

## NATURE AND HEALTH FOR THE FUTURE

13 October, Friday (2023)

Herkaus Manto str. 90 (Klaipėda, Studlendas)

08:30 – 09:00	REGISTRATION, morning coffee and networking
09:00 – 09:30	Opening ceremony Ministry of Health, EIMIN representatives, Rector of KU, ISMH prezident Ch. Roques, the president of National Association of Medical Spa and Rehabilitation centers.
9:30 – 9:45	Rehabilitation challenges for today and tomorrow. <i>Elita Ratkevič, Department of Personal Health, Department of Primary Health Care, Dentistry and Medical Rehabilitation, Advisor, Ministry of Health of Lithuania</i>
9:45 – 13.00	PLENARY SESSION I ZOOM LINK: <a href="https://liedm.zoom.us/j/97492799317">https://liedm.zoom.us/j/97492799317</a> Human health: the importance of the mental well-being dimension. Moderator: <i>dr. Mindaugas Būta</i>
9:45 – 10:00	Mental well-being: stress as important factor in public mental health <i>Dr. Mindaugas Būta, Klaipeda Republic Hospital</i>
10:00 – 10:15	Prevalence and management of stress in Lithuania: LUGISES data. <i>Assoc. prof.dr. Lolita Rapolienė, Klaipėda University</i>
10:15 – 10:30	Neurosciences about personality resistance to stress: principles of "choice architecture" in resort medicine <i>Dr. Kęstutis Skauminas, Chief Medical Officer, Medical SPA Eglės sanatorija, Druskininkai</i>
10:30 – 10:45	Expression of spiritual (religious) dimension in illness. <i>Priest prof. dr. Saulius Stumbra, Klaipėda university</i>
10:45 – 11.00	Coffee break
11:00 – 11:15	Relationships between child and adolescent mental health and lack of connection with nature <i>Inesa Golubovskaja, Klaipeda Republic Hospital</i>
11:15 – 11:30	Psychological assistance to parents and children with special needs under stress during wartime in Ukraine. <i>Olga Riepina, Psychologist of the rehabilitation center for children with special needs (Dnipro, Ukraine), Member of the Union of Writers of Ukraine, Member of the Union of Journalists of Ukraine</i>
11:30 – 11:45	The links between internal cohesion, burnout and lifestyle of Klaipėda city teachers. <i>Kornelija Mažionytė, prof. dr. Daiva Mockevičienė, Klaipeda University</i>
11:45 – 12:00	The importance of communication with the patient in the context of psycho-emotional health <i>Lina Gedrimė, Klaipeda Republic Hospital, Klaipeda University</i>
12:00 – 12:15	Lithium concentration in drinking water and its associations with mental health indicators <i>Dr. Vilma Jakienė, Behavioral Medicine Laboratory, Institute of Neurosciences, Lithuanian University of Health Sciences, Palanga</i>
12:15 – 12:30	Relaxation with psychologist- psychotherapist <i>Neringa Jurgelionienė</i>

