

# DEVELOPING NEW INTERDISCIPLINARY CONGRESS FORMATS



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Discussing issues – sharing information – gaining new insights by collaborating on different disciplines – turning knowledge into practice: The various specialist topics are no longer considered individually, but instead the substantive issues of different scientific fields are linked together and discussed in combination with societal demands.

Interdisciplinary cooperation not only expands our scientific horizon, but it also enables us to change the perspective of one's own discipline by reflecting on current methods and questioning the scope and limits of their applicability.



There is no doubt that interdisciplinarity holds many opportunities. Its advantage lies first and foremost in the fact that problems, which cannot be clearly assigned to established disciplines, are solved - thus opening new fields of research. This newly found opportunity for the exchanging of knowledge offers a suitable platform and a way to introduce and establish new congress formats.

CPO HANSER SERVICE GmbH, which is based in both Berlin and Hamburg, has many years of experience in the conception and strategic development of medical events. CPO HANSER SERVICE has been planning and developing the Sports, Medicine and Health Summit (SMHS) in collaboration with

the German Society for Sports Medicine and Prevention (DGSP) since 2018. Due to the pandemic, it had to be postponed twice and finally took place as a virtual congress for the first time in 2021.

The Sports, Medicine and Health Summit's vision is to promote a healthier lifestyle by encouraging people to exercise. This vision is supported by the scientific and subject-specific discourse (interdisciplinarity), the exchanging of ideas amongst various professional groups (multiprofessionality), the transfer of scientific findings with regards to physical activity (knowledge transfer), the promotion of sports by forming specialist groups (behavioural prevention) and the creation of a suitable political framework (structural prevention).

Numerous important steps have already been realised: e.g. the signing of the "Hamburg Declaration" during the summit. It was signed by more than 50 national and international

organisations, professional societies, and sports associations (such as the IOC International Olympic Committee and FIMS World Federation of Sports Physicians), which have subsequently committed themselves to setting a public example against physical inactivity in society. CPO HANSER SERVICE aims to continue to bring the Hamburg Declaration to life. The next sports summit will be taking place in the Hanseatic city of Hamburg in the year 2023, followed by the ones in 2025, 2027 ff. to ensure continuity and sustainability.



Another new interdisciplinary congress that will follow soon is the BBS - Berlin Brain Summit, which is set to take place in June of this year. The congress, which has been carefully planned and set into motion by CPO HANSER SERVICE is set to take place in June of this year. The BBS is a place for neurologists, psychiatrists, healthcare specialists from different disciplines and pharmacists to discuss healthcare policy challenges together with partners from the

pharmaceutical industry. The congress offers, among many other things, a forum for interdisciplinary exchange - a critical, interprofessional and evidence-led communication of current knowledge on diagnosis and the treatment of diseases of the brain as well as an opportunity for interdisciplinary education and training.

**CPO HANSER SERVICE** is convinced that the new congress formats will help gain new scientific insights and enable the transfer of knowledge into practice.