



EUROPEAN
PUBLIC HEALTH
WEEK

ЗДРАВЕТО ПРЕЗ ЦЕЛИЯ ЖИВОТ

16-20 MAY 2022

Присъединете се към 4-тата
Европейска седмица на общественото
здраве!
#EUPHW



5 ДЕНА, 5 ТЕМИ



ПОНЕДЕЛНИК
16 МАЙ
Здраво и
здравнообра-
зовано младо
поколение



ВТОРНИК
17 МАЙ
Ваксинацията
като ключова
превантивна
стратегия



СРЯДА
18 МАЙ
Климатичните
промени влияят
върху нашето
здраве



ЧЕТВЪРТЪК
19 МАЙ
Здравето е
невъзможно без
психично здраве



ПЕТЪК
20 МАЙ
Изграждане на
устойчиви
здравни системи

За всички професионалисти и
граждани, допринасящи за по-
добро обществено здраве на
локално, национално и Европейско
ниво.

ВКЛЮЧЕТЕ СЕ!
Организирайте Ваши
Събития!
Разпространявайте
информация!
Присъediaвайте се към
различни събития онлайн или по
местоживееие!

Повече информация на www.eupha.org/euphw
За контакт 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.



EUROPEAN
PUBLIC HEALTH
WEEK

HEALTH THROUGHOUT THE LIFE COURSE

16-20 MAY 2022

Join the 4th European
Public Health Week!
#EUPHW



5 DAYS, 5 THEMES



MONDAY
16 MAY
A healthy and
health literate
youth



TUESDAY
17 MAY
Vaccination as
key prevention
strategy



WEDNESDAY
18 MAY
Climate change
affects our
health



THURSDAY
19 MAY
No health
without mental
health



FRIDAY
20 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
Contact EUPHAcommunications@eupha.org



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SUMMARY OF EVENTS
organized by BPHA
EUPHW 16-20 May 2022
44 events



Sofia



Pleven



Varna



Ruse



Stara Zagora



Plovdiv



Shumen



Blagoevgrad



BULGARIAN SITES AND MEDIA FOR EUPHW 2022

BULGARIAN NATIONAL
RADIO
PROGRAMME
HORIZON

THE INTERVIEW OF
THE PRESIDENT OF
BPHA GENA
GRACHAROVA

PUBLISHED ON 16 MAY
08.05 BG TIME

THE INTERVIEW WAS
ISSUED SEVERAL TIMES
A DAY

The image shows a screenshot of a news article on the Bulgarian National Radio (BNR) website. The browser's address bar displays the URL: bnr.bg/post/101647141/40-proavi-v-balgaria-za-evropeiskata-sedmica-na-obshtestvenoto-zdrave. The website's header includes the BNR logo and navigation links such as "БНР Новини", "Слушай БНР", "Програми на БНР", "Radio Bulgaria (languages)", "Бинар", "Музикална къща", and "Детското.БНР". A blue banner in the header reads "Емисия новини от 19.00 часа" with a play button icon. Below the header is a navigation menu with categories: "България", "Светът", "Бизнес", "Спорт", "Мнения", "Култура", and "Здраве". The article's main heading is "40 прояви в България за Европейската седмица на общественото здраве". The author information is "Латинка Светозарова - кор. на БНР в Плевен" and the program is "Програма Хоризонт". The article was published on 16.05.22 at 08:05. The author is "Латинка Светозарова - кор. на БНР в Плевен". There are social media sharing icons for Facebook, Twitter, LinkedIn, and Pinterest, and an email icon. The article content is partially visible at the bottom of the screenshot.

👤 Латинка Светозарова -
кор. на БНР в Плевен

☰ Програма Хоризонт

40 прояви в България за Европейската седмица на общественото здраве

публикувано на 16.05.22 в 08:05 | Автор: Латинка Светозарова - кор. на БНР в Плевен

**BULGARIAN
NATIONAL
RADIO**

**PART OF THE
TEXT OF
INTERVIEW
PUBLISHED AT
THE SITE OF BNR**

Европейската седмица на общественото здраве започва от днес. Регистрирани са общо 235 събития на 21 езика, сред които Българската асоциация по общественото здраве е организатор на повече от 40 разнообразни по формат прояви у нас.

Логото на тазгодишната Европейска седмица на общественото здраве е „Здравето през целия живот“.

Доц. д-р Гена Грънчарова – Председател на Българската асоциация по общественото здраве, дългогодишен преподавател в плевенския Медицински университет:

"За всеки един ден от седмицата се посочват конкретни теми, по които да се съсредоточи вниманието. Целта е да се повиши осъзнаването на проблемите от обществеността, от една страна, а, от друга страна - да се покаже ролята на общественото здраве и да се обединят специалистите, които работят в тази насока. Европейската асоциация по общественото здраве е една от най-мощните организации в която има 87 пълноценни членове".

Откриването е днес в Брюксел, всички прояви могат да се видят на страницата на Българската асоциация по общественото здраве

The newspaper “Pleven
for Pleven”

Part of the today’s
publication

The title

“The Fourth European
Week of Public Health
starts today”

ПОНЕДЕЛНИК 18 МАЙ 2022


Плевен за Плевен
PlevenzaPleven.bg

БЕЛЕНЕ | ГУЛЯНЦИ | ДОЛНА МИТРОПОЛИЯ | ДОЛНИ ДЪБНИК | ИСКЪР | КНЕЖА | ЛЕВСКИ | НИКОПОЛ

Анализ | Бизнес | Галерия | Здраве | Коментари | Крими | Култура | Образование | Общество | Политика

200 млади лекари се дипломираха днес в Плевен! – снимки

С ритуал по предаване на символите на Университета и празнично шествие започна днес Тържествената промоция на младите лекари от Вилгуск 2021 и Вилгуск 2022 – Българо- и англоезично обучение на Медицински университет – Плевен. Тържественият ритуал по дипломиране ...




Начало » Здраве » Днес стартира четвъртата Европейска седмица на общественото здраве

Днес стартира четвъртата Европейска седмица на общественото здраве

18.05.2022 11:11 Харесана от 18

Провеждането на Европейска седмица на общественото здраве е инициатива на Европейската асоциация по обществено здраве (ЕУРНА), която е създадена през 1992 г., обединява над 23 000 специалисти от национални асоциации и институти по обществено здраве от 47 страни и работи в тясно сътрудничество с Европейското регионално бюро на Световната здравна организация и с подкрепата на Европейската комисия.



SITE OF THE MEDICAL UNIVERSITY OF VARNA

[Новини](#)[Учебна дейност](#)[Международна дейност](#)[СДО](#)[ИЦЕДО](#)[ACRO](#)[Издателска дейност](#)[Alumni Club](#)[Контакти](#)

PROSPERITAS VESTRA FINIS NOSTRA!

МЕДИЦИНСКИ УНИВЕРСИТЕТ - ВАРНА
Проф. д-р Параскев Стоянов

[Translation](#)[ЗА НАС](#)[ПРИЕМ](#)[СТУДЕНТИ](#)[БИБЛИОТЕКА](#)[НАУЧНА ДЕЙНОСТ](#)

Новини и Събития

[Новини](#)[Събития](#)[Предстоящи събития](#)[Изминали събития](#)

[Начало](#) › [Събития](#) › [Изминали събития](#) ›

Европейска седмица на общественото здраве 2022 Здравето през целия живот

Европейска седмица на общественото здраве 2022 Здравето през целия живот

16 Май 2022



20 Май 2022



BULGARAIN PUBLIC HEALTH ASSOCIATION WITH 41 EVENTS IN THE FOURTH EUPHW

On 16 May 2022 the Fourth EUPHW starts under the moto Health throughout the life course".

ЗДРАВЕТО ПРЕЗ ЦЕЛИЯ ЖИВОТ
16-20 MAY 2022
Присъединете се към 4-тата Европейска седмица на общественото здраве!
#EUPHW

HEALTH THROUGHOUT THE LIFE COURSE
16-20 MAY 2022
Join the 4th European Public Health Week!
#EUPHW

5 ДЕНА, 5 ТЕМИ

| | | | | |
|--|--|--|--|--|
| <p>ПОНЕДЕЛНИК 16 МАЙ Здраво и здравнообразовано младо поколение</p> | <p>ВТОРНИК 17 МАЙ Ваксинацията като ключова превантивна стратегия</p> | <p>СРЯДА 18 МАЙ Климатичните промени влияят върху нашето здраве</p> | <p>ЧЕТВЪРТЪК 19 МАЙ Здравето е невъзможно без психично здраве</p> | <p>ПЕТЪК 20 МАЙ Изграждане на устойчиви здравни системи</p> |
|--|--|--|--|--|

5 DAYS, 5 THEMES

| | | | | |
|---|---|--|---|---|
| <p>MONDAY 16 MAY A healthy and health literate youth</p> | <p>TUESDAY 17 MAY Vaccination as key prevention strategy</p> | <p>WEDNESDAY 18 MAY Climate change affects our health</p> | <p>THURSDAY 19 MAY No health without mental health</p> | <p>FRIDAY 20 MAY Building resilient health systems</p> |
|---|---|--|---|---|

ВКЛУЧЕТЕ СЕ!
Организирайте Ваши Събития!
Разпространете

GET INVOLVED!
Organise your own activity (Event/Meeting)

Европейска седмица на общественото здраве (16-20 май 2022)

Създадено на 06 Април 2022



ЗДРАВЕТО ПРЕЗ ЦЕЛИЯ ЖИВОТ
16-20 MAY 2022

Присъединете се към 4-тата Европейска седмица на общественото здраве!
#EUPHW

5 ДЕНА, 5 ТЕМИ

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| ПОНЕДЕЛНИК 16 МАЙ Здравеообразовано младо поколение | ВТОРНИК 17 МАЙ Ваксинацията като ключова превантивна стратегия | СРЕДА 18 МАЙ Климатичните промени влияят върху нашето здраве | ЧЕТВЪРТЪН 19 МАЙ Здравеообразовано младо поколение | ПЕΤΥΚ 20 МАЙ Изграждане на устойчиви здравни системи |
|--|---|---|---|---|

ВКЛЮЧЕТЕ СЕ!
Организирайте Ваши събития!
Разпространявайте информация!
Присъединявайте се към различни събития онлайн или по местоживееие!

За всички професионалисти и граждани, допринасящи за по-добро обществено здраве на локално, национално и Европейско ниво.

Повече информация на: www.eupha.org/euphw
За контакт: EUPHAcommunications@eupha.org



HEALTH THROUGHOUT THE LIFE COURSE
16-20 MAY 2022

Join the 4th European Public Health Week!
#EUPHW

5 DAYS, 5 THEMES

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|--|--|---|--|--|

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

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

Find out more at: www.eupha.org/euphw
Contact: EUPHAcommunications@eupha.org



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SITE OF THE MEDICAL UNIVERSITY OF PLEVEN

☰ Благоевград

Новини

Споделете



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Европейска седмица на общественото здраве в ЮЗУ

публикувано на 16.05.22 в 07:08



Снимка: swu.bg

От 16 до 20 май 2022 г. ще се проведе Европейска седмица на общественото здраве, организирана от Българската асоциация по обществено здраве и Европейската асоциация по обществено здраве. Като редовни членове на асоциациите, преподавателите от катедра „Логопедия“ и катедра „Кинезитерапия“ към Факултета „Обществено здраве, здравни грижи и спорт“ в ЮЗУ „Неофит Рилски“ организират

**SOUTH-EASTERN
UNIVERSITY
OF BLAGOEVGRAD**



На 16 май стартира Четвъртата европейска седмица на общественото здраве

Понеделник 16 май: Здраво и здравно образовано младо поколение

Николай Колев | 16 Май 2022

Споделяне 0



Повреждането на Европейска седмица на общественото здраве е инициатива на Европейската асоциация по общественото здраве (EUPHA), която е създадена през 1992 г., обединява над 23 000 специалисти от национални асоциации и институти по общественото здраве от 47 страни и работи в тясно сътрудничество с Европейското регионално бюро на Световната здравна организация и с подкрепата на Европейската комисия.

Българската асоциация по общественото здраве е пълноправен член на Европейската асоциация с над 200 членуващи специалисти по общественото здраве от 8 центъра в страната: Национален център по общественото здраве, преподаватели от

SITE OF
DARIC RADIO
WITH
BRANCHES IN
ALL BIG CITIES



Ministry of Health
National Center of Public Health and Analyses

About us Contacts Information Basic activities Health statistics NCPHA publications

**SITE OF THE
NATIONAL
CENTRE FOR
PUBLIC HEALTH
AND ANALYSIS**

Събития на НЦОЗА в рамките на Европейската седмица на общественото здраве

Home > Up to date

13.05.2022



16 май: Здрави и здравнообразовани млади хора

10:00 - 12:00 ч. - Доц. д-р Лалка Рангелова, дм, отдел Храни и хранене” и проф. д-р Веселка Дулева, дм, началник отдел „Храни и хранене“ ще отговорят на въпроси, зададени чрез електронната поща. Онлайн дискусиата има за цел да образова младите майки в принцип здравословно хранене на кърмачетата и малките деца и да даде практически препоръки за тяхното приложение. Може да се запознаят с информационните материали: „Основи на здравословното хранене на деца до 3-годишна възраст“ тук:

https://ncpha.government.bg/uploads/pages/125/Rakovodstvo_hranene_deca_0-3_godini.pdf

и „Препоръки за здравословно хранене на ученици на 7-19 години“ тук: https://ncpha.government.bg/uploads/pages/3001/Healthy_e

Въпросите могат да бъдат зададени на следните имейли: v.duleva@ncpha.government.bg

l.rangelova@ncpha.government.bg

SOME IMAGES FROM GOOGLE



Четвърта европейска седмица на общественен

Q All Images News Videos I



8 hours ago

Днес стартира четвъртата Европе...
plevenzapleven.bg



Българска асоциация по обществен зд...
baoz.bg



На 16 май стартира Четвъртата европейска сед...
darik.bg



Седмица на Европейското об...
uni-sz.bg



Европейската седмица на общественото здр...
pleven.utre.bg



8 hours ago

Русенският университет се включва активно в Европ...
rousse.info



Monday 16 May 2022

**A healthy and health literate youth
20 events**

[HW136 - Opening the EUPHW in Bulgaria on Bulgarian National Radio "Horizon"](https://bnr.bg/horizont/post/101647470/doc-d-r-gena-grancharova-obshtestvenoto-zdrave-zasaga-globalni)

**EUPHA featured: live radio
item on Bulgarian radio
Monday 16 May
8h00 until 8h15 (GMT+02:00) Sofia**

It's an interview by the President of BPHA Assoc. Prof. Gena Grancharova at the news emissions on BNR Horizon. It served as an official opening of the Fourth EUPHW 16-20 May 2022 and its reflection in Bulgaria. The role of EUPHA, the significance of public health, the logo, 5-day themes and participation of BPHA in this initiative were underlined.

bnr.bg/horizont/post/101647470/doc-d-r-gena-grancharova-obshtestvenoto-zdrave-zasaga-globalni
Gena_Granch... MU-Pleven НЦОЗА EUPHA WHO WHO/Europe Минздрав

ционално радио ©
ава са запазени



00:00 / 06:50
Репортаж на Латинка Светозарова в предаването "12+3"

Европейска седмица на общественото здраве започва от днес. Регистрирани са общо 235 събития на 21 езика, сред които Българската асоциация по обществено здраве е организатор на повече от 40 разнообразни по формат прояви у нас.

