



3-5 JUN '26 · PORTO, PORTUGAL

48<sup>TH</sup> ANNUAL INTERNATIONAL CONGRESS

# EHS2026

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**EHS** EUROPEAN  
HERNIA  
SOCIETY  
**Bridging the Future  
of Hernia Repair**



## PROGRAMME SCHEDULE

**DAY 1 | JUNE 3<sup>RD</sup>, 2026, WEDNESDAY**

	Archive Room	Infante Room	D. Maria Room	D. Luís Room
08:00 08:30	REGISTRATION			
<b>08:30</b> <b>10:00</b>	Clash of the Titans	-	<b>ABSTRACTS</b>	<b>ABSTRACTS</b>
10:00 10:30	COFFEE BREAK			
<b>10:30</b> <b>12:00</b>	3D Anatomy	SMART Session	Value-based surgery - macro and micro vision	WS JAWS - YSW How AI can assist in writing and reviewing scientific papers
<b>12:00</b> <b>13:00</b>	Step by step on TAR	Step by step on surgical neurectomy	Step by Step on mesh choices	<b>ABSTRACTS</b>
13:00 13:30	OPENING CERIMONY			
13:30 14:30	LUNCH			
<b>14:30</b> <b>16:00</b>	Step by Step on Pre- peritoneal approach	Prehabilitation - a practical guide	Hernia Prevention as a Surgical Skill	<b>ABSTRACTS</b>
<b>16:00</b> <b>16:30</b>	<b>INDUSTRY SYMPOSIUM</b>			
16:30 17:00	COFFEE BREAK			
<b>17:00</b> <b>18:30</b>	Rectus diastasis in 2026: What Are We Really Treating?	Research and networking	PROMS	<b>ABSTRACTS</b>
18:30 19:00	WELCOME RECEPTION			

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## PROGRAMME SCHEDULE

**DAY 2 | JUNE 4<sup>TH</sup>, 2026, THURSDAY**

	Archive Room	Infante Room	D. Maria Room	D. Luís Room
07:30 08:00	REGISTRATION			
<b>08:00</b> <b>09:30</b>	Hernia 2 in 1 (Clinical cases and discussion)	Young Surgeons Wing	<b>ABSTRACTS</b>	<b>Nurse Symposium</b> - Abdominal Wall Rehabilitation - Pre, Peri and Postoperative Nursing
<b>09:30</b> <b>10:30</b>	Consensus terminology in AWR	Hernia in Portuguese	<b>ABSTRACTS</b>	<b>Nurse Symposium</b> - Challenges in Complex Wounds and Stomas
10:30 11:00	COFFEE BREAK			
<b>11:00</b> <b>11:45</b>	<b>INDUSTRY SYMPOSIUM</b>	-	-	<b>Nurse Symposium</b> - Minimally Invasive Surgery
<b>11:45</b> <b>13:00</b>	Inguinal hernia approach	Groin Pain and Sports Hernia	EHS Talks on Soft Skills	<b>Nurse Symposium</b> - Best FREE PAPERS
<b>13:00</b> <b>13:30</b>	<b>INDUSTRY SYMPOSIUM</b>	<b>INDUSTRY SYMPOSIUM</b>	<b>INDUSTRY SYMPOSIUM</b>	
13:30 14:30	LUNCH			
<b>14.30</b> <b>16:00</b>	Train wreck in a Second	Hernia and Soft tissue problems	JAWS	<b>Nurse Symposium</b> - Guidelines transforming into nursing practice protocols
16:00 16:30	COFFEE BREAK			
<b>16:30</b> <b>18:00</b>				Robotic Course
18:00 19:00	EHS GENERAL ASSEMBLY			
20:00 01:00	GALA PARTY			

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## PROGRAMME SCHEDULE

**DAY 3 | JUNE 5<sup>TH</sup>, 2026, FRIDAY**

	Archive Room	Infante Room	D. Maria Room	D. Luís Room
08:00 08:30	REGISTRATION			
<b>08:00</b> <b>08:30</b>	<b>ABSTRACTS</b>	<b>ABSTRACTS</b>	<b>ABSTRACTS</b>	
<b>08:30</b> <b>10:00</b>	Open abdomen	Surviving as a surgeon	Abdominal wall in VHWG3	<b>ABSTRACTS</b>
10:00 10:30	COFFEE BREAK			
<b>10:30</b> <b>12:00</b>	PRESIDENTIAL SESSION BEST FP / VIDEOS	What else?	<b>ABSTRACTS</b>	<b>ABSTRACTS</b>
<b>12:00</b> <b>13:30</b>	Hernia 2050			
13:30 14.00	CLOSING AND EHS 2027			



