



5th European Spontaneous Preterm Birth Congress

From 15th to 17th April 2026 • Castelldefels • Barcelona • Spain

SCIENTIFIC PROGRAMME



5th European Spontaneous Preterm Birth Congress

DAY 1, 15th APRIL 2026: WEDNESDAY AFTERNOON

PATHOPHYSIOLOGY OF SPONTANEOUS PRETERM BIRTH

Mechanisms involved in the physiopathology of spontaneous preterm birth

- 15:00 • 15:15h. Is it time to screen vaginal microbiome in clinical practice? Role of probiotics.
M. Carmen Collado (Spain)
- 15:15h • 15:30h. Screening and treatment of placental vascular dysfunction in spontaneous preterm birth: the role of angiogenic factors and aspirin.
Marian Kacerovsky (Czech Republic)
- 15:30 • 15:45h. Dietary patterns and risk of spontaneous preterm birth: an epigenetic approach
Ana Belén Crujeiras (Spain)
- 15:45 • 16:00h. **Oral communications** (2 communications of 7')
- 16:00 • 16:30h. **Open discussion**
- 16:30 • 17:00h. Keynote: Scientific knowledge evolution on spontaneous preterm birth.
Roberto Romero (USA)

17:00 • 17:30 h. Coffee break

Spontaneous preterm birth screening: looking beyond cervical length

- 17:30 • 18:00h. Pro/con US universal cervical length screening screening.
Gabrielle Saccone (Italy) and Lina Bergman (Sweden)
- 18:00 • 18:15h. Dynamic changes in the cervix and isthmus.
Alba Farras (Spain)
- 18:15 • 18:30h. Cervical stiffness: a novel predictor for preterm birth?
Frederik Hermans (Netherlands)
- 18:30 • 18:45h. AI-Enhanced cervical assessment for threatened preterm labor.
Francisca Molina (Spain)
- 18:45 • 19:00h. **Open discussion**
- 19:00h • 19:30: How to manage US findings? Clinical cases with open discussion.
Vicenzo Berghella (US). David Boada (Spain), Sara Catalán (Spain)
- 19:30 h. **Welcome reception**

20:30 h. I-SPY Dinner / Speakers dinner

DAY 2, 16th APRIL 2026: THURSDAY

PREVENTION FOR SPONTANEOUS PRETERM BIRTH

- 9:00 • 9:15h. **Oral communications** (2 communications of 7')
- 9:15 • 9:30h. How to build an European network on RCT.
Eva Parkj (Netherlands)
- 9:30 • 9:45h. Reviewing current indications of an abdominal-trancervical cerclage.
Andrew Sheenan (UK)
- 9:45 • 10:00h. Abdominal Cerclage: practical issues.
Elena Suárez (Spain)
- 10:00 • 10:15h. Cervical pessary research: what are the critical factors for comparison?
Jannis Kyvernitakis (Germany)
- 10:15h • 10:30h. Optimizing cervical pessary use: practical recommendations.
María Goya (Spain)
- 10:30 • 10:45h. Early vaginal progesterone in twins for the prevention of preterm birth.
Walter Plasencia (Spain)
- 10:45h • 11:00h. **Open discussion**

Scientific Programme

11:00 • 11:30h. Coffee break

11:30 • 12:00h. Keynote: The appropriate treatment for the correct patient. Current evidence on prevention of spontaneous preterm birth.
Bo Jacobsson (Sweden)

12:00 • 13:30 h. I-SPY Session

Emily Limburg (Netherlands) / Dominique Werter (Netherlands)

13.30 • 15:00 h. Lunch and satellite symposium (biomarkers)

INTERVENTION IN SPONTANEOUS PRETERM BIRTH

15:00 • 16:00h. **Poster session** (*presential*)

16:00 • 16:30h. Limit of viability from obstetrician to neonatologist perspective.
Itziar García (Spain) / Montse Izquierdo (Spain)

16:30 • 16:45h. Does tocolysis with steroids work to manage preterm labor?
Martijn A. Oudijk (Netherlands)

16:45 • 17:00h. Antenatal steroids: when to start, to whom, repeat? Are steroids safe or harmful in the long term?
Sara Murray (UK)

17:00 • 17:15 h. Amniocentesis-based management to optimize antenatal steroids in preterm labor (OPTIM- PTL trial).
Teresa Cobo (Spain)

17:15 • 17:30h. **Management of very early PPRM from a national audit (UKOSS).**
Laura Goodfellow (UK)

17:30 • 18:00h. **Open discussion**

20:00 h. Congress dinner

DAY 3, 17th APRIL 2026: FRIDAY MORNING

THE FUTURE ON SPONTANEOUS PRETERM BIRTH

9:00 • 9:15h. **Oral communications** (*2 communications of 7'*)

9:15 • 9:30h. Cardiovascular and neurological fetal consequences in patients with PTL and PPRM. Influence of intra-amniotic inflammation.
Clara Murillo (Spain)

9:30 • 9:45h. Long-term metabolomic consequences of PTL.
Cristina Paulés (Spain)

9:45 • 10:00h. 4th trimester of pregnancy: spontaneous preterm birth as a maternal cardiovascular risk factor.
María Goya (Spain)

10:00 • 10:30h. **Placental womb: fiction or reality as the solution of extreme preterm birth.**
Elisenda Eixarch (Spain)

10:30 • 10:45h. **Open discussion**

10:45 • 11:45h. Coffee and poster session II

KEYNOTE BEYOND ARTIFICIAL INTELLIGENCE IN OUR CLINICAL PRACTICE:

11:45 • 12:15h. Artificial intelligence in healthcare: key technical insights for medical applications.
Francisco Estrella (Spain)

12:15 • 12:45h. Artificial intelligence for predicting preterm birth and newborn outcomes: from data to clinical decision-making.
Nima Aghaeepour (Stanford, USA)

12:45 • 13:00 h. **Closing ESPBC 2026 and Short presentation ESPBC 2028**



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Castelldefels, Barcelona, Spain.

ORGANISERS:

The 5th European Spontaneous Preterm Birth Congress (ESPBC) meeting of 2026 will be organized by:

María Goya and Teresa Cobo

GENERAL INFORMATION

Dates: from 15th april to 17th april 2026

Where: Castelldefels, Barcelona, Spain.

Venue: Gran Hotel Rey Don Jaime.

Registration rates: <https://www.espbcs.es/registration>

REGISTRATION TYPE	Until 31st October 2025 EARLY BIRD	From 1st November 2025 Until 28th February 2026	From 1st March 2026 Until 8th April 2026
PHD Candidates Midwife / Resident / Fellow	400,00 €	500,00 €	600,00 €
Regular Attendees	480,00 €	580,00 €	680,00 €

Abstract: Registration open from 21th April 2025 to 20th December 2025.

<https://www.espbcs.es/abstract-submit>

Credits: Official credits requested from the European Accreditation Council for CME (EACCME)

<https://www.espbcs.es>



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