SUMMARY OF EVENTS
organized by BPHA

JOINING FORCES
FOR HEALTHIER POPULATIONS
11-15 MAY 2020

#EUPHW
eupha.org/EUPHW
During the EUPHW BPHA organized 35 registered on EUPHA website events
The EUPHW has been promoted on many national and local newspapers and 6 additional interviews on a request of national and local media and on the websites of all our member institutions. Here are some links:

Bulgarian National Radio
The European Public Health Week starts today

Bulgarian Telegraph Agency – 11 May 06:55
The European Public Health Week stars today under the motto “JOINING FORCES FOR HEALTHIER POPULATIONS”
http://www.bta.bg/bg/c/BO/id/2208844

Bulgarian Telegraph Agency – 11 May 06:55
Upcoming events for 11 May - EUPHW
http://www.bta.bg/bg/c/BO/id/2208836

Bulgarian Telegraph Agency – 10 May 10:43
Bulgaria takes part in EUPHW with more that 30 events
http://www.bta.bg/bg/c/BO/id/2208540
Bulgarian Telegraph Agency – 7 May 2020
Ruse University participates in EUPHW
http://www.bta.bg/bg/c/BO/id/2206800

News.bg
Specialists from the National Centre of Public Health and Analyses with online consultations during the EUPHW

MONITOR
Website of the National Centre of Public Health and Analyses – Sofia
European Public Health week will take place in May
Pleven University site. European Public Health Week 11-15 May 2020

InfoPleven. The European Public Health Week starts today
https://infopleven.com/

PLEVENUTRE.bg. The European Public Health Week is devoted to COVID-19
http://www.pleven.utre.bg/2020/05/10/556688-evropeyskata_sedmitsa_na_obshtestvenoto_zdравe_e_posvetena_na_covid_19

Pleven press
Pleven will participate in the Second European Public Health Week
https://www.plevenpress.com/

Radio Shumen- HW50- Interview of prof. Sonya Toncheva, Director of Shumen affiliate on the contribution of nurses and midwives to sustainable public health
https://www.bnr.bg/shumen/post/101273726/A
Shumen affiliate of MU-Varna
https://www.facebook.com/filialshumen/?epa=SEARCH_BOX

Stara Zagora – darik.news.bg
https://dariknews.bg/regioni/stara-zagora/

Trakia University Stara Zagora takes part in EUPHW

ZAGORANEWS - European Public Health week 11-15 May
http://zagoranews.bg/2020/05/07/

RADIO999 - European Public Health Week starts today

MU-Varna website:
http://www.mu-varna.bg/BG/Pages/evropejska-sedmica-zdrave.aspx
On the TV of the Medical University of Varna three livestreaming Interviews were realized.

**Links to the video:**

https://youtu.be/gBflr9W394Q

https://youtu.be/7DJC5Ws0HM

https://www.youtube.com/watch?v=p2U0wa1PcQA&feature=share&fbclid=IwAR08d3IsZcrUrPCKe4QHiDxjHKLzeOXYWSGj11OVxaEGbFieoy3nd9v-pwU
Monday 11 May 2020

Promoting health through the Global Goals
HW19 - interview and opening the EUPHW on Bulgarian National Radio ”Horizon”

First emissions – 11.05.2020 at 08:00 and 10:00

Second emission – 12.05.2020 at 01:00 on Night Horizon

Assoc. Prof. Gena Grancharova
President of Bulgarian Public Association
HW50 – Interview of Prof. Sonya Toncheva, D. Sc., Director of Shumen Affiliate of MU-Varna

“The contribution of nurses and midwives to sustainable public health”

Through Shumen Radio as part of the Bulgarian National Radio with over 1,000,000 listeners the EUPHW was opened for the community and events in Shumen were promoted. Shumen affiliate is a new member of BPHA participating in EUPHW for the first time with great enthusiasm. Many different events were organized covering all five day themes.

https://bnr.bg/play/post/101273726/obshtestvenoto-zdrave-na-fokus
HW20 - Bulgarian Health system and Goal 3 of SDG and COVID-19 pandemic

Assoc. Prof. Gena Grancharova, MD, PhD, Department of Public Health Sciences, Faculty of Public Health, MU-Pleven

Audience: 118 second year medical students
To join the audio bridge click the headset icon (upper-left hand corner). Please use a headset to avoid causing noise for others.

