



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens



National and Kapodistrian University of Athens- AGEFADD 3-DAY HEALTH SEMINAR

Title: Lifestyle Diseases in 2021 and Beyond- Evolving paradigm for addressing disease burden in Africa

Target Audience: Health professionals, regulators, health economists, policy makers, members of the diplomatic community, academia, private sector individuals, healthcare investors, NGOs, pharma, and students.

Problem Definition

Africa is focussing bulk of its health strengthening efforts in addressing the effect of COVID 19 on its teeming population. There seems to be a bit of neglect in addressing the parallel rise in **lifestyle diseases** as non-communicable diseases like diabetes, cardiovascular disease, Asthma and cancer are wreaking havoc.

Sub-Saharan Africa seems to be going through an epidemiological transition where the rise in development causes improved life expectancy and a decline in the burden of communicable disease – **but that the burden of non-communicable diseases and injuries are rising.**

Smoking, substance abuse, poor dietary routines has been identified as the leading cause of preventable diseases and death around the world and **Africa's rapidly changing lifestyles is a cause for concern.** Moreover, the psychological effect of COVID-19, poverty, unemployment, food shortage, climate change, migration and insecurity in Africa attracts poor public health/system's response compared to the western climes

To achieve the sustainable development goal, **policy-makers need the best available evidence to make informed health policy decisions and to determine how to efficiently allocate scarce resources on highlighted areas.**

Description of Seminar

Designated to addressing the highlighted problem, this seminar would bring together seasoned health experts around the globe who would deliver high level lectures to participants from Africa on highlighted issues, emphasising the real burden of lifestyle diseases, prevention and available cost-effective intervention strategies including, but not restricted to the use of advocacy, pharmacology, medical consultation, counselling and policy instrument and would, amongst other things, elucidate european health models/ best practices and treatment regimens for the purpose of replication in Africa.

Objectives



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The objective is to deliver quality content in the area of health and complimentary topics with a view to replicating such knowledge in healthcare systems in Africa.

- To acquaint and equip participants with effective European best practices in areas of common disease interest and formulate a framework for replication
- To train health practitioners and experts from Africa on emerging disease areas capable of challenging the current regimen.
- To promote and build inter country/ cross cultural/cross functional high level collaboration between African health care experts and the Greek counterpart.
- To share intellectual/cultural assets between Greek health experts and their African colleague
- To ensure a dyadic transfer of knowledge between Greek academia/ captains of industry, public and private sectors representatives in healthcare and their African counterparts
- To build a pathway of opportunity for future investment in the field of health in the participant's country.
- To improve participant understanding of health information and data, and the methods of discovering and investigating related evidence.
- To help participants build interpersonal skills in practitioner-practitioner collaboration, practitioner-patient engagement, practitioner-government engagement and practitioner private-sector engagement
- To deliver hands-on approaches and design proactive tools for Social Responsibility in healthcare in Africa including endorsing prevention and promotion of healthy individual lifestyle behaviors, effective participation (active or passive) in community public health engagement promotion
- To help individual participants understand the role of diversity and multi-stakeholders involvement in an effective healthcare delivery.
- To develop a workable framework for addressing funding limitations for health programs in Africa.
- To highlight the role of energy in effective health delivery.

Learning Outcomes:

At the end of the seminar, participants would be able to:

- Understand what a comprehensive and holistic view/approach to healthcare delivery is
- Conceptualize/ design and promote customized workable healthcare systems with high networks among communities.
- Display an in-depth understanding of specific disease areas and rightly apply the requisite treatment.
- Craft robust, all-encompassing public health policy



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- Promote health policies and advocacy campaigns.
- Understand and evaluate the unalienable role of insurance in healthcare management.
- Demonstrate a robust/deeper understanding of the importance of mental health issues.
- Set up a sleep unit in participant's respective facilities
- Effectively use e-health to mitigate treatment inadequacies.
- Critique treatment protocols and delivery practices that are devoid of the requisite regulatory demands.
- Appraise the multiple determinants of health and the interconnectedness of physical, social, and environmental aspects of community health, such as the impact of policies, laws, and legislation.
- Master practical skills in research, analysis, teamwork, and communication.
- Understand the role of diplomacy in healthcare.
- Uncover the role of healthcare in the security architecture of a country.
- Position effectively participants' organizations for grants applications.
- Write/apply for /collaborate in/ international grants and be able to meet up reporting requirements.

Seminar/Lecture Methodology & Description and Evaluation

The meeting would be a 3-day hybrid high level meeting limited to only paid and registered participants. Meetings would make use of PowerPoint presentations, simulations and case study, workshop style, in-class discussion, group discussion and brainstorming sessions. Participants attending online would be able to follow through a special link that would be shared accordingly and all sessions will also be available virtually on-demand after the conference.

Attendance:

Attendance would be either online or in-person due to the hybrid nature of the seminar. Attendance register and timesheet would be signed at the entrance of the venue and during the lectures.

Assessment:

After every session an online assessment would be administered for the purpose of evaluating participants' understanding of the knowledge. Faculty evaluation/Post conference evaluation form would be distributed and filled for the participants to appraise the member of faculty and as well the overall quality of the conference.

