



**SUMMARY OF EVENTS**  
**organized by BPHA**  
**EUPHW 22-26 May 2023**  
**72 events**



## PUBLIC HEALTH: GLOBAL ISSUES, LOCAL ACTIONS 22-26 MAY 2023

Join the 5<sup>th</sup> European Public Health Week!  
#EUPHW



### 5 DAYS, 5 THEMES



MONDAY  
22 MAY  
Mental health  
for all



TUESDAY  
23 MAY  
Diversity in  
health



WEDNESDAY  
24 MAY  
Access to care



THURSDAY  
25 MAY  
Prevention and  
control of  
chronic diseases



FRIDAY  
26 MAY  
Building  
resilient health  
systems

For all professionals and citizens contributing to better public health at local, national, regional and European level.

#### GET INVOLVED!

Organise your own activity  
[Event Host]  
Spread the word [Disseminator]  
Join events online or  
where you live [Participant]

Find out more at [www.eupha.org/euphw](http://www.eupha.org/euphw)  
Contact [EUPHAcommunications@eupha.org](mailto:EUPHAcommunications@eupha.org)



The European Public Health Week (EUPHW) is an initiative by the European Public Health Association (EUPHA) supported by the WHO Regional Office for Europe.



## ОБЩЕСТВЕНО ЗДРАВЕ: ГЛОБАЛНИ ПРОБЛЕМИ, ЛОКАЛНИ ДЕЙСТВИЯ 22-26 МАЙ 2023

Присъединете се към 5<sup>та</sup> Европейска седмица на общественото здраве  
#EUPHW



### 5 ДНИ, 5 ТЕМИ



ПОНЕДЕЛНИК  
22 МАЙ  
Психично  
здраве за  
всички



ВТОРНИК  
23 МАЙ  
Разнообразие в  
здравето



СРЯДА  
24 МАЙ  
Достъп до  
здравна помощ



ЧЕТВЪРТЪК  
25 МАЙ  
Превенция и  
контрол на  
хроничните  
заболявания



ПЕТЪК  
26 МАЙ  
Изграждане на  
устойчиви  
здравни  
системи

За всички професионалисти и граждани, допринасящи за по-добро общественото здраве на местно, национално, регионално и Европейско ниво.

#### ВКЛУЧЕТЕ СЕ!

Организирайте Ваше събитие  
[Домакин на събитие]  
Разпространявайте информация  
[Разпространител]  
Присъединете се към онлайн  
събития по местоживеене  
[Участник]

За повече информация: [www.eupha.org/euphw](http://www.eupha.org/euphw)  
Контакт: [EUPHAcommunications@eupha.org](mailto:EUPHAcommunications@eupha.org)



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**Pleven**



**Sofia  
NCPHA**



**Varna**



**Ruse**



**Stara Zagora**



**Shumen**



**Blagoevgrad**



**Plovdiv**

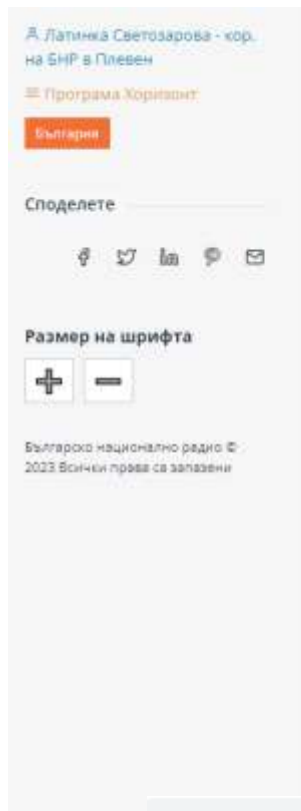




**Monday 22 May 2023**  
**MENTAL HEALTH FOR ALL**  
**17 events**

## HW28 - Opening the EUPHW in Bulgaria on Bulgarian National Radio Program "Horizon"

The first interview was broadcasted on **May 22 2023 at 08:17** followed by a text and sound file.



А. Латинка Светозарова - кор.  
на БНР в Плевен

Програма **Хоризонт**

България

Споделете

Размер на шрифта

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България се присъединява към  
"Европейска седмица на общественото  
здраве"

публикувано на 22.05.23 в 08:17 | Автор: Латинка Светозарова - кор. на БНР в Плевен



България се присъединява към "Европейска седмица на общественото здраве", която започва днес. Темата на петата глобална седмица е "Общественото здраве: Глобални проблеми, локални действия".

Организатор на събитията у нас е Българската асоциация по общественото здраве с председател доц. д-р Гена Грънчарова. Регистрираните 71 събития са рекордни в 7-

There was a second broadcast on **May 26 2023 16:13** at the end of EUPHW followed by a text and sound file.



През изминалите дни България се включи с над 70 събития в Европейската седмица на общественото здраве. Това е инициатива на Европейската асоциация по общественото здраве (EUPHA).

- България се присъединява към "Европейска седмица на общественото здраве"

За основната цел на тези дни, наситени със събития в различни градове у нас, доц. д-р Гена Грънчарова, дългогодишен преподавател в Медицинския университет, сега председател на Българската асоциация, каза:

"Да се повиши осведомеността за проблемите на общественото здраве, да се насърчи сътрудничеството между европейските институции, специалисти. За първи път се включват по-масово студенти. На конференции те представят разработки. **Най-голямо внимание е отделено на превенцията и на контрола на хроничните заболявания**, както и на проблемите на психичното здраве. Имаме и включвания на университетски болници и клиници".

Повече по темата можете да чуете в звуковия файл.



## HW48 - Cases of Healthcare workforce rights

Date / Theme: Monday 22 May Mental health for all

Time: 18h00 until 18h45 (GMT+02:00) Sofia



**Organiser:** Prof. Dr. Silviya Aleksandrova-Yankulovska, Bulgarian Public Health Association

**Description:** Providing health care often puts staff under stress and threatens their rights. At this meeting, several real-life cases related to staff rights and their ethical and legal settings, as published in Prof. Yankulovska's monograph "Clinical Ethics Consultation", will be presented. The presentation will be followed by a free discussion.





# HW193 – Mental Health – Online Campaign

Monday 22 May - Mental health for all

Time: 9 h00 until 17h00 (GMT+02:00 Sofia)



**Organisers:** Prof. Ivanichka Srebezova, Assoc. Prof. Despina Georgieva, Assist. Prof. Daniela Lyutakova - Ruse University “Angel Kanchev”, Faculty of Public Health, Department of Nursing Care

**Online informational campaign on the Department`s Facebook page.**

A series of posts on the department's FB page, which outline main guidelines for good mental health for our students, intended for distribution within our local community. The series emphasized the importance of mental health care during periods of stress – how to cope with work related stress and trauma, and encouraged students to actively work on their mental health wellness and seek qualified help if necessary. Basic tips for self-help and maintaining good mental health were shared.. **The posts have reached 5956 users and 151 users engaged with them.**





# HW19 – Management of time and mental health

Monday 22 May - Mental health for all

Time: 10h00 until 11h30 (GMT+02:00) Sofia

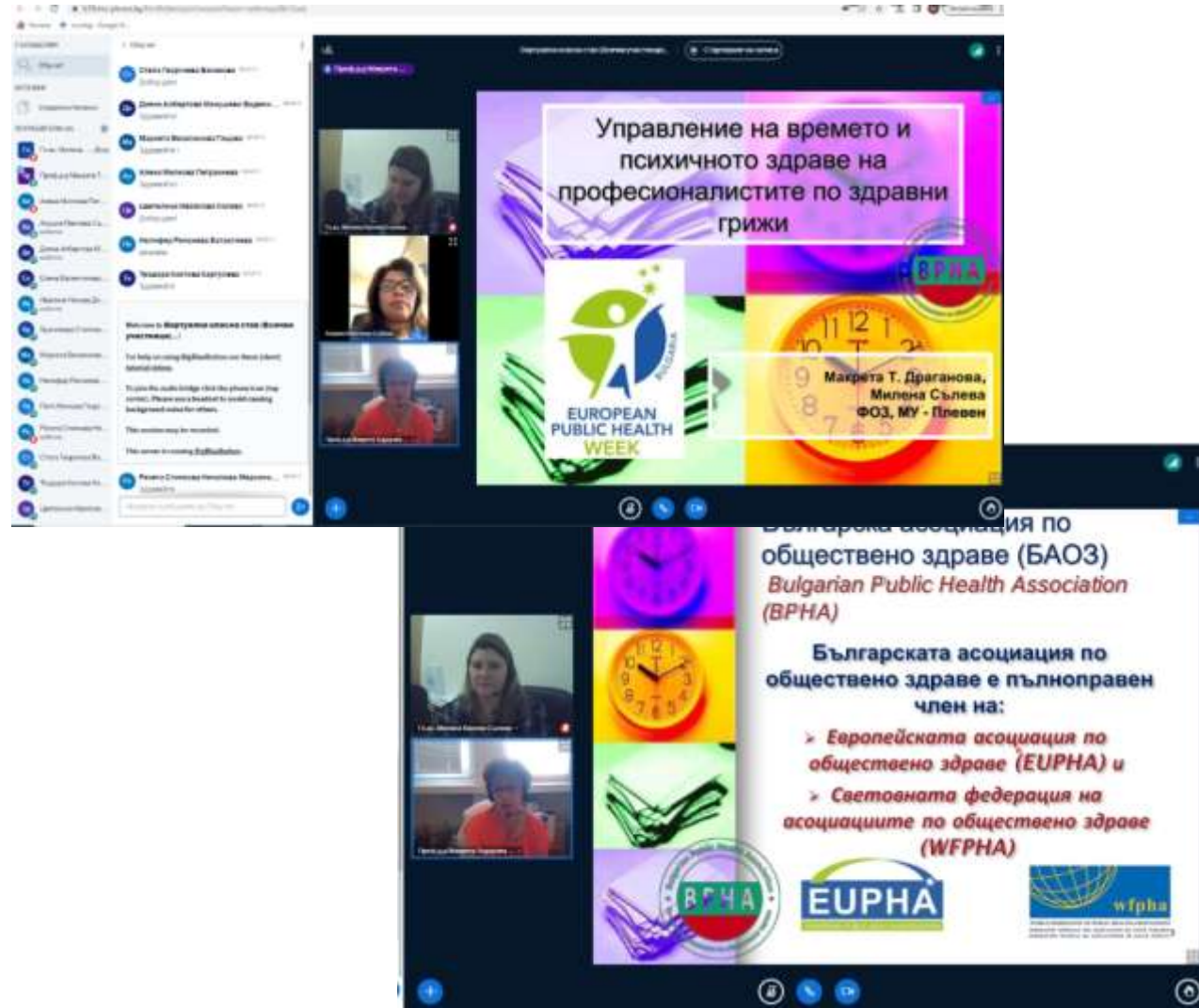


**Format:** Online webinar

**Organisers:** Prof. Makreta Draganova,  
ass. prof. Milena Saleva, MU-Pleven,  
Faculty of Public Health

**Description:** It was an online webinar with part-time students of the specialty “Management Health Care” webinar for healthcare professionals. The content was directed to the personal budget of time and the mental health of the health care professionals. The aim was to discuss priority of the balance between private and professional life and value of the personal example.

