

MEETING ABSTRACTS

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# Center for Interdisciplinary Research in Health (CIIS) National Meeting 2023

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The Center for Interdisciplinary Research in Health (CIIS) is the research center of the Universidade Católica Portuguesa (UCP) focused on health care. The Center is organized in five platforms, and distributed in four geographies across Portugal: Lisbon, Porto, Viseu and Sintra (Table 1). The center has currently 155 active researchers and attracted funds exceeding 10M€.

For the first time ever, CIIS has organized a National Event that included researchers from all platforms and disciplines, in a truly interdisciplinary and translational scientific event, counting 117 registered participants and 120 abstracts. The meeting took place at the Faculty of Medicine, in the Sintra campus, on the 31<sup>st</sup> March and 1<sup>st</sup> April 2023. The Scientific Committee of the CIIS National Meeting decided that the theme for the meeting is *Interdisciplinary Health Care*. Rather than clustering researchers by platform or discipline, we decided to create three working sessions that are inclusive to everyone and not restricting the presentations by discipline, being therefore, interdisciplinary. These are: 1 – *Translational Care*; 2 – *Clinical Care*; and 3 – *Community Care*.

The meeting was held in the presence of the Universidade Católica Portuguesa Rector Professor Isabel Capelo Gil, the Vice-Rector Professor Peter Hanenberg, the Director of the CIIS, Professor Marlene Barros, the Director of the Faculty of Medicine, Professor António Almeida and the guest speaker Professor Tomáš Zima, Charles University, Prague, Czech Republic, and hosted by the Deputy Director of the CIIS, Professor Paulo J. G. Bettencourt.

For two days, papers were presented by invited speakers within each session, and posters were presented by CIIS researchers and students, in a highly anticipated poster session. All abstracts were peer-reviewed. To bring further excitement to the poster session, the Meeting Scientific Committee selected the best poster from each platform to receive the Best Poster Award. Finally, the CIIS platform coordinators presented their plans and vision for the future.

Following the success of this meeting, the Scientific Committee of the National Meeting, decided to implement yearly meetings of the Center.

We would like to acknowledge all CIIS members, staff and students that accepted the challenge of participating in this event, presenting their most recent data, sharing their knowledge, and making this truly an interdisciplinary health care event.

We hope this meeting has contributed to share the latest scientific achievements of all members and promoted the beginning of new collaborations for the future, keeping in mind the main goal of improving health care with an interdisciplinary view, to ultimately improve quality of life, with humanity and spirituality at the center of all scientific quests.

## Acknowledgements

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**Table 1 Platforms of the Center for Interdisciplinary Research in Health**

Name	Location	Head
Neurosciences	Lisbon and Porto	Prof. Ana Mineiro
Nursing	Lisbon and Porto	Prof. Paulo Alves
CatólicaMed	Sintra	Prof. Paulo Bettencourt
SalivaTec	Viseu	Prof. Nuno Rosa
Precision Dental Medicine	Viseu	Prof. André Correia



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## Background

Cancer-related oral mucositis (OM) affects mostly children and can seriously impact their nutritional intake, oral-care, quality of life and, at times, course of treatment. As main carers, parental knowledge is essential during OM episodes. There are several therapeutic options, which require clinical evidence. The purpose of this study was to report both parental literacy and evidence-based knowledge of OM.

## Materials and methods

A parent questionnaire was used on a convenient sample, at a Paediatric Cancer Ward, addressing oral health and OM management. Additionally, a systematic review based on the PRISMA guidelines, was performed in PubMed/MEDLINE®, Embase and grey literature databases. Selection criteria were applied to retrieve articles in the last 20 years, in English and Portuguese.

## Results

In our sample, cancer treatment related oral complications were high, however oral hygiene measures and dental professional support was not always available. In the literature review, a total of 11693 articles were obtained and after careful selection, according to pre-determined eligibility criteria, 6 articles were included. There is a growing body of evidence on the use of natural products in treating OM.

## Conclusions

Oral health support should be given to parents of children being treated for cancer. There are several therapies in the management of OM, however evidence level varies. Good quality randomized control trials are still required. Providing better professional oral care and empowering the parents of children treated for cancer is paramount to improve management of these patients.

