

## Friday 8 November

8.00-9.00	<b>REGISTRATION</b>
<b>AMPHITHEATRE</b>	
9.00-10.00	<b>OPENING CEREMONY – WELCOME</b> Chair: Siaperas P.
	<b>Dr. Panagiotis Siaperas</b> <i>Dean of Faculty of Health &amp; Rehabilitation Sciences, Coordinator Institute of Occupational Science &amp; Rehabilitation, Metropolitan College</i>
	<b>Dr. Evaggelos Kontaxakis</b> <i>Vice-Principal Research &amp; Innovation, Dean of Graduate School, Metropolitan College</i>
	<b>Ms. Sofia Voultepsi</b> <i>Deputy Minister of Migration and Asylum, Member of the Greek Parliament</i>
	<b>Dr. George Patoulis</b> <i>President of the Athens Medical Association / President of the Hellenic Healthy Cities Network</i>
	<b>Prof. Dinos Arcoumanis</b> , <i>Chairman of the Academic Board, Metropolitan College, Professor Emeritus and Former Vice-President of City University, London</i>
10.00-10.30	<b>KEYNOTE SPEECH</b> Chair: Siaperas P.
	<b>Morgan, C.</b> <i>World Health Organization</i>
	Transforming primary healthcare and integrating rehabilitation services: perspectives from WHO Regional Office for Europe
10.30-11.00	<b>COFFEE BREAK</b>
11.00-12.30	<b>SESSION 1: Community Rehabilitation</b> Chair: Gliko E.
	<b>Ahmed S., Ataman R., Talla Kenge P., Auger C., McKerral M., Wittich W., Thomas A.</b> <i>McGill University</i>
	Strategies for collecting rehabilitation outcome measures to capture data on functioning and enhance system level rehabilitation data: The example of the Mayo-Portland Adaptability Inventory (MPAI-4) across three health regions
	<b>Chaidemenaki L., Kalopsis V.</b> <i>Parents Association for the Supported Living of People with Intellectual Disabilities 'PETAGMA'</i>
	Building Inclusive Communities: The Role of Supported Living Homes

	<b>Drakopoulou T.</b> <i>Butterfly Bone Health Society</i>
	From prevention to rehabilitation: the role of patient organisations
	<b>Komissopoulos C.</b> <i>CIDERR</i>
	From vision to Reality: Setting up a Rehabilitation Center for Interdisciplinary Clinical Education & Research in Metropolitan College
<b>12.30-13.15</b>	<b>KEYNOTE SPEECH</b> <b>Chair: Komissopoulos C.</b>
	<b>Can F.</b> <i>Hacettepe University</i>
	The role of physiotherapists in disaster and health crisis
<b>13.15-13.45</b>	<b>LUNCH BREAK</b>
<b>13.45-14.45</b>	<b>PLENARY TALKS</b> <b>Chair: Siaperas P.</b>
	<b>Georgiadis D., Papathanasiou M.</b> <i>Ministry of Migration and Asylum</i>
	Traumatic Experiences and PTSD among Unaccompanied Minors: A Psychoanalytical Approach
	<b>Papathanasiou M., Georgiadis D.</b> <i>Ministry of Migration and Asylum</i>
	How kindergarten reliefs refugees' families' traumatic experiences during their journey to safety – A Pragmatic Approach
<b>14.45-16.45</b>	<b>SESSION 4: Addressing Disruption, Stigma, and Disability</b> <b>Chair: Panagiotopoulou K.</b>
	<b>Nikolouzou N., Chorafa A., Glyki E.</b> <i>Metropolitan College</i>
	The disruption experienced by people who are affected by natural disasters in occupational domains and the contribution of occupational therapy
	<b>Sietto E.</b> <i>Metropolitan College</i>
	Self-Stigma of People with Schizophrenia and Social Identity Management
	<b>Panagiotopoulou K.</b> <i>Metropolitan College</i>

