



SPMI

Sociedade Portuguesa de Medicina Interna

Initiatives, Structure and Priorities of Portuguese Internal Medicine

EFIM Day 2026 | Brussels, Belgium | 16 October 2026

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Who We Are

Founded in 1951, the Sociedade Portuguesa de Medicina Interna is the scientific and professional home of Internal Medicine in Portugal. In 2026 we celebrate our 75th anniversary. SPMI promotes the scientific, professional and educational development of the specialty, and represents Internal Medicine before health authorities, hospitals and the public.

Core values

- Scientific rigor and continuous education
- Patient-centred, holistic care
- Advocacy for the specialty and its physicians

1951

Year founded — 75 years in 2026

22

Working Groups (Núcleos de Estudo)

2

Scientific journals

2024–
27

Board mandate, chaired by Dr. Luís Duarte Costa

Governance — Órgãos Sociais (2024–2027 mandate)

Direcção (Board)



President

Luís Duarte Costa



Vice-President

Isabel Fonseca



Vice-President

Vasco Barreto



Vice-President

Nuno Bernardino



Secretary-General

Bruno Grima



Asst. Secretary

Mafalda Santos



Asst. Secretary

Carolina Guedes



Asst. Secretary

Anabela Oliveira



Treasurer

Fernando Salvador

General Assembly

- President: António Oliveira e Silva
- Vogal: Francisca Delerue
- Vogal: Edite Nascimento

Fiscal Council

- President: Susana Marques
- Vogal: João Porto
- Vogal: Diana Fernandes

An annual meeting brings together the Board and the coordinators of all Working Groups (Núcleos de Estudo), reinforcing a culture of shared strategy across the Society.

22 Working Groups

Known locally as Núcleos de Estudo — one for every domain of Internal Medicine.



Two new candidacies are already before the Board — Perioperative Medicine (NEMPO) and Digital Health & AI (NESDIA) — with a third, Ambulatory Medicine, expected shortly. Together they would bring the total to 25.

Our Training & Research Infrastructure

FORMI

Centre for Training in Internal Medicine

Created in 2015 and DGERT-certified since 2018, FORMI runs SPMI's annual training plan — over 20 activities per year, spanning residency courses, CME, and the annual Recepção ao Interno for new residents. It is housed at SPMI's headquarters in Lisbon.

EIMI

Teaching & Research Centre in Internal Medicine

EIMI promotes clinical research and scientific production among internists, supporting protocol design, multicentre studies, and the publication culture that underpins evidence-based Internal Medicine in Portugal.

Scientific Publications



Medicina Interna

revista.spmi.pt/

SPMI's flagship peer-reviewed journal, publishing original research, reviews and clinical cases from Portuguese internists.



SPMI Case Reports

casereports.spmi.pt/index.php/cr

A dedicated outlet for clinical case reports, encouraging residents and specialists alike to publish teaching cases.

Promoting research and publication among internists remains a strategic priority for the current Board — see Section 05.

National Congress of Internal Medicine

Portugal's largest annual gathering of internists, combining scientific sessions, pre-congress courses, and award ceremonies for clinical case and research communications.

32nd CNMI — held

Lagoa | May 2026

- Over 1,500 registered participants
- Around 2,000 scientific communications submitted
- A landmark edition marking SPMI's 75th anniversary year

33rd CNMI — announcing

Lagoa | 20–22 May 2027

- Pre-congress courses for residents and specialists
- Scientific communications: clinical cases, case series, posters
- Awards juries across multiple categories

Education & Training



Residency courses

A structured annual catalogue delivered through FORMI, covering clinical, procedural and non-technical skills.



Certification pathways

Working toward recognized competency certificates for internists in specific technical and clinical skills.



Distance learning

E-learning modules and webinars to extend training beyond in-person events, reaching internists nationwide.



International exchange

Fellowships and collaboration with EFIM and partner societies to expose trainees to European best practice.



Our Mandate: Two Strategic Priorities

What the 2024–2027 Board is focused on



Two Priorities, One Mandate

Everything the Board pursues in this mandate serves one of two goals.

01

Advance Research & Publication

Growing the volume and quality of scientific output by Internal Medicine in Portugal.

02

Structural Reform of Hospital Care

Influencing policymakers toward hospital reorganisation, new payment models and certification for Internal Medicine.

Advancing Research & Publication

Internal Medicine must produce more, and better, science. Two concrete levers are already in motion.