**Audience:** 20 students







## HW100 - Stigma in psychiatry as a public health problem

**Monday 22 May - Mental health for all**

**Time:** 8h00 until 10h15 (GMT+02:00) Sofia



**Format:** Lecture in-person

**Organisers:** Assoc. Prof. Maya Stoimenova, ass. prof. Ivanka Veleva, ass. prof. Aleksandar Todorov, MU-Pleven, Faculty of Public Health, Department of Psychiatry and Medical psychology

**Description:** This was a lecture with 5th year medical students about stigma in psychiatry. Mental illnesses such as schizophrenia, bipolar affective disorder and personality disorder create negative images of people with mental health problems that give rise to stigmatizing attitude. The goal was to discuss current issues related to stigma as a public health problem.

**Audience:** 20 students





**HW16 - Presenting project results on adolescents' mental health**

**HW17 - Mental health and well-being of children**

**HW18 - Mental Health promotion for children and adolescents**

**Monday 22 May - Mental health for all**

**Time:** 14h30 until 15h15 (GMT+02:00) Sofia

15h30 until 16h15 (GMT+02:00) Sofia

16h45 until 17h15 (GMT+02:00) Sofia



**Organiser:** Assoc. Prof. Gergana Petrova,  
MU-Plovdiv, Faculty of Public Health,  
Department of nursing care

**Description:** This event was organized by Assoc. Prof. Gergana Petrova, PhD, member of BPHA. Its aim was to introduce third-year nursing students to the positive results achieved by an Erasmus+ project Safe4Child in which Medical University of Plovdiv participates as a partner. The project leader is the University of Turku.





# HW22 - Sport, Physical Activity and Mental Health in Medical University – Pleven

Monday 22 May - Mental health for all

Time: 17:00 until 18:30 (GMT+02:00) Sofia



**Organisers:** MU-Pleven, Faculty of Public Health, Department of Physical Medicine, Rehabilitation, Occupational Therapy and Sports: Nina Mihailova, Iskra Ilieva, Iliyan Ilchev, Tanya Megova, Rostislav Kostov, Milena Kirnikolova, Kaloqn Monov, Petar Popov, Hristo Genov, Svetoslav Rachkov, Delyan Demirev, Biliana Angelova, Bulgarian Public Health Association

**Description:** The event started with a demonstration of Shotokan Karate Do and Bulgarian folk dances. Basketball, Volleyball, Table Tennis and Badminton tournaments were held with students from various specialties. The event ended with Tabata with Biljana for all participants. Students and teachers were honored with diplomas by the vice-rector Assoc. Prof. Sonia Valkova and the dean of the Faculty of Public Health, Prof. Milena Karcheva. The sports complex of MU-Pleven was full of young sports people, guided by the belief that sport is health and prevention of a number of diseases.







# HW164 - Sensory Paths and Physical Activity

Monday 22 May - Mental health for all

Time: 9h00 until 10h30



**Organisers:** The event is organized in the University of Ruse, on the initiative of Professional Club "FITNESS! HEALTH! TONUS", with the active participation of USK "ACADEMIC"; STD "ACADEMIC"; Departments of Physical education and sport, Faculty of Transport; Pedagogy, Faculty of Natural Sciences and Education', Bulgarian Public Health Association.

**Description:** Five teams of students from the specialty "Preschool and Primary School Pedagogy" participated in the event. They made sensory paths, each of which was a combination of different materials. The students explained that the alternation of different surfaces, which are stepped on when crossing the paths, aims to improve physical activity and mental health by obtaining various sensations and massage effects. The combination of natural-applied movements such as steps involved in sensory pathways form the idea behind our topic "Sensory pathways and physical activity for mental health". The event passed with increased interest. At the end of the event, possibilities for digitizing some of the steps of the sensory paths were discussed.







# HW9 - Student Conference

Monday 22 May - Mental health for all

Time: 9h00 until 15h00 (GMT+02:00) Sofia



The Faculty of Public Health, Health Care and Sport organized Student Conference as part of the events in the European Public Health Week. Students presented their research as oral presentations and posters.

**Audience:** The students and the academic staff of the Faculty of Public Health, Health Care and Sport at South-West University "Neofit Rilski", Blagoevgrad, Bulgaria.

**Organizer:** The academic staff of the Faculty of Public Health, Health Care and Sport



<https://www.swu.bg/bg/newsbgh/1212-ewsport2905>

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## HW 225: The guide of Psycho-Social support for Refugees

Monday 22 May - Mental health for all

Time: 10h00 until 12.00 (GMT+02:00) Sofia



**Description:** At the panel discussion the team of Mental Health and Addiction Prevention Directorate at the National Center of Public Health and Analyses presented the "The guide of Psycho-Social Support for Refugees". It was a hybrid meeting of the Working Group on Mental Health and Psychosocial Support, organized by the WHO office for Bulgaria. Assoc. prof. Vladimir Nakov answered questions about the guide.





## HW55 - Impact of climate change on mental health

**Monday 22 May 2023 - Mental health for all**

**Time:** 15.30 until 16.15 (GMT+00.30) Sofia



**Organizers:** Department of Social medicine, Health Management and Disaster Medicine and Department of Chemistry and Biochemistry, Faculty of Medicine, Trakia University – Stara Zagora

**Format:** in-person lecture

**Lecturer:** Prof. Veselin Ivanov

**Description:** Climate change has serious effects on mental health. Climate change is emerging as one of the biggest problems of the 21st century. They cause severe damage to the psyche of many people. Society and individuals must fight against the harmful effects of climate problems on the psyche.





## HW87 - For and against euthanasia and assisted suicide

Monday 22 May 2023 - Mental health for all  
Time: 13h30 until 15h30 (GMT+02:00) Sofia



**Organizer:** Assist. Prof. Rummyana Laleva – Department of nursing care, Faculty of Public Health, Medical university Varna

**Description:** Ethical and deontological problems were discussed with the students of the specialty “Midwife” from the perspective of patients, family, doctors, legislation and clergy in Bulgaria and around the world.







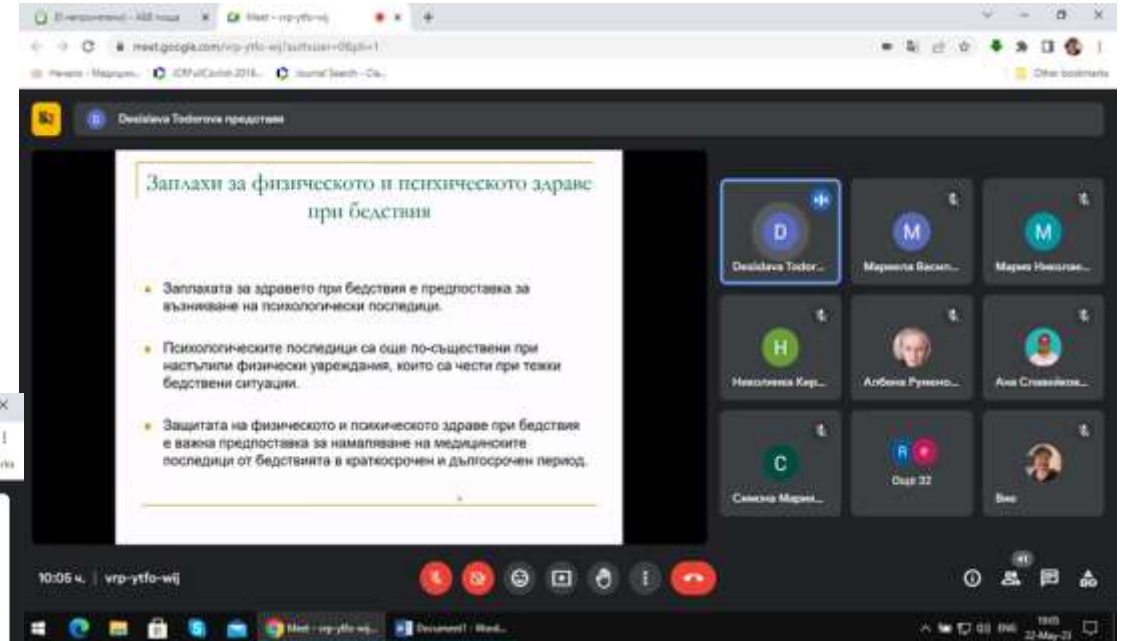
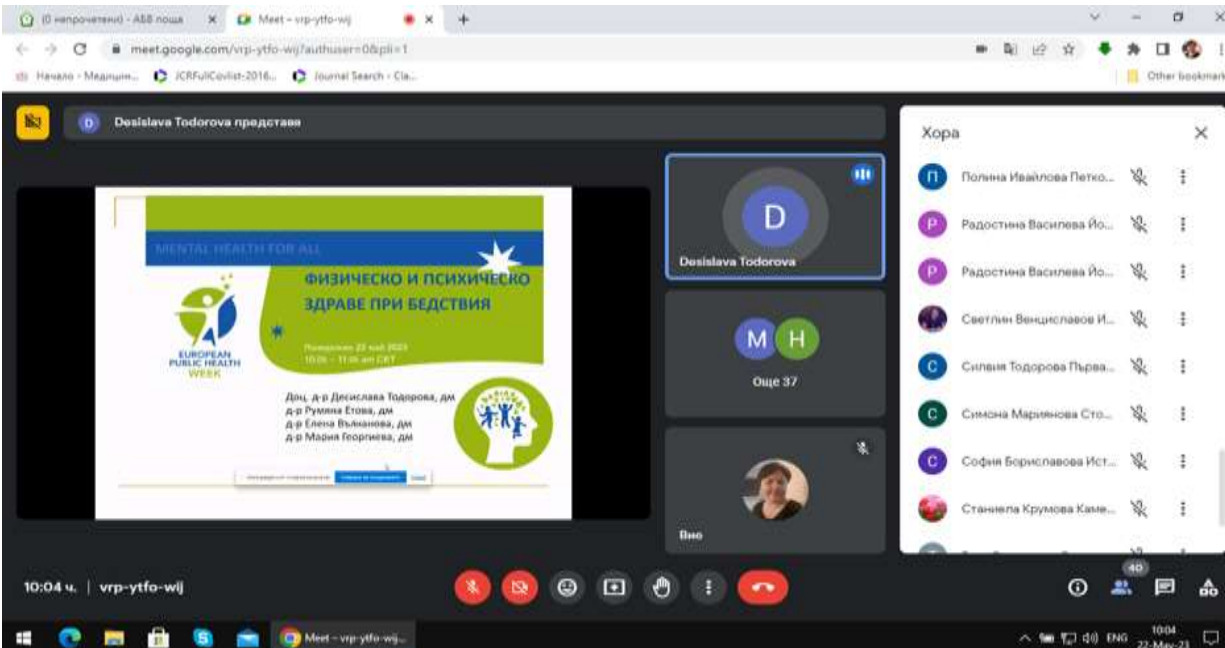
# HW90 - Physical and mental health in disasters

Monday 22 May 2023 - Mental health for all

Time: 10h00 until 11h00 (GMT+02:00) Sofia



**Description:** The health threat in disasters is a prerequisite for the occurrence of psychological consequences that are even more significant when physical disabilities occur. Protecting physical and mental health in disasters is an important prerequisite for reducing the disaster medical consequences in the short and long term.



