

# 3. Good health & well-being



## 3.1 Research on health and well-being

Data for the indicator 3.1 Research on health and well-being (3.1.1 Good Health and Well-being: paper views, 3.1.2 Clinical citations, and 3.1.3 Good Health and Well-being: publications) is being collected via Scopus.

## 3.2 Number graduating in health professions

### 3.2.1 Proportion of graduates in health professions

- Graduate only:  $858/4389 = 19,54\%$  (4,84% increase since 2022)
- All levels:  $1060/5254 = 20.17\%$  (3.59% increase since 2022)

*Departments included: Department of Medicine; Department of Pharmacy; Department of Speech and Language Therapy; Department of Nursing; Department of Physiotherapy. All levels include postgraduate and doctoral programmes.*

## 3.3 Collaborations and health services

### 3.3.1 Current collaborations with health institutions

The University has established collaborations -through MoUs- with several health-related institutions. These collaborations include, indicatively:

- local: Karamandaneio Hospital, "Aghios Andeas" Hospital, Association for Mental Health [SOPSI] Patras,
- national: National Public Health Organization, Non-profit association "Frontizo", Academy of Volunteerism HELPELLAS, Samaritan, Rescue And Lifeguard Department of the Hellenic Red Cross etc.
- international: Johns Hopkins University (USA), Rutgers Biomedical and Health Sciences, The State University of New Jersey, University of Texas MD Anderson Cancer Center (USA), European Paediatric Translational Research Infrastructure-EPTRI (Italy), Université de Montreal, Quebec (Canada), Beijing International YHC Educational Institution (China), Academy of Applied Studies of Belgrade (Republic of Serbia), Karaiskakio Foundation and the Center of the Study of Haematological Malignancies (Cyprus), Dalian University (China), Razi University (Iran), The Alliance of the University of Bari Aldo Moro, Amsterdam UMC, General University Hospital in Prague, Parc Taulí University Hospital, University of Milan & University Medical Centre Ljubljana,

One important collaboration is the Memorandum of Understanding with the National Organization of Public Health, which aims to strengthen operational, educational and research cooperation in the field of wastewater epidemiology between the National Organization of Public Health and the University of Patras. The purpose of the collaboration is the interdisciplinary investigation of infectious diseases, antibiotic resistance factors, exposure to chemicals and other substances in the light of the protection of Public Health and Unified Health, the exchange of know-how in the implementation of surveillance and newer diagnostic techniques in wastewater epidemiology and the joint submission/development of research/development projects.

More information about the Memoranda can be found (in Greek) at

<https://erasmus.upatras.gr/agreements/mou>.

### 3.3.2 Health outreach programmes



The University is participating in the extensive campaign of the

KEDMOP - Xarise Zoi (Give Life) programme for the growth of the bone marrow donor database in the country. A number of information/registration points are available within the University Campus as well as the local area for those interested to register as donors. KEDMOP - Xarise Zoi is a unit of the Institute of Cellular Therapies of the [University Center for Research and Innovation \(P.A.K.E.K.\)](#) and continues to expand its scientific activities with a focus on humans and public health. In our country, it is the firstst licensed Center for Volunteer Bone Marrow Donors according to Ministerial Decision No. 52084/05.10.2023 of the General Directorate of Health Services of the Ministry of Health (Government Gazette B' 6093/20.10.2023) which operates with a full license under the supervision of the Hellenic Transplant Organization (EOM). Other strategic activities include the weekly blood donation action coordinated by the Blood Center of the University Hospital and the National Center for Blood Donation.

