



QUALITY OF LIFE SUMMIT

2026

SHAPING THE FUTURE OF CANCER RESEARCH & POLICY



28 ΜΑΪΟΥ, 2026



MEDITERRANEAN HOTEL, ΛΕΜΕΣΟΣ



08:30-15:30

ΠΡΟΓΡΑΜΜΑ

08:30 – 09:00

Αφίξεις, Εγγραφές, Καφές

09:00 – 09:40

Εναρκτήριες ομιλίες

Δρ Στέλλα Καρρά, Συντονίστρια Συνεδρίου - Συντονίστρια Ερευνητικών Προγραμμάτων, Center for Social Innovation (CSI)

Άννα Δημητρίου, εκπρόσωπος του Υπουργού Υγείας, Λειτουργός Στατιστικής, Υπουργείο Υγείας

Δρ. Δημήτρης Χατζησοφόκλης, Συνιδρυτής και Διευθύνων Σύμβουλος, Center for Social Innovation (CSI)

Δρ. Άγγελος Κασσιανός, Επίκουρος Καθηγητής Ψυχολογίας της Υγείας στο Τμήμα Νοσηλευτικής, Εργαστήριο Επιστημών Συμπεριφοράς στην Υγεία (BSiH Lab) Τεχνολογικού Πανεπιστημίου Κύπρου

Δρ. Κατερίνα Θεοδωρίδου, Διευθύντρια Έρευνας & Ανάπτυξης (R&D) και Διαχείρισης Έργων, Center for Social Innovation (CSI), Συντονίστρια του Δείκτη Ποιότητας Ζωής (Quality of Life Index)

Πρώτο Μέρος:

Βελτίωση της ποιότητας ζωής μέσω αποτελεσματικών πολιτικών για τον καρκίνο και συστημάτων φροντίδας

09:40 – 10:00

Η αποστολή της ΕΕ για τον καρκίνο: Βελτίωση της ποιότητας ζωής των ασθενών

Δρ. Ελένη Τολμά, Αναπληρώτρια Καθηγήτρια στις Κοινωνικές και Συμπεριφορικές Επιστήμες/Προαγωγή της Υγείας και Δημόσια Υγεία και Διευθύντρια του Τμήματος Πρωτοβάθμιας Φροντίδας και Υγείας του Πληθυσμού στην Ιατρική Σχολή του Πανεπιστημίου Λευκωσίας (UNIC), μέλος του Διοικητικού Συμβουλίου της ευρωπαϊκής αποστολής Mission on Cancer από τον Ιούλιο του 2022

Ποιότητα ζωής στον καρκίνο: ποιος αποφασίζει τι σημαίνει;

Κος. Αντώνης Τρύφωνος, Ψυχολόγος και Γενικός Διευθυντής, ΠΑΣΥΚΑΦ, Επιτελικός Διευθυντής & Διευθυντής Υπηρεσιών Στήριξης Ασθενών



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ΠΡΟΓΡΑΜΜΑ

Πρώτο Μέρος

Πάνελ:

Από την πολιτική στον ασθενή: Πώς οι αποφάσεις διαμορφώνουν την ποιότητα ζωής στη φροντίδα των καρκινοπαθών

10:00 – 11:00

Συνομιλητές:

Κος. Αντώνης Τρύφωνος, Ψυχολόγος και Γενικός Διευθυντής, ΠΑΣΥΚΑΦ, Επιτελικός Διευθυντής & Διευθυντής Υπηρεσιών Στήριξης Ασθενών

Δρ. Ελένη Τολμά, Αναπληρώτρια Καθηγήτρια στις Κοινωνικές και Συμπεριφορικές Επιστήμες/Προαγωγή της Υγείας και Δημόσια Υγεία και Διευθύντρια του Τμήματος Πρωτοβάθμιας Φροντίδας και Υγείας του Πληθυσμού στην Ιατρική Σχολή του Πανεπιστημίου Λευκωσίας (UNIC), μέλος του Διοικητικού Συμβουλίου της ευρωπαϊκής αποστολής Mission on Cancer από τον Ιούλιο του 2022

Δρ. Στέφανη Χριστοδουλίδου, Επικεφαλής ψυχολόγος/υπερασπιστής των δικαιωμάτων των ασθενών, Europa Donna Κύπρου

David Rosenbaum, MD, Clinical Development Operations, Rosenbaum Group Ltd

Συντονιστής:

Δρ Σωτήρης Θεμιστοκλέους, Διευθυντής Στρατηγικής Ανάπτυξης, Center for Social Innovation (CSI)

11:00 – 11:20

Διάλειμμα

11:20 – 11:40

Προσωπικές Μαρτυρίες



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08:30-15:30

ΠΡΟΓΡΑΜΜΑ

Δεύτερο Μέρος:

