

RheumaVision 2026 Q&A Document

1. General Information

What is RheumaVision?

RheumaVision is an exciting initiative for the young rheumatology community to create short, engaging videos (3-5 minutes) on key topics in rheumatology. These videos aim to highlight innovation, education, and creativity while enhancing participants' visibility within the EULAR communities.

How can I apply?

You can submit your application and upload your video directly through [this link](#).

Why participate?

- **Gain Recognition from Top Experts** – Boost your visibility in rheumatology.
- **Expand Your Network** – Connect with peers and leaders across EULAR.
- **Win Prizes!** – Get the opportunity to present your topic at the **EULAR 2026 Congress**, including Congress registration and on-demand access, accommodation in London, and a one-off bank transfer of €350 for travel and living expenses (to be transferred after the Congress).

2. Eligibility Criteria

Who can participate?

Participants must be:

- An EMEUNET member (young rheumatologist, researcher in rheumatology, medical/science student, paediatric rheumatologist, or health professional in rheumatology) or a person with lived experience with a rheumatic and musculoskeletal disease (RMD), **under 40 years old**.
- From a country that is represented by a EULAR National Organisation:
 - [EULAR Scientific Societies](#)
 - [EULAR PARE Organisations](#)
 - [EULAR HPR Organisations](#)

3. Content Guidelines

What are the research topics?

Participants can choose from the following rheumatology topics (excluding your own research area):

- Rheumatoid Arthritis
- Systemic Lupus Erythematosus (SLE)

- Autoinflammatory Diseases, VEXAS, Other Monogenic Disorders
- Metabolic Bone Diseases/Osteoporosis
- Systemic Sclerosis
- Spondyloarthritis
- Psoriatic Arthritis
- Crystal Arthropathies
- Osteoarthritis
- Fibromyalgia/Chronic Pain
- Vasculitis
- Inflammatory Myopathies
- Paediatric Rheumatology (JIA)
- Transition from Paediatric to Adult Care in RMDs
- Growth, Development, and Musculoskeletal Health in Paediatric RMDs
- Rare Paediatric Autoinflammatory/Immunodeficiency Syndromes
- Imaging in Rheumatology
- Precision Medicine in Rheumatology
- Patient-Reported Outcomes & Quality of Life
- Comorbidities in RMDs
- Genetics/Epigenetics in RMDs
- Rehabilitation, Physical Activity, Physiotherapy
- Epidemiology & Big Data
- Mental Health/Psychosocial Aspects
- Digital Health, Telemedicine, e-Health Tools
- Health Economics, Equity, Planetary Health
- Innovative Health Service Delivery, Multidisciplinary Models of Care
- Guideline overviews: recent updates from EULAR/ACR on key conditions.
- Diagnostic innovations: new tools, biomarkers, or approaches in diagnosis
- Autoimmunity mechanisms: immunological pathways relevant to disease mechanisms
- Rare disease management: strategies for managing rare rheumatic conditions
- Patient-centred care: shared decision-making and patient education interventions
- New treatments: mechanisms and clinical impact of emerging drugs in rheumatology

4. Video Format

Are there specific requirements for the videos?

Videos should be 3-5 minutes. Creativity and clarity are highly encouraged!

What type of video should I submit?

When creating your RheumaVision video, incorporating effective visual aids can enhance engagement and help communicate your message clearly. Below are tips and tools to elevate your video's impact.

Visual aids:

- **PowerPoint Presentations:** PowerPoint can serve as a versatile tool to illustrate key points in your video:
 - **Visual Emphasis:** Use charts, graphs, and images rather than heavy text.
 - **Animations:** Subtle transitions or animations can emphasize points but avoid overuse to maintain a polished look.
- **Infographics:** Infographics are excellent for summarizing complex data or presenting timelines and flowcharts. Tools like Canva, Visme, or Piktochart offer easy templates for professional designs.
- **Whiteboard or Sketching Tools:** For a more creative approach, consider whiteboard-style animations or sketching tools such as Doodly, VideoScribe, or Explain Everything.
- **Video Clips and Animations:** Use short, relevant clips or animations to illustrate your topic, such as molecular pathways or treatment mechanisms. Tools like Animoto, Vyond, or Powtoon can help create engaging animations.
- **Screen Recordings:** Record demonstrations, software tutorials, or key findings from published research using screen recording tools like OBS Studio, Loom, or Camtasia.

Technical Tips for Recording:

- **Camera and Audio:** Ensure good lighting and clear audio. Use a microphone or headset for optimal sound quality. If recording yourself, maintain eye contact with the camera to build a connection with your audience.
- **Editing Tools:** Free editing software like iMovie, DaVinci Resolve, or Shotcut can help you trim, add effects, or adjust the pacing of your video.
- **Optimize for Time:** Videos should be between 3-5 minutes. Practice beforehand to ensure you stay within this timeframe without rushing.

5. Key Deadlines

When is the submission deadline?

The deadline for submissions is **December 15, 2025**.

6. Selection and Evaluation

How are the videos assessed?

Videos will be assessed on relevance, accuracy, clarity, creativity, and inspiration. Just like Eurovision, one contestant will be selected from each country, giving you the chance to showcase your skills on an international stage. All RheumaVision submissions will be evaluated using a structured and balanced approach to ensure fairness and highlight excellence.

What are the stages?

- **National Stage:** Country Liaisons (or a designated EMEUNET member) will select the top video submissions from their respective countries.

- **Semifinals:** The selected videos will then be evaluated through a combination of public voting and assessment by the EULAR jury. The top six participants will be invited to present their videos live at the #EULAR2026 Congress.
- **Finals:** In the final round, winners will be determined through a combination of public voting and jury evaluation.

7. Support

Who can I contact if I have questions or need help?

The RheumaVision team is available to provide support and answer any questions about the application process, video content, or evaluation criteria. For assistance, please reach out to: Cristiana Sieiro Santos at crstysieirosantos@gmail.com and emeunet@eular.org