Health outreach programmes are also delivered by the student and volunteer clubs, such as [Fleva Zois \(Vein of Life\)](#), [Hellenic Medical Students' International Committee - UoPatras, Greek Pharmaceutical Students' Federation](#), etc. Fleva Zois is the student group of the University of Patras that is mainly active around voluntary blood donation. It organizes regular blood donations, informs about vo... while also in its first steps it is looking for more members to fulfil... located in the Students Residence Building. regular blood donations... collaboration with the University General Hospital of



Patras and the

Patras Agios Andreas Hospital in the Students

Residence Building amphitheater, for which one can be informed in addition to the brochures and posters that will find in various parts of the university and through the group's profile on Instagram and Facebook. Many of the volunteering teams participate in the Researcher's Night that is an open event to the local community.

Other initiatives take place through the University Library that collects food and health material supplies for sensitive and vulnerable social groups through its exchange book programme. In various occasions, this material has been distributed to those in need by the local Association for the Defense of Refugees and Immigrants' Rights. The University Library provided during the winter semester 2023-2024 the second cycle of the healing writing activity "The Power of Words". The purpose of the activity was to help students, through creative writing techniques, to stand up to mild mental pain and psychological pressures they experience. Secondary goals of the action were the joint relief of any psychological issues they may have, the development of friendly relationships between the participants, but also the acquisition of more self-confidence, certainty and trust in themselves. The report can be found at <https://library.upatras.gr/news/powerofwordsreport2/> (in Greek).

*The first image shows the registration box for marrow donors and the second image shows an blood donation activity by students held in May 2023 (see [Instagram post](#)).*

### 3.3.3 Shared sports facilities

The University Sports Camp, except from students and staff, is open to adults in the wider area of the city of Patras, for the purpose of their daily training, with access all seven days of the week, from early morning until late at night. The University Sports Facilities are shared with local clubs and associations for the organization of local events, both free and in-paid manner. Other free or paid events and programmes are:

- Several games of the Under 17 Football Qualifying Phase for the European Championship that was organized in Patras, were hosted at the Football Stadium of the University of Patras Gymnasium (April 2023).
- Weekly trainings at the University football stadium of P.A.E. Panachaiki, the major football team of Patras that in season 2022-23 was playing in Super League 2 ([news item](#)).
- Weekly trainings at the University indoor sports field of the volleyball team Aegialeon (from Aigio, nearby Patras), that competes in the Men's Pre League (2022-2023 season).
- Weekly trainings at the University indoor sports field of the basketball team Aegialeon, which competes in the A1 ESKA-I Men's League (2022-2023 season).
- [Sport academies for the school-age kids](#) of the staff of the University of Patras, the schools of the University Campus, but also residents of the wider area of the city of Patras in daily and weekly training sessions at the University sports facilities for football, basketball, volleyball, athletics, table tennis, etc.

- Sport programs [for adults](#) for the staff of the University of Patras as well as residents of the wider area of the city of Patras at the University sports facilities for aerobic/pilates and table tennis.
- Summer Sports Camp (June and July 2022) for the staff of the University of Patras, the schools of the University Campus, but also residents of the wider area of the city of Patras in the sports facilities of the University of Patras ([news item](#)).

Some indicative activities that are open to the public and have social impact:

The 11th University of Patras Bike Ride “Let’s Bike” was held with success, with a large crowd, under the auspices of the University Gymnasium. As every year, this year too, the University of Patras and its Sports Committee held the 11th Bike Ride on a route from the Rectorate of the University of Patras to Georgiou Square in the city center. Students, parents with children, University of Patras staff and citizens of Patras, of all ages, embraced the activity and emphasized with their participation the value of traveling by bike as well as the advantages of this particular means of transportation and exercise. ([news item](#))



Hundreds of participants, a rich spectacle, awards, prizes and countless applause were the components of the 16th Sports Day 2023 of the University of Patras which took place with success on Tuesday, June 6, 2023, at the sports facilities of the University of Patras. Students, faculty members and staff of the University of Patras, as well as friends of the University Gymnasium participated in a day that was separated into sports and competitions held in the outdoor and indoor sports facilities. The final match of the 2022-2023 interdepartmental student championship was held on the outdoor fields, specifically on the natural grass football field, the classic sports day was held on the track and field track, the final matches of Beach Volley were held on the respective fields, and the table tennis demonstration was held during the reception in the courtyard of the University Gymnasium. The final phases of the 2022-2023 internal student volleyball championship and the final of the 2022-2023 internal interdepartmental student basketball championship were held on the indoor sports field. ([news item](#))



