

2nd Edition of International Summit on **Diabetes, Endocrinology and Metabolic Disorders** July 21-22, 2026 | Vienna, Austria



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Telemedicine: a bridge over knowledge gaps in pediatric health care

The Special Interest Group for Children & Adolescents health and medicine from the Brazilian Telemedicine University Network (SIG-RUTE) started its activities with videoconferences between the State University of Rio de Janeiro (FCM-UERJ) and the Federal University of Bahia (NUTES-UFBA) on May 8, 2008. With monthly or bi-monthly open, free and public activities, it completed a total of 170 sessions on December 2025: 123 (72%) videoconferences and more 47 (28%) webconferences, since April 2020. There are 50 institutions and university hospitals connected with the total of 614 invited speakers, with the interactive collaboration of 60% of university professor, 21% residents, 13% graduating students and 6 % of other and allied health professionals. The main goal is an update into pediatrics and the general health care of children and adolescents assistance through a one hour interactive and multidisciplinary debate between 40% medical professionals, 18% nursing, 6% psychology, 5% nutrition, 4% physical therapy, 3,5% speech therapy and 23,5% with interests in diverse areas like social service, public health and dentistry hospital services.

The main selected themes for updating, knowledge dissemination and capacity building can be classified into 4 major areas: 1- Growth, nutrition and comprehensive mental development during childhood and adolescence periods of life; 2- Emerging infectious diseases and vaccination schedules; 3- Digital health, and universal health rights including social protection aspects against violence; 4- Chronic, rare diseases and deficiencies with difficulties to access the intensive therapy units for hospitalization at distant cities and for the whole country.

During these 17 years of activities, there were partnerships and collaboration networks with representants of the Brazilian Ministry of Health, World Health Organization/Geneva, national institutions for rehabilitation/Rede Sarah and guest speakers from international networks of Portugal, Equador and Australia, and also from the Brazilian Pediatric Society/SBP. All sessions are recorded and the audiovisual materials accessible when requested by e-mail or direct phone contact. They are also available to be further shared at the RNP site and link: <https://eduplay.rnp.br/portal/playlist/57822>. It is estimated that a total of 8.200 participants are part of this digital network or they shared materials, protocols and publications. The vídeo champion is the Shaken Baby Syndrome (abusive head trauma) produced in English at the Children's Westmead Hospital in Australia and translated to Portuguese by our SIG medical team and posted on YouTube platform with more than 86 thousand visualizations.



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The SIG-RUTE is a telemedicine cost-effective tool model for updating and knowledge dissemination, with the technical support of RNP, National Research and Education Network connected to the Brazilian Ministry of Sciences, Technology and Innovation, <https://www.rute.rnp.br>. During the 2008-2025 period, SIG-RUTE had a constructive, interactive, attractive and positive digital impact for medical and health professionals in general, and especially for the health and medical assistance of 65 million Brazilian children and adolescents.

Biography

Prof. Evelyn Eisenstein, MD, PhD is a Brazilian pediatrician and adolescent medicine specialist. She obtained her M.D. from the Rio de Janeiro State University (UERJ), an M.Sc. in Endocrinology from UERJ, and a Ph.D. in Nutrition from the Federal University of São Paulo (UNIFESP). She is an Associate Professor (Retired) at UERJ and Director of the Center for Integrated Studies on Childhood, Adolescence and Health (CEIIAS). Her professional interests include adolescent medicine, pediatric endocrinology, telemedicine, digital health, child protection, violence prevention, and digital safety for children and adolescents. She has contributed extensively to medical education, public health initiatives, and national and international collaborations in adolescent health.