This session may be recorded.

This server is running BigBlueButton.
HW23 - Webinar with medical students in Bulgaria about SDGs
Ass. Prof. Dima Tsanova, MD, PhD
Department of Public Health Sciences, Faculty of Public Health, MU-Pleven

The same webinar was organized for 14 groups during the week and involved 144 students.
HW26 - Air Quality and COVID19 - Facebook Discussion
Host: Department of health care, Faculty of Public Health and Health Care, Ruse University
Audience: outside the institution, Facebook followers and visitors (>389) 100 participants

https://www.facebook.com/ZdravniGrizhiRuse/posts/147355920168031
Over 100 Facebook users participated in the survey. 86% consider that measures for restriction of COVID-19 occurrence have contributed to restriction of air pollution as well. This result confirms that air cleanness is a current problem for citizens.

Prof. Ivanichka Serbezova, Head of the Department of Health care concluded: “The theme of air cleanness is a question of present interest for the community, to which the publications of the department reach through social networks. Many people express their wish to participate in the discussions and studies, initiated by the department.”
Assoc. prof. Stela Georgieva underlined: “The EUPHW initiative has a potential to become a tradition with every year regularity because of the great interest showed by us as hosts of the events as well as by the participants. EUPHW focuses at the most important public problems and provides us with many ideas for our future scientific, educational and practical activities”.
HW42 - Ancient & emerging diseases as a consequence of human activity

Host of event: Assoc. prof. Borialava Chakarova, MD, PhD, Medical Faculty, Tracian University, Stara Zagora

Audience: 58 medical and health care students and academic staff

Main views and impressions: Despite the challenges we faced in pandemic situation, the distant communication and online meetings provided us with new opportunities to meet various and motivated audience and to send important messages about the increasing role of public health.

Additional activity: On 11 May assoc. prof. B. Chakarova has been interviewed by the journalist of Radio “Stara Zagora” and the interview has bee emitted in the morning emission as the start of EUPHW in Stara Zagora.
The role of medical professionals in COVID-19 pandemic

Dr. Rozalina Yodranova
Medical College, Tracian University, Stara Zagora

Audience: first year students in a specialty “Laboratory technician”. Because of the expressed interest, the lecture has been delivered on the next day to the second year students in the same specialty. It was nice to see that the students recognised the role of medical professionals in COVID-19 pandemic and their future as laboratory technicians.
HW37 - Physical activity and ability in young people in Plovdiv, Bulgaria

“My first participation in the EUPHW was a big challenge. Although it was a bit difficult, I hope I managed to organize my event in the framework of our extreme overload in relation to online education. I was very surprised of the great students’ interest to the theme and I am planning to participate again in such initiative.”

Ass. Prof. Elena Merdganova, PhD
Faculty of Public Health, MU-Plovdiv
Department of Nursing
HW47 - Health promotion through Global Goals

Prof. Hristina Milcheva, PhD
Medical Faculty, Tracian University, Stara Zagora
HW142 – Theme „Health Promoting University”

Interview with live streaming on TV of MU-Varna

Petya Boncheva, PhD Student, Department of Social Medicine, Faculty of Public Health, MU-Varna
HW111 – Stay Home – Learn & Work Safely!

Training seminar with a presentation on TV of MU-Varna

Organised by the training sector “Rehabilitator”, Faculty of Public Health, MU-Varna
HW94 - 5G. Myths and facts

Within this event the specialists from the National Centre of Public Health and Analyses provided on the website much information about 5G – links to some important European documents and many interviews on national mass-media about the “hot theme of 5G”. There was a “hotline” to citizens on 11 May to put some questions to the specialists.

