

**INTERNATIONAL CONFERENCE
HEALTH, ENVIRONMENT AND SUSTAINABLE DEVELOPMENT:
INTERDISCIPLINARY APPROACH / HESDIA - 2026**



PROGRAMME

Address: Kauno kolegija Higher Education Institution, Pramonės pr. 22A

Date: April 14, 2026



10:00-10:30	Registration
PLENARY SESSION Room 1-57 Login link: https://zoom.us/j/96131656565 <i>Moderator: Aurelija Radzevičienė, PhD, Kauno kolegija Higher Education Institution, Lithuania</i>	
10:30-11:00	WELCOME & OPENING
11:00-11:30	THE LONGEVITY DASHBOARD: TRACKING AND EVALUATING YOUR HEALTH DATA <i>Eglė Pavydė, PhD, Vice President of Business Development, APICES CRO, Spain</i>
11.30-12.00	SOCIAL SCIENCES PERSPECTIVES ON ENVIRONMENTAL AND PUBLIC HEALTH CHALLENGES <i>Machteld van Lieshout, PhD, Associate Professor, The Hague University of Applied Sciences, Netherlands (Online)</i>
12.00-12.30	THE ROLE OF SIMULATION TRAINING IN THE PREPARING HEALTHCARE STUDENTS FOR DIFFICULT SITUATIONS IN THE WORKPLACE <i>Przemysław Szczepańczyk, Head of the International Office and Lecturer, Lipinski University, Poland</i>
13:00-13:45	Lunch Break
SESSIONS	
14:00-15:55	Session A: Public Health, Environmental Sustainability and Health Systems (Room 4-48, Pramonės pr. 20)
	Session B: Biomedical and Biotechnological Research (Room 4-49, Pramonės pr. 20)
	Session C: Well-being, Work Environment and Healthcare Workforce (Room 4-51, Pramonės pr. 20)
	Session D: Physical Activity and Health Technologies (Room 4-52, Pramonės pr. 20)
16.00-16.30	REVIEW OF THE SESSIONS (Room 1-57, Pramonės pr. 22)

SESSION A: PUBLIC HEALTH, ENVIRONMENTAL SUSTAINABILITY AND HEALTH SYSTEMS

Login link: <https://zoom.us/j/91434416278>

*Moderator: Viktorija Piščalkienė, PhD, Kauno kolegija Higher Education Institution, Lithuania
Room 4-48, Pramonės pr. 20*

14:00-14:10

NATURE AND HEALTH IN THE NORDPLUS PROJECT “HEALING GREENERY” CONTEXT: INSIGHTS FROM STUDENT REFLECTIONS

Kadri Maikov, PhD, Estonian University of Life Sciences, Estonia (Online)

14:10-14:20

INDOOR AIR QUALITY IN EARLY CHILDHOOD EDUCATION SETTINGS: MICROBIAL CONTAMINATION AND PHYSICAL PARAMETERS

Jolita Kirvaitienė, PhD, Žaneta Maželiienė, Evelina Bredelytė-Gruodienė, Asta Aleksandravičienė, PhD, Rasa Volskienė, PhD, Daiva Bubeliene, PhD, Giedrė Jarienė, PhD Kauno kolegija Higher Education Institution, Lithuania (On-site)

14:20-14:30

PLANETARY HEALTH AND NURSING: WHAT DO WE DO?

Eva Kajti, PhD, Istanbul Atlas University, Turkey (Online)

14:30-14:40

ASSESSMENT OF THE ACCESSIBILITY AND EFFECTIVENESS OF HEALTHCARE SERVICES IN LITHUANIA

Danguolė Jankauskienė, PhD, Ilona Ogurcova, PhD Student, Mykolas Romeris University, Lithuania (Online)

14:40-14:50

BIO-PRODUCTS IN SUSTAINABLE DEVELOPMENT

Jurgita Zaleckienė, PhD, Daniil Yevtodiiev, Vytautas Magnus University (On-site)

14:50-15:00

BEYOND ACCESS: EXAMINING GEOGRAPHIC AND SOCIOECONOMIC BARRIERS TO QUALITY ANTENATAL CARE IN THE EASTERN REGION OF INDONESIA

