

RESUMO - DOUTRINA SOCIAL DA IGREJA

YOUTH, FAITH AND MEDICINE: LESSONS FROM GUIDO SCHÄFFER FOR MEDICAL STUDENTS

Enrico Santos De Rezende (Enricorezendebd@gmail.com)

Cicero Correia Filho (cicerofilgocf12@gmail.com)

Francisco Neuton De Oliveira Magalhaes (neuton11@yahoo.com)

Giovana (giovana8832@gmail.com)

Nicole Macedo De Castilhos (nicolemcastilhoss@gmail.com)

Morise De Gusmão Malheiros (morisegusmao@hotmail.com)

Ermilton Cezar Gomes Filho (ermiltoncezar12@gmail.com)

Ana Julia Frade Honorio (fradeanajulia@gmail.com)

Heitor Henrique Vasconcelos Da Silva (heitorhenrique.md@gmail.com)

Renata Rabelo Pereira (01.rabelo@gmail.com)

Introduction: Medical training is often associated with emotional exhaustion, anxiety, loss of meaning and difficulty in balancing academic demands with personal life. In this context, the life of Guido Schäffer, a Brazilian physician known for his deep spirituality, dedication to patients and commitment to service,

offers important lessons for medical students. Objective: To analyze how the life and example of Guido Schäffer may contribute to the ethical, emotional and spiritual formation of medical students. Methods: This is a reflective study based on biographical information about Guido Schäffer and on literature related to medical education, spirituality, empathy, resilience and physician well-being. Results: Guido Schäffer combined scientific knowledge, compassion and spiritual values in his daily medical practice. His life demonstrates that technical excellence and human sensitivity are complementary rather than opposing dimensions of medical care. His example encourages students to cultivate empathy, active listening, humility and solidarity with vulnerable patients. In addition, his trajectory highlights the importance of maintaining personal meaning, emotional balance and spirituality during medical training, especially in a context marked by high rates of burnout, depression and anxiety among students. Guido's witness also reinforces the idea that medicine should not be limited to the diagnosis and treatment of diseases, but should include concern for the emotional, social and spiritual suffering of patients. Conclusion: The life of Guido Schäffer represents an important model of ethical and humanized medical practice for students. His example may inspire future physicians to seek not only professional competence, but also compassion, resilience and deeper meaning in medicine.

Palavras-chave: guido schäffer; medical students; spirituality; empathy; medical education.