## Day 1

### CONFERENCE - Clash of the Titans (90 min)

A tail from the past into the future / My personal perspective

### 3D Anatomy (90 min)

#### Talks

1. The cardinal landmarks of the extra peritoneal space - Inguinal region
2. The cardinal landmarks of the extra peritoneal space - Fénix Anatomy
3. EIT ambivium vs semilunar line
4. Clinical anatomy of Linea alba
5. The forgotten layer: why subcutaneous anatomy matters?
6. Decoding the abdominal wall: CT based anatomy

### SMART Session - (90 min)

#### Talks

1. Do number and volume matter? Two versus Five points in Botulin Toxin
2. A volume problem - face-off between PPP and vertical traction
3. Enlarge the abdominal layers: tissue expanders
4. Old Tools, New Perspectives: Do releasing incisions still have a role?
5. Old Tools, New Perspectives: a place for chevrel technique
6. Do I still love anterior component separation?
7. CIPHER Study

### Perspectives Management in AWR: Macro & Micro (90 min)

#### Talks

1. What is the cost of having an AWR unit in my hospital?
2. Clinical Pathways and Registries as benchmarking tools
3. A global codification for AWR - is that possible?
4. How companies can be strategic partners in AWR growth
5. Being a hernia surgeon in hard times

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## STEP by STEP ON TAR (60 min)

### Talks

- 1 - Open TAR
- 2- Minimal invasive TAR – Laparoscopic vs Robotics

## STEP by STEP on Surgical neurectomy (60 min)

### Talks

1. Mapping the nerves!
2. How do I do an open neurectomy?
3. How do I do a minimally invasive neurectomy?
4. A plan besides surgery

## STEP by STEP on mesh choices (60 min)

### Talks

1. Synthetic mesh
2. Synthetic long absorbable
3. Biologic and Hybrid mesh
4. Mesh suture

## OPENING CERIMONY

## STEP by STEP on pre-peritoneal approach (90 min)

### Talks

1. PeTEP cranial approach
2. PeTEP caudal approach
3. Open preperitoneal approach
4. Achilles heel of eTEP
5. Lateral pre-peritoneal approach
6. When does pre-peritoneal goes wrong?



## Prehabilitation – a practical guide (90 min)

### Talks

1. A preoperative psychological rehab program
2. An abdominal conditioning program for AWR
3. Synchronous surgical treatment of obesity: what does it mean?
4. Does portal venous pressure have a prognostic role in cirrhotic patients undergoing hernia repair?
5. Hernia surgery after organ transplantation: what is the best plan?
6. Saying No to AWR: how to define frailty?

## Hernia Prevention as a Surgical Skill (90 min)

### Talks

1. In emergent laparotomy
2. In open abdomen
3. In transplant patients
4. Lower abdominal intraparietal: management and prevention
5. How to spread prevention beyond general surgery?
6. Abstract

## Rectus Diastasis (90 min)

### Talks

1. Rehabilitation in rectus diastasis – Rethinking abdominal wall and pelvic function
2. When should the abdominal wall surgeon step in?
3. When should the plastic surgeon step in?
4. Surgical Algorithm
5. Clinical outcomes after rectus diastasis management – beyond anatomical repair

## Research and Networking (90 min)

### Talks

1. How to unit Europe to overcome bureaucratic load in research
2. Medical writers and IA – how can they help?
3. How to conduct a registry-based RCT?
4. Best Abstract on the topic
5. Best Abstract on the topic
6. Best Abstract on the topic

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## PROMS and Surgical Results (90 min)

### Talks

1. What, how and when should we measure PROMs?
2. Synchronous panniculectomy - Understanding cosmetic dissatisfaction after hernia surgery
3. Long term results in post TRAM AWR - how to manage patient expectations?
4. How do you measure your lifetime hernia surgery results?
5. Get order in wound events after hernia surgery
6. Standardizing hernia recurrence