Christiane Titaley, PhD, Maxwell Landri Vers Malakauseya, PhD, Pattimura University, Indonesia, Dwi Hapsari Tjandrarini, PhD, Nina Sulistiyowati, PhD, National Research and Innovation Agency, Indonesia, Iwan Ariawan, Universitas Indonesia (On-site)

15:00-15:10

THE ROLE OF STUDENTS IN IMPLEMENTING SUSTAINABILITY IN HEALTHCARE SETTINGS BASED ON THEIR CLINICAL PRACTICE EXPERIENCE

Viktorija Piščalkienė, PhD, Vaidas Jotautis, PhD, Kauno kolegija Higher Education Institution, Lithuania (On-site)

15:10-15:20

HEALTH LITERACY INTERVENTIONS AND THEIR EFFECTS ON HEALTH OUTCOMES: A CRITICAL ANALYSIS

Subboh Mushtaq, Lithuanian Sports University, Lithuania (On-site)

15:20-15:30

SHAPING QUALITY RESEARCH IN MEDICINE AND ARTIFICIAL INTELLIGENCE: THE EDITORIAL FRAMEWORK OF THE “BRAIN” JOURNAL

Bogdan Pătruț, PhD, Alexandru Ioan Cuza, PhD, University of Iași, Romania, Ionuț-Virgil Șerban, University of Craiova, Romania; International University of Rome, Italy (On-site)

15:30-15:40

SOCIAL HEALTH AND ORAL HEALTH: THEIR MUTUAL IMPACT

Yvonne A.B. Buunk-Werkhoven, PhD, Kauno Kolegija, Higher Education Institution, Lithuania (Online)

SESSION B: BIOMEDICAL AND BIOTECHNOLOGICAL RESEARCH

Login link: <https://zoom.us/j/93447241788>

*Moderator: Asta Aleksandravičienė, PhD, Kauno kolegija Higher Education Institution, Lithuania
Room 4-49, Pramonės pr. 20*

14:00-14:10

CONNECTION BETWEEN HELICOBACTER PYLORI PREVALENCE AND THE ABO BLOOD GROUP SYSTEM IN COMMUNITY X

Skirmantė Vardauskaitė, Lina Ambrožienė, Augustina Grinkevičiūtė, Sergej Sosunkevič, Kauno kolegija Higher Education Institution, Lithuania (On-site)

14:10-14:20

GUT MICROBIOME AND HEALTHY AGING

Matas Bačiauskas, Lithuanian University of Health Sciences, Lithuania (Online)

14:20-14:30

MICROBIOLOGICAL PROFILE OF CHRONIC WOUNDS

Giedrė Jarienė, PhD, Asta Aleksandravičienė, PhD, Žaneta Maželiene, Kauno kolegija Higher Education Institution, Lithuania (On-site)

14:30-14:40

APPLICATION OF ARTIFICIAL INTELLIGENCE METHODS IN HEPATOCELLULAR CARCINOMA

Ieva Miliūtė, Vilnius University, Lithuania (On-site)

