

Preface: VII Poster Sunset Session—ESSUAlg 2024 [†]

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1. Introduction

The event “Poster Sunset Session” began in 2017 at the School of Health of the University of Algarve (ESSUAlg), bringing the premise that scientific knowledge depends on research and critical analysis and that the exchange of ideas and information is an essential part of the continuous development process. This event was conceptualized and prepared by professors of the Pharmacy Department at ESSUAlg. The idea of “sunset” was based on the beautiful view over Ria Formosa (Faro, Portugal) that the previous building of ESSUAlg offered at dusk.

The goal of this event was that the professors from ESSUAlg could present their work and projects, thus promoting interaction between colleagues. It was expected that both results, already published or previously presented in an article or a congress, could be presented and discussed. The presentations could also include unpublished findings and projects at various stages, such as proposals, ongoing work, or in development, even if they lacked complete results or only had initial findings. Since ESSUAlg represents diverse areas (clinical analyses and public health, dietetics and nutrition, nursing, orthotics, pharmacy, physiotherapy, radiology, speech, and language therapy), the topic was free.

Initially based as a poster exhibition and informal presentation (2017, 2018, and 2019 editions), due to COVID-19 constraints and confinements, the 2020 edition was postponed, and an online event was prepared for the 2021 and 2022 editions. In these cases, the presentation of the work was made in slide format, previously recorded in video format by the presenting author, followed by discussion on an online meeting platform. Maintaining the format of the previous editions, since 2023 the posters were still presented in a flash talk format but presented in person, allowing increased interaction and fruitful discussion.

The aim of this event is to facilitate scientific discussion between professors and researchers from different areas and interests, making known the research carried out at ESSUAlg in the various areas, as a way of promoting collaboration between them and between the different departmental areas. As a way of further stimulating this cooperation between different areas, since 2023, the Organizing Committee (OC) has established the awarding of honorable mentions to professors who present work or projects that reflect this same cooperation (i.e., authors from at least two departmental areas from ESSUAlg). It was with great pride that the OC awarded the first honorable mention in 2023, two in 2024, and hopefully many more in future editions.



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2. Committee Members

Organizing and Scientific Committee

The organizing and scientific committee is composed of professors from the Pharmacy Department of ESSUAlg, who together built the idea of the event: Ana Luísa De Sousa-Coelho, Luis Braz, Margarida Espírito-Santo, M. Dulce Estêvão, Mónica T. Fernandes, and Tânia Nascimento.

3. Speakers

Rita Possante, "Evaluation of the mutational status of MMR genes in Endometrial Cancer in a Population attending the Centro Hospitalar Universitário do Algarve".

João Furtado, "Comparison of Molecular Subtypes of Breast Cancer in Two Different Age Groups".

Margarida Espírito-Santo, "Impact of nutrition and physical activity on body composition".

M. Dulce Estêvão, "UAlg Faculty Peer Mentoring Program—to observe and be observed".

João Carlos Martins Felício, "The Intervention of Physiotherapy in the improvement of facial mimicry in a Peripheral Facial Palsy associated with a Pregnancy: A Case Report".

Inês Gago-Rodrigues, "Prevalence of Prostate Cancer in a Population attending the University Hospital Center of Algarve".

Rui Plácido Raposo, "Quality control in the pre-analytical phase: Interference of the blood-anticoagulant ratio in the analysis of PT and aPTT".

Nídia Braz, "Chemical and Health Risks of Swimming Pool Maintenance Workers".

Ana Luísa De Sousa-Coelho, "On the run—comparing bioimpedance analysis (BIA) using portable devices".

Luís P. Ribeiro, "Interpretation of Many-Valuedness in Quality of Life Instrument".

Ezequiel Pinto, "Perceptions of insects and algae as alternative protein source".

Mónica T. Fernandes, "The immune tumor microenvironment in gliomas: may CITED2 play a role?"

Rui Cintra, "Errors in the administration of single-dose dry powder inhalers in patients with chronic obstructive pulmonary disease (COPD)".

Tânia Nascimento, "Prevalence of Potentially Inappropriate Medication Use in Older Adults with chronic disease".

Maria Palma Mateus, "Food Insecurity in Higher Education Students".

João Pinheiro, "Bone mineral density and body composition among individuals who practice sports with mechanical impact and sedentary activities".

4. Future Perspectives

Across seven editions, the "Poster Sunset Session" has transformed, innovating traditional formats to meet evolving requirements and circumstances. This evolution included delving into virtual and hybrid event models to improve accessibility, ensure consistency, and maximize networking opportunities. Subsequent gatherings should uphold the practice of exchanging preliminary research, gathering feedback, and fostering partnerships among peers, as these interactions are crucial for professional development and the progression of research endeavors at the academic level.

Conflicts of Interest: The authors declare no conflicts of interest.

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