All the materials are still available on the website: https://ncpha.government.bg/bg/latest-news/latest-news-2/latest-news-3

Organisers:
Prof. Mishel Izrael, leading expert, consultant of WHO and European Commission
Collaborators:
Victoria Zaryabova and Tsvetelina Shalamanova
On 11 May 2020 within the daily theme of EUPHW “Promoting health through Global Goals” prof. Veselka Duleva, Director of the division “Foods and nutrition” at the NCPHA announced on the website and in the media e-mail v.duleva@ncpha.government.bg opened to citizens for questions on Nutrition and food safety in the period of COVID-19 pandemic.

On the NCPHA a link to specially prepared publication on the same subject has been provided.

Tuesday 12 May 2020

Primary care in the digital age
HW25 - COVID-19: Challenges to Bulgarian Nurses and Midwives in the pandemic

Audience: 25 students in Health Care Management

Assoc. Prof. Makreta Draganova, MD, PhD, Ass. Prof. Milena Saleva, Department of Public Health Sciences, Faculty of Public Health, MU-Pleven
Additional activity devoted to 12 May 2020
The International Day of Nurses

Interview of assoc. prof. Makreta Draganova, PhD, a nurse by background and lecturer in health care management

The interview was initiated by the Bulgarian National Radio and was emitted at the broadcast “Night Horizon” on 12 May – 02:30
Impressions: The students accepted the information about the role of Florence Nightingale in establishing of nursing with extraordinary interest.

https://muplovdivbg.sharepoint.com/teams/FacultyofPublicHealth
https://www.facebook.com/gergana.petrova.16
HW27 - COVID-19: Webinar for Students

Organised by prof. Ivanichka Serbezova, Department of Health Care, Faculty of Public Health and Health Care, Ruse University

COVID-19 - КАКВО ТРЯБВА ДА ЗНАЕМ?

Audience: Over 1345 students and teachers in Nursing and Midwifery

https://www.facebook.com/ZdravniGrizhiRuse/posts/147748250128798
HW55 - New approaches to pregnancy monitoring under COVID conditions

Lecture of assoc. prof. Teodora Evtimova, PhD, to fourth year students in Midwifery, Shumen Affiliate,

Assoc. prof. Teodora Evtimova underlined: “My first participation in the EUPHW is in the year of an extraordinary situation when the promotion of public health is more important than even. The restriction measures for COVID-19 may create serious problems in health services that will expose millions pregnant women and newborns to high risk but the quality of midwifery care should be kept on high level. The midwife needs to answer all questions concerning the safety I health prevention of both – mothers and newborns.

https://www.facebook.com/filialshumen
My impression is that EUPHW was extremely well organized with many events and useful and varied information. There was a very good media coverage in the Bulgarian media. Through the academic lecturers the information reached a large number of students at universities.

I look forward to the next edition of EUPHW in 2021.
Wednesday 13 May 2020

Staying together for mental health
HW28 - Campaign Results Discussion - Students for Local Communities

Host: Department of health care, FPHHC, Ruse University

Audience: Facebook followers and visitors about 300 participants.

**Conclusions and impressions:** The campaign was realized as a successful format for sharing the results of the initiative, presenting a modern and accessible way for informing the audience. Within this initiative students in nursing and midwifery provided their support and help to the citizens in conditions of unexpected crisis. They realised over 100 health consultations, training and support to needy patients and families under the supervision of their mentors and within their competencies.

HW53 - Occupational stress in medical professionals at psychiatric hospitals

Webinar organized by ass. prof. Radostina Zhecheva, PhD, Department of Health Care, Shumen Affiliate

Audience: Fourth year students in Nursing

https://www.facebook.com/filialshumen
HW40 - Fear as a common human response to encountering an unknown disease

Online lecture and debate
Host of event: Assoc. prof. Borialava Chakarova, MD, PhD, Medical Faculty, Tracian University, Stara Zagora
Audience: 48 medical and health care students from 5 specialties
Conclusions: During the last decades specialists in pedagogy, pediatric, psychology, psychiatry, social and medical care try to inform the society how to determine the problems related to the development in children with attention deficit disorder and hyperactivity. Recognising the disease symptoms earlier, we can help the child to live using its maximum potential. The role of nurses in the health promotion and child mental care is of utmost importance. The students in Nursing expressed much interest, asked many questions and participated in the discussion in this theme.
Thursday 14 May 2020