12:30 – 13:00	Discussion. Moderator dr. Mindaugas Būta
13:00 – 14:00	Lunch and networking
14:00 – 17:30	PLENARY SESSION II ZOOM LINK: <a href="https://liedm.zoom.us/j/97492799317">https://liedm.zoom.us/j/97492799317</a> Natural resources: past, present, future. Moderator: doc. dr. Lolita Rapolienė
14:00 – 14:15	New ways of clinically assessing balneotherapy Prof. C-F. Roques-Latrille, ISMH president, Membre de l'Académie Nationale de Médecine, Professeur Émérite des Universités
14:15 – 14:30	Scientific research for the development of a new balneology Prof. dr. Antonella Fioravanti, Rheumatology Unit, Department of Medicine, Surgery and Neuroscience, Azienda Ospedaliera Universitaria Senese, Siena, Italy
14:30 – 14:45	The use of natural resources in rehabilitation Doc.dr. Lina Varžaitytė, Lithuanian University of Health Sciences, Kaunas
14:45 – 15:00	LUGISES: relevance, methodics, feedback from participants. Video presentation
15:00 – 15:15	Natural resources for the mental and neurohealth: LUGISES. MD. Jūratė Astravaitė, Medical SPA Eglės sanatorija, Druskininkai
15:15 – 15:30	Natural resources for the improvement of musculoskeletal health: LUGISES MD. Arvydas Balčius, Draugystė Health Resort,, Druskininkai
15:30 – 15:45	Natural resources and cardiorespiratory system: LUGISES Dr. G. Taletavičienė, Medical spa Upa, Druskininkai
15:45 – 16:00	Natural resources for the skin and well-being: LUGISES Assoc. Prof. Aelita Bredelytė, Klaipėda University
16:00- 16:15	Health effects of the natural therapy procedure: LUGISES Akvilė Sendriūtė, kinesiotherapist, Assoc. Prof. Aelita Bredelytė, Klaipėda University
16:15 – 16:30	Balneotherapy: effectiveness, tolerability and safety (LUGISES) Assoc. prof. dr. Lolita Rapolienė, Klaipėda University
16:15 – 16:45	Microbiological properties of peloids used in pelotherapy Dr. Marija Kataržytė, Marine Research Institute, Klaipėda University
16:45 – 17:00	Looking at the geothermal balneology opportunities in Lithuania. Prof. habil. Dr. Saulius Šliaupa, Rasa Šliaupienė. Nature Research Centre, Vilnius
17:00 – 17.30	Discussion. Moderator: Assoc. prof. dr. Lolita Rapolienė
14:00 – 16:00	SATELITE SESSION: Effects of natural resources, physical activity in nature and lifestyle on the respiratory system (BREATH project). ZOOM LINK: <a href="https://liedm.zoom.us/j/91890832239">https://liedm.zoom.us/j/91890832239</a> Moderator: Assoc. prof. Aelita Bredelytė.
14:00 – 14:20	Quality of life of people with respiratory impairments Dr. Agata Mroczek, Opole University, Poland
14:20 – 14:40	Physical activity recommendations for people with respiratory diseases Dr. Antonina Kaczorowska. Opole University, Poland
14:40 – 15:00	Natural resources for management of respiratory problems. Assoc. prof. dr. Aelita Bredelyte. Klaipeda University, Lithuania
15:00 – 15:20	Lifestyle and pulmonary disease Dr. Zvezdan Penezić, University of Zadar, Croatia
15:20 – 15:40	Acute respiratory symptoms management Dr. Luis Sousa. Atlantica University, Portugal
15:40 – 16:00	Discussion. Moderator: Assoc. prof. dr. Aelita Bredelytė

## PROGRAMME

14 of October, Saturday (2023)  
 Gradiali (Palanga)  
 Natura Thermo spa (Kretinga district)