**Organisers:** Assoc. Prof. Desislava Todorova – Dept. of Preventive Medicine, MU- Sofia; Chief Assist. Prof. Rumyana Etova, Chief Assist. Prof. Mariya Georgieva, Chief Assist. Prof. Elena Valkanova –Dept. of Epidemiology and Disaster Medicine, Faculty of Public Health, Medical University of Plovdiv



## HW72 - Burnout in medical professionals

Monday May 22 - Mental health for all

Time: 10h00 until 11h00 (GMT+02:00) Sofia



**Organisers:** Mariana Nikolova, Teodora Radeva, Stoyanka Yancheva – Department of Health Care, Faculty of Public Health, Medical University of Varna

**Description:** This was a seminar for medical specialists (10 students) from the specialty of Nursing. The accent was on the intensity of work, lack of personnel, and professional emotional exhaustion. Different options for prevention and strategies for coping with burnout were discussed.





# HW186 - Sports in helping teens avoid risky behaviors

Monday 22 May 2023 - Mental health for all

Time: 10h00 until 11h00 (GMT+02:00) Sofia



**Organizers:** MU-Pleven: Depr. of Nursing Care - Gergana Markova; Dept. of Physical Medicine, Rehabilitation, Occupational Therapy and Sports - Nina Mihailova, Tanya Megova, Rostislav Kostov, Milena Kirnikolova, Kaloqn Monov, Petar Popov, Hristo Genov, Svetoslav Rachkov, Delyan Demirev, Biliانا Angelova

**Description:** A discussion and various sports activities were held on the topic with 50 children aged 11-12 years old, studying at "Tsvetan Spasov" Primary School – Pleven, Bulgaria.





**Tuesday 23 May 2023**  
**DIVERSITY IN HEALTH**  
**17 events**





## HW47 - Cases of resource allocation ethical dilemmas

**Date / theme:**

Tuesday 23 May - Diversity in health

**Time:**

18h00 until 18h45 (GMT+02:00) Sofia



**Organiser:** Prof. Dr. Silviya Aleksandrova-Yankulovska, Bulgarian Public Health Association

**Description:** As health care resources become increasingly scarce, allocation decisions raise complex ethical dilemmas. At this meeting, several real-life cases of resource allocation with their ethical and legal settings, as published in Prof. Yankulovska's monograph "Clinical Ethics Consultation", will be presented. The presentation will be followed by a free discussion.

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🕒 Tuesday 23 May: Diversity in health

BOOK PRESENTATION

👤

СЛУЧАИ С ЕТИЧНИ ДИЛЕМИ ПО РАЗПРЕДЕЛЕНИЕ НА РЕСУРСИТЕ  
CASES OF RESOURCE ALLOCATION ETHICAL DILEMMAS

HW47

ПРОФ. Д-Р СИЛВИЯ АЛЕКСАНДРОВА-ЯНКУЛОВСКА, ДМН  
PROF. DR. SILVIYA ALEKSANDROVA-YANKULOVSKA, MD, PHD, DSc, MAS

EUROPEAN PUBLIC HEALTH WEEK

Bulgarian Public Health Association  
БПХА



# HW194 – Discussion on Women`s Health – New Perspectives and Challenges

Tuesday 23 May – Diversity in Health

Time: 10 h00 until 12 h00 (GMT+01:00)



**Organisers:** Prof. Ivanichka Srebezova, Assoc. Prof. Despina Georgieva, Assist. Prof. Daniela Lyutakova, Ruse University “Angel Kanchev”, faculty of Public Health, Department of Health Care

## Discussion on the Department`s Facebook page and in class.

Online & offline discussion on the problems of Women`s Health in Bulgaria - the most significant obstacles before health care professionals and their role in the process were outlined. We created space for active conversation with suggestions from students and page followers regarding challenges they have faced in this regard. Several posts were published with information on the main challenges in Women's Health.

**The post was reached – first one by 624 users, 2<sup>nd</sup> – by 275.**







# HW 29 - REQUIREMENT FOR MEDICO-SOCIAL REHABILITATION DURING IMPAIRED LOCOMOTION

Tuesday 23 May - Diversity in health  
Time: 11:00 until 11:45 (GMT+02:00) Sofia



## Organised by:

*Assoc. Professor Iskra Petkova, PhD*

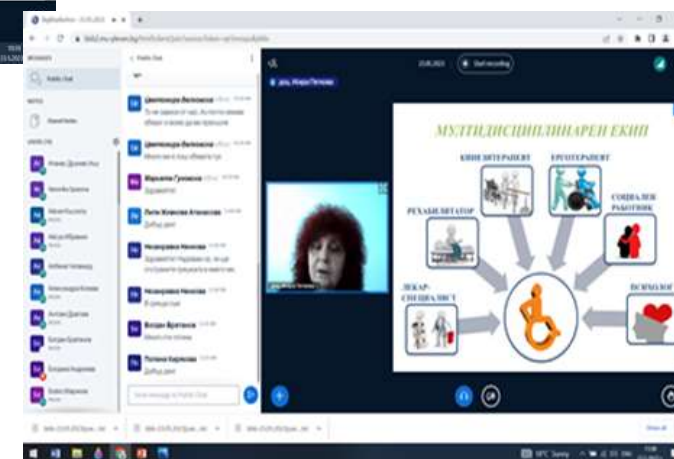
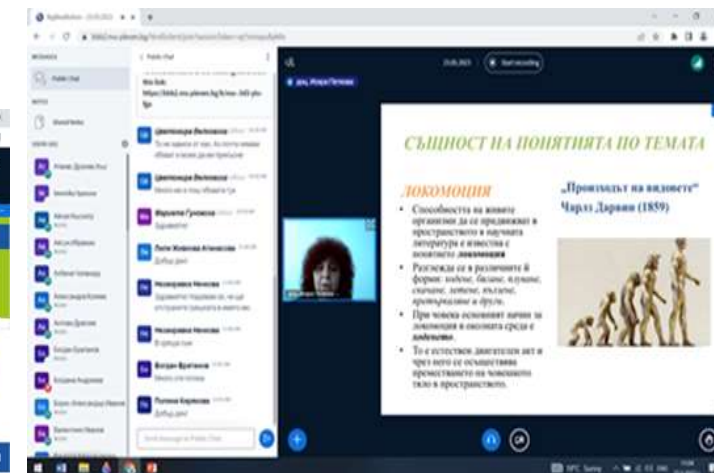
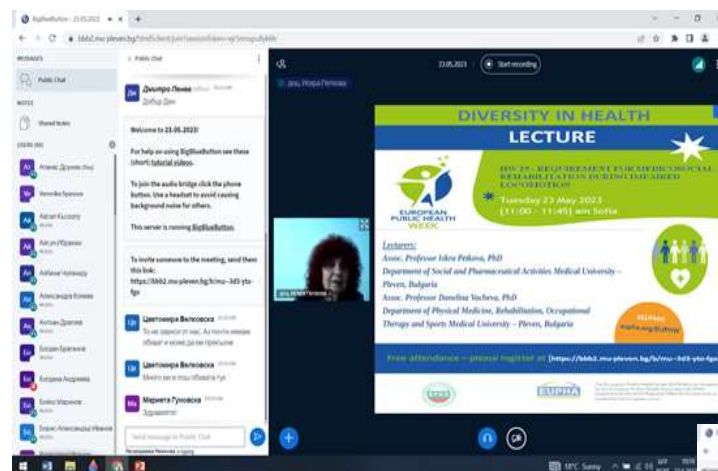
*Assoc. Professor Danelina Vacheva, PhD*

*Medical University – Pleven, Bulgaria*

The webinar was attended by 83 participants from the specialties „Medical Rehabilitation and Occupational Therapy“, „Social Activities in Health Care“ and „Social Activities“ of the Medical University – Pleven, Bulgaria.

In connection with the topic, a survey was conducted on a voluntary basis with 91 students from the Faculty of Public Health and the Medical College of the Medical University - Pleven, Bulgaria.

The second part of the event had the sub-theme „From theory to practice“. Work is underway on a checklist for self-assessment of persons with impaired locomotion.



**Link: <https://bbb2.mu-pleven.bg/b/mu--3d3-yto-fgo>**

# HW80 - Zoonotic parasitic diseases and the health knowledge

Tuesday 23 May 2023 - Diversity in health

**Time:** 11:30 until 12:30 (GMT+02:00) Sofia



**Lecturer: Assoc. Prof. Dr. Borislava Chakarova, MD, PhD**

Dept. of Hygiene, Epidemiology, Microbiology, Parasitology and Infectious diseases

Faculty of Medicine, Trakia University – Stara Zagora, BULGARIA

**Event type: Discussion among school students**

**Tenth-graders from Vocational High School for Construction and Woodworking "Eng. N. Ranchev", Stara Zagora, Bulgaria**

**Title: Parasitic diseases and the health knowledge with which we can save ourselves from them**

The purpose of the talk was to introduce teenagers to some parasitic diseases that are transmitted from person to person or from animal to person and to conduct a short training on how to observe hygiene, how to properly care for their pets and how to protect the environment from biological animal pollution.

The interest on the part of the students was great and several questions clarifying the topic were asked.







# HW93 - Access of vulnerable groups to health care services

Tuesday May 23 - Diversity in health

Time: 11h00 until 12h30 (GMT+02:00) Sofia



**Organizers:** Assoc. Prof. Krasimira Kostadinova, Head of Department "Child and Youth Health", National Center of Public Health and Analyses, with the support of the National Network of Health Mediators and the Ministry of Health

**Description:** The goal of the event was to ensure equal and effective access to quality health care, with an emphasis on pregnant women and children, by increasing the competence of health mediators to inform and consult families from the Roma community about health services and rights.

**94 health mediators and other stakeholders** participated in the event. They were informed by the presentations of experts from department "Child and youth health" about the services available in the health care system for pregnant women, children with different needs, with disabilities and chronic diseases and how to access to them, as well as the current policies for improving maternal and child health and for encouragement of early childhood development.



# HW99 - Women's health

Tuesday 23 May - Diversity in health

Time: 10h00 until 14h00 (GMT+03:00) Sofia

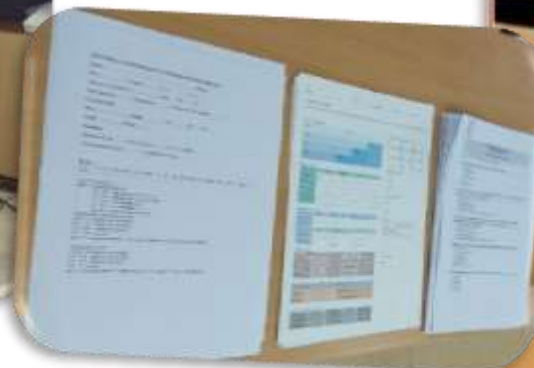


**Description:** At the event organized by the Faculty of Public Health, Health Care and Sports at SWU "Neofit Rilski", Department of Anatomy and Physiology it was aimed at female citizens of different ages. In the course of the study, body mass composition was determined, as well as an analysis of eating habits and physical activity through a questionnaire that provides information on nutrient intake and energy expenditure. Determining these characteristics is important for women's health. According to the individual data of the women, recommendations were prepared for each of the participants.