A very important social initiative was taken by the football team of the Student Residence Building of the University of Patras. It was about Michalis, a little kid from Megalopolis, Arcadia, who was suffering from liver cancer and needed to immediately undergo a liver transplant in France. Due to the high costs of operation the football team of the Residence decided to organize a friendly match against the football team of the Department of Electrical Engineering and Computer Technology with the aim of raising as much money as possible to cover part of the family's expenses, having set a ticket price of 3 euros for each spectator. ([news item](#))

### 3.3.4 Sexual & reproductive health care services

Sexual and reproductive health care services are provided in the University Hospital.

### 3.3.5 Mental health support



Κέντρο Ψυχολογικής  
και Συμβουλευτικής  
Υποστήριξης  
ΠΑΝΕΠΙΣΤΗΜΙΟ ΠΑΤΡΩΝ

The Center for Psychological and Counseling Support

(KEPSYSYP) has the mission of providing psychological and counseling support services and preventing mental health problems for members of the university community, and in particular for students of first, second and third cycle programs, in accordance with article 128 of Law 4957/2022 and article 62 (par. 1) of the Internal Regulations of the Institution. The Center for Psychological and Counseling Support (KEPSYSYP) was established formally established in 2023, replacing the operation of the Office of Psychological Support. The mission of the Center is to provide psychological and counseling support services, prevent mental health problems for members of the university community, and also raise awareness of the university community on mental health issues. The goal of KEPSYSYP is the personal well-being and optimal functionality of people during their studies or work at the University of Patras. The Center is staffed by psychologists and social

workers.

All services are provided free of charge, they are strictly confidential and subject to applicable laws (GDPR). More information is available at <https://mentalcare.upatras.gr/en/>.

### 3.3.6 Smoke-free policy

The Smoke-free policy can be found on the home page of the [Office for Security and Hygiene](#) (middle spot) via a link to the official document of the Ministry of Health (in Greek) and also on the webpage <http://osh.upatras.gr/index.php/smoking-policy>.

The University of Patras' smoking policy refers to all tobacco products. As a general rule, following the national legislation and specifically the ministerial decision no: Δ2β/Γ.Π.οικ. 80727/15.11.2019 (Government Gazette B' 4177), smoking isn't allowed indoors, including all working areas, hallways, staircases, restrooms and warehouses. The policy applies also to all University vehicles, as well as to all canteens, restaurants, and cafeterias of the campus. Smoking is prohibited indoors at any time, not just during working and teaching hours.

The University permits smoking during normal breaks or at the end of working and teaching hours in designated smoking areas, balconies and open-air verandas, gardens, yards, and sidewalks, provided that the smoker is acting responsibly for the safe extinguishing and disposal of any tobacco product.

The University takes measures to prevent smoking in all its facilities by removing ashtrays and posting notices.

The University expects all employees and students to respect this policy and the legislation. The University may reprimand anyone that violates the policy and reserves the right to take disciplinary action towards those who disregard it and to apply fines according to the legislation.



*Images of signage in the University campus for the prohibition of smoking; the left from the student's restaurant and the right from the library.*

### 3.3.7 Mental health support for staff

As mentioned above, the Center for Psychological and Counseling Support (KEPSYSYP) has the mission of providing psychological and counseling support services and preventing mental health problems for members of the university community, Students are the primary group, but it addresses the needs of staff in general. According to its website:

The main cause of the Center is to provide psychological and counselling support services to the members of the University, the prevention of mental health problems and, in general, the promotion of mental health throughout the Community.

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