08:30 – 09:00	REGISTRATION, morning coffee and networking ( <i>Medical Spa Gradiali</i> )
09:00 – 12:00	PLENARY SESSION I ZOOM LINK: <a href="https://liedm.zoom.us/j/97492799317">https://liedm.zoom.us/j/97492799317</a> Health tourism Moderator: prof. dr. Diana Šaparnienė, dr. Daumantas Bočkus
9:00 – 9:15	Natural and climatic conditions of Lithuanian resorts Prof. Dr. Inga Dailidienė, Klaipėda University
9:15 – 9:30	The influence of meteorological conditions on human health. Prof. dr. Arvydas Martinkėnas, Klaipeda University
9:30 – 9:50	Relationships and differences between wellness tourism concepts, tourist motivations and service choices in different markets. Dr. Daumantas Bočkus, Klaipeda University
9:50 – 10:10	Advantages of Lithuanian sanatorium spa treatment in the context of European spas. Lina Nosevič, Executive Director of the National Association of Sanatoriums and Rehabilitation Institutions
10:10 – 10:30	Trends and challenges of health tourism in Poland. Anna Białk-Wolf, Institute of Research and Development of Medical Tourism, Poland
10:30 – 10:50	Nine quality problems related to bathing water in spas affecting health. Dr. Kurt von Storch, CEO of the EuropeSpa med and wellness GmbH, Germany
10:50 – 11:10	The case of using service design in redesigning a medical spa & hotel into a lifestyle clinic hotel. Ain Hinsberg, Project Manager at University of Tartu Pärnu College, Estonia
11:10 – 11:30	Why separate Health and Tourism? What and how can we do to create a bridge between them? Prof. Dr. Isabel Santos, Centre de Recherches Rhumatologiques et Thermales à Aix Les Bains, France
11:10 – 12:00	Discussion Moderator: prof. dr. Diana Šaparnienė, dr. Daumantas Bočkus
12:00 – 13:00	Lunch and trip to Atostogų parkas
13:00 – 17:00	PLENARY SESSION II Complementary and Alternative Health Care: Innovation and Integration. Moderator: prof. dr. Daiva Mockevičienė
13:00 – 13:20	Legal integration of complementary and alternative healthcare into wellness activities. Prof. Dr. Asta Kandratavičienė, Senior Advisor, Department of Public Health, Ministry of Health
13:20 – 13:40	The power of phytotherapy. Vilma Matulevičiūtė, MSc DIP Herb., ND, BCST, MIRHI, Ireland.
13:40 – 14:00	Research and development of Figs (Moraceae): my experience in last three

	<b>decades</b> <i>Subhash C Mandal, Jadavpur University, Kolkata, India</i>
14:00 – 14:15	<b>Aromatherapy is an effective and safe way of healing</b> <i>Dovilė Antulevičienė, specialist of aromatherapy, Klaipeda University.</i>
14:15 – 14:30	<b>Benefits of forest therapy for neurosensory motor skills of children and young people with autism spectrum disorders.</b> <i>Prof. dr. Brigita Kreivinienė, Klaipeda university, Lithuanian Sea Museum</i>
14:30 – 14:45	<b>The benefits of halotherapy for the body and its effect on improving post-covid condition</b> <i>MD Jovita Jočienė, Gradiali Medical SPA, Palanga</i>
14:50 – 15:05	<b>Coffee break and networking</b>
15:05 – 15:20	<b>Integrating vestibular therapy into the treatment of vertigo in patients diagnosed with persistent postural awareness vertigo.</b> <i>Viktoras Simanavičius, MB “Ortoreb” director, Klaipeda University</i>
15:20 – 15:35	<b>Effects of acupuncture and moxa therapy in women with fertility disorders.</b> <i>Auksė Bakanienė, Master of Education and Health Sciences (alternative and complementary medicine). Vilnius Service Business Vocational Training Center</i>
15:35 – 15:50	<b>Ayurvedic nutrition for a healthy and happy life.</b> <i>Jūratė Noack, Klaipeda university</i>
15:50 – 16:05	<b>Integration of hippotherapy into the rehabilitation system: opportunities and perspectives.</b> <i>Rita Gikarienė, prof. dr. Daiva Mockevičienė, Giedrė Radzevičienė, Klaipeda university.</i>
16:05 – 16:20	<b>Health and beauty benefits of seaweed. Skin care strategies using active components of macroalgae.</b> <i>Asta Bagdonaitė, Master of complementary and alternative medicine, Association of Cosmetologists and Cosmetologists of Lithuania.</i>
16:20 – 16:35	<b>The benefits of geothermal water for human health.</b> <i>MD. Nerijus Kemeklis, Atostogų parkas, Kretingos reg.</i>
16:35 – 17:00	<b>Discussion</b> <i>Moderator: prof. dr. Daiva Mockevičienė</i>
	<b>Leisure time in Atostogų parkas</b>

“Effectiveness and safety of using Lithuania’s unique natural resources to improve the body’s mental and physical health related to stress” (LUGISES). The project is financed by the Lithuanian Science Council.