



## News from the International HPH Network

# 5<sup>th</sup> regional conference of HPH Network of Friuli Venezia Giulia Region

"Implementation of the Health Promoting Hospitals & Health Services network and management lines"

3rd December 2019, Udine-Friuli Venezia Giulia Region - ITALY

The regional HPH network of Friuli Venezia Giulia, at the fourth agreement (2017 - 2021) with the international HPH network, has received the cry of alarm launched for many years by the WHO: in ten years, illnesses such as anxiety and depression, a consequence of chronic stress, may be in second place on the list of most common diseases, immediately after cardiovascular diseases. This aspect linked to the prevalence of psycho-social stress has strong repercussions on the physiological equilibrium of the organism and of the organizations, on the NCD genesis, and involves both the assisted citizens and the carers. The succession of imbalances between the parties to cope with the change underway can generate an inability to react such as to unleash violence and aggression, as ancestral mechanisms that put in place those who feel threatened to protect their survival. The inability to sustain a stressful and chronic stress load manifests itself with aggression or depression, increase in deviant compensatory behaviors (Smoke, comfort food and alcohol) and a sense of social isolation and loneliness. Disillusionment, existential stress and anxiety originate a virus that lurks in the folds of society: distrust.

About this topic, HPH network in our region has developed some precious knowledge and tools in order to face the challenge. The 5th HPH regional conference described the principles of health promotion in the healthcare setting and the values of personal growth for

a shared multi-professional dialogue on lifestyles and psychosocial stress, in order to facilitate collaboration between facilities and improve in a continuous cycle the quality of care. Staff well-being emerges as an essential value in the care relationship and in the impact on the transmission of skills to citizens / patients. Discussion focused on the tools for self-assessment and continuous updating on the themes of clinical health promotion.

The issues of organizational and individual well-being in healthcare were discussed: Dr. A. De Santi of the Istituto Superiore di Sanità presented the National Observatory on Wellbeing and stress prevention, with particular attention to the categories most at risk of burnout: doctors, nurses and teachers; Dr. A. Lorusso, occupational physician, described the practices in use at the ULSS 3 Serenissima Hospital (Venice) to protect the health of the staff, describing the new non-invasive technologies (HRV and body composition evaluation) in use to measure distress and resilience. In skype connection with the WHO Collaborating Center for Clinical Health Promotion, prof. H. Tonnesen described the international recommendations on smoking cessation in the perioperative period. The Gold Standard program (GSP) is the only smoking cessation intervention that significantly reduces the rate of postoperative complications to about half and significantly increases the duration of longer-term cessation (over 20%). The GSP program is an integral part of the



Participants of the 5th regional conference of the HPH Network of Friuli Venezia Giulia Region.



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regional programming lines. At the end of the morning the intervention on the standards of self-assessment of the International Task Force HPH Children & Adolescents, led by Dr. I. Simonelli, dedicated to giving voice to younger citizens who access the facilities. Dr. C. Aguzzoli, regional network coordinator, described the regional work lines and the job description of the multilevel strategy. Three round tables highlighted the work of HPH representatives in interpreting 2019 activities with HPH tools. The self-assessment, the focus dedicated to resilience in the workplace that integrates standards 1 and 4, the continuous quality improvement cycle.

The conference was organized thanks to the collaboration between the Regional Health Directorate, the Scientific Committee of the HPH representatives and the Com-

missioner of the Integrated University Health Service of Udine. G. Tonutti acted as catalyst for the consolidation of the regional network, as past director of the regional hospital area. During 2018 we published two regional decrees (the Constitution of the New Regional Committee and The Rules of the functioning of the regional network). The regional decrees allowed a great step forward the integration of the principles and tools of the HPH network in the usual activities. The regional network at the moment is constituted by 9 members: 7 public, 1 private and includes a bilingual school belonging to the Schools for Health in Europe network, as affiliated member. The action plan for 2020 will continue with a strong commitment about clinical health promotion and resilience of employees.

**HPH Coordinating Centre Friuli Venezia Giulia Network:** Cristina Aguzzoli, Luisa Giacomini

**Regional HPH Committee:** Alessandro Conte, Raffaele Zoratti, Carlo Antonio Gobbato, Roberta Fedele, Stefano Russian, Lamia Channoufi, Amedeo La Diega, Mariagrazia Valentini and Patrizia Portolan.



The hosts of the 5th regional conference of the HPH Network of Friuli Venezia Giulia Region.

## 28<sup>th</sup> international HPH Conference postponed

The 28th International Conference on Health Promoting Hospitals and Health Services to be held from June 3-5, 2020 in Seoul, Korea has been cancelled to prevent further dissemination of the COVID-19.

The team of the HPH Congress Secretariat has previously informed about the very relevant Conference focus: **The Health Promoting Health Care for Healthy Ageing in the Era of Innovative Technologies**. Hopefully this subject will be included in a future HPH Conference.

‘Longevity has become the norm in developed countries, but the accompanying changes in demography became a challenge by modifying the distribution of age groups – less young people and more old people. Ageing is an individual experience, but it is also a huge unprecedented transformation of modern societies. Technological innovations are transforming our societies in a radical and sometimes also disruptive way. These changes need considerations concerning their effects on ageing also. The conference will put its focus on the challenges these changes pose for health promoting care.’

The 28<sup>th</sup> International HPH Conference is hosted by the Korea Network of Health Promoting Hospitals & Health Services and takes place in Seoul, Rep. of Korea

Visit the HPH Conference website for more information:  
[www.hphconferences.org/seoul2020](http://www.hphconferences.org/seoul2020)



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