	Embracing Person-Centered Care: Redefining Healthcare to Prioritize Human Dignity and Collaboration
	<b>Panagiotopoulou K., Cheimonidou A., Bobou M.D., Georgiou A.M., Mukhametsina D.</b> <i>Metropolitan College</i>
	<b>ROUND TABLE:</b> Raising awareness on specific aspects of disability reflecting the social model of disability
<b>16.45-17.15</b>	<b>COFFEE BREAK</b>
<b>17.15-18.00</b>	<b>KEYNOTE SPEECH</b> <b>Chairs: Chaida A. and Nirgianaki E.</b>
	<b>Ma, J.</b> <i>Queen Margaret University, Edinburgh</i>
	Novel application of ultrasound in Speech and Language Therapy: navigating the journey from bench to bedside
<b>18.00-18.30</b>	<b>PLENARY TALK</b> <b>Chair: Cheimonidou A.</b>
	<b>Collett J.</b> <i>Oxford Brookes University</i>
	The link between pendulums and getting out and about after stroke
<b>18.30-20.00</b>	<b>SESSION 6: Rehabilitation of Neurological Conditions</b> <b>Chair: Papakonstantinou K.</b>
	<b>Khakoo-Georgopoulos M., Lymeridis C., Vossos A., Keratiotis S., Lioumis P., Bageris G., Zikopoulos K., Georgopoulos C.</b> <i>Anaplasi Center of Recovery and Rehabilitation</i>
	A Controlled Study of Low Frequency Repetitive Transcranial Magnetic Stimulation in Upper Limb Rehabilitation of Chronic Stroke Patients
	<b>Psychogiou L., Tsitsimpi E., Tsagkaridou C.</b> <i>Theseus Rehabilitation Center</i>
	Dysphagia in Dementia - Speech Therapy and Occupational Therapy Intervention
	<b>Tzitzika M.</b> <i>Metropolitan College</i> , <b>Konstantinidis C.</b> <i>National Rehabilitation Centre</i> , <b>Kordoutis P.</b> <i>Panteion University</i>
	Prevalence of Sexual Dysfunction among Greek patients with MS

	<b>Papakonstantinou K.</b> <i>Metropolitan College</i> , <b>Van der Linden M., Baer G.</b> <i>Queen Margaret University</i>
	Exploring the concept of feedback provision during motor skill training for people living with a long-term neurological impairment: A scoping review

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ROOM A3	
11.00-12.30	<b>SESSION 2: Robotics in Rehabilitation</b> Chair: <b>Siapati E.</b>
	<b>Khakoo-Georgopoulos M., Alevizou E.I., Juxhin M.</b> <i>Anaplas Center of Recovery and Rehabilitation</i> , <b>Dimou G.</b> <i>Theseus Rehabilitation Center</i> , <b>Vagena E.</b> <i>Blocks Rehab Filoktitis</i>
	<b>ROUND TABLE:</b> Robotic Technology in Rehabilitation: Clinical applications, Benefits and Limitations
13.15-13.45	<b>LUNCH BREAK</b>
13.45-14.45	<b>SESSION 3: Accessibility in Tourism</b> Chair: <b>Vassilaki A.</b>
	<b>Kouremenos N.</b> <i>Global Wellness Institute member</i> , <b>Mastrokostopoulou D.</b> <i>Fraport</i> , <b>Mavridis S.</b> <i>Eminence Hospitality</i>
	<b>ROUND TABLE:</b> Inclusive Journeys: Enhancing Accessibility in Health and Wellness Tourism
14.45-15.15	<b>PLENARY TALK</b> Chair: <b>V.Goltsi</b>
	<b>Olivier B.</b> <i>Oxford Brookes University</i>
	Boost the Biomechanics: Psychologically Informed Practice in Sports Injury Prevention and Rehabilitation
15.15-16.45	<b>SESSION 5: Athletic Performance, Training and Psychological Wellbeing</b> Chairs: <b>V.Goltsi and E. Manthou</b>
	<b>Goltsi V., Kapsis A.</b> <i>Metropolitan College</i>
	Psychological Resilience and Meaning of Life in Young Adults: the role of sports and exercise. An experimental investigation
	<b>Koronakis et al.</b> <i>Metropolitan College</i>
	The Effect of Proprioceptive Training with Blackboard Training System on balance and lower limb strength of Pre-Adolescent Basketball Athletes: A Randomized Controlled Trial
	<b>Michaelidis M., Papakonstantinou K., Galanopoulos A., Exintavelonis K., Giatra A., Gaoutsis M., Liva E.</b> <i>Metropolitan College</i>