Equal health for all
HW22 - COVID-19: Social and health inequalities in Bulgaria

Reach: 39 students in 3 specialties and a colleague from North Macedonia

Lecturer: Assoc. prof. Mariela Kamburova, MD, PhD, Department of Public Health Sciences, Faculty of Public Health, Medical University of Pleven
An educational film “Breastfeeding is the best” by Creative House Media, realized with the support of UNICEF and Norway Embassy was presented. The film is adapted in Bulgarian on the initiative of the National association “Support for breastfeeding”. During the discussion through Facebook the current WHO guidelines and safety rules for breastfeeding in COVID-19 pandemic have been presented.

Conclusions and impressions:
The information has been very well accepted and this motivates us to plan more initiative in the future in online format that will allow the specialists and students to support the public and vulnerable groups according to their competencies through social networks.
HW41 - Risk groups and risk factors in epidemics with parasitic agents

Online lecture and workshop
Host of event: Assoc. prof. Borialava Chakarova, MD, PhD, Medical Faculty, Tracian University, Stara Zagora
Audience: 52 academic staff and students from 5 specialties

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(CECDC, 2006 – 2014)
The most important conclusion from this event for me is that the students as future medical professionals have a clear vision about their role as health mediators, despite the situation and challenges they face. As non-medical specialist, I consider that in a moment of world health crisis everybody who has an opportunity should promote public health ideas.
Online lecture and great discussion with 23 students in the specialty “Social work in health care system”. The event was organized by the Department of Social care at the Medical University of Pleven.
HW56 - Health care training in the pandemic COVID-19

Online photo exhibition organized by Shumen Affiliate of MU-Varna

On the Facebook of Shumen Affiliate 185 photos were published showing different ways using by the students to study in VOVID-19 pandemic
HW63 - The program ”Nurse Family Partnership - Bulgaria” in COVID-19

This event is unique one. Assoc. prof. Krasimira Kostadinova, Director of Child and Youth Health Division at the National Centre of Public Health and Analyses, member of BPHA, is a partner in the Programme for patronage services „Nurse - Family Partnership – Bulgaria” developed by the “Trust for Social Achievement” to support targeted groups of pregnant women, children under 2-years of age and their families of Roma origin.

On 14 may prof. Kostadinova had an opened telephone and e-mail line to answer all the questions concerning pregnancy in COVID-19 pandemic.

HW64 - Training on healthy eating during pregnancy and breastfeeding

This event with national reach was organized by assoc. prof. Lalka Rangelova, well known specialist in Nutrition at the National Centre of Public Health and Analyses, member of BPHA.

34 pregnant women linked to the online presentation in ZOOM and asked many questions.

After the lecture, prof. Rangelova has been also interviewed by the Radio-Varna.
Friday 15 May 2020
Grow old, grow healthy
HW54 - The effects of physical inactivity on health in isolation

Webinar organized by ass. prof. Milena Todorova and Karolina Nikolova with 22 third year students in Nursing, Shumen Affiliate, Departments of health care

Main message: At the moment when the old people are advised to stay at home, the regular physical activity can help to keep the muscle tone and cognitive function, to minimize anxiety and depression and to prevent diseases.
Conclusions: Students participated actively with their own photos and shared impressions in coping with isolation of their adult and old relatives. Students did an evaluation on malnutrition and proposed health education activity for healthy nutrition consistent with the structure and functional patterns of digestive system in adults and old people.
This event was a 30-minutes interview with livestreaming on TV of MU-Varna where the emeritus member of BPHA assoc. prof. Nevyana Feschieva, well known and highly recognized specialist in public health, expressed her broad understanding on the process of healthy ageing.

The main message: The increase in life expectancy is a victory of humanity. We should remember that the old age is an individual problem but ageing is a societal problem. We need to change our view to older people. We need a new approach to the process of ageing. Even in old age, human life should be lived with dignity. In today digital era there are many fields where old people can contribute very much. Health promotion should start quite earlier is human life providing the people with appropriate forestall health information.