HW9 - Diagnosis of postural control disorders

Monday 16 May: A healthy and health literate youth

9h00 until 12h00 (GMT+02:00) Sofia



Event type: Open day for free diagnostics of children with postural disorders

Event format: In-person

Description: Fifteen children with various postural deformities and postural control disorders were assessed. For the needs and purposes of the event, an assessment form was prepared, including specialized tests and scales to determine and analyze the postural control of the children who took part in the event.

In addition to assess the presence of postural disorders, all participants were given individualized guidelines for prevention and specialized sets of kinesitherapy exercises for home performance.

Organizers:

1. Assoc. prof. Stamenka Mitova, PhD;
2. Ass. prof. Margarita Avramova, PhD;
3. Ass. prof. Dilyana Georgieva, PhD student
4. Ass. prof. Georgi Stoyanov, PhD student

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



https://www.swu.bg/bg/eventsbg/797-ewh1305?fbclid=IwAR01sPKDz-E8qNHfp14tNyxDL0WVD5fKm_zcOrbr2u4NzC4PpSyUxalEqH4

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

HW11 - Free assessment of flat feet in adults and adolescents.



Monday 16 May - A healthy and health literate youth

14h00 until 15h30 (GMT+03:00) Sofia

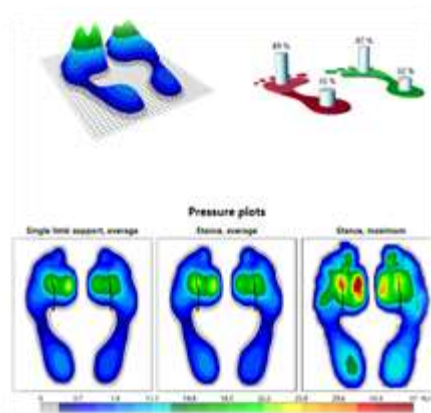


- **Event type:** Open day for free assessment of flat feet in adults and adolescents.
- **Event format:** In-person
- **Description:** In order to prevent deformations of the arches, a plantographic study of children and adults was conducted. **Twelve children (mean age of 10 years) and 10 adults mean age of 30 years)** were studied. For this purpose, a high-sensitivity 3D plantograph was used, providing detailed information on the type of foot, the zone load, the presence of pathological changes and neurodynamic characteristics in static posture. All participants were consulted with expert advice on proper care of their feet and posture.

Organizers:

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

1. Assoc. prof. Mariya Gramatikova, PhD;
2. Ass. prof. Yulian Zlatkov, PhD;
3. Ass. Prof. Nasko Nikolaev, PhD;
4. Ass. prof. Christian Stoichev, PhD student



https://www.swu.bg/bg/eventsbg/797-ewh1305?fbclid=IwAR01sPKDz-E8qNHfp14tNyxDL0WVD5fKm_zcOrbr2u4NzC4PpSyUxalEqH4

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

HW13 - Awareness of communication disorders among young people

- Monday 16 May: A healthy and health literate youth
11h00 until 12h00 (GMT+02:00) Sofia

Organiser: Academic Staff of the Department of Logopedics, Faculty of Public Health, Health Care and Sport, South-West University “Neofit Rilski”, Blagoevgrad, anna_andreeva@swu.bg

Audience: 45 students from the specialty of Kinesitherapy and specialty of Speech and Language Therapy

Impression: The academic staff share their theoretical and practical knowledge about prevention and early detection of communication disorders. The event aims to target the young people and different professionals working with speech and language pathology client.



HW14 - Innovative Technologies in Speech and Language Pathology

Monday 16 May - A healthy and health literate youth

14h00 until 16h00 (GMT+02:00) Sofia

Audience: 35 students in Logopedics and speech and language therapists from Bulgaria, Greece, Poland and Nord Macedonia

Lecturers and organizers: Faculties from the Department of Logopedics, South-West University Neofit Rilski

1. SIGNITY - Application for Translation from Bulgarian Sign Language to Text and Vice Versa - Martin Manchev, Dimitar Kyuchukov, Emilia Nikolova, PhD
2. Using Robots in Speech and Language Therapy - Assist. Prof. Anna Andreeva, PHD
3. Complex and Functional Therapy of Stuttering in Adults with Biofeedback System – Assoc. Prof. Elka Goranova, PhD



Event type: Lecture, Webinar

Event format: In-person with live streaming

Description: There were presentations of innovative technology, methods for tele-health and software for Speech and Language Pathologists. The event aims to target the students, different professionals working with speech and language pathology clients and their families.

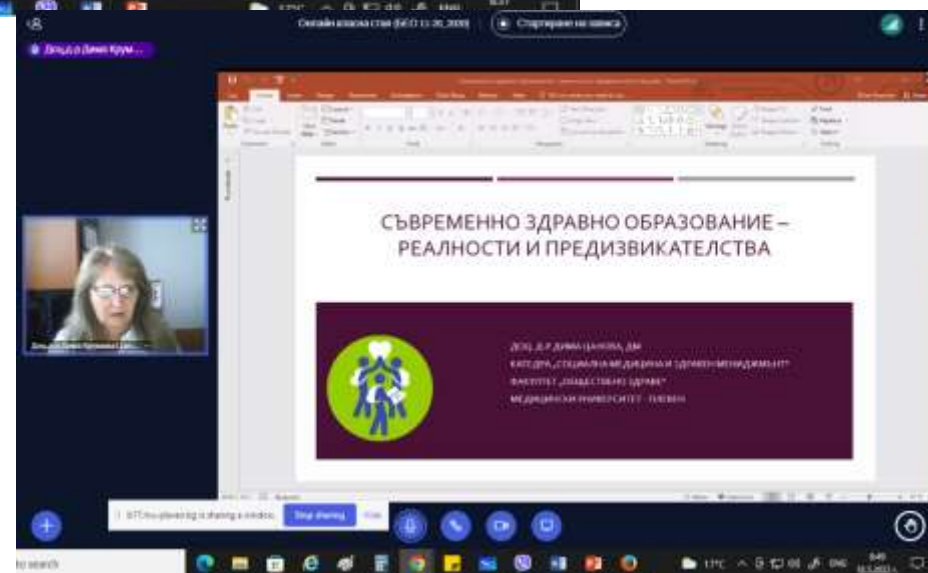
Local media info: shorturl.at/cqLWZ ; shorturl.at/fDIL2 ; shorturl.at/bpsBO ; shorturl.at/foGN5
<https://www.facebook.com/profile.php?id=100057660601255>



HW18 - Modern health education - challenges and realities

Monday 16 May - A healthy and health literate youth

8h30 until 15h30 (GMT+02:00) Sofia



Ograniser: Assoc. prof. Dima Tsanova, PhD

Audience: 110 medical students second year, MU-Pleven

Description: During the webinars, medical students were introduced to the huge role and responsibility of medical professionals to increase the level of health knowledge in the society. With the active participation of the students, the main methods and means for raising the health education of Bulgarian population were discussed.

HW22 - Competency framework for the public health workforce in Europe

Monday 16 May - A healthy and health literate youth

10h15 until 10h45 (GMT+02:00) Sofia



The need to invest in the public health workforce is as great now as it has ever been.

The COVID-19 pandemic has illustrated the magnitude of the threat posed by communicable disease outbreaks and the importance of the public health workforce in responding to such outbreaks. Against the back-drop of an ageing population, the rising costs of health care and an epidemic of non-communicable diseases, society cannot afford not to invest in the public health workforce.

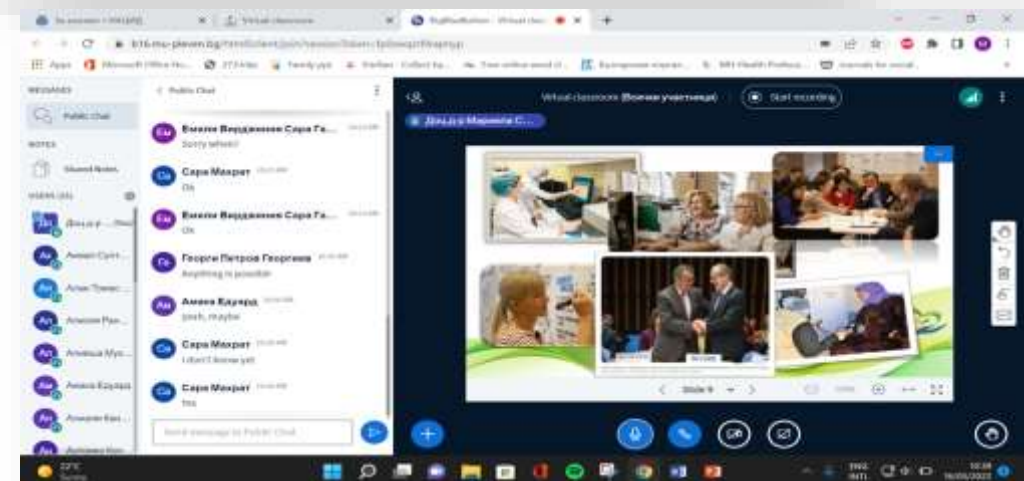
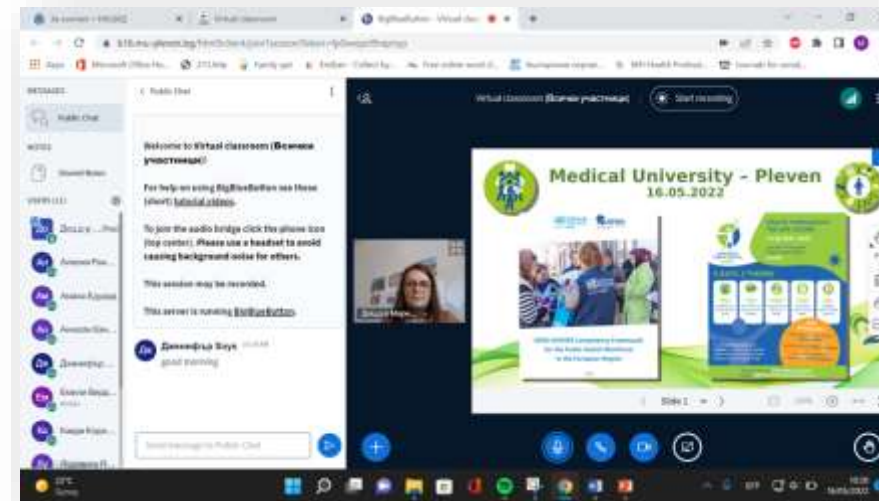
Lecture with 25 students from the specialty "Medicine", Medical University - Plevan, Bulgaria together with BPHA was organised.

The questions such as:

- *What is a competency framework and why is it needed?*
- *For whom is it intended?*
- *What does the Framework contain?*

were discussed.

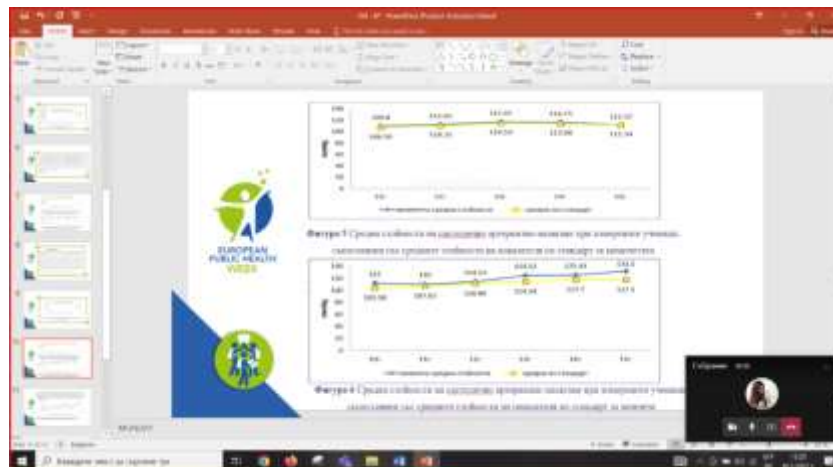
The WHO-ASPHER Competency Framework will help to ensure the availability of the competent public health workforce that necessarily plays a central role in fulfilling that right.





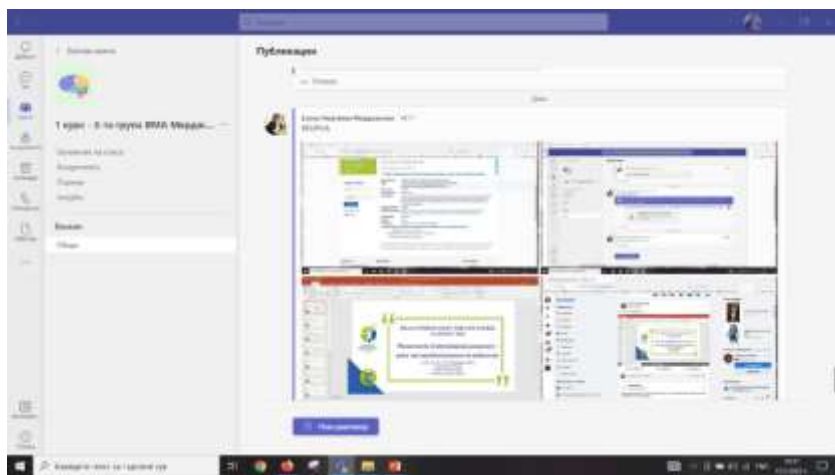
HW32 - Measurement of physiological parameters - pulse rate and blood pressure in adolescents

Monday 16 May - A healthy and health literate youth
13h00 until 14h00 (GMT+02:00) Sofia)



Organiser: senior assist. prof. Elena Merdzhanova, PhD, Department of Nursing Faculty of Public Health Medical University of Plovdiv

Audience: Online lecture and great discussion with 12 students in the specialty "Social work in health care system".





HW33 - Healthy eating in early school age

Monday 16 May - A healthy and health literate youth
14h00 until 15h00 (GMT+03:00) Sofia



Organizers: Chief Assistant Gergana Markova, Department of Surgical nursing care, Faculty of Health Care, MU-Pleven, Bulgaria, member of BPHA [Stoilka Chabrakova](#) – student in Nursing

Audience: 22 second grade children. at the Primary school “Hristo Botev” in Pleven, Bulgaria.

Description: The issues of healthy eating habits were discussed through PowerPoint presentation, conversation, role play and test for final control.