	Effect of Stretching on Chronic Non-Specific Neck Pain and Pressure Pain Threshold: A Pilot RCT
	<b>Manthou E., Melas P., Koula A., Gomes H., Koinis A., Kalapotharakos V., Gkaros A.P.</b> <i>Metropolitan College, Olympiacos F.C.</i>
	Changes in Body Composition during the Macrocycle and Correlation with Playing Position and Markers of Fatigue in Young Elite Soccer Players
	<b>Kagiarios T.,</b> <i>A.E.K. F.C.</i>
	Blood Flow Restriction Training Improves Strength, Pain and Functional Indices in Female Volleyball Players with Patellar Tendinopathy - A Pilot Study
<b>16.45-17.15</b>	<b>COFFEE BREAK</b>

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<b>CIDERR</b>	
<b>11.00-13.00</b>	<b>WORKSHOP (Room D4)</b>
	<b>Cheimonidou A.</b> <i>Metropolitan College</i>
	Integrating Clinical Pilates into the Management of Low Back Pain: Evidence-Based Approaches for Enhanced Patient Outcomes
<b>13.15-13.45</b>	<b>LUNCH BREAK</b>
<b>14.45-16.45</b>	<b>WORKSHOPS (Room D3)</b>
	<b>Vaiouli E., Tsigkou S.</b> <i>AKMI International</i>
	Shaping the Future of Long-Term and Post-COVID Care: Cross-European Initiatives for Upskilling Caregiving Professionals through Eldicare 2.0 and Care4Skills
	<b>Michou K., Topalidi V.</b> <i>AKMI International</i>
	From Awareness to Action: Advancing Dementia Care and Reducing Stigma through Care4Elders and DigiDementia EU Projects
<b>16.45-17.15</b>	<b>COFFEE BREAK</b>
<b>18.00-19.00</b>	<b>WORKSHOP (Room D3)</b>
	<b>Kassidakis, P.</b> <i>Gruppo Maggioli</i>
	Mental strengthening with the use of the Eligence digital platform as a rehabilitation method

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CIDERR	
10.30-13.45	POSTER SESSION 1
	<b>Tsantani M., Tzanavari T. and Kalogirou E.M.</b> <i>Metropolitan College</i> Health literacy among Metropolitan College students: a questionnaire-based cross-sectional study
	<b>Chanioti D., Tzanavari T. and Kalogirou E.M.</b> <i>Metropolitan College</i> Smoking habits and Generalized Anxiety Disorder among Metropolitan College students: A questionnaire-based cross-sectional study
	<b>Vanos P., Kalapotharakos V.</b> <i>Metropolitan College</i> Dietary Habits, Anthropometric Characteristics and Performance of Male Swimming Athletes
	<b>Manthou E., Gomes H., Smpokos E., Ferentinos P.</b> <i>Metropolitan College, Olympiacos FC</i> Nutritional Strategy Application on Ramadan Intermittent Fasting: A Case Study in Soccer
	<b>Merkouriadis M., Korakiti K., Kordopatis A., Lamprou D., Markou M., Mouratos M., Petropoulos I., Sfakianou A., Karatzanos E.</b> <i>Metropolitan College</i> The Accute Effect of Electronic Cigarette in Aerobic Exercise
	<b>Bimpikis V., Kapsis A., Karatzanos E., Ferentinos P.</b> <i>Metropolitan College</i> Gait patterns and physiological responses on sub maximal anchors in the master runner with and without the use of carbon plated racing shoes: A pilot study
	<b>Louvari E., Tzougrana D.</b> <i>Metropolitan College</i> The effect of mobile phone use on the postural balance of young people
	<b>Lygouras D., Prouzou E., Pliatsika V., Ioannou P., Papadopoulos G., Chatzigeorgiou A.</b> <i>Metropolitan College</i> Evidence-Based Practices for Facilitating Participation of Students with Severe Disabilities in School Performance: An Occupational Justice Perspective