New: EIMI Research Fellowships

EIMI is launching structured research fellowships (estágios de investigação), giving internists dedicated time and mentorship to design and run clinical studies — turning research from a side activity into a supported career path.

Ongoing: Awards & Research Grants

SPMI has awarded research prizes and grants (prémios e bolsas de investigação) for several years, and continues to sustain this programme — a proven, ongoing complement to the new EIMI fellowships in building a genuine research culture.

Structural Reform — A Doctrinal Foundation

SPMI and CEMI jointly published a position paper setting out the case for reform, in the tradition of SGIM (2004) and EFIM (2005) statements on the specialty's role.

“Medicina Interna: O Valor de Integrar”

(“Internal Medicine: The Value of Integrating”)

- Integration is a clinical value in itself: the more specialised care becomes, the more it needs a specialty that turns differentiated inputs into one coherent decision for the patient.
- Services should be sized by everything they do, not just by beds — with emergency-department duties reorganised so they no longer crowd out other missions.
- Rigour must run both ways: greater autonomy, resources and recognition (including pay) for Internal Medicine, matched by real commitments on training, certification and outcomes.

Four Working Groups, One National Model

Under a joint SPMI–CEMI Coordination, four working groups are turning the position paper into a national model for Internal Medicine.

Group 1

Organisation & Certification

National model for organising IM services — inpatient, ambulatory and differentiated care areas — and a service certification framework.

Group 2

Quality, Outcomes & Incentives

Clinical and patient-reported outcome indicators, and incentive models shifting reimbursement from volume toward value.

Group 3

Hospital Reorganisation

A clinical-responsibility matrix, co-management models, IM's role in the ER, and patient care pathways across hospital levels.

Group 4

Training, Career & Leadership

Training for the 21st-century internist, professional differentiation, career progression and clinical leadership.

Shared goal: a stronger Internal Medicine, for a more integrated, patient-centred hospital.

Certifying Services, Recognising Merit

Working Group 1 is designing a national certification model for Internal Medicine services, run jointly by SPMI and CEMI, with three levels of differentiation.

Base

Baseline organisational and clinical-safety requirements

Diferenciado

Structured teaching, training and audit capacity

Referência

Reference-level research, subspecialisation and outcomes

Working Group 2 is developing incentive models (2F) that link funding to quality, complexity and coordination — moving progressively from volume-based to value-based payment for Internal Medicine.

Putting It to the Field: The Directors' Meeting

Meeting of Department Directors & Training Coordinators

Theme: Hospital Reorganisation

12 December 2026 | Hotel S. Divine, Fátima

Opened jointly by the SPMI and CEMI presidents with the presentation of the joint position paper, the day puts the working groups' proposals directly to those who run departments — closing with SPMI's 75th-anniversary dinner.

Agenda Highlights

Theme 1

Internal Medicine's role in the Emergency Department

Theme 2

The departmental model: relations with other specialties, multidisciplinary functional units, and medical–surgical co-management

Open floor

Directors' own proposals, gathered beforehand by questionnaire

Growing Our Network of Working Groups

Three new Working Group candidacies respond directly to where Internal Medicine practice is evolving.

Perioperative Medicine

NEMPO

Internal Medicine's growing role coordinating surgical patients' care before, during and after surgery.

Digital Health & Artificial Intelligence

NESDIA

AI-assisted decision support, digital tools and remote monitoring applied to Internal Medicine practice.

Ambulatory Medicine

proposal pending submission

Structured ambulatory pathways as an alternative to conventional admission for selected patients.

Two candidacies are already before the Board; the third awaits formal submission. Together, they would grow SPMI's Working Groups from 22 to 25.

Growing Our Bilateral Ties

Two partnerships, two stages of the same journey — learning directly from societies who share our reality, starting close to home and reaching outward.

SEMI — Spain

Our closest peer

The Sociedad Española de Medicina Interna shares a strikingly similar profile — comparable scope of practice, the same pressure from emergency and subspecialty services, and a parallel push for hospital reform. A long-standing, natural first partner for exchanging strategy and advocacy.

DAHUDER — Türkiye

Our newest addition

SPMI is now building ties with the Turkish Society of Internal Medicine, with a joint symposium planned for November 2026 — a first concrete step toward exchanging experience beyond the Iberian Peninsula.



Thank You

SPMI • Celebrating 75 years (1951–2026) of Internal Medicine in Portugal, and looking ahead to a stronger, better-recognised specialty across Europe.

Luís Duarte Costa, President | [contact via spmi.pt](https://spmi.pt)