<https://www.facebook.com/groups/154553266557006>

<https://www.facebook.com/profile.php?id=100057272807282>

<https://www.swu.bg/bg/>



**Organizers:** Faculty of Public Health, Health Care and Sport, Department of Anatomy and Physiology, SWU "Neofit Rilski", Blagoevgrad

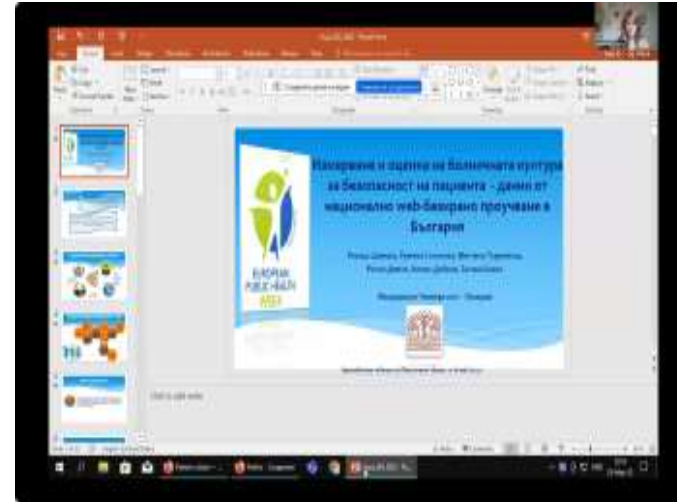




# HW140 - PATIENT CULTURE

Tuesday 23 May - Diversity in health

Time: 13h00 until 14h.30 (GMT+02:00) Sofia



Description: The aim of the webinar is to shift the focus to the patients, culture of safety in the medical facilities and pharmacy, as well as the need to apply the concept of symbiosis in the treatment methods. The need for patient safety training of the healthcare professionals was emphasized, as well as various opinions and points of view of leading experts from Bulgaria were presented. All of the experts united in direction of participation in future initiatives on the subject.

30 participants took part in the discussion



The webinar was organised by Assoc. prof. Milena Vladimirova, Department "Medico-social analyses", National Center for Public health and Analyses

Presenters: **Patient culture and the PaSQ project "Patient Safety and quality of care"** – Assoc.prof. Milena Vladimirova,NCPHA,BPHA

**Measuring and evaluating hospital patient safety culture – data from a national web-based survey and with the patient safety project**, Chief assistant Miglena Tarnovska, MU,Plovdiv

**Innovations in drug safety and policies** - Prof. Asena Serbezova, Faculty of Public Health MU – Sofia.

**The "Unified Health" concept** - Dr. Dora Pachova, Center for Health and Education – Edicta, Licensed Homeopathic School

# HW94 – Prevention and treatment of back and low back pain

Tuesday 23 May – Diversity in health

Time: 13h00 until 17h00 (GMT+02:00) Sofia



**Organizers:** Medical University of Varna, Faculty of Public Health, Department of Physiotherapy, Rehabilitation and Thalassotherapy

**Description:** Campaign for medical examination and providing information about the possibilities of physical medicine for the treatment and prevention of back and low back pain for the employees of the Medical University of Varna. Giving recommendations and promoting better physical and mental health.





# HW27 - Discussion about Management of Sexually Transmitted Infections

Date / theme: Tuesday 23 May – Diversity in health

Time: 13h00 until 17h00 (GMT+02:00) Sofia



**Organisers:** Department of Social Medicine, Health Management and Disaster Medicine, Medical Faculty, Trakia University of Stara Zagora and Bulgarian Family planning and Sexual Health Association

**Description:** Every day 1 million people become infected with sexually transmitted infections, having dramatic effects on health, economic growth and lifestyles worldwide. The overall complex approach to patients with sexually transmitted infections is based on three main pillars: prevention, therapy and monitoring. Discussion about review of official documents about STI management; case studies from clinical practice- two cases with syphilis and one with chlamydia infection - working with the patients documents.



# HW136 - Heat wave and our health - how can we adapt?

Tuesday 23 May - Diversity in health

**Time:** 11h00 until 13h.30 (GMT+02:00) Sofia



## Panel Discussion

Assist. prof. Zornica Spasova, Department "Medico-social analyses" at the National Center for Public health and analyses (NCPHA) answered questions from 11 am to 13 pm about climate change and women health. Recommendation for women prevention were suggested. Bulgaria is situated in a region more vulnerable than other parts of Europe.

Participant: 9





## HW74 - Nursing organisation to improve the quality and safety in patient care

Date / Theme: Tuesday 23 May - Diversity in health

Time: 13h30 until 14h45 (GMT+02:00) Sofia



**Organisers:** Prof. Silvia Borisova, Ass. Prof. Milena Nankova, Ass. Prof. Verginiya Tsvetkova, Department of Nursing care, Faculty of Public Health, MU-Varna

**Description:** The event was aimed at the second year nursing students (15 students) and their understanding of quality and safe healthcare. The students expressed their ideas creatively to plan, organize and conduct nursing care.





# HW88 - Workshop for students: Prevention of hypertensive complications during pregnancy

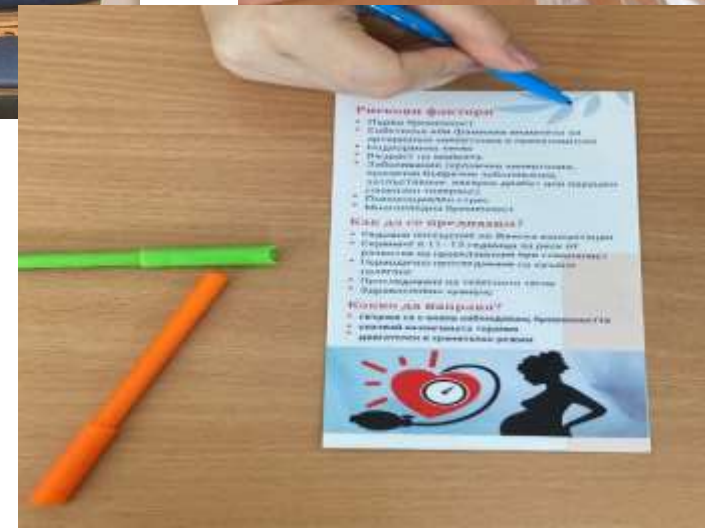
Date / Theme: Tuesday 23 May - Diversity in health

Time: 11h00 until 12h30 (GMT+02:00) Sofia



**Organiser:** Todorka Boeva,  
Department of Nursing care,  
Faculty of Public Health, MU-Varna

**Description:** Student Workshop, organized by the Department of Health Care, was attended by second year students of the specialty “Midwife”. The students produced information brochures on the prevention of hypertensive complications during pregnancy. The brochures were distributed among pregnant women.







# HW73 - Healthy eating and physical activity for obesity prevention

Date / Theme: Tuesday 23 May - Diversity in health

Time: 11h00 until 12h45 (GMT+02:00) Sofia



**Organisers:** Assoc. prof. Anna Georgieva, Assist. Prof. Galina Petrova, Assit. Prof. Krasimira Slavova - Department of Nursing care, Faculty of Public Health, MU-Varna

**Description:** The discussion was held with third year students (27 students) of the specialty "Nurse". Our team tried to meet the challenge - balanced nutrition, physical activity, in the context of natural limitations of physiological and socio-psychological nature in the elderly (over 65 years).





## HW 119 - SEXUALITY EDUCATION OF CHILDREN IN RESIDENTIAL CARE

Tuesday 23 May 2023

15:00 – 15:45 pm Sofia



### Organised by:

*As. Prof. Marieta Gunovska*

*As. Prof. Veronika Spasova, PhD*

*As. Prof. Kalina Kancheva*

*The event was held in-person*

**Description:** The event was organized by teachers from the Department of "Social and Pharmaceutical Activities" at the Medical College, Medical University - Plevna. On the day dedicated to Diversity (disparities) in health, in the context of women's health, training was held for children placed in a residential service. They were introduced to issues related to puberty and the changes that occur during adolescence. a part of which is also the sexual education of the young generation, as a necessary condition for a full, independent life in society.

**37 participants took part in the event.**







## HW59 - Diversity in pharmaceutical care

Date / Theme: Tuesday 23 May - Diversity in health

Time: 10h30 until 12h00 (GMT+02:00) Sofia



**Organizers:** Prof. Dr. Silviya Aleksandrova-Yankulovska, MD, PhD, DSc;

Senior Asst. Prof. At. Anov, PhD

**Description:** This was a lecture with students in Pharmacy representing different ethical problems in regards to clinical pharmacy; provision of medicines within the community; pharmaceutical production and distribution. These issues were discussed in view of multiculturalism, social class and religion diversity of patients' population.



# DIVERSITY IN HEALTH

## SEMINAR



### HW57 - MORAL DILEMMAS IN ALLOCATING HEALTHCARE RESOURCES

Tuesday 23 May 2023

★ 14:30 - 15:45 pm (GMT+02:00) Sofia  
(organisers' local time)



**Organizer:** Senior Asst. Prof. At. Anov, PhD; Medical University – Pleven

**Description:** This was a seminar with students of Medicine on the topic of conflict between different groups of patients in regards to access to health care resources. Students will discuss cases regarding culturally sensitive health care provision, life style and age as criteria of resource allocation.



Who should we choose?  
How to make the right decision?  
What tools should we use and how?





# HW197 - Sports for everyone!

Date / Theme: Tuesday 23 May - Diversity in health

Time: 10h30 until 12h30 (GMT+02:00) Sofia



## Event type: Walk

An athletics cross was organized at South-West University "Neofit Rilski".

**Participants:** about 150 students, administration and academic staff of South-West University "Neofit Rilski", Blagoevgrad, Bulgaria took part in the event.

**Organized by:** The academic staff of the Department of Sport at Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski"



<https://www.swu.bg/bg/newsbgh/1212-ewsport2905>

<https://www.facebook.com/profile.php?id=100057272807282>

<https://www.facebook.com/profile.php?id=100057660601255>



**Wednesday 24 May 2023**  
**ACCESS TO CARE**  
**9 events**





## HW51 - Patient's responsibility as criterion for healthcare prioritisation

**Date / theme:** Wednesday 24 May – Access to care  
**Time:** 8h00 until 23h45(GMT+02:00) Sofia

**Organiser:** Prof. Dr. Silviya Aleksandrova-Yankulovska,  
Senior Asst. Prof. Atanas Anov, Bulgarian Public Health Association



**Description:** Debates surrounding healthcare prioritisation have not subsided for almost half a century. Newer among them is the idea of using patient's responsibility as a criterion for access to health care. We will launch online survey to study the opinion of different stakeholders – healthcare workers, students, public health specialists.

### **2023 ЕВРОПЕЙСКА СЕДМИЦА НА ОБЩЕСТВЕНОТО ЗДРАВЕ** **2023 EUROPEAN PUBLIC HEALTH WEEK**

Българска Асоциация по Обществено Здраве

[Влезте в Google](#), за да запазите отговора си. [Научете повече](#)

\* Указва задължителен въпрос

#### **ВЪПРОСНИК**

ЗА ПРОУЧВАНЕ МНЕНИЕТО НА МЕДИЦИНСКИ ПРОФЕСИОНАЛИСТИ И СТУДЕНТИ ОТ РАЗЛИЧНИ МЕДИЦИНСКИ СПЕЦИАЛНОСТИ

ОТНОСНО ПРИЛОЖИМОСТТА НА ОТГОВОРНОСТТА НА ПАЦИЕНТА КАТО КРИТЕРИЙ ЗА РАЗПРЕДЕЛЕНИЕ НА РЕСУРСИТЕ В ЗДРАВЕОПАЗВАНЕТО



## HW66 – Celebrating Health and Education on the Day of the Bulgarian Enlightenment

**Date/theme: Wednesday 24 May – Access to Care**

**Time: 10h00 until 12h00 (GMT+02:00) Varna**

**Description:** Access to care goes hand in hand with the access to education (SDG 3 & 4). Education in the broad sense of professional education, health education, health literacy development, education as an essential part of health promotion.