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8.00-8.30	REGISTRATION
AMPHITHEATRE	
8.30-10.00	KEYNOTE SPEECHES Chair: Siaperas P.
	Schulze, C. Zurich University of Applied Sciences in Switzerland
	Nothing about us without us: Engaging Children in Research and Decision-Making on Everyday Activities and Participation
	Barnett, A. Oxford Brookes University
	Movement Matters: A holistic approach to assessing movement difficulties in Developmental Coordination Disorder (DCD)
10.00-10.30	COFFEE BREAK
10.30-11.00	PLENARY TALK Chair: Gkoraki V.
	Mavromati F. Oxford Brookes University
	Rehabilitation for Childhood Neurological Conditions
11.00-13.30	SESSION 8: Paediatric Rehabilitation Chair: Gkoraki V.
	Panelists: Sgantzos M., Pyrgeli M., Dalivigka Z., Armakola F., Speakers: Papakosta S., Kortsas E., Karampini A., Iliopoulou T., Karatzia L. ELPAP VOLOU
	ROUND TABLE: Approaching Children with Autism as a Rehabilitation Team
	Menetian L. Smile of the Child
	Innovative Solutions for Child Mental Health: Lessons from the "Smile of the Child"
	Kairi P. PEGKAP-NY
	A Psychoeducational Program for Parents: Supporting the Transition of Children with Disabilities into Adulthood
	Stoupi S., Koutrakos T., Migkaki D., Gkotsi N. Metropolitan College
	A Comprehensive Case Study Approach to Addressing Childhood Obesity: The Role of Personalized Dietary Interventions
13.30-14.00	LUNCH BREAK
14.00-14.45	KEYNOTE SPEECH Chair: Siaperas P.
	Philippou A. National and Kapodistrian University of Athens
	EXERCISE IS MEDICINE: Establishing physical exercise as an integral part of health care

<b>14.45-16.15</b>	<b>PLENARY TALKS</b> <b>Chairs: Evaggelodimou A. and Mestana S.</b>
	<b>Esser P.</b> <i>Oxford Brookes University</i>
	Gait as an Outcome in Clinical Practice and Biomechanical Research
	<b>Iatridi V.</b> <i>Oxford Brookes University</i>
	The role of timely nutritional support as part of prehabilitation in individuals diagnosed with cancer
	<b>Rekleiti M.,</b> <i>Metropolitan College</i> , <b>Kyriazis I.</b> <i>General Hospital KAT</i>
	Physical activity for cardiovascular health and well-being
<b>16.15-17.45</b>	<b>SESSION 9: Physical Therapy</b> <b>Chairs: Tzikalagia T. and Roussou G.</b>
	<b>Nanas S., Papazachou O., Karatzanos E.</b> <i>Greek Society of Ergospirometry, Exercise and Rehabilitation (ELERGA)</i>
	<b>ROUND TABLE:</b> Cardiopulmonary Exercise Testing and Rehabilitation
	<b>Bonia D., Fotiou A., Siaperas P.</b> <i>Metropolitan College, Institute of Occupational Science &amp; Rehabilitation</i>
	The Type and Effect of Physical Activity on Quality of Life and Depression in Patients with Rheumatic Diseases in Greece: Cross-Sectional Study
	<b>Iatraki P., Sifaki – Pistolla D., Terzaki L.</b> <i>Metropolitan College</i>
	Intervention of a physiotherapy programme to improve the quality of life of patients with cardiovascular or respiratory diseases: A randomized clinical trial
<b>17:45-18:15</b>	<b>COFFEE BREAK</b>
<b>18.15-19.30</b>	<b>SESSION 10: Alternative Therapeutic Approaches</b> <b>Chair: Tzanavari T.</b>
	<b>Kotzamanidou H.M, Alexiadis T.M., Misailidou V.,</b> <i>Metropolitan College</i> , <b>Panoutsakopoulos V.</b> <i>TEEFA Aristotle University of Thessaloniki</i>
	The effect of the application of the hydrotherapy BAD RAGAZ RING method on the biomechanical parameter of walking: case study of an adult quadriplegic
	<b>Sokratous D.</b> <i>Cyprus Institute of Neurology and Genetics</i>
	Therapeutic approaches to improve neuroplasticity and clinical condition in people with Multiple Sclerosis
	<b>Spyropoulos P.</b> <i>Metropolitan College</i>
	An Innovative Physical Therapy Program in Treating Patients with Fibromyalgia
	<b>Kyfidis C.</b> <i>Kifidis Orthopedics</i>

