

Activity report – ECTES 2026

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This report summarizes my participation in the European Congress of Trauma and Emergency Surgery (ECTES) 2026, as well as my professional development and scientific activities throughout my medical training.

Participation in ECTES 2026

Attending ECTES 2026 represented a significant milestone in my professional development as a general surgery resident with a strong interest in trauma and emergency surgery. The congress provided an excellent platform for exposure to the latest advancements in acute care surgery, including modern approaches to trauma systems, damage control surgery, minimally invasive techniques in emergency settings, and multidisciplinary management of critically ill patients.

Throughout the congress, I participated in sessions, lectures, and specialized workshops. The interactive sessions allowed for valuable exchanges with leading experts and peers from across the world, enhancing my understanding of current standards and controversies in emergency surgery.

In addition, I had the opportunity to present a scientific poster during ECTES 2026, an experience that allowed me to discuss my work with international experts and colleagues while further developing my academic and presentation skills within the field of trauma and emergency surgery.

Furthermore, the congress offered a unique networking environment, facilitating connections with young surgeons and established professionals. These interactions have opened perspectives for future collaborations, particularly in the fields of surgical education and research in emergency surgery.

Moreover, joining the Young ESTES Core Group marks an important step in my professional development, allowing me to actively participate in international educational, scientific, and networking initiatives aimed at advancing trauma and emergency surgery among young European surgeons.

Professional Training and Clinical Experience

I am currently a fourth-year General Surgery resident at Saint Pantelimon Clinical Emergency Hospital in Bucharest, where I am actively involved in the management of a wide range of surgical emergencies. Working in a high-volume emergency center has allowed me to develop strong clinical reasoning skills, adaptability, and the ability to perform under pressure.

Over the course of my residency, I have progressively improved my operative skills and perioperative management capabilities, while maintaining a strong focus on evidence-based

practice and patient-centered care. I am particularly interested in the integration of clinical reasoning principles into emergency surgical decision-making.

Educational and Organizational Involvement

In addition to my clinical work, I have been extensively involved in surgical education and training initiatives. My long-term engagement with Surgicon and the Romanian Society of Surgical Students (RSSS) has allowed me to contribute to the development of practical surgical skills among medical students and young doctors.

I have held multiple roles, ranging from volunteer to coordinator, within workshops and training programs focused on basic surgical skills, suturing techniques, and interdisciplinary procedural training. As a coordinator and trainer, I have been directly involved in organizing and delivering hands-on courses, managing logistics, and mentoring participants.

These experiences have strengthened my leadership, communication, and teaching skills, while reinforcing my commitment to structured surgical education. My participation as faculty at the EST Congress 2025 further reflects my dedication to international educational initiatives and collaboration.

Scientific and Academic Interests

My academic interests are centered around trauma and emergency surgery. I have been actively involved in scientific activities, including participation in congresses and engagement with current medical literature.

I am especially interested in the concept of cognitive biases in surgical decision-making and the importance of critical appraisal of medical evidence. I aim to further develop my research portfolio in these areas and contribute to the advancement of knowledge in emergency surgery.

Future Perspectives

The experience gained at ECTES 2026, combined with my clinical and educational background, has reinforced my commitment to pursuing a career in trauma and emergency surgery. I am motivated to continue my professional development through active participation in international congresses, involvement in research projects, and contribution to surgical education programs.

I am also committed to disseminating the knowledge acquired during the congress within my home institution, ultimately contributing to improving the quality of patient care.

Conclusion

Participation in ECTES 2026 has been an invaluable experience, significantly contributing to my development as a young surgeon. Combined with my ongoing clinical training, educational involvement, and academic interests, it represents an important step in my professional journey toward becoming a competent and dedicated trauma and emergency surgeon.