HW37 - Social interaction in the distance learning process

Monday 16 May - A healthy and health literate youth

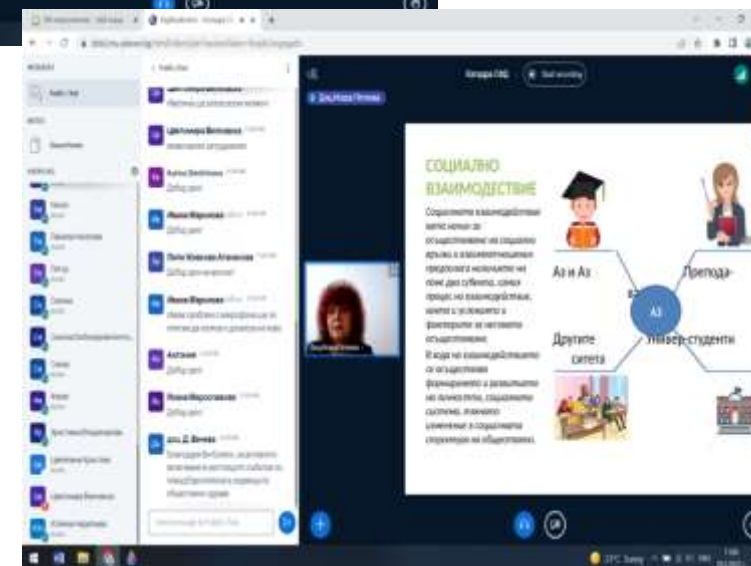
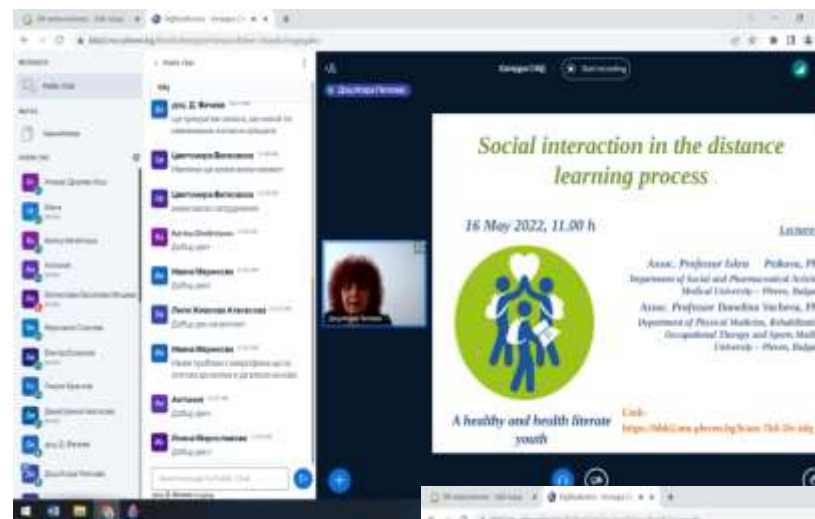
11:00 until 11:45 (GMT+02:00) Sofia



Organizers: Assoc. Prof. Iskra Petkova, Head of the Department "Social and Pharmaceutical Activities" Medical College, MU-Pleven; Assoc. Prof. Danelina Vacheva, Department of Physical Medicine, Rehabilitation, Occupational Therapy and Sports, Faculty of Public Health, MU-Pleven, Bulgaria

Audience: Webinar with 45 students and lecturers from the specialties "Medical Rehabilitation and Occupational Therapy", "Social Activities in Healthcare" and "Social Activities", MU- Pleven, Bulgaria together with BPHA.

Description: The participants actively participated in the discussion on the topic. The positive aspects, problems and tendencies of the social interaction in the conditions of e-learning were reported.



HW58 - The continuous use of mobile devices: benefits and harms

Monday 16 May - A healthy and health literate youth

10h30 until 11h15 (GMT+02:00) Sofia



Organisers: Faculty of Health Care, MU-Pleven, Bulgaria

1. Assoc. Prof. Evgenya Dimitrova, PhD, Department of Therapeutic Care

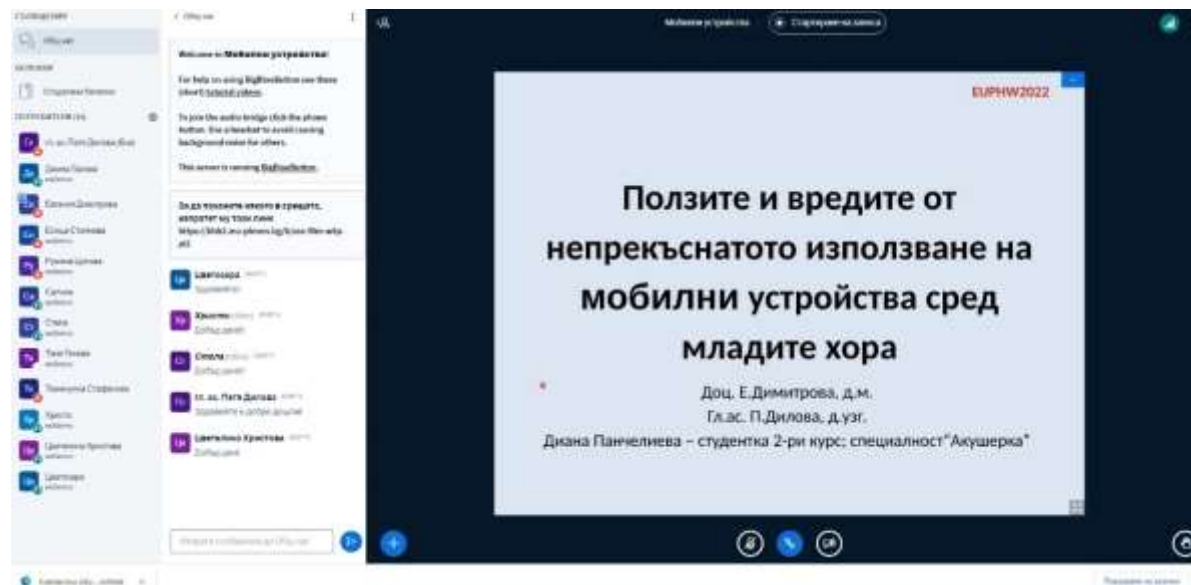
2. Chief Ass. Prof. Petya Dilova, PhD, Department of Midwifery

3. Diana Panchelieva, student in Midwifery

Audience: Webinar with 58 students from the specialties of Nursing and Midwifery.

Description: The topic of the event relates to the benefits and harms of the continuous use of mobile devices among young people. We presented a study among students in Nursing and Midwifery at the Faculty of Health Care, followed by a discussion about the overcoming dependence on mobile devices with active participation of the students.

<https://bbb2.mu-pleven.bg/b/ase-f0m-w8p-pi2>



HW85 - Building health educational skills of health professionals



Monday 16 May - A healthy and health literate youth
15h30 until 17h00 (GMT+02:00) Sofia

A HEALTHY & HEALTH LITERATE YOUTH

On-line Webinar

BUILDING HEALTH EDUCATION SKILLS OF HEALTH PROFESSIONALS

Monday 16 May 2022
14:30 - 16:00 CET



Event description:

Webinar with students of Medical University – Pleven delivered by on-line classroom. It emphasizes on the importance of health education skills of health professionals which contribute to enhancing adolescents’ health literacy. The accent of discussion is how to choose the most appropriate approach of health education in dependence of the audience’ characteristics.



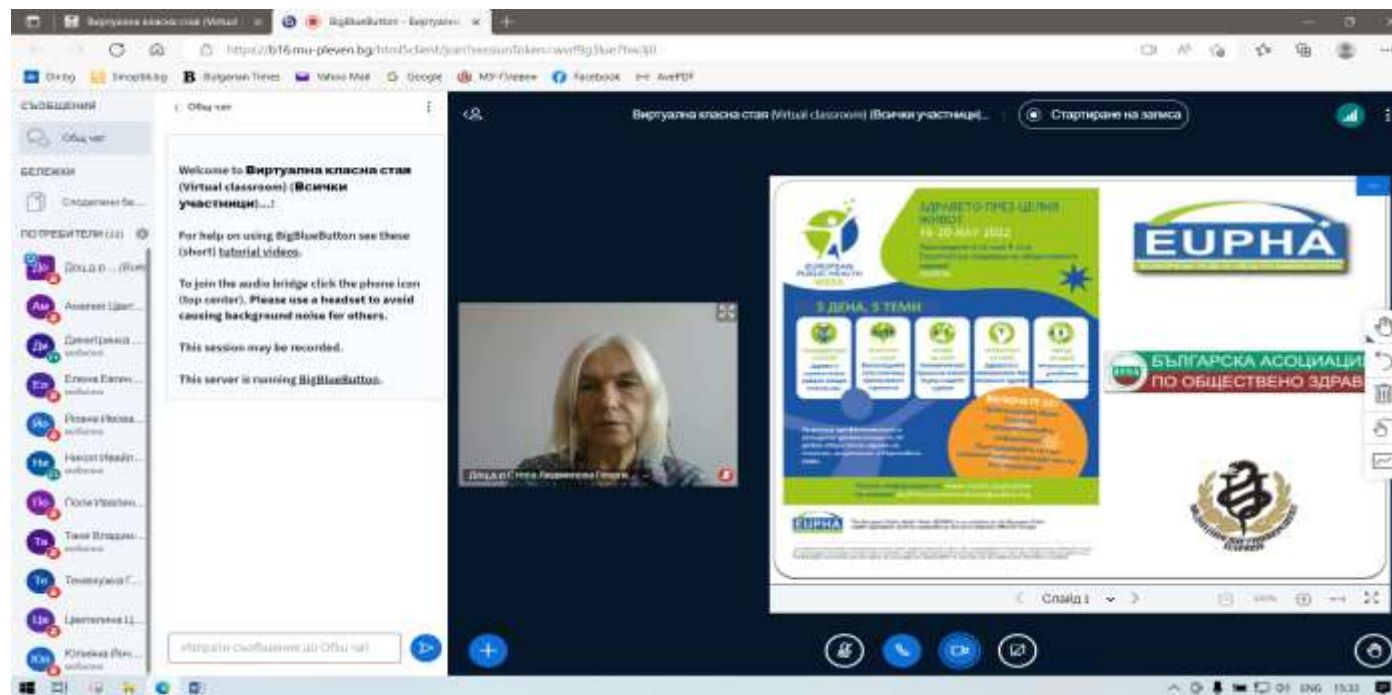
Institutions involved:

Medical University – Pleven, Bulgaria
Bulgarian Public Health Association

Lecturer:

Stela Georgieva (BPHA member; EUPHA member),
Department of Social Medicine and Health Management, Faculty of Public Health, Medical University – Pleven, Bulgaria

Free attendance: <https://do.mu-pleven.bg/mod/bigbluebutton>
contact: georgieva_sl@yahoo.com



No HW 85: Webinar with students of Medical University – Pleven delivered by on-line classroom.
Organizers: BPHA; Faculty of Public health, MU-Pleven, Bulgaria
Description: It emphasizes on the importance of health education skills of health professionals which contribute to enhancing adolescents’ health literacy. The accent of discussion is how to choose the most appropriate approach of health education in dependence of the audience’ characteristics.

HW87 - Basics of healthy nutrition for children under 3 years old

Monday 16 May - A healthy and health literate youth
10h00 until 12h00 (GMT+02:00) Sofia



Organisers: National Centre of Public Health and Analyses (NCPHA), Sofia, Bulgaria
Assoc. prof. Lalka Rangelova, PhD
Prof. Veselka Duleva, PhD

Audience: Broad community

Description: The event was announced on the website of the NCPHA a month before the start of EUPHW. An e-mail line was opened for asking questions on the issues of healthy nutrition for children under 3 years old. The specialists of nutrition answered questions asked by e-mail from 10:00 to 12:00 AM. The aim is to educate young mothers on the principles of healthy feeding their infants and young children and to provide them with practical recommendations.

Eighteen mothers put specific questions and were provided with detailed information and advices.



Assoc. Prof. Lalka Rangelova



HW88 - Food-based dietary guidelines for healthy nutrition for students between 7-19 years

Monday 16 May - A healthy and health literate youth
12h00 until 14h00 (GMT+02:00) Sofia



Organisers: National Centre of Public Health
and Analyses (NCPHA), Sofia, Bulgaria

Prof. Veselka Duleva, PhD

Assoc. prof. Lalka Rangelova, PhD

Audience: Broad community

Description: The event was announced on the website of the NCPHA a month before the start of EUPHW. An e-mail line was opened for asking questions on the issues of healthy nutrition for students 7-19 years old. The specialists of nutrition answered questions asked by e-mail from 12:00 to 14:00 AM. The online discussion aims to educate parents and children at school age through the recommendations for healthy eating, healthy food pyramid, assessment of nutritional status, and test to determine the pattern of nutrition in school age. Twenty one persons participated in the event putting specific questions to the specialists.



Prof. Veselka Duleva



HW107 – Sexual Health – The Base for Health Literate Youth (1)

Monday 16 May - A healthy and health literate youth
10h30 until 16h30 (GMT+01:00) Paris

Organisers: Department of Healthcare, Faculty of Public Health and Health Care, Ruse University, Bulgaria

Audience: A total of 414 users have been reached so far and the video presentation has collected 211 unique views as of now. We hope to raise a constructive conversation around this topic and continue working with our students in projects in the field.

ЗДРАВО И
ЗДРАВНООБРАЗОВАНО
МЛАДО ПОКОЛЕНИЕ

"Сексуалното здраве – в основата на здравната култура на младежите"

проф. И. Сребезова
Катедра "Здравни грижи"

EUROPEAN PUBLIC HEALTH WEEK
15 май, понеделник
Разгледай всички събития на Катедрата в рамките на Европейската седмица на общественото здраве

Младежите трябва да са запознати с основните рискове

Важно е да знаят как да се предпазват, а не да се наставя единствено за въздржание. Бил да се дават адекватни равнища за методите за предпавяне от полово предавани болести и нежелана бременност

Необходимо е да знаят кога и как да се тестват

Медицинските специалисти са в позиция най-добре да разяснят основните понятия и да ги подкрепят, да предложат информационни материали

Важно е да говорят свободно в толерантна среда

УЧАСТВАЙ!

Включи се в дискусиата и сподели своите идеи и мнение за сексуалното образование на младежите и как здравните специалисти могат да подобрят своето участие в процеса

ИНФОРМАЦИЯТА ОВЛАСТЯВА

EUROPEAN PUBLIC HEALTH WEEK

Online informational campaign on the Department's Facebook page.

We have uploaded a new presentation discussing Sexual Health and healthcare experts' role in the process of educating young people. The main setbacks to health literacy and sex education in Bulgaria are outlined and strategies through which midwives and nurses can influence the trend. We have also discussed some ideas to optimise sex education through more activism and peer support.