14:40-14:50	<p>COMPARATIVE ANALYSIS OF THE PHYTOCHEMICAL PROFILES AND BIOLOGICAL ACTIVITIES OF INONOTUS OBLIQUUS AND PHALLUS IMPUDICUS EXTRACTS</p> <p><i>Paulius Kraujalis, PhD, Giedrė Jarienė, PhD, Asta Aleksandravičienė, PhD, Aldona Baltušnikienė, PhD, Žaneta Maželienė, Kauno kolegija Higher Education Institution, Lithuania, Viktorija Kietytė, Kaunas University of Technology, Lithuania (On-site)</i></p>
14:50-15:00	<p>DOES MEAL TIMING MATTER? CIRCADIAN NUTRITION AS AN EMERGING EVIDENCE-BASED PRACTICE</p> <p><i>Matas Bačiauskas, Lithuanian University of Health Sciences, Lithuania (Online)</i></p>
15:00-15:10	<p>NURSES' EXPERIENCES IN USING TELEMETRY FOR CARDIOVASCULAR DISEASE PREVENTION</p> <p><i>Daiva Narvilienė, Irina Zelenienė, Klaipėda State University of Applied Sciences, Lithuania (On-site)</i></p>
15:10-15:20	<p>MICROBIAL CONTAMINATION OF SURFACES IN PRESCHOOL INSTITUTION X</p> <p><i>Rasa Volskienė, PhD, Žaneta Maželienė, Jolita Kirvaitienė, PhD; Daiva Bubelienė, PhD, Evelina Gruodienė, Giedrė Jarienė, PhD, Asta Aleksandravičienė, PhD, Kauno kolegija Higher Education Institution, Lithuania (On-site)</i></p>
<p>SESSION C: WELL-BEING, WORK ENVIRONMENT AND HEALTHCARE WORKFORCE</p> <p>Login link: https://zoom.us/j/95957187795</p> <p><i>Moderators: Rasa Tamulienė, PhD, Kauno kolegija Higher Education Institution, Lithuania</i></p> <p><i>Room 4-51, Pramonės pr. 20</i></p>	
14:00-14:10	<p>INFLUENCE OF MENTAL FATIGUE ON THE ACADEMIC PERFORMANCE OF FINAL-YEAR MEDICAL STUDENTS IN LITHUANIA: A CROSS-SECTIONAL STUDY</p> <p><i>Andrius Šatas, PhD, Priscilla Osagiede, Lithuanian Sports University, Lithuania (Online)</i></p>
14:10-14:20	<p>VALIDATION OF THE NEGATIVE ACTS QUESTIONNAIRE – REVISED (NAQ-R) IN URUGUAY</p> <p><i>Silvia Franco, PhD, Universidad de la República, Uruguay, Yvonne A.B. Buunk-Werkhoven, PhD, Kauno kolegija Higher Education Institution, Lithuania (Online)</i></p>
14:20-14:30	<p>PERCEIVED STRESS AMONG WOMEN IN HEALTHCARE: THE ROLE OF PSYCHOLOGICAL AND LIFESTYLE FACTORS</p> <p><i>Vaiva Balčiūnienė, PhD, Kauno kolegija Higher Education Institution, Lithuania (Online)</i></p>
14:30-14:40	<p>BEHIND THE COMPLAINT: WHAT IS REALLY GOING ON WITHIN THE TEAM IN DENTAL PRACTICES</p> <p><i>Judith E. Sjoerts, Your Smile Your Right, Netherlands, Yvonne A.B. Buunk-Werkhoven, PhD, Kauno kolegija Higher Education Institution, Lithuania (Online)</i></p>
14:40-14:50	<p>PSYCHOSOCIAL WORK ENVIRONMENT EXPERIENCED BY LITHUANIAN GENERAL PRACTICE NURSES</p> <p><i>Miglė Kiguolytė, Lithuanian University of Health Sciences, Lithuania, Vaidas Jotautis, PhD, Kauno kolegija Higher Education Institution, Lithuania, Alina Liepinaitienė, PhD Student, Vytautas Magnus University, Lithuania, Sonata Čerkauskaitė, PhD, SMK College of Applied Sciences, Lithuania (Online)</i></p>
14:50-15:00	<p>DETERMINANTS OF JOB SATISFACTION AMONG PHYSIOTHERAPISTS: A 10-YEAR COMPARATIVE ANALYSIS</p> <p><i>Vaida Borkertienė, PhD, Gabija Obelionytė, Kauno kolegija Higher Education Institution, Lithuania (On-site)</i></p>
15:00-15:10	<p>WORK TIME PLANNING THAT SUPPORTS OCCUPATIONAL WELL-BEING IN SOCIAL SERVICES AND HEALTHCARE</p> <p><i>Anna Satoniitty, Sari Laanterä, PhD, South-Eastern Finland University of Applied Sciences, Finland (On-site)</i></p>
15:10-15:20	<p>ORAL HYGIENE SKILLS DEVELOPMENT PROGRAM INCORPORATING A MOBILE APPLICATION: PARENTS' PERSPECTIVES</p> <p><i>Rasa Tamulienė, PhD, Daiva Mačiulienė, Kauno kolegija Higher Education Institution, Lithuania (On-site)</i></p>
15:20-15:30	<p>DEVELOPING THE THESIS SUPERVISION PROCESS</p> <p><i>Sari Laanterä, PhD, South-Eastern Finland University of Applied Sciences – Xamk, Finland (On-site)</i></p>
15:30-15:40	<p>COMPETENCE OF INTENSIVE CARE UNIT NURSES IN PAIN MANAGEMENT OF MECHANICALLY VENTILATED PATIENTS</p> <p><i>Rūta Žasytytė, Lithuanian University of Health Sciences, Lithuania (On-site)</i></p>
<p>SESSION D: PHYSICAL ACTIVITY AND HEALTH TECHNOLOGIES</p> <p>Login link: https://zoom.us/j/9694111497</p> <p><i>Moderator: Laura Žlibinaitė, PhD, Kauno kolegija Higher Education Institution, Lithuania</i></p> <p><i>Room 4-52, Pramonės pr. 20</i></p>	

