



Session Summary

Title	Migrants and Health
Chair:	Chair: Luciano Saso , <i>Deputy Rector for European University Networks, Faculty of Pharmacy and Medicine, Sapienza University of Rome, Italy</i>
Speaker 1:	Amirhossein Takian , <i>Chair, Department of Global Health and Public Policy, School of Public Health, Tehran University of Medical Sciences, Iran:</i> Universal Health Coverage and High-dense Refugees' Population in Iran
Speaker 2:	Catarina Reis Oliveira (Director) and Natália Gomes (Researcher) <i>Observatory for Migration, High Commission for Migration, Portugal.</i> Migration and the Portuguese Health System: what relation?
Speaker 3:	Lisa Matos , Researcher & Doctoral Fellow, William James Center for Research, ISPA, Portugal. <i>Changing the narrative: Psychological adjustment as key to successful refugee integration</i>
Speaker 4:	Muhammad Zaman , <i>Professor, Departments of Biomedical Engineering and International Health, Boston University, USA.</i> Improving refugee health and well-being through innovations in the lab and the classroom

Summary (max 250 words)

Migrants' and Refugees health is a very complex issue but is an ethical imperative to guarantee their wellbeing and integration especially in the cases of countries with a long tradition of emigration such as Italy and Portugal.

Refugees' crisis has reached highest ever climax. Out of almost 65 million refugees worldwide, half of them live in the Middle East. Iran has been hosting 3.5 million refugees in last 40 years, most of them from Afghanistan. Iran has made progressive efforts to provide security, education and healthcare services to refugees, similar to its citizens. On its pathway towards universal health coverage, providing insurance, quality healthcare and community-based services can be mentioned.

The case of Portugal was presented mainly considering the migratory flows of health users, the use of the health system by foreign-born residents and evaluating the impact and characteristics of foreign health professionals integrated in the health system.

Another fundamental aspect is related to the mental health of migrants and refugees. Refugees are, by condition of their status, survivors of persecution and multiple, violent traumatic events, including war and torture. Subsequent migration journeys are long and often plagued with additional trauma and terror, and once they reach safety, refugees are expected to quickly integrate and thrive despite numerous additional post-migration stressors. In resettlement, refugees present significantly higher rates of psychopathology than host populations.

Finally, approaches rooted in biomedical engineering, from diagnostics to data analytics, prosthetics to therapeutics, can provide an opportunity to improve health outcomes in refugee environments.