HW107 – Sexual Health – The Base for Health Literate Youth (2)

Organisers: Department of Healthcare, Faculty of Public Health and Health Care, Ruse University, Bulgaria

Online informational campaign on the Department's Facebook page.

A total of 414 users have been reached so far and the video presentation has collected 211 unique views as of now. We are hoping to raise a constructive conversation around this topic and continue working with our students in projects in the field.



ИНФОРМАЦИЯТА
ОВЛАСТЯВА

Младежите трябва да са запознати с основните рискове



Важно е да знаят как да се предпазват, а не да се настоява единствено за въздържание, без да се дават адекватни разяснения за методите за предпазване от полово предавани болести и нежелана бременност



Необходимо е да знаят кога и как да се тестват

Медицинските специалисти са в позиция най-добре да разяснят основните понятия и кога на процедурите, да предложат информационни материали



Важно е да говорят свободно в толерантна среда

Специалистите следва да са добре запознати и да практикуват неосъдително отношение

УЧАСТВАЙ!

Включи се в дискусията и сподели своите идеи и мнение за сексуалното образование на младежите и как здравните специалисти могат да подобрят своето участие в процеса





HW111 - Sexually transmitted infections: prevention and education of youth

Monday 16 May - A healthy and health literate youth
11h30 until 12h15 (GMT+02:00) Sofia

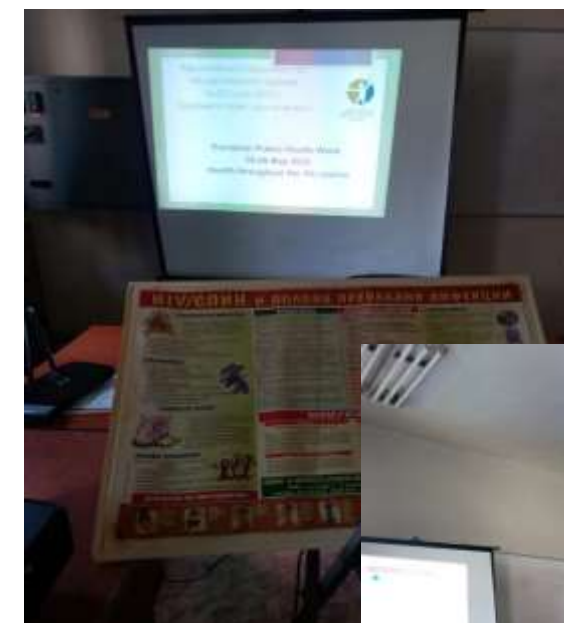


Organizers: Department of Social Medicine, Health Management and Disaster Medicine, Medical Faculty - Trakia University, Stara Zagora; Bulgarian Family Planning Association (BFPA), branch of Stara Zagora, Bulgaria

1. Assist.Prof. Dr. Raina Gardeva
2. Assist.Prof. Penka Gospodinova
3. Chief Assist. Prof. Dr. Galya Chamova, MD
4. Assoc. Prof. Dr. Boryana Parashkevova, PhD
5. Prof. Dr. Juliana Marinova, MD

Audience: 20 students in Midwifery

Description: It's a panel discussion with 20 students of Midwifery on the Sexually Transmitted Infections: Prevention and Education of Youth after the presented lecture in which we presented our 30 years joint experience.



Press messages: Stara Zagora – darik.news.bg, <https://dariknews.bg/regioni/stara-zagora/>;
Trakia University Stara Zagora takes part in EUPHW;
https://www.actualno.com/starazagora/trakijiskijat-universitet-se-vkluchva-v-evropejska-sedmica-na-obshtestvenoto-zdrave-news_1460075.html

HW138 - Demonstration of Students Sports for health at the University of Ruse (1)

Monday 16 May - A healthy and health literate youth

17h00 until 18h30 (GMT+03:00) Sofia



Organisers: The basketball players from the DANUBE-RUSE 2016 and DANUBE 2007 Basketball Clubs demonstrated enviable skills. Basketball matches were played with attractive performances. In the competitions won Ranya Aburaya and Ivaylo Ivanov from DUNAV-RUSE 2016, who were the most accurate and received prizes from Assoc. Prof. Iskra Ilieva, coaches Ruslan Rusev and Nikolai Nikolov. From the team of DUNAV 2007 in this competition won Daniel Ivanov, who was awarded by his coach Tsvetan Toshkov.

The young football from Lokomotiv Club players demonstrated in a children's match against their parents. Erasmus students took part in the event by mastering climbing skills. Photos by Yuliana Andonova, Iskra Ilieva and Tsvetelin Georgiev



HW138 - Demonstration of Students Sports for health at the University of Ruse (2)





HW148 - Promoting healthy habits among young people (1)

Monday 16 May - A healthy and health literate youth

13h00 until 15h30 (GMT+03:00) Sofia (



Organizers: Department of Hygiene and Epidemiology, Faculty of Public Health, MU-Varna with the assistance of Medical University Television

Audience: The target groups consisted of 205 students from three high schools in Varna.

Description: It included 3 seminars in which 14 medical students from different years of their study at the Medical University of Varna presented seven topics concerning healthy lifestyle habits.

The event was organized under the supervision of the Department of Hygiene and Epidemiology, Faculty of Public Health with the assistance of MU-VI TV (Medical University of Varna TV).

The seminars were of great interest for the students and their teachers.

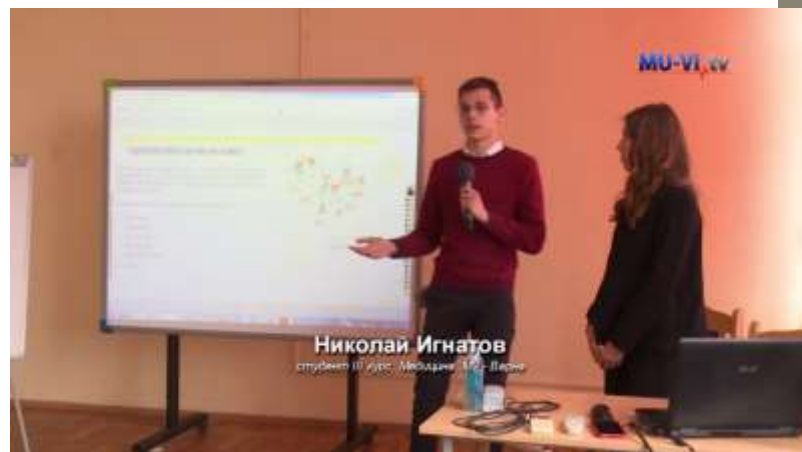
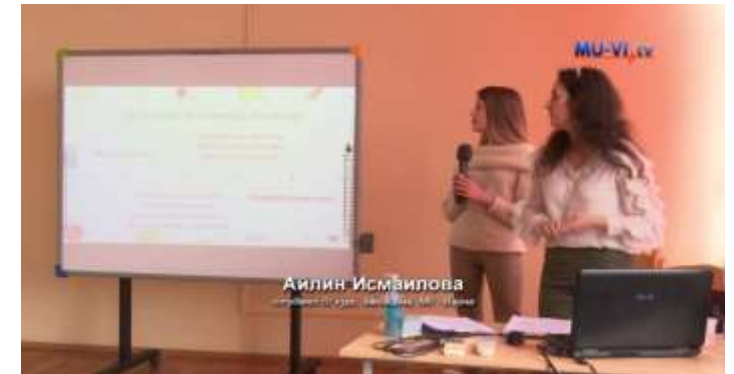



HW148 - Promoting healthy habits among young people (2)

Nutrition and mental Health development

Mtani ABO RAWI *, Stanislava Hadzheva**

* Medical University of Varna, Bulgaria, IIIrd year medicine student
** Medical University of Varna, Bulgaria, Faculty of Public Health, Department of Hygiene and epidemiology.





HW213 - Be responsible! Live consciously!

Monday 16 May - A healthy and health literate youth
14h00 until 15h30 (GMT+03:00) Sofia



Organisers: Galina Petrova, PhD,
Department of Nursing Care, Faculty of
Public Health, MU-Varna,
High School “Konstantin Preslavsky” -
Varna, Bulgaria



Audience: 25 students at the age of 17 years

Description: A discussion in-person was held. The topic was the prevention of AIDS and HIV and sexual transmitted diseases. Our team tried to answer many questions of young people - being health young person, to define the risk sexual behavior.





HW229 - Delayed motherhood - pregnancy myths after 40

Monday 16 May - A healthy and health literate youth
14h00 until 15h30 (GMT+03:00) Sofia



Organisers: Assoc. prof. Valya Dimitrova, PhD, Department of Nursing Care, Faculty of Public Health, MU-Varna, High School “Konstantin Preslavsky” - Varna, Bulgaria

Audience: 27 students at 17-18 years

Description: A discussion between 27 students aged 17-18 years old about the risks and benefits in pregnancy after 40 years of age. The main focus was the need for clear definition of priorities and creation of skills for optimal combination of biological and social functions of adolescents in society.





Bulgarian events

Tuesday 17 May 2022

Vaccination as key prevention strategy

Tuesday 17 May - Vaccination as key prevention strategy

9h00 until 12h00 (GMT+02:00) Sofia



Event type: Open day for free diagnostics of patients with Post Covid symptoms

Event format: In-person

Description: COVID-19 affects several physiological systems as well as short-term and long-term changes in physical and mental health which require the definition of stages for specific rehabilitation and physiotherapy programs. On this open day during the EUPHW, we provide free functional testing of **30 patients aged 30-75 years** in the university rehabilitation centre.

Organizers:

1. Assoc. prof. Mariela Filipova, PhD;
2. Ass. prof. Miglena Tsvetkova- Gaberska, PhD;
3. Ass. prof. Krasimira Zlatkova, PhD;
4. Ass. prof. Yulian Zlatkova, PhD

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

[https://www.swu.bg/bg/eventsbg/797-ewh1305?fbclid=IwAR01sPKDz-](https://www.swu.bg/bg/eventsbg/797-ewh1305?fbclid=IwAR01sPKDz-E8qNHfp14tNyxDL0WVD5fKm_zcOrbr2u4NzC4PpSyUxalEqH4)

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





HW30 – Awareness of vaccine prophylaxis in elderly

Tuesday 17 May - Vaccination as key prevention strategy
11h00 until 12h00 (GMT+02:00)



Organisers:

Dr Rozalina Yordanova
Prof. Hristina Milcheva
Trakia University, Stara Zagora,
Bulgaria



Информираност относно вакцинопрофилактика при възрастни хора



Д-р Розалина Йорданова, Медицински факултет
Проф. Христина Милчева, Медицински колеж
Тракийски университет, гр. Стара Загора, България



Въведение

- най-безопасният и ефикасен начин за предпазване от редица инфекции



вакцинация

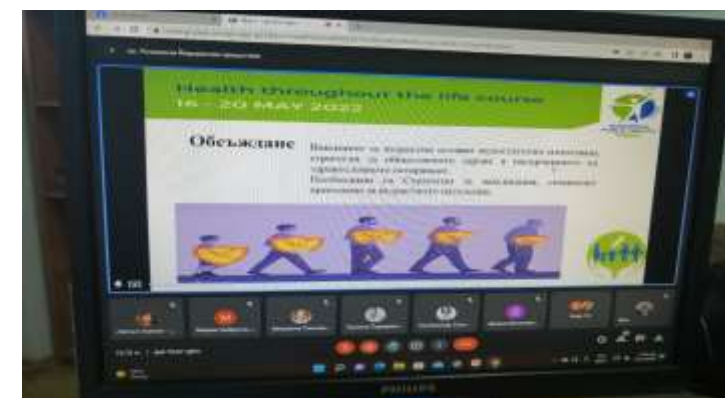
- застрашаващи живота инфекциозни заболявания са ликвидирани или ограничени до минимум

- гаранция за поддръжане на колективния имунитет на високо ниво



Audience: 25 students future health professionals.

Description: We were pleasantly surprised by the interest of the audience in the online lecture we conducted. The online event emphasizes the key role of health professionals in raising health awareness of the population, including the benefits and risks of vaccine prevention. The students actively participated in the discussion at the end of the lecture





HW40 Interaction between social workers and midwives

Tuesday 17 May - Vaccination as key prevention strategy

11:00 – 11:45 [am] (GMT+03:00) Sofia



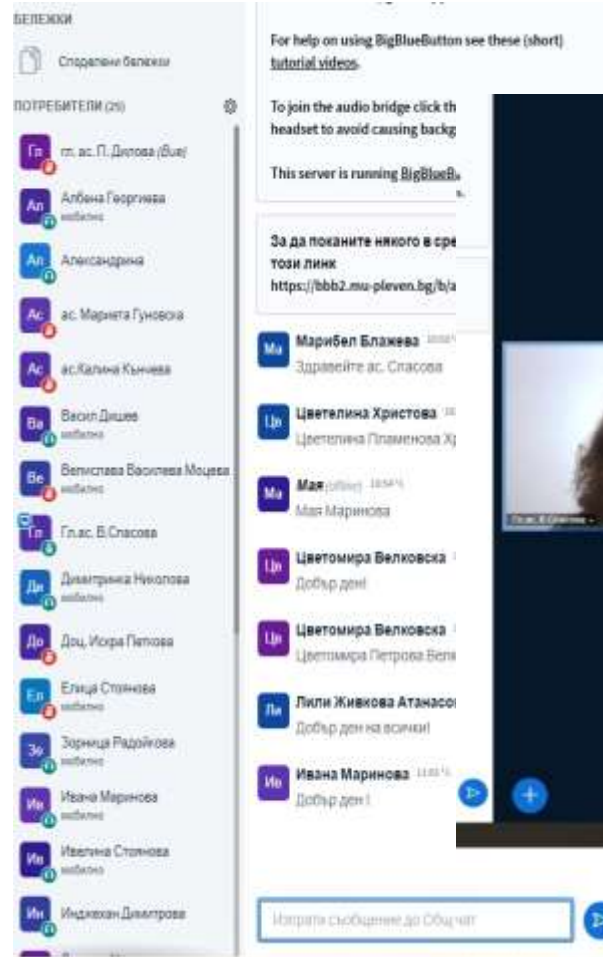
Organisers: Department of Social activity and Department of Midwifery, Faculty of Health Care, MU-Pleven, Bulgaria

Chief ass. prof. Veronika Spasova, PhD
Ass. Prof. Kalina Kancheva

Chief ass. prof. Petya Dilova, PhD

Audience: 38 students from both specialty “Social activity” and “Midwifery” participated in the webinar.

Description: A survey among students final year students of MU – Pleven in specialties Midwife and Social worker. The results of study show students' awareness of the role of health education, their attitude to immunizations, preparation and willingness to interact as specialists in a team.