14:00-14:10	HEALTH EDUCATION AND PROFESSIONAL DEVELOPMENT <i>Katja Hautsalo, D.Soc.Sc., M.Sc., Tampere University of Applied Sciences (On-site)</i>
14:10-14:20	WEARABLE HEALTH TECHNOLOGIES: BENEFITS AND LIMITATIONS <i>Matas Bačiauskas, Lithuanian University of Health Sciences, Lithuania (Online)</i>
14:20-14:30	PROMOTING HEALTHY AGING: EFFECTS OF AN EIGHT-WEEK STRENGTH TRAINING PROGRAM ON PHYSICAL AND PSYCHOLOGICAL OUTCOMES IN OLDER WOMEN <i>Laura Žlibinaitė, PhD, Laura Amšiejūtė, Daiva Baltaduonienė, PhD, Milda Gintilienė, Karolina Matukynienė, Ligita Mažeikė, PhD, Kauno kolegija Higher Education Institution, Lithuania (On-site)</i>
14:30-14:40	SPORT FIT WITH SOUND TEETH: A N=1 STUDY ON PERSONALIZED ORAL HEALTH MONITORING IN PROFESSIONAL SPORT <i>Jolanda Gortzak, Oral Hygiene Clinic, Lithuania, Yvonne A.B. Buunk-Werkhoven, PhD, Kauno kolegija Higher Education Institution, Lithuania (Online)</i>
14:40-14:50	EFFECTS OF BLOOD FLOW RESTRICTION AND HIGH-INTENSITY RESISTANCE TRAINING ON MUSCLE CONTRACTILE PROPERTIES IN OLDER ADULTS <i>Kęstutis Grumbinas, Lithuanian Sports University, Lithuania (Online)</i>
14:50-15:00	HEALTH-ORIENTED FOOD CHOICES AND EATING DISORDER PSYCHOPATHOLOGY IN AEROBIC GYMNASTICS ATHLETES: AN EDE-Q 6.0 STUDY <i>Sandra Vaskelė, Kauno kolegija Higher Education Institution, Lithuania (Online)</i>
15:00-15:10	SUSTAINABILITY AND DIGITAL TRANSFORMATION IN PEDIATRIC HEALTHCARE <i>Hamide Nur Cevik Ozdemir, PhD, Afyonkarahisar Health Sciences University, Turkey (Online)</i>
15:10-15:20	INTERDISCIPLINARY EDUCATION IN THE DIGITAL ERA: INTEGRATING WEARABLE TECHNOLOGIES IN HEALTH SCIENCES CURRICULA – A LITERATURE REVIEW <i>Christina Athanasopoulou, PhD, University of West Attica, Greece, Milda Gintilienė, Kauno kolegija Higher Education Institution, Lithuania (Online)</i>
15:20-15:30	HEALTH TECHNOLOGY AND SUSTAINABILITY DEVELOPMENT IN THE HEALTHCARE <i>Ebrima Jobe, Gerda Bukauskaitė-Žiūkienė, Kauno kolegija Higher Education Institution, Lithuania (Online)</i>