This study was kindly funded by the "4ª Edição Prémio Rui Osório de Castro / Millennium BCP": <https://froc.pt/4a-edicao-premio-rui-osorio-de-castro-millennium-bcp-venecedor-e-mencoes-honrosas/>

## P38

### - Squamous cell carcinoma: apropos of a clinical case

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## Background

Squamous Cell Carcinoma (SCC), also known as Epidermoid Carcinoma represents more than 90% of all malignant tumors that occur in the oral cavity. It mainly affects males, aged between 50 and 80 years. However, some studies show an increase in the development of this pathology in patients younger than 45 years. Tobacco use and alcohol consumption are well-established risk factors. However, a small proportion (15-20%) occurs in patients without a history of smoking and alcoholism, suggesting the presence of other risk factors.

## Case Report

This paper reports the case of a female patient, 73 years old, with an ulcerated, fixed, indurated lesion, located on the right lateral-posterior border of the tongue, with clearly defined margins. The patient had no risk factors and believed she had a traumatic ulcer caused by tooth 47. After extraction of the tooth, there was no regression of the lesion. The treatment performed consisted of excisional biopsy. After total excision, the surgical specimen was sent for histopathological analysis, confirming the diagnosis of well-differentiated keratinizing squamous cell carcinoma, with invasion of the chorion, reaching the most superficial bundles of the muscle proper in the anatomical region. Because of the aggressive nature of the SCC and complex treatment options, the patient was referred to an oncology service for a strict follow-up.

## Conclusion

In fact, squamous cell carcinoma represents the majority of tumors in the oral cavity and should be considered when there is an ulcerated lesion, with no history of traumatic factors, and which does not heal. In the case in question, the continuation of the symptoms after the extraction of the tooth ruled out the hypothesis of a traumatic lesion, which led to the performance of an excisional biopsy, dictating the

diagnosis of squamous cell carcinoma. In short, even though there are no risk factors and little propensity at the gender level, all hypotheses must be considered. A good anamnesis, clinical and histopathological examination are always essential for a correct and definitive diagnosis. Informed consent was obtained and all methods were performed in accordance with the Declaration of Helsinki principles for medical research involving human subjects and following the requirements established by Portuguese Law n.º 21/2014 for clinical research.

## P39

### - Verrucous carcinoma: apropos of a clinical case

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## Background

Verrucous carcinoma is a low-grade variant of oral squamous cell carcinoma. It is more common in males, over 55 years old (65-70 years old) and is usually associated with chewing tobacco. Its preferred location is the bottom of the vestibule, gums, buccal mucosa, tongue and hard palate.

## Case Report

This paper reports the case of a male Brazilian patient, 67 years old, former tobacco user (about 20 years), diagnosed with metabolic syndrome and with a history of chronic alcoholism, sporadic depression and anxiety. The patient had a white, extensive lesion on the right lateral border of the tongue, with a long evolution time, well delimited, not removable by scraping, without painful symptoms and with verruciform projections on the surface. There was also an increase in cervical lymph nodes. The treatment performed consisted of incisional biopsy. The surgical specimen was sent for histopathological analysis, obtaining a provisional diagnosis of papillomatous squamous proliferation and suggesting the need of a differential diagnosis with verrucous carcinoma. Given the extent of the lesion, the patient was referred to the IPO (Portuguese Institute of Oncology) for histopathological examination of the entire lesion, which confirmed the definitive diagnosis of verrucous carcinoma. The patient has been subject to periodic follow ups in the last 5 years without any recurrence.

## Conclusion

As seen in the present case, verrucous carcinoma usually appears extensive at the time of diagnosis, and in the form of a verrucous lesion, with slow and progressive growth, which histopathologically presents a misleading benign appearance. A good anamnesis (looking for risk factors), a detailed clinical examination that evaluates all aspects of a lesion (color; ulceration; bleeding; growth; consistency; duration; fixation) and an adequate histopathological examination are always essential for a correct and definitive diagnosis.

Informed consent was obtained and all methods were performed in accordance with the Declaration of Helsinki principles for medical research involving human subjects and following the requirements established by Portuguese Law n.º 21/2014 for clinical research.

## P40

### - The perception of occlusal plan inclination

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## Background

The integration of dental prostheses into the patient's face and smile is a key factor for an aesthetically pleasing restorative outcome. The importance of dental and rehabilitation aesthetics has increased in the last decades, as a result of a greater demand from patients and dentists. Aesthetics and beauty are defined in the literature as a subject