HW55 - The vaccines – the active choice for a better healthy future

Tuesday 17 May - Vaccination as key prevention strategy

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



Organisers: Department of Medical Ethics, Management of Health Care and Medical informatics, Faculty of Public Health, MU-Pleven, Bulgaria

Assoc. Prof. Makreta Draganova

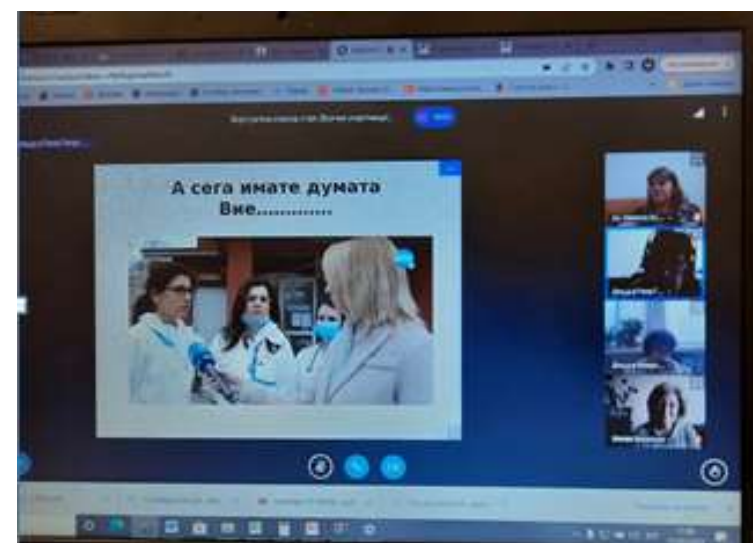
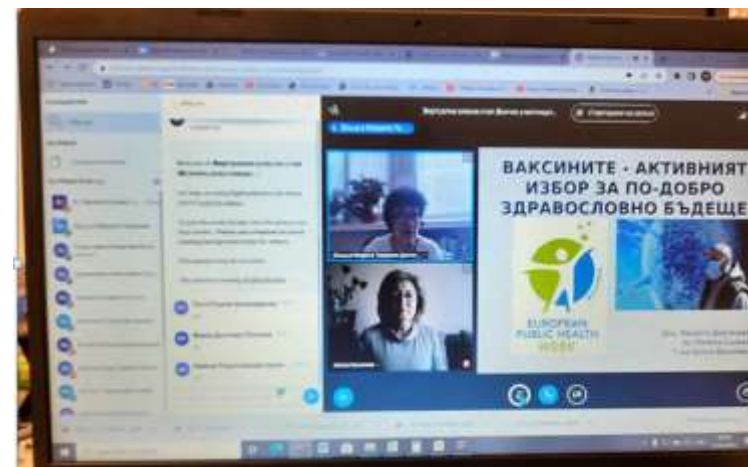
Ass. prof. Milena Saleva

Mrs Milka Vasileva – President of Bulgarian Association of Health Care Professionals

Audience: 20 students from the specialty “Management of Health Care participated in the webinar.

Description: The president of BAHP presented the COVID-19 vaccination campaign on the national level. The participants actively discussed the reasons for low percentage of vaccinated people and in particular low percentage among health workers and in Bulgaria.

The new threats from Omicron were commented and also the significance of the personal example of healthcare professionals to the public for vaccination activity.





HW109 – How to Talk Vaccines with Parents & where do we lose the connection (1)

Tuesday 17 May - Vaccination as key prevention strategy

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



Organisers: Department of Healthcare, Faculty of Public Health, Ruse University, Bulgaria

Online informational campaign on the Department's Facebook page

A couple of posts on our page focus on healthcare experts' role in helping parents of young children navigate vaccine safety concerns and immunisation calendar. We have asked our followers to partake in discussing different strategies to better communicate and effectively inform mothers and fathers on vaccines. Vaccine anxiety has been visible lately and nurses & midwives, being closer to parents can greatly impact this trend. Having a trusted and accessible expert explain how vaccines work, even before birth, as a part of the prenatal education may be really helpful.

Audience: The post has been reached by 141 users.

Ваксините

Може да имаш различни въпроси - защо е важно да ваксинираме бебетата, нужно ли е да е толкова рано, какво трябва да имаш предвид и какво да очакваш след ваксинацията.

Всички тези въпроси са съвсем нормални и е важно да говориш с компетентен специалист, който да ти обясни всичко необходимо с достатъчно факти.

Не се колебай да поискаш информация предварително, за да оформиш своите въпроси и да обсъдиш със специалистите, които (ще) се грижат за теб и бебето!

ЗАЩО ВАКСИНИРАМЕ БЕБЕТАТА?

НАУЧИ ПРЕДВАРИТЕЛНО КОИ СА ЗАБОЛЯВАНИЯТА, СРЕЩУ КОИТО СЕ ВАКСИНИРАТ ДЕЦАТА В БЪЛГАРИЯ.

ПОПИТАЙ СВОЯ МЕДИЦИНСКИ СПЕЦИАЛИСТ!

HW109 – How to Talk Vaccines with Parents & where do we lose the connection (2)

Online informational campaign on the Department`s Facebook page

A couple of posts on our page focus on healthcare experts` role in helping parents of young children navigate vaccine safety concerns and immunisation calendar. The second part of this campaign includes information about covid vaccines during pregnancy and breastfeeding. With this publication we encourage people to get to know the true facts, with the help of evidence based medicine and ask the experts. We have posted a couple of links that contain evidence based information about covid vaccines during pregnancy and breastfeeding and what current recommendations suggest.

The post has been reached **141 users**.



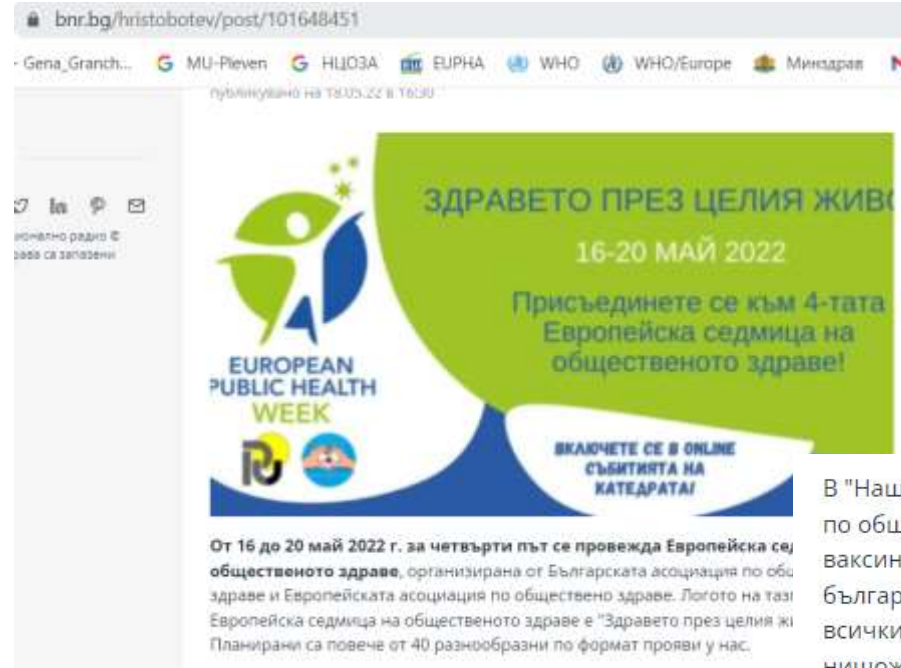


Wednesday 18 May 2022

Climate change affects our health

Interview on Bulgarian National Radio Programme “Hristo Botev” (1)

Description: This was an extra event by the President of BPHA assoc. prof. Gena Grancharova. The interview was done by the official request of Mr Aleksander Raychev, leading a special emission at the BNR Programme “Hristo Borev”. It was 20 minutes live interview on 18 May at 10:25 AM in the emission “Our day”.



В "Нашият ден" **доц. д-р Гена Грънчарова**, председател на Българската асоциация по обществено здраве, посочва, че "Сред ромското население ваксинацията е голям проблем, но то е не по-малък проблем и сред българското. Ние се оказваме в най-неудобното и най-лошото състояние сред всички европейски страни, независимо от достъпа до ваксини. Вече отчитаме нищожен процент ваксинации на ден. За сравнение – в Ирландия 95% от населението над 12-годишна възраст е обхванато с ваксинация."

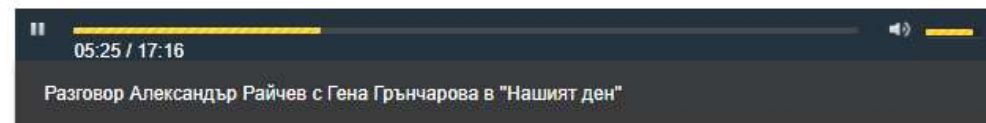
- **Доц. д-р Гена Грънчарова: Общественото здраве засяга глобални проблеми**

България сериозно изостава по отношение на осъзнаването на проблемите, касаещи общественото здраве.

"Страната ни се нарежда на първо място с **46% директни плащания за здраве** при **средно ниво 15% при останалите страни от ЕС**. С най-висока обща смъртност, която достигна през 2021 г. над 21 на 1000, от 15 през 2019 г. с най-ниска продължителност на живот", допълва доц. д-р Гена Грънчарова.

Цялото интервю с доц. д-р Гена Грънчарова можете да чуете в звуковия файл.

The key messages covered concerned the role of EUPHA, the aim and context of EUPHW2022 and BPHA participation in this initiative. Special attention was put on the role of NGOs on promoting healthy lifestyle and raising awareness of Bulgarian society on health in youth, vaccination, mental health, the biggest problems in Bulgarian health system and Bulgarian public health in comparison with the other European countries.





HW106 - Chemical pollutants, microplastics and marine biotoxins – their way (1)

Wednesday 18 May - Climate change effects our health

10h00 until 11h30 (GMT+03:00) Sofia



Brief information:

In the Panel the relation between marine environment pollution and human health was discussed. The main contaminants in the Black Sea, their origin and fate were outlined. Students were involved in a game for analysing and discussing scientific information regarding microplastics.

Audience: students up to 18 years

Location: Bulgaria, Varna, Petko Karavelov Str. 3A, Municipal Children Complex

Този документ е създаден с финансовата подкрепка на „Програма за морско дело и рибарство 2014 – 2020“ съфинансирана от Европейския съюз чрез Европейския фонд за морско дело и рибарство. Цялата отговорност за съдържанието на документа се носи от Медицински Университет „Проф. д-р Параскев Стоянов“, гр. Варна и при никакви обстоятелства не може да се приема, че този документ отразява официалното становище на Европейския съюз и Договарящия орган.

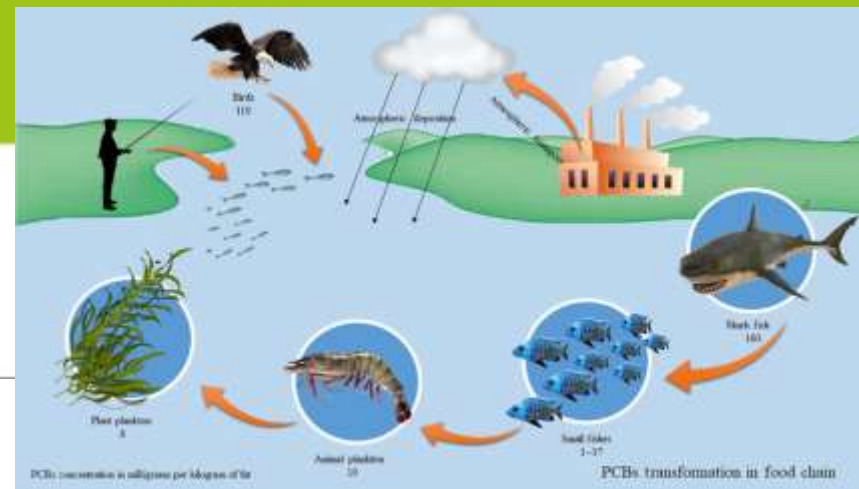
CLIMATE CHANGE IMPACTS OUR HEALTH

Panel discussion

HW106 - Chemical pollutants, microplastics and marine biotoxins – their way

Wednesday 18 May 2022

9:00 – 10:30 am CET



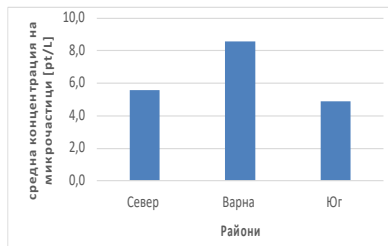
HW106 - Chemical pollutants, microplastics and marine biotoxins – their way (2)

Zlatina Peteva, Angelika Georgieva, MU-Varna

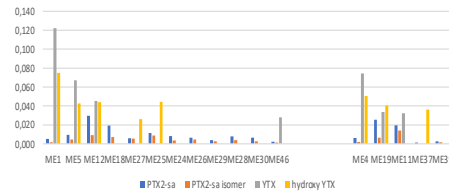


Impact of chemical pollutants, microplastics and biotoxins on the state of the environment in the Black Sea
Zlatina Peteva, Angelika Georgieva, MU-Varna

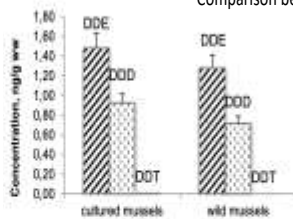
Microplastics on the Black Sea coast



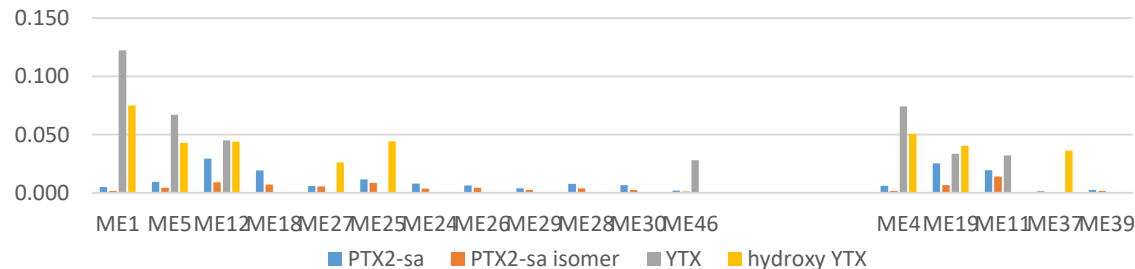
Spatial distribution of marine toxins



Comparison between DDT concentrations in cultured and wild mussels



Spatial distribution of marine toxins



Is seafood safe for our health?