Certificate: A certificate of participation will be delivered to all registered and paid participants who have completed three days of the training.



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Covid-19 Protocol:

The safety and comfort of all attendees is ensured as we are bent on implementing known covid 19 protocols as highlighted below:

For the venue providers

- Providing a hybrid conference experience that allows in-person or virtual attendance.
- Limiting in-person attendance to **60** to provide appropriate spacing and room capacity.
- All seating allows for proper spacing between attendees.
- Portable meals will be provided to allow attendees to enjoy them wherever they feel most comfortable (seating suggestions will be provided).
- All onsite staff are fully vaccinated or have had a negative COVID test within 72 hours of the event and will be masked.
- Expedited onsite registration process.
- Clear signage about expectations throughout the facility.
- Provide hand sanitizing stations throughout the property.
- The designated venue owner is strictly required to implement frequent cleaning and has full functioning efficient air ventilation in all meeting spaces.

Similarly, all attendees and speakers are expected to:

- Complete health screening prior to the seminar/meeting including proof of full COVID-19 vaccination OR proof of negative COVID test within 72 hours of arrival at the conference facility.
- Wear a face covering mouth and nose at all times during conference events. We recommend N-95 or surgical or a multi-layered cloth mask.
- Attendees will wear name badges with attached conference lanyard at all times to indicate a completion of the compulsory health screening process.

Data Protection and Privacy

All data gathered and processed would be done in adherence to recommended National policies and EU GDPR provisions as well as other data / privacy protection regulations and policies prevalent in participants' countries.

The Members of Faculty

The faculty would comprise a mix of high profile academics, professors, researchers, industry experts, policy makers from Greece and Nigeria and would be covering an array of topics within the healthcare sector as highlighted in the seminar program .



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Faculty Profile

1. **Professor Paraskevi Katsaounou**, Professor of Pulmonary Medicine, National and National and Kapodistrian University of Athens.
2. **Dr Sofia Pappa**, MD, Hon Associate Professor of Psychiatry at Imperial College London, Speciality Lead in Mental Health for the National Institute for Health Research (NIHR). She also works as a Consultant Psychiatrist and Mood, Psychosis Research Lead at West London NHS Trust.
3. **Dr Constantine Vardavas**, MD, RN, MPH, PhD, FCCP, ERT, Lecturer, Oral Health Policy and Epidemiology, Department of Oral Health Policy and Epidemiology, Harvard School of Dental Medicine, Harvard University & Adj. Associate Professor of Medicine, Mayo Clinic
4. **Dr Sotiria Schoretsaniti**, Psychologist MSc, PhD, Researcher, Center for Prevention and Control, School of Public Health at the National and Kapodistrian University of Athens.
5. **Ambassador I. Paragalda**, Retired Director at the Nigerian foreign Service, and former Nigerian Ambassador to Turkey and had previously served in Nigerian diplomatic missions in Abu Dhabi, Cotonou and Maputo.
6. **Dr Udeh**, Director National Defence College and Associate Professor at the Nile University, Abuja
7. **Prof. E. Zervas**, Professor of Environmental Impacts Technology, Director of the Laboratory of Technology and Policy of Energy and Environment, Director of the MSc Program Environmental Design School of Applied Arts and Sustainable Design – Hellenic Open University Patras.
8. **Dr Georgia Sykara**, Medical Director, Medical Lead for South East Europe, Upjohn Hellas AE, Viatis, Greece.
9. **Prof Hiroo Wda**, MD, PhD, FACP Department of Public Health, Graduate School of Medicine, Juntendo University, Japan
10. **Ass. Prof. Athanasia Pataka**, Associate Professor of Respiratory Medicine and Sleep Disorders Aristotle University Thessaloniki Greece Respiratory Failure Unit G Papanikolaou Hospital Exohi Thessaloniki Greece
11. **Dr Vasiliki. Vassileiou**, MD, Endocrinologist, Alexandra Hospital, Athens.
12. **Prof Vlachopoulos**, Professor of Cardiology, National and Kapodistrian University of Athens
13. **Dimitris Drakoulis**, PhD. Dr-Ing Head of R&D Telesto Technologies
14. **Dr. A. M Umar**, Director, Energy Commission of Nigeria, B.Sc (Hon), M.Sc., PGD (Radiation Protection) and Ph.D Nuclear and Radiation Physics. He is a seasoned expert in energy sector planning, strategies and policy/ Sustainable Energy Development; International Atomic Energy Agency (IAEA) trained in nuclear power planning, nuclear regulatory/radiation protection: Authorisation, Licensing, nuclear material transport, medical practices; NIPSS: Policy, Strategy; Leadership Course; senior management administrative course.
15. **Dr Abubakar Adamu Ismael**, Senior Technical Assistant to Perm. Sec. FMOH, Ag Dir. Perm. Sec. Office and Deputy Dir. Epidemiology Division, Department of Public Health, Medical Director FMOH, Nigeria.