	Rehabilitation technology in everyday clinical application: Challenges and solutions
<b>19.30-20.00</b>	<b>CLOSING CEREMONY</b> <b>Chair: Siaperas P.</b>
	<b>Taiganidis Charalampos - A man against 250km of open sea</b>
	Moderator Terzaki L. <i>Metropolitan College</i>

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ROOM A3	
<b>10.30-13.30</b>	<b>SESSION 7: Interdisciplinarity in Rehabilitation</b> <b>Chairs: Chaida A. and Komissopoulos C.</b>
	<b>Prouskas K., Anastasiou T., Tryfonopoulos S., Fotopoulos S. AKTIOS</b>
	<b>ROUND TABLE:</b> Dynamic model of care as a long-term rehabilitation strategy for the elderly
	<b>Komissopoulos C., Roussou G., Armaganidou M.S., Evaggelodimou A., Migkaki D., Tzougkrana C., Mantzoros C., Vasileiou V., Tegou G., Nikolaou K., Gotsi N., Fokas K., Koumpi V., Psychogiou A., Dalapas K. Metropolitan College</b>
	<b>ROUND TABLE:</b> Interdisciplinary Education in Rehabilitation at Metropolitan College: Complex case reports
	<b>Vasilopoulou T.E., Lygouras D., Platia P.C., Barda E., Georgiou-Siafis S., Papakostas A., Patsopoulou A. Metropolitan College</b>
	<b>ROUND TABLE:</b> The role of interdisciplinary team in the enhancement of healthy ageing in the 21st century
<b>13.30-14.00</b>	<b>LUNCH BREAK</b>

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CIDERR	
<b>14.45-15.45</b>	<b>WORKSHOP (Room D3)</b>
	<b>Kyfidis C. Kifidis Orthopedics</b>
	Creation and application of a new technology prosthetic limb in tibial amputation
<b>15.45-17.45</b>	<b>WORKSHOP (Room D3)</b>
	<b>Thomas A. McGill University, Ahmed S. McGill University, Bussieres A. Université du Québec</b>

	Promoting the uptake and sustainability of scientific evidence across the continuum of rehabilitation services through knowledge mobilization: A primer for rehabilitation researchers and practitioners
<b>17:45-18:15</b>	<b>COFFEE BREAK</b>

## Saturday 9 November

CIDERR	
10.00-14.00	POSTER SESSION 2
	<b>Menaj K., Sifaki – Pistolla D., Terzaki L.</b> <i>Metropolitan College</i> Effect of a tailored 8-week physical therapy program on sexual health in women with systemic scleroderma and myositis: A controlled clinical trial
	<b>Stefanouli V., Nikolaidis C.</b> <i>Metropolitan College</i> Exoskeletons for the Prevention of Work-related Musculoskeletal Disorders in Overhead Tasks
	<b>Marmarou I.</b> <i>Metropolitan College</i> Social Representations of Femicide in Greek Everyday Discourse Among Young Women Using a World Café Method
	<b>Tseros I., Bocaj M., Sifaki – Pistolla D., Terzaki L.</b> <i>Metropolitan College</i> Contribution of physiotherapy to quality of life in patients with IBD (Idiopathic Inflammatory Bowel Disease): A mixed-methods study
	<b>Psirouki K.M., Chorafa A., Glyki E.</b> <i>Metropolitan College</i> The Contribution of Occupational Therapy to Pediatric Cancer
	<b>Mukahametsina D., Cheimonidou A.</b> <i>Metropolitan College</i> The impact of Clinical Pilates therapeutic exercise combined with Myofascial Trigger Points manual therapy in individuals with chronic tension-type headache: A research study
	<b>Liberti R., Kyriazopoulou A., Kontogianni E.</b> <i>Metropolitan College</i> Integrative Gardening Therapy for Cognitive and Sensory Enhancement in Older Adults (Elderly People/ Adults) with Mild Cognitive Impairment in the Institution for Chronically Ill People – Welfare System and Rehabilitation
	<b>Kotzamanidou H.M., Drosopoulou Stampouli A., Sofianidis G, Siaperas P.</b> <i>Metropolitan College, Panoutsakopoulos V.</i> <i>TEEFA Aristotle University of Thessaloniki</i> The effect of hydrogymnastics on the physical condition of women with osteopenia