The event on the 24 of May coincided with the unique national holiday in Bulgaria – **the Day of Slavonic Alphabet, Bulgarian Enlightenment and Culture**. Traditionally, there was a very emotional manifestation of all the educational institutions in the country.

Celebrating this Day was an opportunity to acknowledge the importance of health education and the need to build awareness of the international activities like the EUPHW.

Branded small flags were available for the participants in the event.

The activity was a part of a project at the Medical University of Varna –

**“One Health – integrative research and scientometric approaches for better quality of life”, Health and Happiness chapter.**



Event was initiated and registered by **Desislava Vankova, Petya Boncheva and Kristina Kutcarova** – MU-Varna, Faculty of Public Health, Department of Social Medicine and Healthcare Organisation





## HW62 - Utilisation of digital devices for digital health

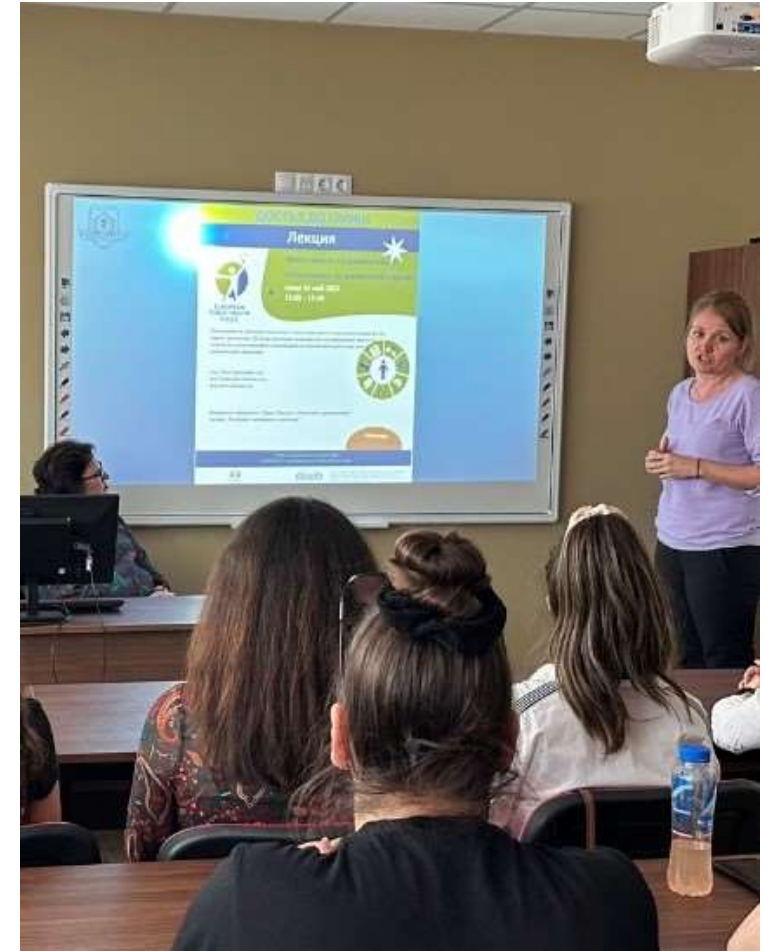
Date/theme: Wednesday 24 May – Access to Care

Time: 13h00 until 13h45 (GMT+02:00) Varna



**Organisers:** Department of Speech Therapy and Medical Pedagogy, Faculty of Public Health, Medical University of Varna  
**Ass. Prof. Petya Hristanova**, Assoc. Prof. Stanislava Pavlova, Assoc. Prof. Aneta Dokova

**Description:** The use of digital devices in modern life is increasing and finding wider and wider application. In this lecture in-person we discussed the possibilities of modern digital devices for the diversification and improvement of correction work in individuals with communicative disorders.



# HW63 - The role of the relatives for the improvement of the quality of life for individuals with communicative disorders

**Date/theme:** Wednesday 24 May – ACCESS TO CARE

**Time:** 14h00 until 14h30 (GMT+02:00) Varna



**Organisers:** Department of Speech Therapy and Medical Pedagogy, Faculty of Public Health, MU-Varna

**Assoc. Prof. Stanislava Pavlova**, Assoc. Prof. Aneta Dokova, Assoc. Prof. Zhivko Zhekov, Ass. Prof. Violeta Staneva

**Description:** This lecture was student-oriented and focused on the complex approach and care for individuals with communicative disorders. The interaction between specialists and relatives providing care for them was discussed. The issue about the crucial role of the relatives for the improvement of their quality of life was discussed.

20 participants







# HW65 - Community-based interventions for equal access to healthcare

Date/theme: **Wednesday 24 May – Access to Care**

Time: 14h45 until 15h30 (GMT+02:00) Varna



**Organisers:** Department of Speech Therapy and Medical Pedagogy, Faculty of Public Health, MU-Varna - **Assoc. Prof. Aneta Dokova**, Assoc. Prof. Stanislava Pavlova,, Assoc. Prof. Zhivko Zhekov

**Description:** The lecture examined health interventions including partnerships with communities, stakeholders and health professionals. The emphasis was placed on activities for enhancing timely and equal access to health services, promoting and sustaining healthy behaviour in communities. Good practices were presented for solving health problems in specific communities of various cultural backgrounds.

20 participants





# HW71 – Health worker workload analysis to determine staffing needs

Wednesday 24 May ACCESS TO CARE

Time: 10h30 until 12h45 (GMT+02:00) Sofia



**Organisers:** Prof. Makreta Draganova, ass. prof. Milena Saleva, Faculty of Public Health, MU-Pleven

МЕДИЦИНСКИ УНИВЕРСИТЕТ – ПЛОВДИВ  
ФАКУЛТЕТ „ОБЩЕСТВЕНО ЗДРАВЕ“  
ЦЕНТЪР ЗА ДИСТАНЦИОННО ОБУЧЕНИЕ

**АНАЛИЗ НА ТРУДОВАТА ЗАЕТОСТ НА ПРОФЕСИОНАЛИСТИТЕ ПО ЗДРАВНИ ГРИЖИ ЗА ОПРЕДЕЛЯНЕ НА НЕОБХОДИМИЯТ БРОЙ ПЕРСОНАЛ ЗА ОСИГУРЯВАНЕ НА КАЧЕСТВЕНИ ЗДРАВНИ ГРИЖИ**

**HW71 Health worker workload analysis to determine staffing needs**  
**EUPHW 2023**

Милена Сълева  
Макрета Драганова

Виртуално класно стая (сложно участие) | Стартиране на запис

European Public Health WEEK  
22-26 May 2023

**Public health: Global issues, local actions**

Сряда: **ДОСТЪП ДО ГРИЖИ**  
(ACCESS TO CARE)

- Използване на обещанието за дигитално здраве
- Финансови бариери при достъпа до грижи – обмяна на опит
- Медицински пустини - справяне с небалансираното разпределение на здравните специалисти
- Достъгът на мигранти и бежанци до грижи - най-добри практики и жизнен опит
- Навременен и равен достъп до лекарства и ваксини
- Интегриране на здравни услуги между дисциплини и сектори
- **Качество на грижите**
- Невидима, но решаваща роля на неофициалните обгрижващи

Слайд 4

**Description:** Online webinar with 20 students (healthcare active workers) from the specialty “Healthcare Management“. The aim was to introduce to the students different methods of analysing the employment of health care workers to determine the necessary number of personnel in different units. The proposals of the Bulgarian Association of Health Professionals for minimum insurance with health care professionals from various specialties requirements will be discussed. The students themselves will calculate the required number of nurses for the first shift in a haematology department to provide quality health care.



# HW75 - Social and health inequalities at the start of the life

Date / Theme: Wednesday 24 May ACCESS TO CARE

Time: 11h00 until 12h45 (GMT+02:00) Sofia



**Organisers:** Assist. Prof. Galina Petrova, Assoc. Prof. Katya Genova, Assoc. Prof. Diana Gozdeva  
Department of Nursing care, Faculty of Public Health, MU-Varna

**Description:** There was a discussion with third year students of Nursing (20 students) on social and health inequalities in early life and the work of health professionals to address them at municipal level. Approaches to recognizing social and health inequalities in early childhood, the factors that cause them, and the opportunities for health professionals to contribute to overcoming them through community work are presented.





# HW 120 - MAIN CHARACTERISTICS OF INFORMAL CARE

Wednesday 24 May 2023

11:00 – 11:45 am Sofia



## Organised by:

*As. Prof. Veronika Spasova, PhD*

*As. Prof. Kalina Kancheva*

*As. Prof. Marieta Gunovska*

*The event was online*

**Description:** The event was organized by teachers from the Department of "Social and Pharmaceutical Activities" at the Medical College, Medical University - Pleven. On the day dedicated to "Access to health care" and the theme related to the invisible but crucial role of informal care. In the context of an aging population and the need to provide long-term care, which increases with increasing age and the increasingly significant share of people with disabilities. The workshop addressed the main characteristics of informal care.

30 participants took part in the event.







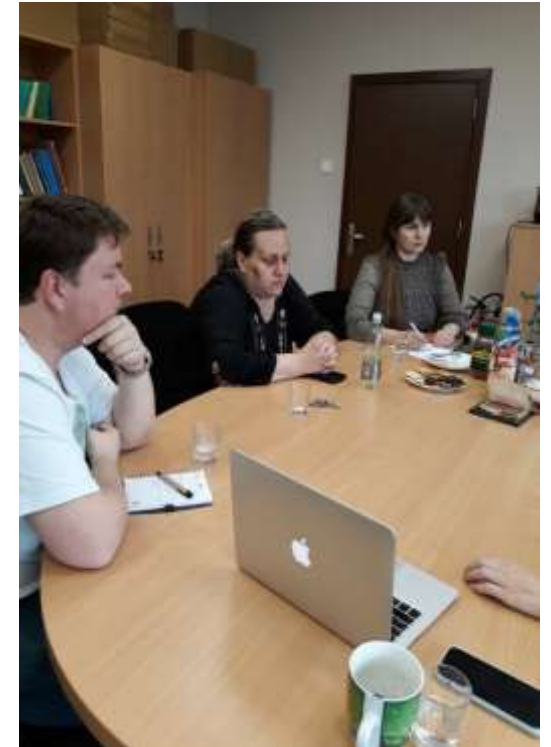
# HW126 - Refugee and Asylum Seeker Health Challenges in the poorest EU nation

Wednesday 24 May - Access to care

**Time:** 9h00 until 10h30 (GMT+02:00) Sofia



- An investment in refugee's health is an investment in the future: refugee and asylum seekers should be seen as assets, not as burdens.
- Policy coordination between foreign policy, health, education, social policy sectors covering all phases of migration will prevent diseases and can save lives.
- Migration health does not exist in a vacuum; Evidence-based policies and practices should strengthen local and national public health initiatives.