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16. **Dr. Adeola T. Kola-Mustapha**, Associate professor of Pharmacology and visiting Lecturer to the College of Pharmacy, Alfaisal University Riyadh Saudi Arabia.
17. **Dr Katerina Brinia**, MD. Researcher at the National and Kapodistrian University of Athens) and Member European Academy of Allergology and Clinical Immunology (EAACI), and is both an adult and pediatric allergist.
18. **A. Papamichos**, MSc
19. **Alexander Osarogue** MSc, PhD, AGEFADD EU Coordinator and Gen. Sec
20. **Monica Emmanuel**, MSc, PhD, AGEFADD Global Coordinator
21. **Fredrick Adjei** AGEFADD Managing Director and Head, Administration and Finance
22. **C E Abubakar** AGEFADD Regional Director for Africa
23. **Mr. O. Showole** AGEFADD Director of Media and Publication
24. **R Bazuaye** AGEFADD Director of Admin and Finance

Program topic and speakers

Day 1 December 8, 2021

Time	Agenda item	Facilitators/speakers
8:00-9:00	Registration	
9:00-9:20	Opening ceremony	Joint Welcome Address by MD, AGEFADD & Faculty Head , Professor Katsounou Goodwill Address by Ambassador of Nigeria to Greece (HE Mrs Opunimi)
9:20-9:40	Seminar overview	Professor Paraskevi
9:40-10:10	Vaccine & Vaccination: The Journey From Development To Implementation	Professor Paraskevi
10:10-10:40	Obesity –DM II- Effect on Immune Responses	Vasiliki Vasilieiou
10:40-10:55	Tea / Coffee Break	



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10:55 – 12:05	Metabolic Syndrome and Cardiovascular Diseases (CVD).	Prof Vlachopoulos
12:05-12:30	Prevention as a treatment	Dr Abubakar Adamu Ismael
12:30-12:50	Drug manufacturing and access to medicines: the Nigeria/ African story	Dr. Adeola T. Kola-Mustapha,
12:50- 13:30	Lunch	
13:30 to 14:30	Diplomacy: A panacea for country's healthcare strengthening	Ambassador Paragalda
14:30-15:15	Lifestyle diseases, experiences and general coping mechanism in COVID-19 pandemic era in Africa (Energy and Spread of Disease)	Umar Abubakar
15:15-15:30	Tea / Coffee Break	
15:30 - 16:15	SYNOPSIS/ ASSESSMENT & EVALUATION	
16:15-16:30	Daily wrap-up	

Day 2 December 9, 2021

Time	Agenda item	Facilitators/speakers
09:00 - 09:15	Economic burden of disease: An insurance perspective	A. Papamichos
09:15 –09:50	Public health awareness. I	Dr Onyoh Uwomano
09:50 –10:30	Public health awareness. II	C . Vardavas



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10:30-11:00	E-health/digital health and technologies/ Evolving role of wearable technology In tracking patient vitals.	D. Drakoulis
11:00 – 11:15	Tea / Coffee Break	
11:15 – 11:45	The cycle of change.	Sotiria Schoretsaniti
11:45 – 12:00	Legal/Regulatory framework:Treatment protocol and Patient rights (EU health regulations and privacy) -	TBA
12:00-12:30	Healthcare as a national shield: Pandemic and security vulnerabilities- The case of Nigeria	Dr. Udeh
12:30-13:30	Lunch	
13:30 –13:45	Crafting public health policies and the ABCs of health grants applications (Workshop style)	C . Vardavas
13:45-14:45	EU Health grants applications (workshop style)	C . Vardavas
14:45 - 15:00	Tea / Coffee Break	
15:00 – 16:00	Small group presentations	Prof. Paraskevi A. Katsaounou C . Vardavas
16:00 - 16:30	SYNOPSIS/ ASSESSMENT & EVALUATION	Prof. Paraskevi A. Katsaounou C . Vardavas
	CLOSING REMARKS	AGEFADD

Day 3 December 10, 2021

Time	Agenda item	Facilitators/speakers
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09:00 - 09:15	Interactive Discussions	AGEFADD
09:15 –09:50	Environmental pollution and climate change.	E. Zervas
09:50-10:25	Allergies: Emerging issues - a look at migration and allergies	Aikaterina. Brinia
10:25-11:00	Infections	Prof Katsaounou
11:00 – 11:15	Tea / Coffee Break	
11:15 – 11:45	Stress and mental health/ Depression.	S. Pappa
11:45 – 12:00	Tobacco products.	P. Katsaounou
12:00-12:30	Medication adherence in NCDs.	Georgia Sykara
12:30-13:30	Lunch	
13:30 –14:00	Aging.	Hiroo Wada
14:00-14:45	Sleep disturbances	Athanasia Pataka
14:45 - 15:00	Tea / Coffee Break	
15:00- 15:30	Epidemiology of NCDs in Nigeria	Dr Abubakar Adamu Ismael)
15:30 – 16:150	Building Resilient Health system in Africa Small group presentations	Prof. Paraskevi A. Katsaounou Dr Ismael
16:15 - 16:30	SYNOPSIS/ ASSESSMENT & EVALUATION	Prof. Paraskevi A. Katsaounou, Paragalda, AGEFADD