## Day 2

### Hernia 2 in 1 (90 min)

#### Talks

1. Epigastric/umbilical hernia with an inguinal hernia
2. A L4 hernia with a W3 midline hernia
3. A giant hiatal hernia with a W3 hernia
4. Thoracoabdominal hernia
5. Parastomal and midline hernia
6. Perineal hernia and midline hernia

### Young Wings Session (90 min)

#### Talks

1. Lichtenstein technique step by step and learning curve
2. TAPP/TEP step by step and learning curve
3. Rives-Stoppa step by step and learning curve
4. How training is evolving: simulators, micro-learning approaches, new educational tools. The future of robotics
5. Abdominal wall training during residency
6. Abdominal wall training after residency

### Consensus terminology in AWR - EHS Porto Consensus (60 min)

Talks: TBA

### Hernia in Portuguese (60 min)

#### Talks

1. Portugal - Keeping up with Europe in hernia treatment - reality and future challenges
2. India - Strategies to prevent and treat mesh complications
3. Brazil - Expanding the limits of BTA and PPP in the preparation of complex ventral hernia
4. Japan - Chronic pain
5. Mozambique - Hernia challenges in a low-income country



## The Inguinal Verdict: Experts under pressure (75 min)

1. Clinical Case 1
2. Clinical Case 2
3. Clinical Case 3
4. Clinical Case 4

## Groin Pain and Sports Hernia (75min)

### Talks

1. Diagnosis
2. Pathway decision
3. When and what type of surgery?
4. How to manage non-surgical cases

## EHS Talks on Soft Skills (75min)

### Talks

1. Leadership
2. Communication
3. Critical thinking
4. Problem-solving
5. Teamwork

## Train wreck in a second (90min)

Talks: TBA

## Hernia and Soft Tissue Problems (90 min)

### Talks

1. Dealing with skin and soft tissue
2. Planning and execution of a muscle flap after abdominal wall resection
3. What about seroma?
4. Dealing with post operative skin and soft tissue ischemia and infection
5. Muscle and bone absence
6. Transplantation - where are we now?

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## JAWS Session (90 min)

Talks: TBA

## Robotics in AWR (90 min)

### Talks

1. Robotic extraperitoneal Rives
2. Robotic TAR
3. Robotic lumbar hernia
4. Robotic TARM
5. Single Port Robotic Inguinal TAPP
6. Robotic PeTEP

## EHS GENERAL ASSEMBLY



## Day 3

### Open Abdomen (90 min)

#### Talks

1. When AWR goes wrong - quaternary compartment syndrome
2. AWR gone wrong - enhanced recovery for open abdomen
3. An algorithm for vertical traction in open abdomen
4. Synchronous abdominal Wall Reconstruction in the open abdomen
5. Tips & Tricks in managing enteroatmospheric fistula
6. The aftermath: dealing with intestinal failure

### Surviving as a Surgeon (90 min)

#### Talks

1. Workforce of the Future: integrating Millennial and Gen Z values in hospital environment
2. A framework for High performance without burnout
3. Train for a high impact sport: Surgery
4. Recognizing the hidden dimensions of surgical merit
5. Eat, Pray and Love
6. Life beyond Surgery

### Abdominal Wall in VHWG3 (90 min)

#### Talks

1. Synchronous ostomy closure
2. Strangulated inguinal hernia
3. Management of Iatrogenic GI lesions during elective AWR
4. Chronic mesh infection
5. AWR goals in an ECF environment
6. Meshes in VHWG3

### Presidential Session – Best Free Papers / Oscar Videos



## What Else? (90 min)

### Talks

1. Abdominal wall dynamics after AWR
2. Day Surgery - Limits for AWS
3. Intestinal Parastomal hernia
4. Urinary Parastomal Hernia
5. Thoracic hernias
6. Muscle atrophy bulge without hernia

## Hernia 2050 (90 min)

### Talks

1. Interstellar hernia risk factors
2. AI integrated in the OR
3. AI integrated in data collection
4. Mesh singularity - when mesh mimics biomechanics
5. Robotics version 14.0
6. New generation of abdominal wall surgeons

## CLOSING AND EHS 2027