*The event is registered by Silviya P.Nikolova, PhD*

Initiative of Department of Social Medicine and Healthcare  
Organization



**Thursday 25 May 2023**  
**PREVENTION AND CONTROL**  
**OF CHRONIC DISEASES**  
**24 events**





## HW49 - Hospices in Bulgarian healthcare system

Thursday 25 May - Prevention and control of chronic diseases

Time: 18h00 until 18h45 (GMT+02:00) Sofia



**Description:** Hospices were legally defined in Bulgaria in 1999. However, until now, there is no real integration of hospices in our healthcare system. This event will provide a platform to discuss issues in hospices' functioning in the light of its public health effects.

**Organisers:** Prof. Dr. Silviya Aleksandrova-Yankulovska,  
Bulgarian Public Health Association

Макрета Iskra Petkova Асен Сеизов Irena Stoilova

Recording Paused

Thursday 25 May: Prevention and control of chronic diseases

ХОСПИСИТЕ В БЪЛГАРСКАТА ЗДРАВНА СИСТЕМА  
HOSPICES IN BULGARIAN HEALTHCARE SYSTEM

ПРОФ. Д-Р СИЛВИЯ АЛЕКСАНДРОВА-ЯНКУЛОВСКА, ДМН  
PROF. DR. SILVIYA ALEKSANDROVA-YANKULOVSKA, MD, PHD, DSc, MAS

HW49

ROUND TABLE DISCUSSION

Bulgarian Public Health Association  
BPHA



# HW195 – Prevention Strategies – Interactive Discussion with Students

Thursday 25 May – Prevention and control of chronic diseases

Time: 10 h00 until 12 h00 (GMT+02:00) Sofia



**Organisers:** Ruse University “Angel Kanchev”, BPHA, Prof. Ivanichka Srebezova, Assoc. Prof. Despina Georgieva, Assist. Prof. Daniela Lyutakova, Assoc. Prof. Tsveta Hristova

**Discussion on the Department’s Facebook page and in class.**

This panel discussion outlined the most important prophylactic and screening strategies for public health. We shared basic information for the most common tests and prophylactic activities. Our goal was to raise more awareness on the necessity for timely prophylaxis. Assoc. Prof. Tsveta Hristova revealed a new poster on breast self-examining as a learning aid that will help and guide students. Prophylaxis of breast cancer was discussed. **The post has reached 901 users. And 30 students participated.**







# HW148 - Benefits and side effects of salt

Thursday 25 May – Prevention and control of chronic diseases

Time: 10 h00 until 12 h00 (GMT+02:00) Sofia



**Description:** At a Panel Discussion Prof. Veselka Duleva, National nutrition consultant for the Ministry of Health, National Center of Public Health and Analyses and active member of the Bulgarian Public Health association, answered many questions from 10:00 am until 12:00 about the "Benefits and side effects of salt" based on the results on scientific research.

Participants: 11



## HW161 - Risk factors causing chronic diseases

Thursday 25 May – Prevention and control of chronic diseases

Time: 10h00 until 14h00 (GMT+02:00) Sofia



**Description:** Assoc. prof. Galya Tzolova, Head of the Health Promotion and Disease Prevention Directorate, and experts Rosica Chaparova, Elena Teolova, Ivelina Kamel, Mirela Strandzheva and assoc. prof. Milena Vladimirova presented lecture on topic "Distribution of risk factors causing chronic diseases", based on the results of the national survey "Chronic and Non-communicable disease 2020". Assoc. prof. Lalka Rangelova, Head of department "Food and Nutrition" presented the results of the nutritional status.

Number of participants: 11





# HW162 - Risk factors prevention

Thursday 25 May – Prevention and control of chronic diseases

Time: 14h30 until 16h30 (GMT+02:00) Sofia



In a panel **discussion** **assoc. prof. Galya Tzolova**, Head of the Health Promotion and Disease Prevention Directorate at the national Center of Public health and Analyses and experts **Rosica Chaparova**, **Elena Teolova**, **Mirela Strandzheva**, **Sofia Kandilarova**, answered questions about the prevention of the basic factors for chronic diseases.





# HW138 – Prevent obesity

Thursday 25 May – Prevention and control of chronic diseases

Time: 10h00 until 14h00 (GMT+02:00) Sofia



**Assoc. prof. Lalka Rangelova**, National Center of Public Health and Analyses and **assist.prof. Maria Nikolova**, Department of Epidemiology and Hygiene of the Faculty of Medicine, Medical University of Sofia, consulted and commented on the results of measurement with the Tanita device (for body mass) 25 registered workers in different institutions located in the building of NCPHA.





# HW60 - Prevention of HPV associated diseases

Thursday 25 May – Prevention and control of chronic diseases

Time: 10h00 until 14h00 (GMT+02:00) Sofia



**PREVENTION AND CONTROL OF CHRONIC DISEASES**

**Seminar in person**

**HW60: PREVENTION OF HPV ASSOCIATED DISEASES**

Thursday 25 May 2023  
08:15 - 09:45 CET

**Event description**  
Seminar with students of Medical University – Pleven, midwife speciality. In person event. It emphasizes on the midwife's role in prevention of HPV associated diseases, especially cancer of the cervix uteri. Specific tools of prevention as education against risky sexual behaviour, vaccination, screening programmes and their effectiveness will be discussed.

**Institution involved**  
Medical University – Pleven, Bulgaria  
Bulgarian Public Health Association

**Lecturer/Moderator**  
Stela Georgieva, MD, PhD (BPHA member, EUPHA member)  
Department of Social Medicine and Health Management, Faculty of Public Health  
Medical University - Pleven

*Faculty of Health care, 3<sup>rd</sup> floor, Hall 304*  
*Contact: georgieva\_sl@yahoo.com*

Семинар: Профилактика на заболяванията свързани с HPV  
10:00 ч. до 14:00 ч. на 25.05.2023 г. в зала 304



**Organiser:** Assoc. prof. Stela Georgieva, MU-Pleven, Faculty of Public Health. Dept. of Social medicine and health management





# HW11 - Behavioural science and chronic diseases

Thursday 25 May – Prevention and control of chronic diseases

Time: 09h00 until 13h00 (GMT+02:00) Sofia



**Description:** At the event organized by the Faculty of Public Health, Health Care and Sports at SWU “Neofit Rilski”, Department of Kinesitherapy assessment of feet condition and prevention of flat feet was carry out. Children and adults with changes in the feet and certain complaints in the musculoskeletal system took part in the study. Foot problems have been found to worsen with age. Participants were given recommendations for treatment and coping with the problem.

<https://www.facebook.com/groups/154553266557006>  
<https://www.facebook.com/profile.php?id=100057272807282>  
<https://www.swu.bg/bg/>



**Organizers:** Faculty of Public Health, Health Care and Sport, Department of Kinesitherapy, SWU “Neofit Rilski” - Blagoevgrad





# HW10 - How to tackle the physical inactivity epidemic

Thursday 25 May - Prevention and control of chronic diseases

Time: 9h00 until 17h00 (GMT+02:00) Sofia



**Description:** The purpose of the held event was to carry out a screening study of the body composition and analysis of the physical capabilities of persons of different ages. Based on the results of anthropometry and somatotype, to calculate indices for overweight and obesity as predictors of cardiovascular diseases. The population should also be informed about the harm caused by the lack of physical activity, as well as guidelines for dealing with it and improving the physical condition according to the age and interests of the participants.



<https://www.facebook.com/groups/154553266557006>

<https://www.facebook.com/profile.php?id=100057272807282>

<https://www.swu.bg/bg/>

**Organizers:** Faculty of Public Health, Health Care and Sport, Department of Kinesitherapy, SWU "Neofit Rilski" - Blagoevgrad

# HW61 - NCDs – levels and tools of prevention

Thursday 25 May – Prevention and control of chronic diseases

Time: 10h00 until 14h00 (GMT+02:00) Sofia



**PREVENTION AND CONTROL OF CHRONIC DISEASES**

## Seminar in person

**HW61:  
NCD-S – LEVELS AND TOOLS OF  
PREVENTION**



Thursday 25 May 2023  
14:00 - 15:30 CET

**Event description**  
Series of seminars during the week with medical students of Medical University – Pleven. It emphasizes on the importance of prevention to reduce NCDs. Objectives and tools of different levels of prevention will be discussed, and how to choose an appropriate approach of prevention depending on the stage of the disease.

**Institution involved**  
Medical University – Pleven, Bulgaria  
Bulgarian Public Health Association

**Lecturer/Moderator**  
Stela Georgieva, MD, PhD (BPHA member, EUPHA member)  
Department of Social Medicine and Health Management, Faculty of Public Health  
Medical University - Pleven

*Faculty of Public Health, 1-th floor, Hall 2  
Contact: georgieva\_sl@yahoo.com*







## HW37 - Assessment of post-COVID effects on communication and swallowing

Thursday 25 May – Prevention and control of chronic diseases

Time: 10h00 until 14h00 (GMT+02:00) Sofia



### Event type: Campaign

The academic staff of the Department of Logopedics did consultations and evaluation of voice, speech, hearing and swallowing of clients who had recovered from COVID-19. Twenty people in different ages who had recovered from COVID-19 were consulted and evaluated. The clients with communication disorders were referred to more detailed assessment in order to develop a treatment plan.

**Organized by:** The academic staff of the Department of Logopedics, Faculty of Public Health, Health Care and Sport, South-West University "Neofit Rilski", Blagoevgrad

**The events were announced in the local and national media.**



[https://www.youtube.com/watch?v=R9QQar8bf\\_c](https://www.youtube.com/watch?v=R9QQar8bf_c)

<https://www.swu.bg/bg/newsbgh/1212-ewsport2905>

<https://www.facebook.com/profile.php?id=100057272807282>

<https://www.facebook.com/profile.php?id=100057660601255>

<https://bnt.bg/news/bezplatni-pregledi-v-sedmicata-na-zdraveto-v-blagoevgrad-v345439-318382news.html?fbclid=IwAR0Wsn14KYr4KsQ1FTcR5OX-V-woxoawQEZMbHGrywh7Yue1Sxde3kVTvg>



