

ПАЦИЕНТСКИ ОРГАНИЗАЦИИ  
**Заедно с теб**



Асоциация за репродуктивно здраве,  
бременност и грижа за децата  
"Усмихни се"



АЛИАНС НА ТРАНСПЛАНТИРАНИТЕ  
И ОРГАНИЗАТИТЕ  
АТО "БЪДЕЩЕ ЗА ВСИЧКИ"



АСОЦИАЦИЯ НА ПАЦИЕНТИТЕ  
СЪС СЪРДЕЧНО-СЪДОВИ ЗАБОЛЯВАНИЯ

*Helps identify and screen diabetes  
symptoms  
Diabetic peripheral neuropathy*

*Patient's Organizations "With you"*

*Bulgaria  
Penka Georgieva*

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## Patients' Organizations "With you" include:

- ❖ Association of Reproductive Health, Pregnancy and Childcare "Smile"
- ❖ Alliance of Transplanted and Operated ATO "Future for All"
- ❖ Association of Patients with Cardiovascular Diseases

The entity is a legal person registered in line with the provisions of the *Law on Non Government Organizations* as an organization working for public benefit with the following purpose:

To initiate and stimulate civic participation in public debate and foster dialogue with the different institutions so as to promote the involvement of the citizens in the management and control of the health care system.

To introduce and consolidate the principle of equal partnership of the institutions, the organizations of the medical professionals and the patient organizations in the development and adoption of strategies, criteria, standards, policies and practices in the health system.

**Policy**

**Good Practice**

*Helps identify and screen diabetes symptoms*

The practice helps to empower the wide public in health prevention.

It helps identify and screen diabetes symptoms

The practice promotes civic participation and strengthens partnership between civil society and business in healthcare.

- ✓ A publishing house was engaged in a health promotion campaign and it provided awards in the form of books to the participants in the campaign.
- ✓ The practice helped raise the awareness of the citizens of the symptoms of diabetic neuropathy
- ✓ by alerting the attention of the public with the help of a survey questionnaire.
- ✓ It reached out to a larger audience by presenting the findings of the survey in a press conference.

## **Actors of the Good Practice**

- Many patient organizations as well as organizations of parents
- Internet sites for health promotion
- Book Publishing houses

The start and ending dates

01.01. 2014 – 07.04.2014

**April 7 World Health Day**

# Objectives

The project focused on the development of questionnaires highlighting the symptoms of diabetic peripheral neuropathy and the conducting of a survey to check awareness and promote knowledge and information on symptoms management.

The novelty of the project was that the questionnaires were spread in the social networks.

The individuals were stimulated to fill in the questionnaires and received for free a new book, following a drawing of winners.

# Objectives

The objective was to motivate the citizens to check their blood sugar when they identify specific symptoms and this objective was followed in a very interactive manner, like a play.



## Benefits

In the case of diabetic neuropathy the patients do not realize for a long time that they may have high blood sugar.

It often happens that they go to the doctor with complaints like weak limbs, tingling, numbness, burning, etc.

The practice educated the participants and alerted them to take care.

# Development of the Good Practice

The project was initiated by  
Patients' Organizations "With you"

Suitable Partners were identified – business and social networks.

The project focused on the circulation of questionnaires in the social networks.

The Social network participants were motivated to participate in the survey by filling in the questionnaires as a condition to participate in a drawing of awards in the form of new books, which were given for free by the publishing house.

At the end of the period the findings of the survey with public awareness of the symptoms of diabetic neuropathy were announced at a special press conference.



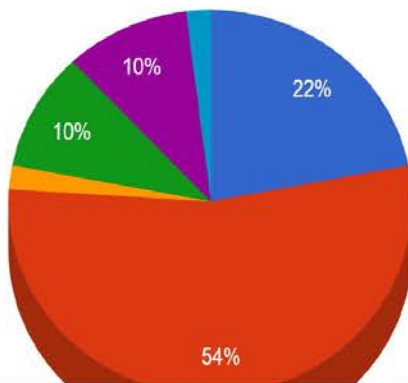
## ВАЖНО: Академичен форум: Институт по иновации - интелигентен разтеж

[Начало](#) » [Анкети](#) » [Имате ли изтръпвания, болки и скованост в крайниците?](#)

ТЪРСЕНЕ В САЙТА



Имате ли изтръпвания, болки и скованост в крайниците?



- Да, много често, лекувам се
- Да, но не обръщам внимание
- Да, ще отида на лекар
- Имам доказан диабет
- Имам друго заболяване
- Нямам мнение

реклама ETARGET



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# Obstacles

The obstacles were purely technological – to take into account the specificity of the social networks and motivate the participants to fill in the questionnaires.

These obstacles were overcome with small changes in the technology.

## Factors enabling the process

- The awards in this project were new books.
- In the course of time we realized which books were wanted and we changed some of the titles.
- So the citizens became more interested to fill in the questionnaires and this in return promoted their information and awareness with respect to diabetes.

## Reproducibility

Is it possible to reproduce and implement the Good Practice in other situations and places?

**YES!**

It's replicable to the prevention of other diseases as well.

# Innovativeness

- The use of social networks to motivate the citizens to check their blood sugar and manage the symptoms.
- It is an innovative solution with respect to health prevention, as the citizens often ignore prophylactic exams.



## **Added value**

Promoting public private partnership

## **Appropriateness**

Did the Good Practice enable an efficient management of the needs?

Helps motivate people to conduct prophylactic exams

## Lessons Learned

Our practice is not country specific and is applicable everywhere.

Our only advise is to select the award according to the continent.

The award should be attractive so as to motivate the people to participate.

It is not necessary to be expensive.

## Keys To Grasp

- ✓ Well developed questionnaires. Intriguing questions. Clear and precise.
- ✓ Selection of the awards according to the continent so as to stimulate bigger interest.

## Next Steps

- Aggregation of the findings from the survey.
- Analysis of the responsibility of the citizens with respect to prophylactics.
- Spreading the findings in the social networks to increase even more public awareness of this disease.

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**Thank you for your attention!**