese Order of Nurses | OE
- Director of Nursing, Unidade Local de Saúde Viseu Dão Lafões | ULSVDL
- Chair of the Rehabilitation Nursing Specialty College | MCEER
- President of the Portuguese Association of Rehabilitation Nurses | APER
- Scientific Coordinator of Health Sciences Research Unit: Nursing | UICISA:E
- Coordinator of the Master's Degree in Rehabilitation Nursing | CMER

10:30 – 11:00 | Coffee Break

11:00 – 11:45 | OPENING KEYNOTE LECTURE

‘BETWEEN ALGORITHMS AND PEOPLE: ARTIFICIAL INTELLIGENCE, ETHICS AND THE FUTURE OF REHABILITATION NURSING CARE IN A HEALTHCARE SYSTEM UNDERGOING TRANSFORMATION’

- **Cristina Baixinho** | *Nursing School of Lisbon, University of Lisbon*
- **Gonçalo Santos** | *University of Coimbra*

Moderator: Paula Rocha | Lecturer, ESSV

11:45 – 12:15 | KEYNOTE ADDRESS

‘HOW TO PRODUCE SCIENTIFIC WORK WITH INTERNATIONAL IMPACT’

KEYNOTE SPEAK INTERNATIONAL

- **Anne Deutsch** | *Editor-in-Chief, Rehabilitation Nursing Journal (RNJ) | ARN*

Moderator: Susana Batista | Lecturer, ESSV

12:15 | MUSICAL INTERLUDE

12:30 – 14:00 | Lunch

14:00 – 15:30 | THEMATIC PANEL 1

TECHNOLOGICAL INNOVATION AND DIGITAL TRANSFORMATION IN REHABILITATION: INTERNATIONAL EXPERIENCES

- The Living Virtual Patient: A Persistent, Real-Time Patient Model for Immersive Rehabilitation Training in the metaverse
- Innovation in Rehabilitation: Insights from a Greek Physiotherapy Research Laboratory
- Innovation and Elderly Care Challenges in East Asia

France - Université Polytechnique Hauts-de-France- VECOS | MEDVERSO

- Makram Mestiri

Greece - University of the Peloponnese

- Maria Tsironi
- Georgios Papagiannis
- Antonia Maraziot
- Maria Kyriakidou

China - Internationals Students | University of Coimbra

- Kehui Deng, Misael Calderon e Zihan Zhao

Moderators: Susana Batista & Sofia Marques | Lecturers, ESSV

15:30 – 17:00 | THEMATIC PANEL 2

REHABILITATION OF PEOPLE WITH CARDIAC DISORDERS

- Structured Cardiac Rehabilitation Programmes (Phases I–III)
- Therapeutic Education and Exercise Prescription
- Quality Indicators Sensitive to Rehabilitation Nursing Care
- Telerehabilitation and Integration with Community-based Care

Speakers

- Maria Loureiro, *Nursing School, University of Coimbra*
- Bruno Delgado, *Faculty of Health Sciences and Nursing at the Catholic University*
- Fátima Marques, *Trás-os-Montes and Alto Douro Local Health Unit*
- Carina Rebelo, *Aveiro Region Local Health Unit*

Moderator: Master's Student, CMER

17:00 – 17:30 | Coffee Break

**17:30 – 18:00 | WORLD CAFÉ - BRIDGING PRACTICE, ACADEMIA AND RESEARCH:
REHABILITATION NURSING PRACTICE GROUPS (NERs)
AT THE CENTRE OF THE DEBATE**

- Bringing together clinical practice (Rehabilitation Nursing Units), academia (ESSV) and research (UICISA:E), the World Café will focus on discussing ideas and sharing strategies focused on identifying common challenges, promoting a collaborative network, and building innovative rehabilitation projects.

Invited Rehabilitation Nursing Practice Groups (NERs)

- Viseu · Guarda · Trás-os-Montes e Alto Douro · Coimbra · Aveiro · Porto

Guest Research Unit - UICISA:E

- João Apóstolo, *Scientific Coordinator of UICISA:E*

Moderators: Susana Batista, Paula Rocha & Catarina Rodrigues | Lecturers, ESSV

20:30 | Congress Dinner



DAY 12 SATURDAY · CLINICAL COMPLEXITY, TRANSITION AND AUTONOMY

08:45 – 10:00 | ORAL COMMUNICATIONS SESSION

10:00 – 11:00 | THEMATIC PANEL 3

REHABILITATION OF PEOPLE WITH RESPIRATORY DISORDERS

- Advanced Intervention in Respiratory Pathology
- Community-based and Home Care Programmes
- Continuity of Care: the Role of Family and Caregivers
- Telerehabilitation in the Self-management of Chronic Respiratory Disease: the ReabDigital Project

Speakers

- Liliana Silva, *Matosinhos Local Health Unit*
- Cláudia Dias, *Gaia Espinho Local Health Unit, APER*
- Sérgio Vaz, *Trás-os-Montes and Alto Douro Local Health Unit*

Moderator: Master's Student, CMER

11:00 – 11:30 | Coffee Break

11:30 – 12:30 | THEMATIC PANEL 4

REHABILITATION OF PEOPLE WITH NEUROLOGICAL DISORDERS

- Neuroplasticity: New Paradigms in Functional Recovery
- Neurological Dysphagia: From Specialised Assessment to Safe Rehabilitation
- Transition of Care After Stroke: The Role of the Rehabilitation Nurse Specialist in Preparing Patients and Their Families

Speakers

- João Cerqueira, *University do Minho*
- Isabel Oliveira, *Nursing School, University of Coimbra*
- Catarina Fernandes, *Coimbra Local Health Unit*

Moderator: Master's Student, CMER

12:30 – 14:00 | Lunch

14:00 – 15:00 | THEMATIC PANEL 5

REHABILITATION OF PEOPLE WITH ORTHOPAEDIC DISORDERS

- The rehabilitation nurse's contribution to a Fracture Liaison Service (FLS)
- “+Perto” (“Closer”) Programme
- “Movimento+ em Casa” (“More Movement at Home”) Project

Speakers

- Georgina Pimentel, *Coimbra Local Health Unit*
- Olga Ribeiro, *Nursing School, University of Porto*
- Luís Fernandes, *Coimbra Local Health Unit*

Moderator: Master's Student, CMER

15:00 – 15:30 | REHABILITATION NURSING PRACTICE GROUPS (NER's) AT THE CENTRE OF THE DEBATE — Outcomes

- Presentation of the ideas and strategies analysed and discussed with the Rehabilitation Nursing Practice Groups, followed by a research perspective on the outcomes.

Invited Rehabilitation Nursing Practice Groups (NERs)

- Viseu · Guarda · Trás-os-Montes e Alto Douro · Coimbra · Aveiro · Porto

Comment from the Guest Researcher - UICISA:E

- João Apóstolo, *Scientific Coordinator of UICISA:E*

Moderators: Susana Batista, Paula Rocha & Catarina Rodrigues | Lecturers, ESSV

15:30 | CLOSING SESSION

- Award Ceremony
- Acknowledgements
- Announcement of the Next Edition