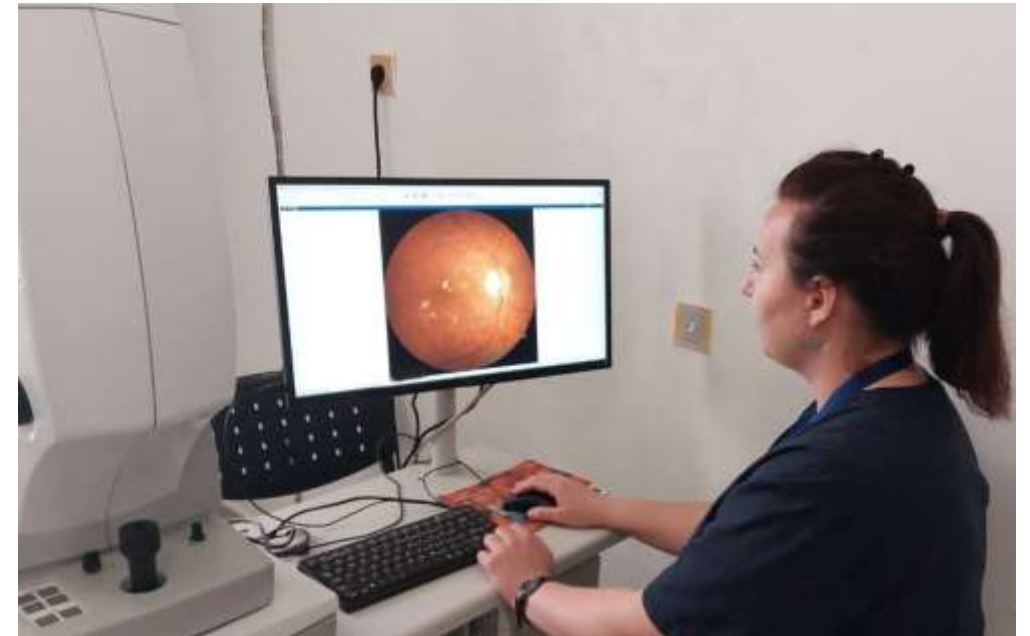
## HW92 Diabetic retinopathy screening

Thursday May 25 - Prevention and control of chronic diseases

Time: 8h0 until 12h30 (GMT+02:00) Sofia



- **Organisers:** Department of Optometry and Occupational Diseases, Faculty of Public Health, Medical University of Varna; The event was initiated, registered and carried out by **Zornitsa Zlatarova, Darina Koseva and Daliya Stefanova.**
- Number of eye exams performed: **12**







# HW64 - Needs assessment of people with chronic neurological diseases

Thursday 25 May – Prevention and control of chronic diseases

Time: 10h00 until 11h00 (GMT+02:00) Sofia



**Organisers:** Dept. of Speech Therapy and Medical Pedagogy, Faculty of Public Health, Medical University of Varna

**Ass. Prof. Violeta Staneva, PhD**, Assoc. Prof. Stanislava Pavlova, PhD, Assoc. Prof. Aneta Dokova, PhD

- In-person lecture
- 35 participants





## HW85 - Healthy lifestyle among students

Thursday May 25 Prevention and control of chronic diseases

Time: 9h00 until 10h00 (GMT+02:00) Sofia



**Organiser:** **Slavena Ilieva**, *Medical University - Varna,*  
*Faculty of Public Health, Department of Health Care*



**Description:** Conducting a discussion among students by specialist "Midwife" at Medical University - Varna on the topic "Healthy lifestyle". The aim was to reveal the main aspects of a healthy lifestyle and to become familiar with modern trends in healthy nutrition.







## HW 86 - Knowledge, professional attitude and practices in Bulgaria, related to cervical cancer screening

Thursday May 25 Prevention and control of chronic diseases

Time: 9h00 until 10h00 (GMT+02:00) Sofia



**Organiser:** Assoc. Prof. Valya Dimitrova, Medical University – Varna, Faculty of Public health, Department of Health Care

**Description:** A discussion between students and tutors from Midwife profile at MU - Varna focussing on “Knowledge, professional attitude and practices in Bulgaria, related to cervical cancer screening”. The aim is to discuss best practices and identify potential for increasing the efficiency of the role of the midwife.



# HW81 - The foundation of preventive medicine - even from the student bench

Thursday 25 May - Prevention and control of chronic diseases

**Time:** 10h00 until 11h00 (GMT+02:00) Sofia



**Lecturer:** Assoc. Prof. Dr. Borislava Chakarova, MD, PhD

Dept. of Hygiene, Epidemiology, Microbiology, Parasitology and Infectious diseases

Faculty of Medicine, Trakia University – Stara Zagora, BULGARIA

**Event type:** Lecture

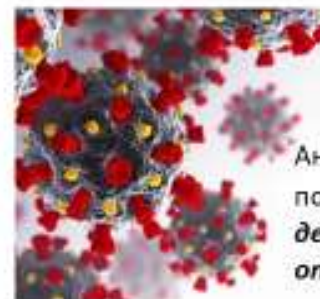
**Audience:** Students from the professional field "Health care", specialty "Medical laboratory assistant,,

**Title:** Basic rules in the prevention of parasitic diseases

The purpose of the lecture was to direct students' attention to the social and health aspects in the prevention of socially significant parasitic diseases in countries with a temperate climate, given the demographic trends, the effects of globalization with opportunities for large-scale migration processes, incl. long-distance transmission of pathogens.

Трайно наложилите се **демографски тенденции** в някои региони в света формират редица закономерности като:

- ✓ Задълбочаване на социалните и икономически различия
- ✓ Сnižаване на жизнения стандарт, увеличаване броя на хората, живеещи на ръба на бедността, маргинализацията и сегрегацията им
- ✓ Влошаване на здравните показатели в тези общности и закъснели или липсващи превантивни мерки и профилактика
- ➔ Като следствие - по-висока честота на социално значимите болести, в това число и паразитни инфекции и инвазии



Анализът на данните за заболяемостта при паразитните болести по време на **пандемията от COVID-19** показва **сериозни дефицити в регистрацията им и прогнози за задълбочаване на отрицателните последици от тях.**





# HW131 - Education of children – a bridge to healthy behaviour took place

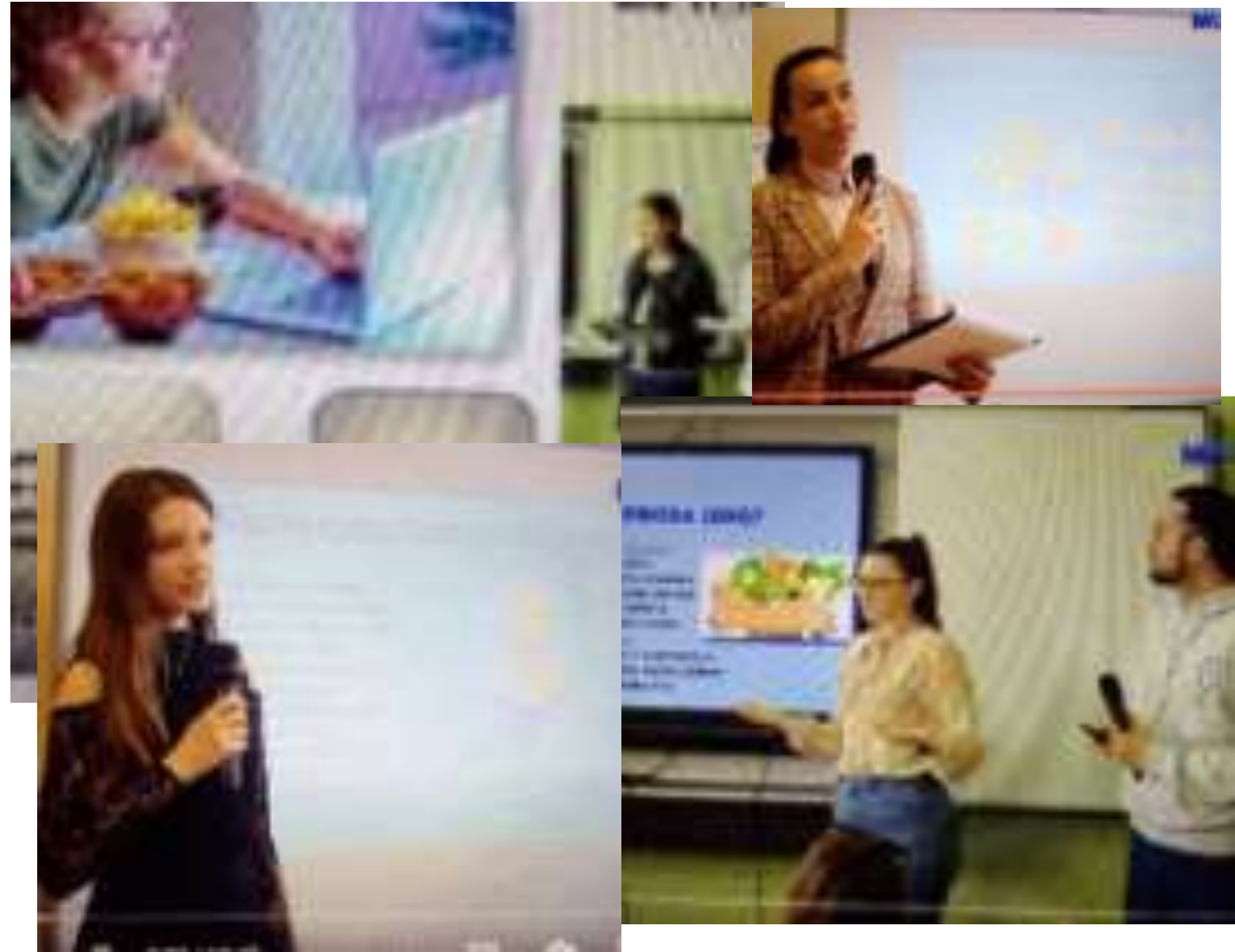
Thursday 25 May - Prevention and control of chronic diseases

Time: 9h00 until 15h00 (GMT+02:00) Sofia



**Organisers:** Department of Hygiene and Epidemiology, Faculty of Public Health with the assistance of MU-VI TV. **Teachers:** Darina Naydenova, Rositsa Chamova, Albena Tonewa, Dimitar Marinov, Ekaterina Valcheva, Rozalina Braykova, Ruja Pancheva, Staniela Porojanova.

**Description:** 4 seminars in which 26 medical students from the 3rd course at the Medical University – Varna presented nineteen topics related to the prevention of socially significant diseases. The topics were presented to 278 students from four high schools in Varna. All the seminars were recorded by the TV of the MU-Varna and the video are now on youtube.



## HW12 - Managing diabetes - self-management education on diabetes

Thursday 25 May - Prevention and control of chronic diseases

Time: 8h00 until 10h00 (GMT+02:00) Sofia



**Organiser:** Svetla Ivanova, Medical university of Plovdiv, Faculty of Public Health, Department of Nursing care

**Audience:** Elderly people with diabetes and nursing students.

**Description:** The main topic was diabetes and how to control the chronic disease and prevent complications. Dietary issues, physical activity, correction of insulin dose and secondary health promotion were discussed.





# PREVENTION AND CONTROL OF CHRONIC DISEASES



## LECTURE

### HW58 - SOCIAL WORKERS' ETHICAL DILEMMAS IN CHRONIC DISEASES

Thursday 25 May 2023

16:00 - 17:30 pm (GMT +02:00) Sofia  
(organizers' local time)



**Organizer:** Senior Asst. Prof. At. Anov, PhD; Medical University – Pleven.

**Description:** This is a seminar with Social Work students. Main ethical principles in Social Workers' professional codes of conduct and are discussed in light of management of chronically ill patients and people with disabilities.

- Recognition of the Inherent Dignity of Humanity
- Promoting Human Rights
- Promoting Social Justice
- Promoting the Right to Self-Determination
- Respect for Confidentiality and Privacy
- Treating People as Whole Persons
- Ethical Use of Technology and Social Media
- Professional Integrity



## HW53 - Vaccinoprophylactics as basis of public health strategies

Thursday May 25 - Prevention and control of chronic diseases

Time: 10h00 until 11h30 (GMT+02:00) Sofia



**Organiser:** Prof. Milena Karcheva – MU-Pleven, Faculty of Public Health, Department of Epidemiology and Infectious Diseases

**Description:** This was a seminar with 5<sup>th</sup> course medical students on the importance and role of immunoprophylaxis as a means of eliminating and eradicating infectious diseases and as a basis for public health strategies. Immunisation programmes as a means of dealing with epidemics, familiarisation with vaccines, Bulgarian immunisation calendar and regimens of administration were discussed.







