

# 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:  $694 / 4722 = 14.70\%$
- All levels:  $864 / 5212 = 16.58\%$

*Departments included: Department of Medicine; Department of Pharmacy; Department of Speech and Language Therapy; Department of Nursing; Department of Physiotherapy.*

## 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 HELPHELLAS, etc.
- international: John Hopkins University, Medicine School.

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 Charise 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.

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. As evidence, please look at the relevant announcement available at <https://www.upatras.gr/i-aimodosia-paei-panepistimio-2/>.

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](#)



Volunteering teams participate in the community.

*The first image shows the registration box for marrow donors and the second image shows an advertisement banner for the weekly blood donation.*

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, see [this](#) and [this](#) Facebook announcement.

### 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. For instance, the Deaf Football Champions League was organized in Patras and many matches were hosted at the football stadium of the University Sports Facilities (June 20-25, 2022). This was provided free of charge and a news item can be found [here](#). Other paid events and programmes are:

- The University Sports Camp hosted the Qualifying Phase of the WU-19 European Football Championship at the football stadium (4-10/10/2022)
- Weekly trainings at the University football stadium of P.A.E. Panachaiki, a team that in season 2021-22 was playing in Super League 2 ([news item](#)),
- Weekly trainings at the University Indoor Sports Field of the volleyball team Aegialeon, that competes in the Men's Pre League, and the basketball team Keravnos Aigiou that competes in A1 Men ESKA-I, ([news item](#)).
- Sport programs 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. ([news item](#))
- 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](#)).



*Images of the sports facilities as shared by two clubs, Panachaiki and Aegialeon, and used for kids programmes.*

### 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

The services provided by the Office of Psychological Support are available to all students at the University of Patras, who face personal difficulties and other kind of mental health issues. Such difficulties include problems in their studies (difficulties in adapting to academic life, exam stress, reduced performance, lack of motivation), difficulties in interpersonal relationships (anxiety, loneliness, depression) and other problems like dependencies, psychosomatic problems and eating disorders. The Office for Psychological Support provides counseling and psychological support, diagnosis and treatment services. More specifically, the services provided are individual sessions, participation in support and empowerment groups as well as seminars organized at regular intervals. All services are provided free of charge, they are strictly confidential and subject to applicable laws (GDPR). More information is available at

<https://socialwelfare.upatras.gr/psychological-support-office/?lang=en>.

### 3.3.6 Smoke-free policy

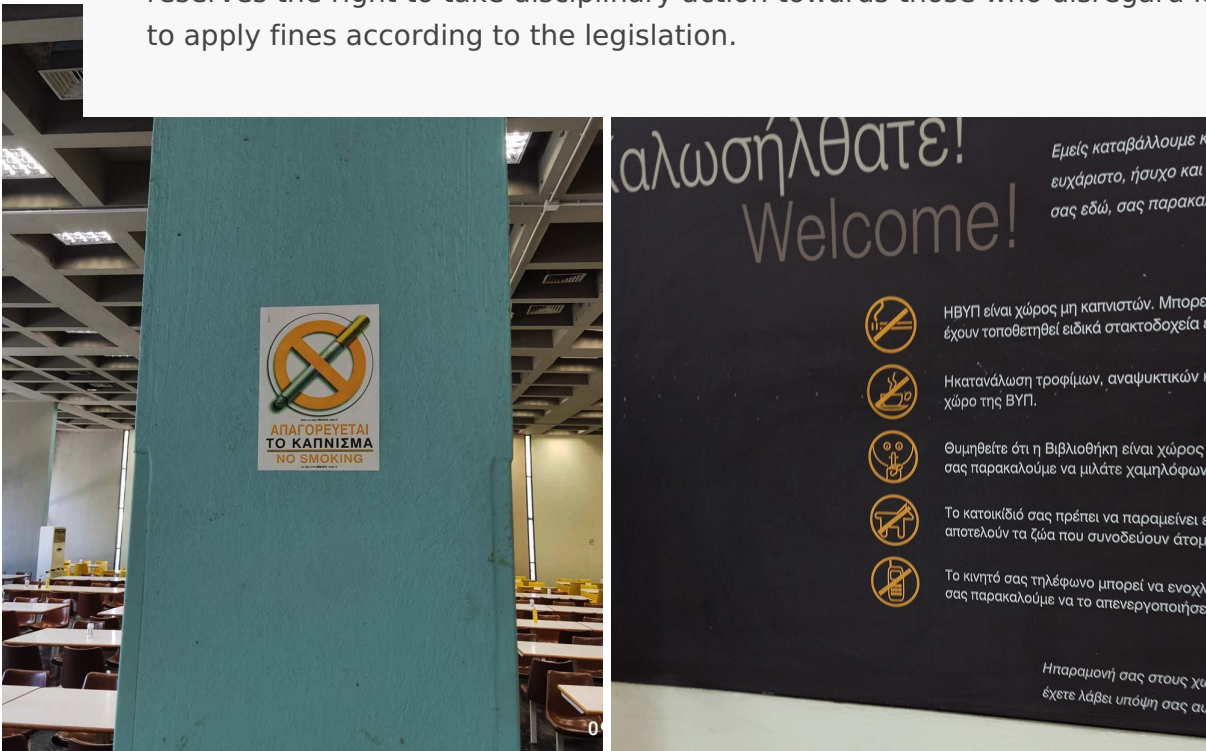
The Smoke-free policy can be found on the home page of the [Office for Security and Hygiene](#) (middle spot) via a link to the official document of the Ministry of Health (in Greek) and also on the webpage <http://osh.upatras.gr/index.php/smoking-policy>.

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.*