Frontiers Mentorship Award

International Congress of Pulmonary Rehabilitation 2026

1. Introduction and Institutional Framework

The **Frontiers Mentorship Award** in Pulmonary Rehabilitation is an academic initiative established through a collaboration between the **International Congress of Respiratory Rehabilitation 2026** and the scientific publisher **Frontiers**, with the aim of fostering high-quality scientific publication in the field of Pulmonary Rehabilitation.

The award is integrated into the scientific program of the **1st International Congress of Pulmonary Rehabilitation 2026**, an international meeting dedicated to advancing research, clinical practice, and education in Pulmonary Rehabilitation. The congress provides a platform for all the healthcare professionals and researchers working in this area, to exchange knowledge on evidence-based interventions aimed at improving outcomes for patients with chronic respiratory diseases.

Within this context, the mentorship award has been designed to promote the **translation of conference abstract into peer-reviewed scientific publication**, particularly focusing on innovative research in **Pulmonary Rehabilitation applied to Bronchiectasis.**

The mentorship component of the award will be coordinated by professor **Antonio Esquinas**, internationally recognized expert in respiratory medicine, pulmonary rehabilitation and non-invasive ventilation, who will serve as mentor throughout the scientific writing and publication process.

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2. Scientific Rationale: Pulmonary Rehabilitation in Bronchiectasis

Bronchiectasis is a chronic respiratory disease characterized by irreversible bronchial dilation, persistent airway inflammation, chronic infection, and impaired mucociliary clearance. Patients frequently experience recurrent exacerbations, chronic cough, sputum production, reduced exercise tolerance, and significant impairment in quality of life.

Pulmonary Rehabilitation (PR) has emerged as a **key non-pharmacological intervention** in the comprehensive management of bronchiectasis. PR programs—including exercise training, education, and self-management strategies but also airway clearance techniques and respiratory muscle training —have demonstrated benefits such as:

- Improvement in functional exercise capacity
- Reduction in symptom burden and dyspnea
- Enhancement of airway clearance and sputum management
- Improved health-related quality of life
- Potential reduction in exacerbation frequency

Despite the growing evidence supporting these interventions, **further research is needed to strengthen clinical guidelines and expand the implementation of Pulmonary Rehabilitation programs for bronchiectasis patients**. This award therefore encourages scientific contributions that advance knowledge in this field and facilitate the dissemination of evidence-based PR.

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3. Scope of the Award

The **Frontiers Mentorship Award in Pulmonary Rehabilitation** will recognize the **best poster submitted to International Congress of Pulmonary Rehabilitation 2026** addressing the topic:

- **Pulmonary Rehabilitation in Bronchiectasis**

The winning work will be selected by the scientific committee of the congress based on originality, scientific quality, clinical relevance, and potential impact on PR practice.

The award is directly linked to the publication of a scientific article within the research topic:

- **"Rehabilitation Interventions in the Management of Bronchiectasis: Broadening Evidence and Clinical Practice."**

This research topic will be hosted in the journal **Frontiers in Rehabilitation Sciences**.

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4. Award Benefits

The recipient of the **Frontiers Mentorship Award in Pulmonary Rehabilitation** will receive:

- **1 Full Publication Waiver**

A **full waiver of article processing charges**, offered by **Frontiers**, allowing the awarded article to be published free of charge for the author within the research topic.

- **Scientific Mentorship**

The article development process will be supervised by professor **Antonio Esquinas**, who will act as mentor and co-author, guiding the scientific development, structuring, and publication of the article.

- **Frontiers Best Poster Certificate**

A formal certificate from **Frontiers Media** recognizing the **Frontiers Mentorship Award in Pulmonary Rehabilitation**.

- **Authorship in the Research Topic**

The awarded author will be included among the authors of the scientific article submitted to the research topic of Frontiers associated with the award.

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5. Publication Framework

The manuscript developed under this mentorship program will follow the editorial standards and submission procedures of **Frontiers in Rehabilitation Sciences**.

The publication process will be guided by the official author and editorial guidelines of the journal, including:

- Article types accepted by the journal
- Manuscript structure and formatting
- Editorial and ethical requirements
- Peer-review procedures

These guidelines (https://www.frontiersin.org/journals/rehabilitation-sciences/for-authors/editor-guidelines) will serve as the educational framework for the mentorship process and will be used as a reference for the preparation and submission of the manuscript.

The **deadline for manuscript submission** will be defined through direct coordination between **Professor Antonio Esquinas** and the editorial team of **Frontiers**.

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6. Mentorship Structure

The mentorship program associated with the award is structured into **three sequential phases**, designed to support the awarded author throughout the scientific publication pathway.

6.1 Pre-Writing Theoretical Sessions

Prior to the preparation of the manuscript, **two to three theoretical mentorship sessions** will be organized.

The scheduling of these sessions will be arranged according to the **availability of both the mentor and the awarded author**.

These sessions aim to provide the author with practical and methodological guidance for preparing a scientific article suitable for publication in an international peer-reviewed journal.

Main Topics Covered

1. Structuring a Scientific Article

2. Publication Pathway with Frontiers

3. Planning of the Article to be Submitted

6.2 Scientific Writing Phase

Following the preparatory mentorship sessions, the awarded author will enter a **structured writing period**, during which the manuscript will be developed.

During this phase:

- The author will prepare the first draft of the article.
- The mentor will provide scientific guidance and strategic recommendations when necessary.
- Align with the editorial standards of **Frontiers in Rehabilitation Sciences**.

This phase aims to encourage **independent scientific writing while maintaining mentorship support**, ensuring both educational value and publication quality.

6.3 Post-Writing Mentorship Sessions

After completion of the manuscript draft, **one to two additional mentorship sessions** will be organized.

The scheduling of these sessions will also be arranged according to the availability of the participants.

Objectives of the Post-Writing Sessions

- Review of the complete manuscript
- Clarification of methodological or editorial questions
- Final revision of structure and scientific content
- Preparation for submission to the journal

The final session will focus on **supporting the submission process** through the **Frontiers online editorial system**, ensuring that all required elements of the manuscript meet the journal's editorial standards.

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7. Educational and Scientific Impact

The **Frontiers Mentorship Award in Pulmonary Rehabilitation** aims to create a **structured pathway from conference research to international scientific publication**, particularly supporting early-career researchers and healthcare professionals interested in Pulmonary Rehabilitation.

By integrating **scientific mentorship, publication guidance, and open-access dissemination**, this initiative strengthens the collaboration between the **International Congress of Respiratory Rehabilitation** and **Frontiers**, while contributing to the global development of evidence-based rehabilitation strategies for patients with bronchiectasis.