Mona Stancheva, Stanislava Georgieva, MU-Varna

- Human exposure assessment of PCBs through oral ingestion:

The estimated total daily intake (EDI) of the contaminants in a given fish species was calculated:

$$EDI = C \times Intake / BW$$

- The potential risks of non-carcinogenic effects are evaluated by the risk assessment index known as the risk quotient (RQ).

$$RQ = EDI / RfD$$

Table 1. Levels of total indicator PCBs (ng/g wet weight, mean and standard deviation) determined in fish collected from the Black Sea, estimated daily intake (EDI) and risk quotient (RQ).

| Species | n | Lipids, % | Sum I-PCBs, ng/g ww | EDI, ng/kg/bw | RfD, ng/kg/day (USEPA) | RQ |
|----------------|----|-----------|---------------------|---------------|------------------------|------|
| goby | 18 | 1.7±0.6 | 7.22±4.37 | 1.36±0.82 | 20 | 0.07 |
| sprat | 11 | 5.8±1.8 | 10.57±2.45 | 1.99±0.46 | 20 | 0.10 |
| horse mackerel | 18 | 11.7±2.6 | 10.96±4.56 | 2.05±0.93 | 20 | 0.10 |
| shad | 12 | 22.6±6.2 | 27.26±6.04 | 5.14±1.14 | 20 | 0.26 |



Climate change and health adaptation policies: a guidance for the health sector in Bulgaria



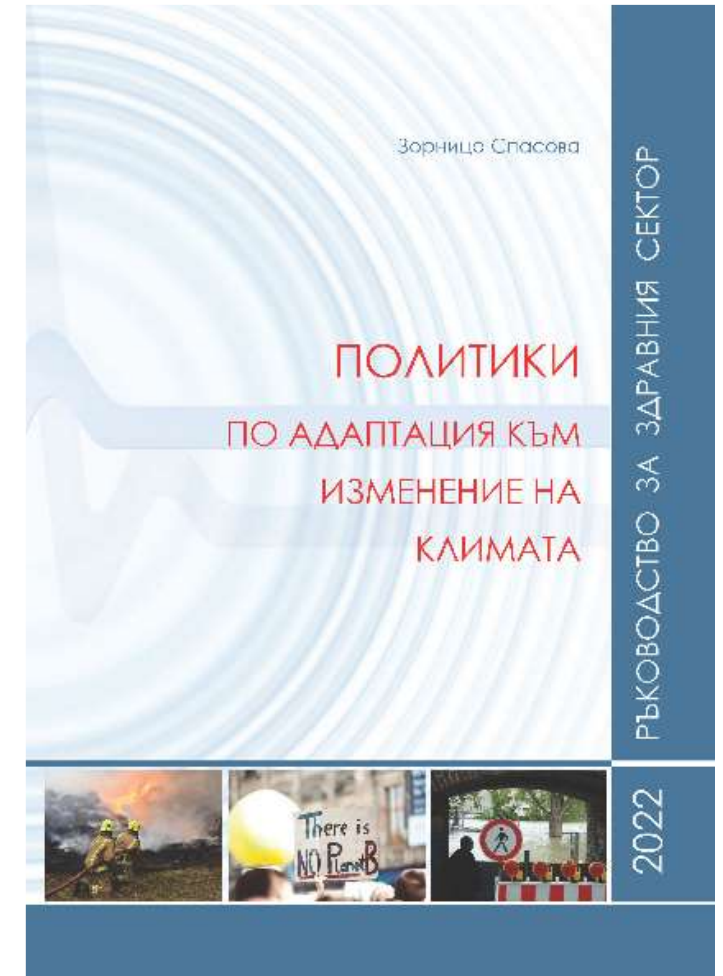
18 MAY 2022 CLIMATE CHANGE IMPACTS OUR HEALTH

Extra Event

Organizer: Ass. Prof. Zornitsa Spasova, PhD, published on the website of the National Centre of Public Health and Analyses a broshura under the title “**Climate change and health adaptation policies: a guidance for the health sector in Bulgaria**”.

Event description: On 18 May from 14:00 until 16:00 within the EUPHW an e-mail line was opened for the public to put questions and to get answers.

Participants: 18 persons





Thursday 19 May 2022
No health without health



HW10 - Student Conference: Public Health Challenges

Thursday 19 May - No health without mental health
9h00 until 15h00 (GMT+03:00) Sofia



Event type: Conference

Event format: In-person

Description: The event was organized by the Faculty of Public Health, Health Care and Sports at South-West University "Neofit Rilski" in Blagoevgrad. Over 60 scientific reports based on research of teachers and students were presented. The thematic areas included: Health Care, Kinesitherapy, Speech Therapy, Medico-Social Sciences, Sports, Mental Health, etc. The conference discussed interesting topics in each area and challenges facing public health and professionals in this field.



https://www.swu.bg/bg/eventsbg/797-ewh1305?fbclid=IwAR01sPKDz-E8qNHfp14tNyxDLoWVD5fKm_zcOrbr2u4NzC4PpSyUxalEqH4

<https://www.facebook.com/B8-SWU-Neofit-Rilski-200550086696081>



HW44 – NO HEALTH WITHOUT HEALTH

Thursday 19 May 2022 19:00 – 20:00

Organisers: Department of Psychiatry and Medical Psychology,
Faculty of Public Health, MU-Pleven
Assoc. Prof. Maya Stoimenova, MD, PhD
Ass. Prof. Ivanka Veleva, MD, PhD



Assoc. Prof. M. Stoimenova and ass. prof. Ivanka Veleva, specialists in mental health took part in an interview on Zetra TV on the current problems in mental health and their impact on the whole body health. The information was spread out on five regions of Central and Northern Bulgaria.





HW49 - Caring violent child safely in psychiatric units

Thursday 19 May - No health without mental health
14h45 until 15h15 (GMT+02:00) Sofia

Organiser: Assoc. Prof. Gergana Petrova, PhD,
Department of Nursing care,
Faculty of Public Health,
MU-Plovdiv, Bulgaria

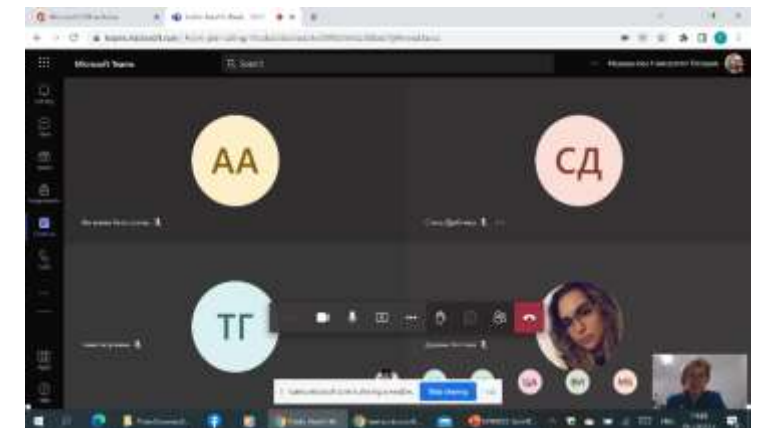
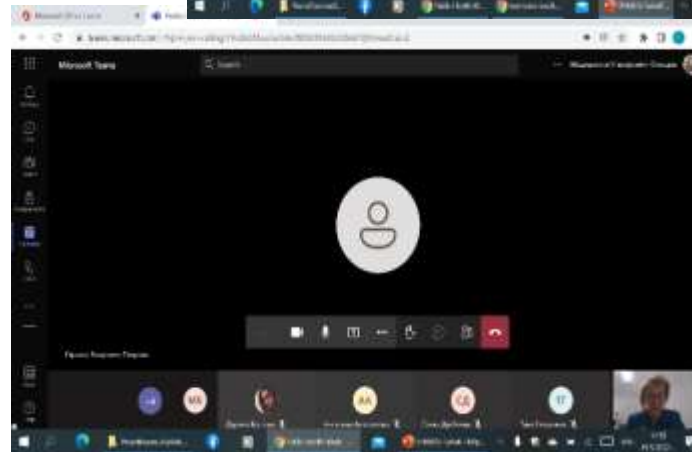
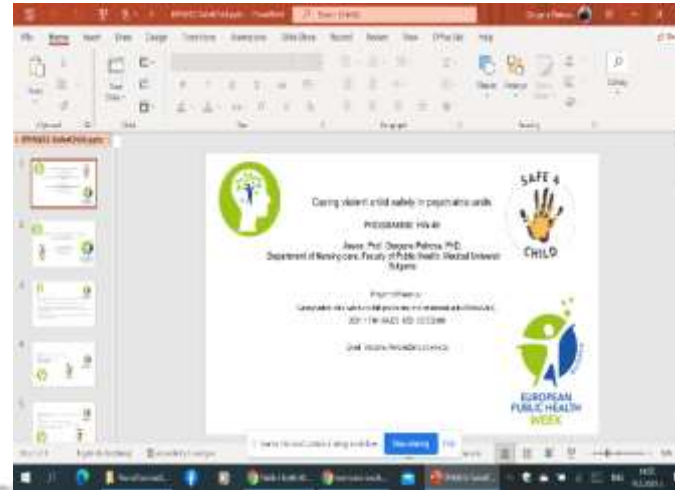
Project of Erasmus+

Caring violent child safely in child psychiatric
and residential units (Safe4Child)

2021-1-FI01-KA220-HED- 000032106

Audience: 11 third year students in Nursing;

Impression: The students accepted very well
information about the Project activity and
Child Mental Health Promotion.



HW50 - Determinants of mental health and well-being

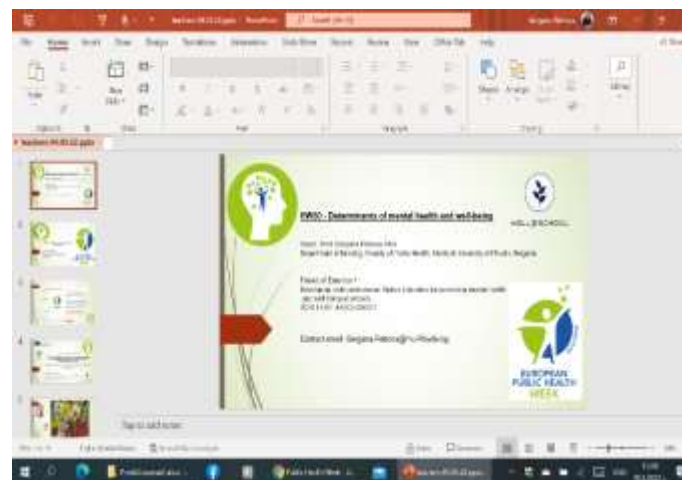
Thursday 19 May - No health without mental health

15h30 until 16h00 (GMT+02:00) Sofia



WELL@SCHOOL

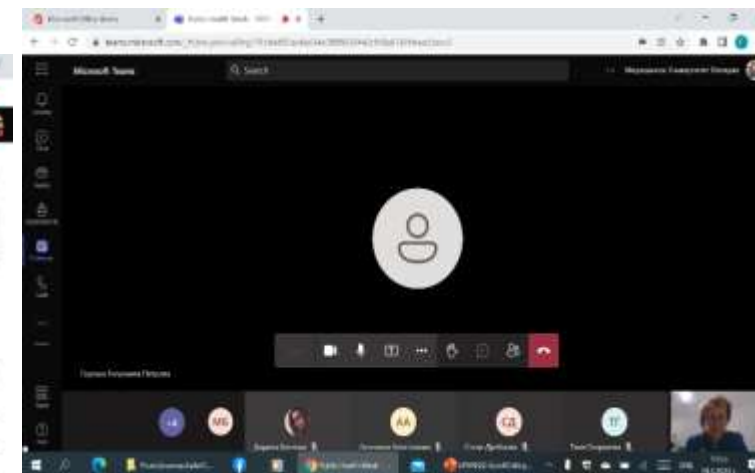
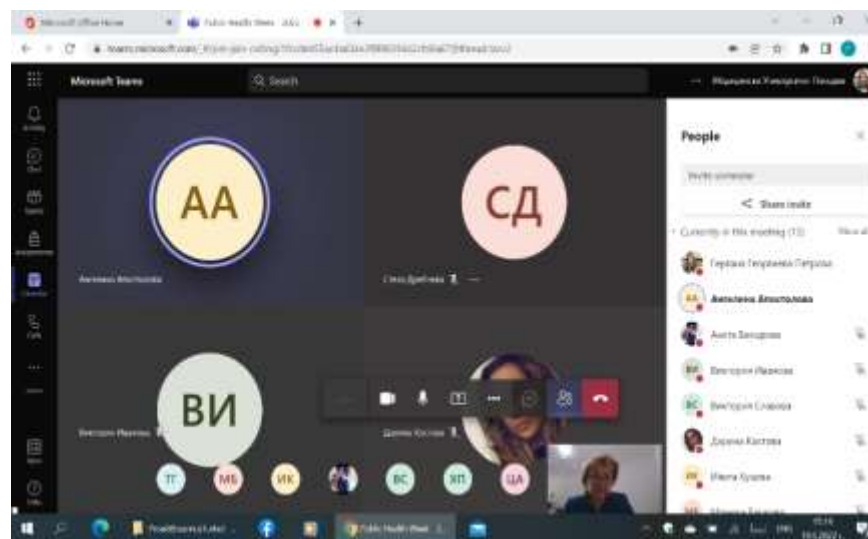
Organiser: Assoc. Prof. Gergana Petrova, PhD,
Department of Nursing care,
Faculty of Public Health,
MU-Plovdiv, Bulgaria



Project of Erasmus +
Developing multi-professional Higher
Education for promoting mental health
and well-being at schools.
2020-1-FI01-KA203-066521

Audience: 11 third year students in
Nursing;

Impression: The students accepted very
well information about the Project
activity and Child Mental Health
Promotion.