## HW91 - Prevention of osteoporosis for women of active age

Thursday 25 May: Prevention and control of chronic diseases

Time: 8h30 until 9h30 (GMT+02:00) Sofia



**Event type: Presentation and Panel discussion with 25 nursing students**

**Organisers:** Marieta Todorova, Daniela Taneva, Veseliva Bukova, Angelina Kirkova-Bogdanova – MU-Plovdiv, Faculty of Public Health, Department of Nursing Care

**Description:** The aim of the event is to improve the knowledge and skills of nursing students on osteoporosis risk factors, screening tools and health education. An important public health priority is the implementation of effective prevention strategies. This activity is part of a research project of Medical University – Plovdiv.





## HW 121 - ENTERAL NUTRITION IN PATIENTS WITH ONCOLOGICAL DISEASES

Thursday 25 May 2023

17:00 – 17:45 pm Sofia



### Organised by:

*As. Prof. Marieta Gunovska*

*As. Prof. Veronika Spasova, PhD*

*As. Prof. Kalina Kancheva*

*The event was online*

**Description:** The event was organized by teachers from the Department of "Social and Pharmaceutical Activities" at the Medical College, Medical University - Plevan. On the day dedicated to "Prevention and Control of Chronic Diseases" and the topic related to nutrition as a means of prevention and control of chronic non-communicable diseases. In the context of malnutrition, as a socially significant and modern problem and despite the progressive development of medicine, it still remains an undiagnosed and neglected problem. The workshop focused on the diagnosis and screening of malnutrition and enteral nutrition in oncological diseases.

**42 participants took part in the event.**







## HW98 – The stigma of epilepsy – a medical and social problem

Thursday 25 May - Prevention and control of chronic diseases

Time: 10h00 until 11h00 (GMT+02:00) Sofia



**Event type:** Presentation and Case Discussion with nursing students

**Organisers:** Medical University of Plovdiv  
Faculty of Public Health, Department of Nursing Care  
Daniela Taneva, Marieta Todorova, Veseliva Bukova,  
Maria Stamova

**Description:** Epilepsy is a socially significant disease that causes significant damage to patients and society. Nurses play an important role in treatment, hygiene and dietary management, seizure control and education of the patients to cope with the disease. The event is designed for nursing students and includes a case discussion.





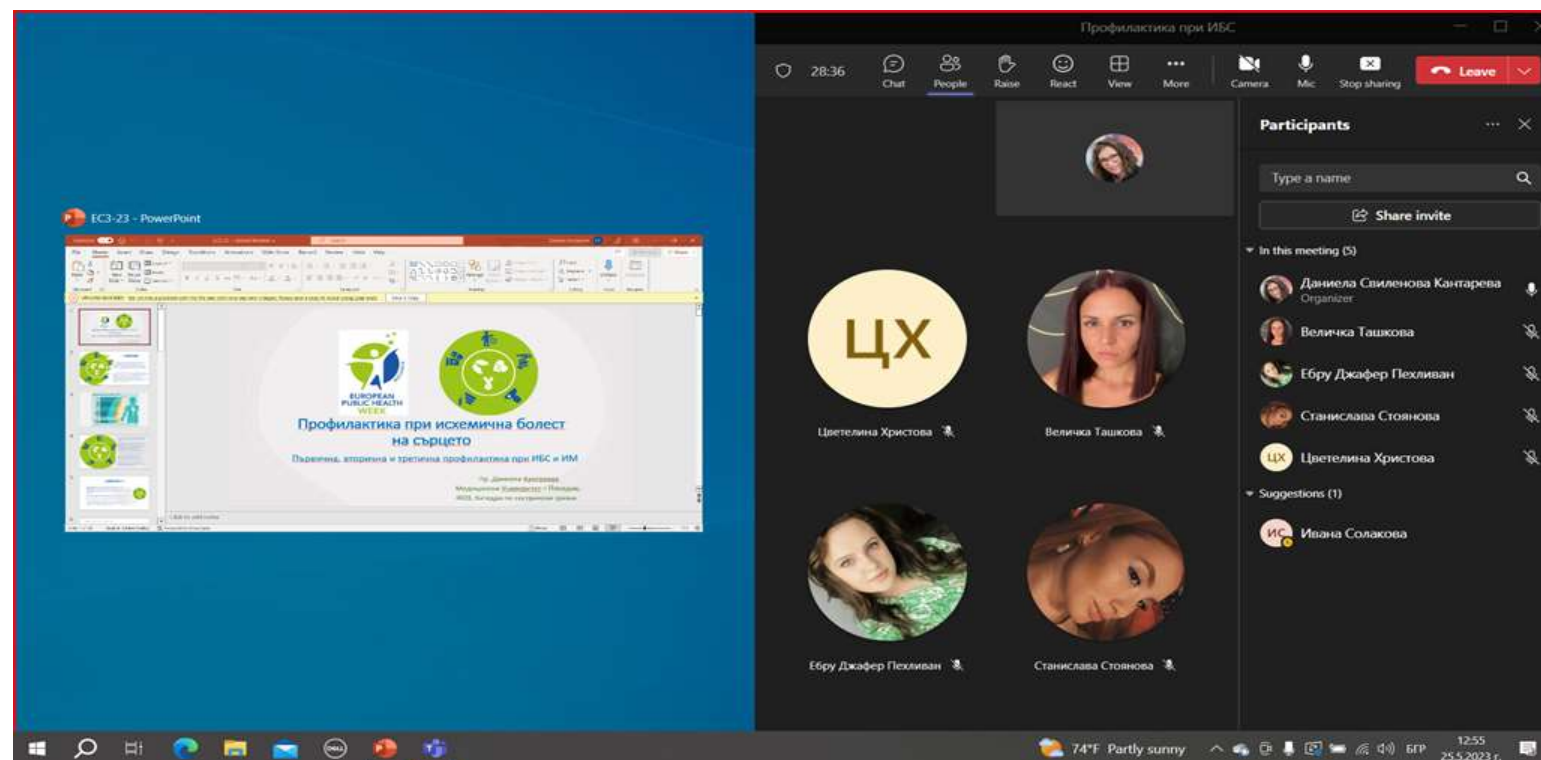
# HW30 - Prevention of ischemic heart disease

Thursday 25 May - Prevention and control of chronic diseases  
Time: 12h30 until 13h30 (GMT+02:00) Sofia



**Organiser: Daniela Kantareva** –  
Medical University of Plovdiv,  
Faculty of Public Health,  
Department of Nursing Care

**Description:** The lecture was aimed at populations subjected to high levels of stress, immobility and unhealthy diet - some of the risk factors for Ischemic Heart Disease. The topic covers issues related to primary prevention, as well as prevention of subsequent complications in patients who have already been diagnosed.







**Friday 26 May 2023**  
**GLOBAL HEALTH EMERGENCIES**  
**AND RESPONSE**  
**4 events**



## HW50 - Effect of COVID-19 on end-of-life care

**Date / theme:** Friday 26 May – Global health emergencies and response

**Time:** 18h00 until 18h45 (GMT+02:00) Sofia



**Organiser:** Prof. Dr. Silviya Aleksandrova-Yankulovska, Bulgarian Public Health Association

**Description:** COVID-19 pandemic has posed various challenges to health care, some of which have remained in the shadows. This webinar will discuss a less researched and debated issue, the effect of the pandemic on end-of-life care, in the light of responding to immediate end-of-life care needs and continuity of essential services.

Recording Paused

Friday 26 May: Global health emergencies and response

ЕВРОПЕЙСКА НЕДЕЛЯ НА ПУБЛИЧНОТО ЗДРАВЕ

ЕFFECT OF COVID-19 ON END-OF-LIFE CARE

ВЛИЯНИЕ НА КОВИД-19 ВЪРХУ ГРИЖИТЕ В КРАЯ НА ЖИВОТА

ПРОФ. Д-Р СИЛВИЯ АЛЕКСАНДРОВА-ЯНКУЛОВСКА, ДМН

PROF. DR. SILVIYA ALEKSANDROVA-YANKULOVSKA, MD, PHD, DSc, MSc

EUROPEAN PUBLIC HEALTH WEEK

БПХА

WEBINAR

HW50





## HW198 – Infant Feeding During Disasters

Friday 26 May – Global health emergencies and response

Time: 10 h15 until 11 h15 (GMT+02:00) Sofia



**Organisers:** Ruse University, Department of Healthcare - Prof. Ivanichka Srebezova, Ass. Prof. Daniela Lyutakova, Assoc. Prof. Despina Georgieva

### Lecture with discussion

Infant Feeding During Disasters - a short lecture with discussion will be held as part of the Student Scientific Conference of Ruse University. Assist. Prof. Daniela Lyutakova, RM, IBCLC will talk with students about the importance of breastfeeding and keeping dyads together and safe during disasters. Approaches towards safe infant feeding will be explained. The floor was open for discussion afterwards.

**More than 50 students took part and the post reached 616 people.**





# HW 122 - PREPAREDNESS OF SOCIAL SERVICES FOR DISASTER RESPONSE

Friday 26 May 2023

10:00 – 10:45 am Sofia



**Organised by:** As. Prof. Kalina Kancheva, As. Prof. Marieta Gunovska, As. Prof. Veronika Spasova – Medical University of Pleven, Medical College, Department of Social Activities

**Description:** The event was organized by teachers from the Department of "Social and Pharmaceutical Activities" at the Medical College, Medical University - Pleven. On the day dedicated to Global Health Emergencies and Responses, an event was organized, which aimed to familiarize working professionals in social services in the city of Pleven, as well as children and persons from vulnerable groups, with natural disasters, accidents and crises that threaten human life.

**42 participants took part in the event.**

**Какво разбираме под:**

Под „бедствие“ разбираме неподвластно на човека природно явление, съгътствано от значителни човешки и материални загуби.

„Авария“ е опасно произшествие от техногенен характер, съпроводено от различни по тежест последствия за производствения процес, околната среда и хората.

„Катастрофа“ е внезапно събитие, причинено от авария или човешка грешка, при което настъпват човешки жертви и материални щети.

Earthquake Flood Tornado Fire

Слайд 3 100%





# HW45 - Simulation education for nurses in Medical University of Plovdiv

**Friday 26 May - Global health emergencies and response**

**Time:** 12h00 until 13h00 (GMT+02:00) Sofia



**Organisers:** senior assist. prof. **Valentina Lalova**, senior assist. prof. **Elena Merdzhanova** – Mu-Plovdiv, Faculty of Public Health, Department of Nursing Care

**Description:** The lecture was held in front of 1st-3rd year students in the specialty of nursing. The MSTC is the only and largest, certified Simulation Center in Bulgaria. This event aimed to raise the prestige of the Simulation Center of MU - Plovdiv, as well as to strengthen its leadership positions. MSTC also maintains its own Youtube channel in Bulgarian and English, so that even more people have access to training materials.

