

**BALTIC YOUNG DOCTORS' CONTEST OF SCIENTIFIC WORKS IN PEDIATRICS  
WITHIN CHILDREN'S HEALTH DAY.  
RĪGA STRADIŅŠ UNIVERSITY (RSU)**

**7 March 2025 Riga**

*Baltic Students'  
and Resident's  
Contest  
Overview.*

**Children's Health Day: Annual International Conference in Riga, Latvia**

**Overview:**

Children's Health Day is an annual conference held in Riga, Latvia, connecting pediatricians, family doctors, and other specialists who care for young patients. Since its inception in 2018, the conference has been held seven times.

**Students and Residents Contest Session:**

One of the key sessions of the conference, called "Young Doctors' Contest," provides a platform for medical students and residents to share their research in pediatrics. This session aims to inspire and disseminate knowledge among emerging professionals in the field.

**Participation and Selection:**

Since 2018, the conference has organized a Latvian student contest. Starting in 2024, it has achieved regional status and now accepts works from all Baltic universities. Local and international students are invited to submit their scientific papers in diverse areas of pediatrics. From the applications, up to **(6) six** students are chosen to deliver oral presentations. The selection criteria include the relevance, novelty, and contribution of their research to the field of pediatrics.

**Benefits for Participants:**

Abstract Publication: Selected abstracts will be published on the website of the Annual International Conference: "Children's Health Day".

Feedback: Participants receive valuable feedback from an honor jury and peers.

Networking: The event provides ample networking opportunities with professionals and fellows.

Awards: The top two participants, as determined by the scientific committee, receive valuable presents and certificates, recognizing their outstanding contributions to pediatric research. Additionally, one participant presenting research in the field of gut health and/or probiotics will receive a special prize from BioGaia.

*Baltic Students' and Residents' Contest 2025*

In 2025 the RSU and LPA invite residents and students from Estonia, Latvia, and Lithuania to participate in the Baltic Baltic Students' and Residents' Contest 2025

The contest will take part on 7 March 2025 (Friday): Scientific works oral presentation and the awarding ceremony.

*Awards*

The best student scientific work and the best resident scientific work will be rewarded with ESPID online participation

*BioGaia special award*

BioGaia will provide a special award to the best student or resident presenting research on gut health or probiotics: on-site participation in ESPGHAN 2025 . This prestigious congress focuses on pediatric gastroenterology, hepatology, and nutrition, offering young scientists invaluable opportunities for learning, networking, and exposure to cutting-edge research in their field.

*Requirements for participation*

**Participants:** Medical students of any year or residents interested in pediatrics, pediatric residents, or those in pediatric subspecialties. Students' and residents' work will be assessed separately.

**Scientific Research Supervisor:** A pediatrician or a doctor in a pediatric subspecialty with a doctorate or professor degree.

**Research Topics:** Children's and adolescent health, development, or disease. Literature reviews and clinical case reports can be presented but will not be evaluated by the scientific committee.

**Paper and Presentation Requirements:**

Thesis: Up to one A4 page, Times New Roman 12, 1.25 line spacing, left, right margin 3cm; top, bottom 2,5cm. It must include:

- Title
- Author(s)
- Scientific research supervisor and affiliations
- Keywords (up to 6)
- Objectives
- Methods
- Results
- Conclusions

Presentation: For scientific works selected for oral presentation, the presentation should not exceed **10 (ten)** minutes.

**Language:** Both the paper and presentation must be in English.

*Deadlines*

26 February 2025

submission of the abstracts

1 March 2025

selection of the papers for oral presentation

7 March 2025

oral contest

*Scientific  
Committee*

**Estonian Association of Pediatricians:**

Dr. Ülle Einberg, Head of Endocrinology Unit, Tallinn Children's Hospital

**Latvian Association of Pediatricians:**

Prof. Ilze Grope, Dean of the Faculty of Residency Studies, RSU  
Prof. Dace Gardovska, Head of the Department of Pediatrics at RSU and Head of the Children's Diseases Clinic at the Children's Clinical Hospital.

**Lithuanian Association of Pediatrics**

Prof. Vaidotas Urbonas, PhD, professor in Vilnius University Medical Faculty and Children's Hospital. Chair of the Board of the Lithuanian Association of Pediatricians.

**World Scientific Association of Prebiotic Probiotic in Pediatric**

Prof. Flavia Indrio, Full Professor of Pediatric University of Lecce Italy, Head of the Department of Pediatrics University of Lecce, Responsible for the Project First 1000 days Italian Ministry of University, Secretary of ESPGHAN Working Group on Gut Microbiota, Member of IPA's Program Area Working Group on Food Safety, President of World Scientific Association of Prebiotic Probiotic in Pediatric

*Organization  
committee*

Estonia: Dr. Alina Roštšinskaja: [alina.rostsinskaja@gmail.com](mailto:alina.rostsinskaja@gmail.com)

Latvia: Dr. Polina Popeiko: [polina.popeiko@bkus.lv](mailto:polina.popeiko@bkus.lv)

Lithuania: Dr. Gintė Grubliauskaitė [ginte.grubliauskaite@mf.stud.vu.lt](mailto:ginte.grubliauskaite@mf.stud.vu.lt)

E-mail to submit the papers: [childrenhealthday@gmail.com](mailto:childrenhealthday@gmail.com)

*Information on  
the Industry  
Sponsor*

The Baltic Young Doctors' Contest Scientific Works in Pediatrics is sponsored by **BioGaia**.

**BioGaia** is a Swedish probiotic company that has been at the forefront of microbiome research for more than 30 years. Their products contain strains of the lactic acid bacterium *L. reuteri* (*Limosilactobacillus reuteri*, formerly known as *Lactobacillus reuteri*). *L. reuteri* has co-evolved with humans and naturally colonizes and interacts with the human body, demonstrating strong adaptation.

**BioGaia** is dedicated to advancing scientific knowledge, with over 250 articles published in scientific journals proving the effectiveness and safety of their probiotic strains. Beyond their commitment to research, BioGaia actively supports education and the development of young scientists, fostering the next generation of researchers in the field of microbiome science.