

Qatar Health Congress 2026

January 28-31, 2026

Doha, Qatar

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Additional Ambassador reports from [Dr. Miguel Paniagua](#) and [Dr. Mukta Panda](#)

Introduction

The Qatar Health Congress 2026 was held in Doha, Qatar, from January 28 to 31, bringing together clinicians, researchers, educators, policymakers, and trainees from across the Middle East and around the globe. Centered on the theme “Innovation and Integration Across Medical Disciplines,” the congress emerged as a dynamic and globally representative gathering that underscored the importance of collaboration, innovation, and resilience in advancing health care.

These three themes were consistently reflected throughout the scientific sessions, networking opportunities, and institutional partnerships. The American College of Physicians (ACP) delegation played a prominent role in the academic and professional landscape of the meeting, including hosting the Doctor’s Dilemma® competition. ACP’s engagement reinforced the congress organizers’ commitment to excellence in internal medicine education and to fostering meaningful global professional exchange.



ACP Participation and Global Collaboration

The participation of the ACP delegation added significant academic depth and international visibility to the congress. ACP representatives engaged in panel discussions, led workshops, and facilitated interactive sessions focused on clinical reasoning, quality improvement, and medical education best practices. Their presence strongly supported the congress’ mission of multinational collaboration and cross-pollination of ideas.



In my role as ACP Immediate Past President and Global Ambassador, I delivered a Presidential Plenary Session titled “Challenges and Opportunities Within Internal Medicine in the United States.” I also presented two additional lectures: “Things We Do for No Reason: Common Practices That May Do More Harm Than Good,” and “Care of the Hospitalized Patient With Diabetes.”



Dr. Miguel Paniagua delivered three highly rated presentations:

- “How Do They Know What I Know? Test-Taking Strategies for High-Stakes Medical Exams”
- “Assessing the Past, Present, and Future of Lifelong Learning”
- “Memory, Health, and Aging: A Case-Based Review”

Dr. Mukta Panda presented eloquently on:

- “The Making of a Master Clinical Educator: Integrating Evidence, Experience, and Empathy”
- “Internal Medicine Updates With Understanding: Integrating Evidence Into Patient-Centered Care”
- “What I Wish I Knew When Donning My First White Coat”

These sessions were uniformly insightful and well received, prompting thoughtful discussion and numerous informed questions from diverse audiences.



Doctor's Dilemma® Competition

In addition to scholarly programming, the ACP delegation hosted the Doctor's Dilemma® competition, a medical quiz-style event designed to test the clinical knowledge of internal medicine residents in a high-energy and collegial setting. Participating teams represented residency programs from across the Gulf and surrounding regions, including Qatar, the Kingdom of Saudi Arabia, Oman, Egypt, and the United Arab Emirates.

Dr. Miguel Paniagua served as host, while Dr. Mukta Panda and I acted as judges. The competition attracted a packed audience and generated substantial enthusiasm among participants and attendees alike. The 2026 competition concluded with a closely contested victory by the team from the Kingdom of Saudi Arabia, narrowly edging out the host country, Qatar.





Beyond its competitive appeal, Doctor's Dilemma® served as a celebration of shared educational standards and a collective commitment to excellence in internal medicine training. The diversity and engagement of participating learners reflected the broader ethos of the congress—unity through shared knowledge.

The ACP delegation also engaged in high-level discussions with regional leaders, exploring opportunities for future partnerships in continuing medical education, research collaboration, and faculty development. These conversations signaled a growing interest in strengthening ties between U.S. and Middle Eastern medical communities, particularly in areas such as chronic disease management, digital health, and academic mentorship.



Multinational and Diverse Representation

One of the most striking features of the Qatar Health Congress 2026 was its truly global representation. Delegates from North America, Europe, Asia, Africa, and the Middle East contributed to a diverse and inclusive academic environment. This international scope was evident not only in attendance but also in the scientific program, which showcased case studies, research findings, and clinical experiences from a wide range of health care systems.

This diversity enabled participants to exchange perspectives shaped by differing cultural contexts, resources, and patient populations. Such dialogue enriched the overall discourse and reinforced the importance of international cooperation in addressing shared health care challenges.

Quality of Scientific Sessions

The congress maintained a consistently high standard across its scientific sessions, which were notable for depth, rigor, and relevance. Faculty delivered high-quality presentations spanning internal medicine, public health, medical education, and emerging clinical research. Learners contributed meaningfully through poster presentations, oral abstracts, and case-based discussions, demonstrating strong analytical thinking and clinical insight.

A strong emphasis on evidence-based practice ensured alignment with international standards of care. Interactive formats—including simulation workshops, multidisciplinary panels, and case-based learning—further enhanced audience engagement and practical skill development. The quality of both faculty and learner contributions affirmed the congress' reputation as a premier academic forum in the region.



Conclusion

The Qatar Health Congress 2026 delivered a vibrant, intellectually stimulating, and globally connected experience. Its emphasis on collaboration, innovation, networking, and resilience created a rich environment for knowledge exchange and partnership building. The active participation of ACP—including hosting the Doctor's Dilemma® competition—significantly enhanced the congress' academic and international impact.



As health care continues to evolve, meetings like the Qatar Health Congress play a critical role in uniting diverse voices across medicine and fostering collective progress toward improved patient care. The 2026 congress not only celebrated scientific excellence but also reaffirmed the enduring power of global collaboration in shaping a healthier and more resilient world.