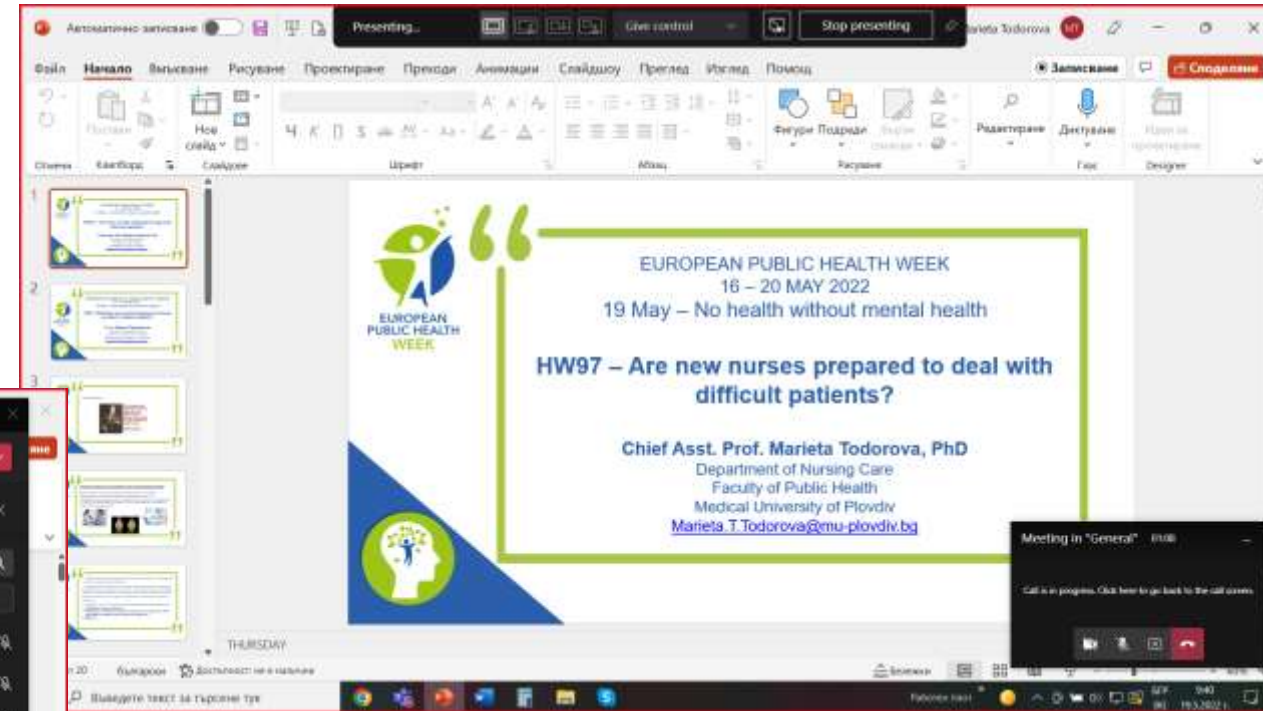
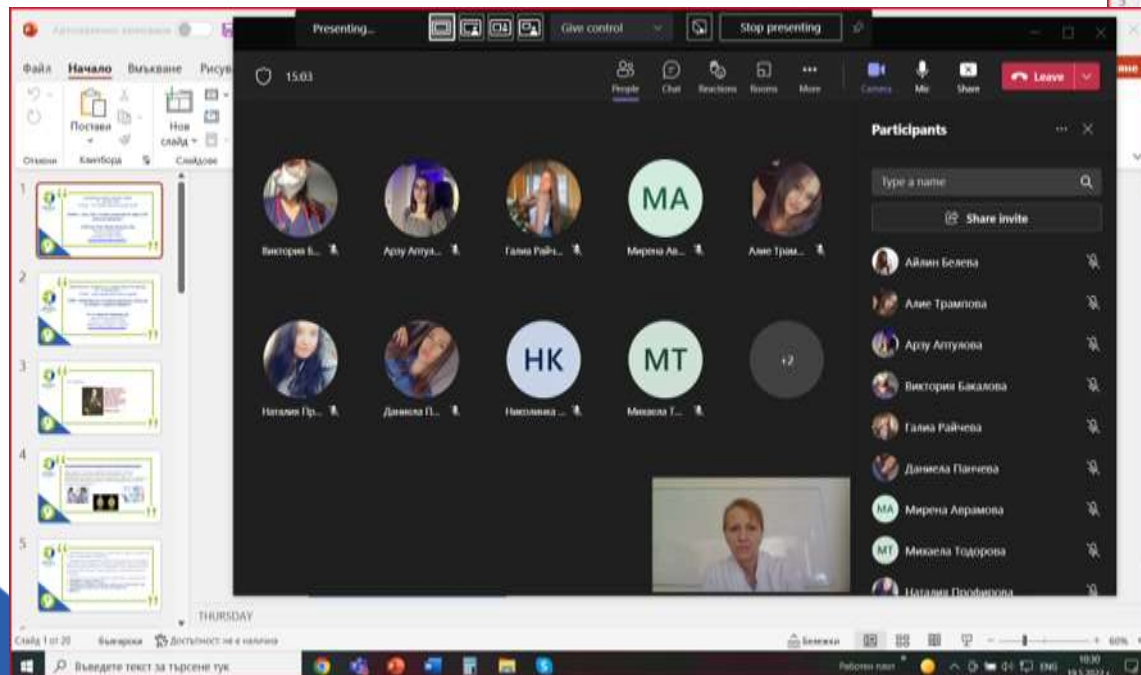
HW97 - Are the new nurses prepared to deal with difficult patients?



Thursday 19 May - No health without mental health

10h30 until 11h30 (GMT+03:00) Sofia

Organiser: Chief Assit. Prof. Marieta Todorova,
Department of Nursing Carte, Faculty of Public
Health, Medical University of Plovdiv



Event type: Webinar with **35 students in Nursing**,
Medical University – Plovdiv.

The aim of the event was aimed to increase the motivation and skills of student nurses to work with difficult patients. The students took an active part in the discussion.

Thursday 19 May - No health without mental health
16h00 until 18h00 (GMT+02:00) Sofia



The event was organized by the Department of Physical Medicine, Rehabilitation, Occupational Therapy and Sports, headed by Assoc. Prof. Nina Mihailova, Ph.D. The participants were greeted by the Rector of the MU-Pleven Prof. Dr. Dobromir Dimitrov, MD, and the Dean of the Faculty of Public Health Assoc. Prof. Milena Karcheva, MD, PhD. She ended with the wisdom "A healthy mind in a healthy body" and "Be physically active to be mentally stable!"



The Rector awarded prizes to the ranked athletes and Head of the Representative Cricket Teams with coach Akshay Harikumar and head lecturer Petar Popov, as well as table tennis with head and coach lecturer Kaloyan Monov. The cricket athletes presented the Rector with a Silver Cup, won in the tournaments. We started with a demonstration in Shotokan Karate Do, coached by Milena Kirnikolova, Ph.D. We conducted traditional Bulgarian folk dances led by Delyan Demirev. Tournaments in the spirit of fair play in basketball were played - with Lecturer Svetoslav Rachkov, volleyball - with Lecturer Hristo Genov and badminton. The students did cross-country running in urban conditions under the guidance of Assoc. Prof. Tanya Megova, Ph.D. and Assoc. Prof. Rostislav Kostov, Ph.D.

HW98 - Physical Activity for Mental Health in Medical University – Pleven (2)



In conclusion, the students and the lecturers shared their satisfaction with this sports' forum and expressed a desire for events in this format to become traditional and stated their readiness to be active in the next editions of the European Public Health Week, organized by EUPHW and BPHA.



HW110 – Mental Health During Pregnancy (1)

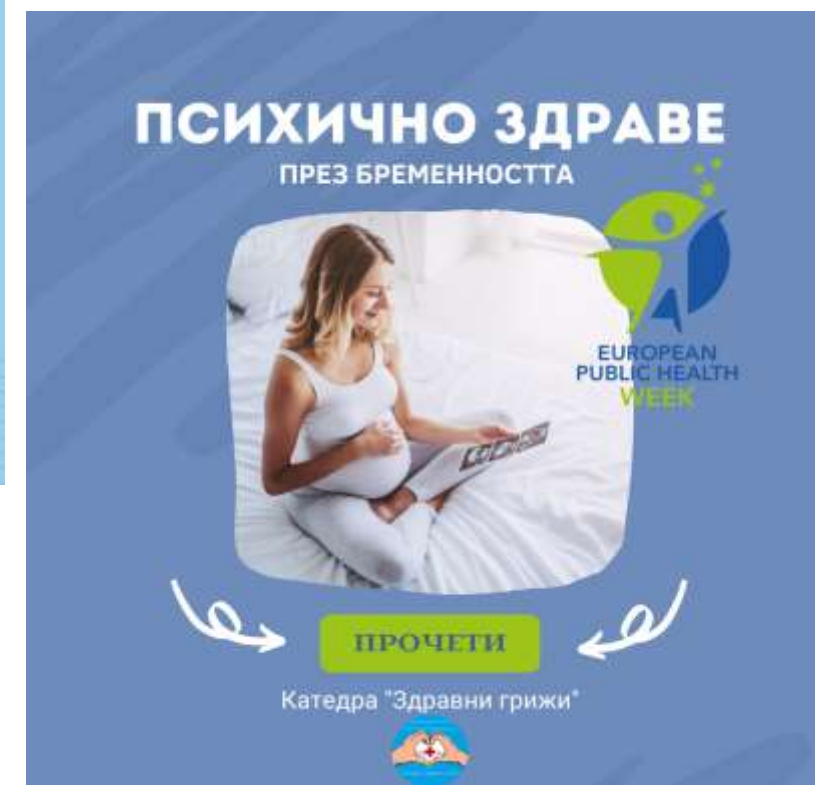
Thursday 19 May - No health without mental health
11h00 until 13h00 (GMT+02:00) Sofia



Organiser: Department of Healthcare,
Ruse University, Bulgaria

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

We shared a couple of posts centred around mental health during pregnancy – what to look out for, when to reach for help and some basic tips to get women on the right track. The focus is on removing the stigma from those women that do not feel as generally expected and experience depression and other difficulties with mental health. We have urged midwives and student midwives to pay close attention to women in their care in regard to their mental health and to also hold space for women, so they can share and be offered adequate help in a timely manner.



HW110 – Mental Health During Pregnancy (2)



The posts encourage women to share their concerns with their midwife and discuss ways they can get help. They also point student midwives` attention towards paying some more attention on these aspects and committing to getting adequate education. This would allow for better care and timely intervention when necessary.

The posts have been reached between 417 and 46 people (earliest posted reaching the most).



HW157 - Mental health and Public Health

Thursday 19 May - No health without mental health
11h30 until 12h00 (GMT+03:00) Sofia

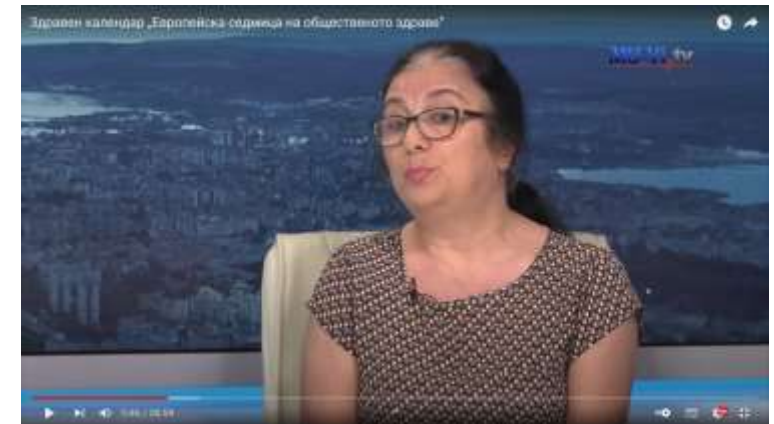


Organisers:

Assoc. prof. Natalya Usheva

**Ass. prof. Rosalina Braikova,
Faculty of Public Health, MU-
Varna, Bulgaria**

This is an interview with live-streaming with the Deputy Dean of the Faculty of Public Health and ass. prof. Rosalina Braikova was done at The MU-Varna TV for the EUPHW, focusing on the participation of MU-Varna in this initiative, as well as the specific activities of the Faculty of Public Health to improve mental health. The key message was that mental health should be protected at every age, starting with raising children with a resilient psyche, creating a positive workplace climate, positive interactions with family and friends, exercising and walking in nature. Participation in EPHW is important given the involvement of public health professionals at various levels and the subsequent multiplier effect of the events among various population groups.





HW179- The invisible sights of conflicts

Thursday 19 May - No health without mental health

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



Organizers:

Assoc. Prof. Silviya Nikolova, PhD
Faculty of Public Health, MU-
Varna;, Bulgaria

Description: In a roundtable with students of the National High School of Humanities and Art we discussed the core of conflicts on a macro and micro level, comparing war conflict from Ukraine and personal conflicts between peers. Victims of conflicts are all involved in it.





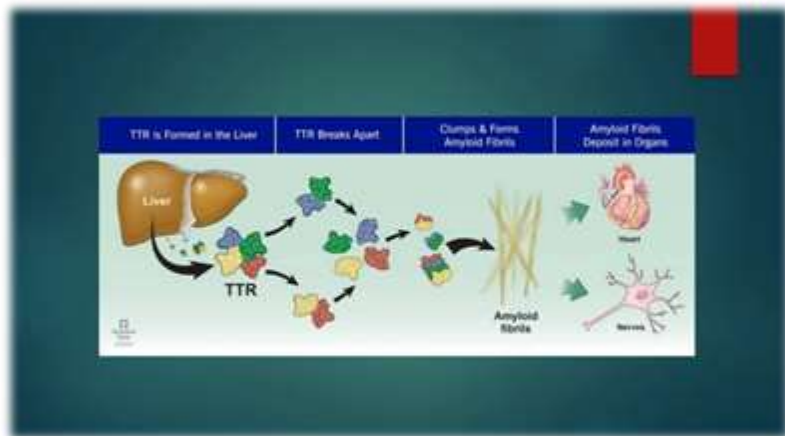
Friday 20 May 2022

Building resilient health systems

HW12 - Methodology of application of kinesitherapy in neurology

Friday 20 May - Building resilient health systems

9h00 until 12h00 (GMT+02:00) Sofia



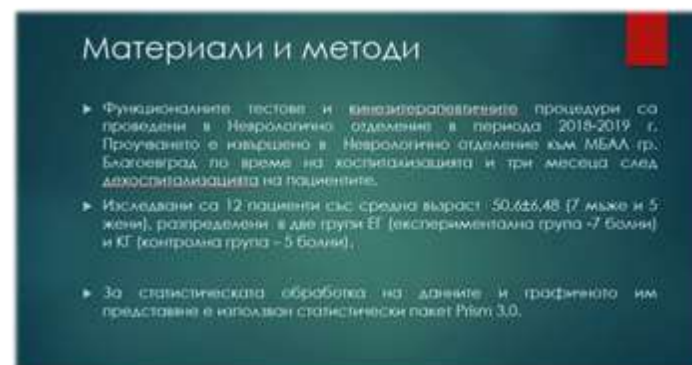
Description: In this lecture we presented and shared our experience in application of different effective methods of an adequate kinesitherapy programme for restoring motor deficiency in stroke patients.

Audience: 15 students majoring in kinesitherapy and PhD students and assistants. We discussed current issues related to the social significance, serious disability and long-term neurorehabilitation of patients with various neurological diseases and the important role of therapists in their integration and return to independent living.

Organizers:

1. Assoc. prof. Mariela Filipova, PhD;
2. Ass. prof. Miglena Tsvetkova- Gaberska, PhD
3. Ass. prof. Krasimira Zlatkova, PhD;
4. Ass. prof. Yulian Zlatkov, PhD

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



https://www.swu.bg/bg/eventsbg/797-ewh1305?fbclid=IwAR01sPKDz-E8qNHfp14tNyxDL0WVD5fKm_zcOrbr2u4NzC4PpSyUxalEqH4 <https://www.facebook.com/groups/154553266557006>



HW35- Medical Simulation Education for nurses in conditions of COVID-19

Friday 20 May - Building resilient health systems

12h30 until 13h30 (GMT+02:00) Sofia



Organiser: Senior Ass. Prof. Valentina Lalova, PhD
Department of Nursing, Faculty of Public Health
MU-Plovdiv, Bulgaria

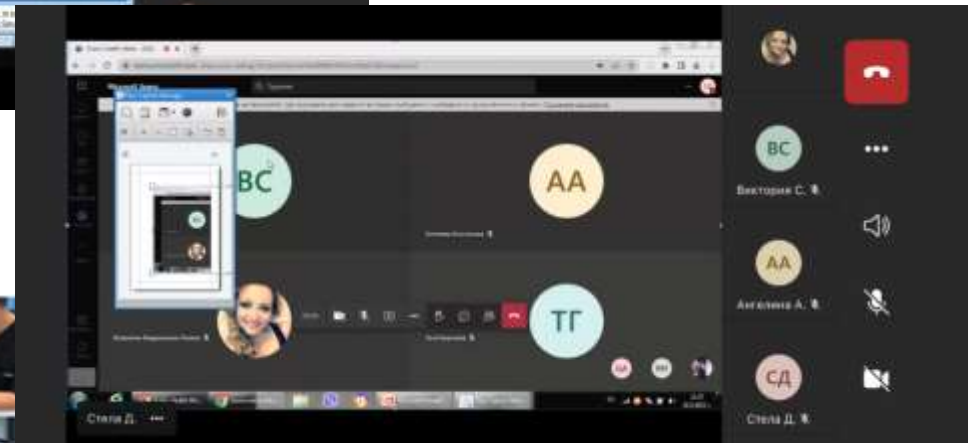
Project of Erasmus+

Project title: "Interdisciplinary, multiculturalism, and work with the patient in a non-standard situation in the context of conducting didactic classes in the field of medical sciences and health sciences in Centers of Medical Simulation."

2019-1-PL01-KA203-065205

Audience: 11 third- year students from
Nursing department /20.05.22 – 12:30h/

Impression: The students accepted information about the Medical Simulation Center in MU-Plovdiv, International Project work according to simulation education for nurses in the COVID-19 conditions.





HW38 – Theatre nurse – healthcare career and professional development

Friday 20 May - Building resilient health systems

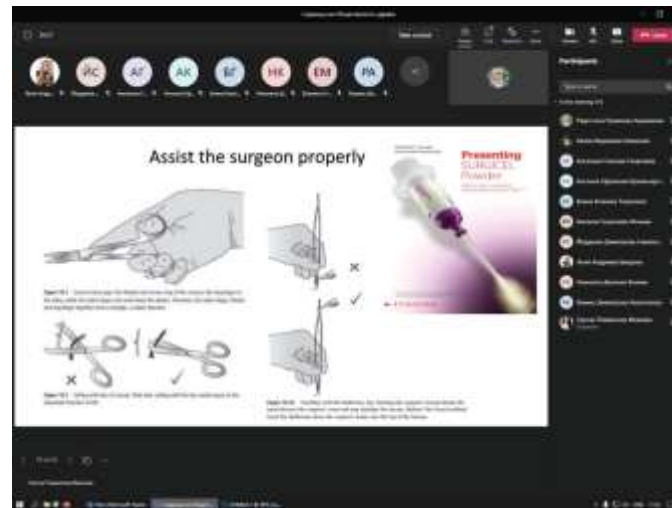
12h30 until 13h30 (GMT+03:00) Sofia



Organiser: Svetla Ivanova, Department of Nursing, Faculty of Public Health, MU-Plovdiv, Bulgaria

Audience: 10 nursing students in their second year of education. The language of the lecture was English because of the invitation to the Erasmus students from European countries.

Impression: The students were informed of the opportunities and advantages of becoming a scrub nurse. A discussion was held both in English and Bulgarian in the context of the topic and the problem with the lack of nursing staff worldwide.



Theatre nurse - healthcare career and professional development
Svetla Ivanova, Medical university-Plovdiv, Bulgaria

Key facts

- The Bulgarian population is ageing which will lead to an increased demand for surgical health services.
- The perioperative nurses mature - over 50 % of the current Bulgarian perioperative nursing workforce being older than 51 years; 41 % are between 51 and 60 years, and 15 % are older than 60 years old.

Becoming a theatre nurse can be a fantastic **career choice** and offers a host of benefits such as:

- Developing close relationships with patients and nursing staff
- Opportunity to work in a fast-paced environment
- Constantly changing role with no two days the same
- Exposure to experienced staff and opportunities to develop on the job

Perioperative nursing care

Preoperative - begins with the patient's decision to have surgery, ends with entry into the operating room.

Intraop with a

Postop discha

At the end of the surgery

- Undertake count of sponges and instruments with circulating nurse
- Inform the surgeon of count result
- Clears away instrument and equipment
- After operation: helps to apply dressing
- Remove the drapes
- De-gown
- Prepares the patient for recovery room
- Complete documentation
- Hand patient over to recovery room

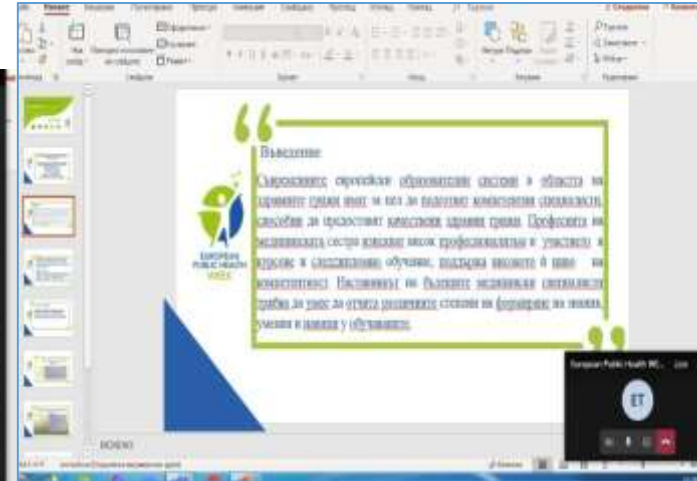
HW39 Pedagogical competence of mentors during the pre-graduation training

Friday 20 May - Building resilient health systems

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

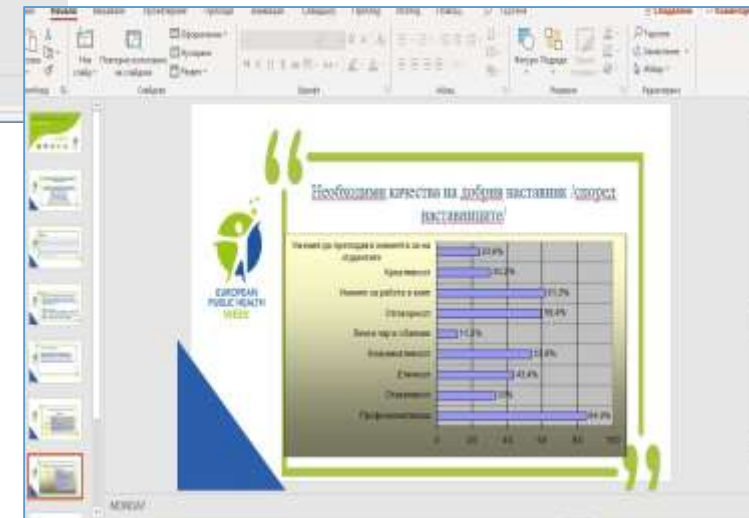


Organiser: Senior Assis. Prof. Snezhana Dragusheva, PhD Department of Nursing care, Faculty of Public Health, MU-Plovdiv



Audience: The lecture is presented in front of students from the specialty of Nursing - 1st and 4th year of study.

Note: It is important for the students to know the beginning of the specialized education of nurses not only in Bulgaria but also in Europe.



HW56 - Ensuring sustainability of Nurse-Family-Partnership Program in Bulgaria

Friday 20 May - Building resilient health systems

12h30 until 15h00 (GMT+02:00) Sofia



Roundtable discussion

Bulgaria, Sofia, Sense Hotel, 16 Tsar
Osvoboditel Blvd

Organizers:

Assoc. Prof. Krasimira Kostadinova, PhD, Head of
Department "Child and Youth Health" National
Center of Public Health and Analyses;

Trust For Social Achievement, NFP Program

Presenters:

Assoc. Prof. Krasimira Kostadinova - NCPHA;

Tanya Andreeva MD-Adviser to the Ministry of Health;

Iskra Stoykova- Director of "The first 1000 days"
Program, TSA;

Nataliya Mihaylova, consultant, Junction Agency
Moderator: Ilko Yordanov

Program of the event:

<https://ncpha.government.bg/uploads/blog/news/files/....2019.05.2022.pdf>

Assoc. Prof. Kostadinova presented a model for ensuring sustainability of "home visiting" program for pregnant women and children up to 2 years from vulnerable groups through integration into the health system. Ms. Iskra Stoykova presented results from the pilot provision of the service. The discussion was attended by 36 representatives of state institutions, ministries, NGOs, academia, experts, specialists from medical institutions and professional organizations, who expressed opinions on the topic.



#EUPHW



Патронажна услуга за бременни жени и деца
в ранна възраст от уязвими групи
„Заедно - здраво бебе, здраво бъдеще“ –
изпълнение и резултати
Искра Стойкова, TSA

Участниците на патронажната служба на Програма за жени и деца до 2 години от уязвими групи
Патронажната услуга майки, 20 май 2022 г.

HW145 - Pillars of disaster resilience

Friday 20 May - Building resilient health systems

14h15 until 14h45 (GMT+03:00) Sofia



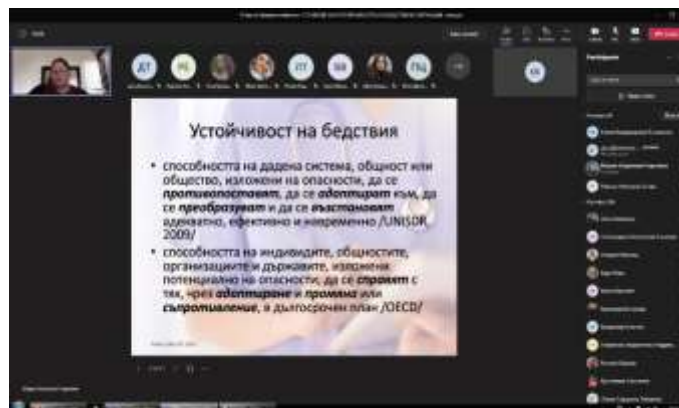

European Public Health Week
16-20 May 2022
Health throughout the life course
Building resilient health systems - 20th May 2022

PILLARS OF DISASTER RESILIENCE

LECTURE

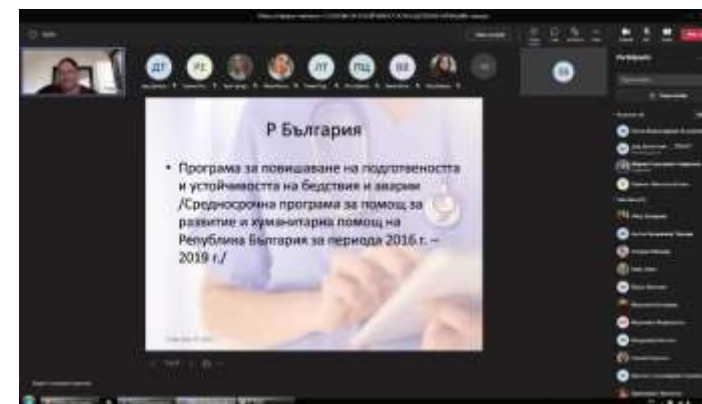
Mariya Georgieva¹, Romyana Etova¹, Elena Valkanova²,
Desislava Todorova², Rostislav Kostadinov¹

¹Department of Epidemiology and Disaster Medicine, Medical University of Plovdiv,
²Department of Preventive Medicine, Medical University of Sofia



Устойчивост на бедствия

- способността на дадена система, общност или общество, изложени на опасности, да се **предизпозволяват**, да се **адаптират** към, да се **преобразуват** и да се **възстановят** адекватно, ефективно и своевременно (UNISDR, 2009)
- способността на индивидите, общностите, организациите и държавите, изложени потенциално на опасности, да се **справят** с тях, чрез **адаптиране** и **промяна** или **съпротивление**, в дългосрочен план (OECD)



Р България

- Програма за повишаване на подготвеността и устойчивостта на бедствия и аварии /Средносрочна програма за помощ за развитие и хуманитарна помощ на Република България за периода 2016 г. – 2019 г./



Online lecture
Number of attendees: 35





HW146 - Emergency medical care activities during COVID-19

Friday 20 May - Building resilient health systems
10h00 until 16h00 (GMT+03:00) Sofia



Organisers:

National Centre of Public Health and Analyses

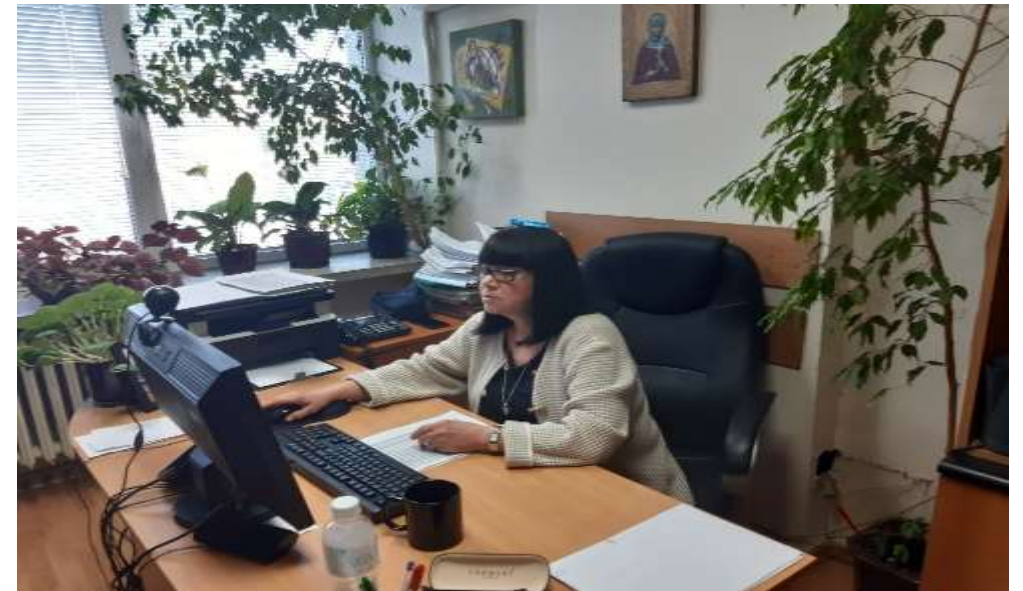
Assoc. prof. Natasha Danova, MD, PhD

Assoc. prof. Galya Tsoleva, MD, PhD

Description: Assoc. prof. N. Danova and Assoc. prof. G. Tsoleva presented during the conference the report "Emergency medical care activities during Covid-19 situation".

Analysis of activities of Centers for Emergency Medical Aid (CEMA) between 01.03.2020-31.05.2021 was performed, including total and completed those due to Covid-19.

Participants: 45



Assoc. Prof. Galya Tsoleva, MD, PhD