Από τα έργα της ΕΕ στον αντίκτυπο στους ασθενείς: Τεχνολογίες που βελτιώνουν την ποιότητα ζωής

11:40 – 12:30

**Ερευνητικές και Χρηματοδοτικές Δράσεις
στον Τομέα της Υγείας μέσω του «Ορίζοντα Ευρώπη»**

Κος. Γιώργος Χρίστου, Επιστημονικός Λειτουργός,
Τμήμα Οικονομικών Υπηρεσιών, Πληροφορικής & Ευρωπαϊκών
Προγραμμάτων, Ίδρυμα Έρευνας και Καινοτομίας (ΙΔΕΚ)

**RELEVIMUM - Improving quality of life of advanced pancreatic
cancer patients through an AI-guided multimodal intervention,
combining pain and cachexia management, nutrition,
and physical activity**

Δρ. Στέλλα Καρρά, Συντονίστρια Συνεδρίου - Συντονίστρια
Ερευνητικών Προγραμμάτων, Center for Social Innovation (CSI)

eCAN Plus Joint Action

Δρ. Ευθύβουλος Κυριάκου, Επίκουρος καθηγητής,
Τμήμα Ηλεκτρολόγων Μηχ/κών και Μηχανικών Ηλ. Υπολογιστών και
Πληροφορικής, Διευθυντής του Εργαστηρίου Ηλεκτρονικής Υγείας,
Τεχνολογικού Πανεπιστημίου Κύπρου

**DESIPOC – Developing a sustained European initiative
for monitoring and sharing practices in psychosocial
oncology care provision.**

Δρ. Μαρία Λοΐζου, Μεταδιδακτορική Ερευνήτρια, Τμήμα Νοσηλευτικής,
Εργαστήριο Επιστημών Συμπεριφοράς στην Υγεία (BSiH Lab),
Τεχνολογικό Πανεπιστήμιο Κύπρου

**Η Μεθοδολογία Ανάπτυξης των Ερωτηματολογίων QoL
της EORTC και η Επικύρωση του ANL27**

Δρ. Βασίλης Βασιλείου, Ειδικός Ακτινοθεραπευτής, Τμήμα
Ακτινοθεραπείας για καρκίνους του γαστρεντερικού συστήματος και
του δέρματος, Ογκολογικό Κέντρο Τράπεζας Κύπρου (BOCOC)



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ΠΡΟΓΡΑΜΜΑ

Δεύτερο Μέρος

Πανελ:

**Από τα προγράμματα της ΕΕ στον αντίκτυπο στους ασθενείς:
Τεχνολογίες που βελτιώνουν την ποιότητα ζωής**

12:30 – 13:30

Συνομιλητές:

Δρ. Ευθύβουλος Κυριάκου, Επίκουρος καθηγητής,
Τμήμα Ηλεκτρολόγων Μηχ/κών και Μηχανικών Ηλ. Υπολογιστών και
Πληροφορικής Διευθυντής του Εργαστηρίου Ηλεκτρονικής Υγείας,
Τεχνολογικού Πανεπιστημίου Κύπρου

Δρ. Βασίλης Βασιλείου, Ειδικός Ακτινοθεραπευτής, Τμήμα
Ακτινοθεραπείας για καρκίνους του γαστρεντερικού συστήματος και
του δέρματος, Ογκολογικό Κέντρο Τράπεζας Κύπρου (BOCOC)

Δρ. Μαρία Λοϊζου, Μεταδιδακτορική Ερευνήτρια, Τμήμα Νοσηλευτικής,
Εργαστήριο Επιστημών Συμπεριφοράς στην Υγεία (BSiH Lab),
Τεχνολογικό Πανεπιστήμιο Κύπρου.

Κος. Γιώργος Χρίστου, Επιστημονικός Λειτουργός,
Τμήμα Οικονομικών Υπηρεσιών, Πληροφορικής & Ευρωπαϊκών
Προγραμμάτων, Ίδρυμα Έρευνας και Καινοτομίας (ΙΔΕΚ)

Δρ. Αγγελική Βλαχοστεργίου, Υπεύθυνη έργου τεχνητής νοημοσύνης
στον τομέα της έρευνας και της καινοτομίας – Ανώτερος ειδικός
εφαρμοσμένης τεχνητής νοημοσύνης

Συντονιστής:

Δρ. Άγγελος Κασσιανός, Επίκουρος Καθηγητής Ψυχολογίας
της Υγείας στο Τμήμα Νοσηλευτικής, Εργαστήριο Επιστημών
Συμπεριφοράς στην Υγεία (BSiH Lab) Τεχνολογικού Πανεπιστημίου
Κύπρου

13:30 – 13:35

Κλείσιμο της εκδήλωσης

Δρ. Στέλλα Καρρά, Συντονίστρια Συνεδρίου - Συντονίστρια
Ερευνητικών Προγραμμάτων, Center for Social Innovation (CSI)

13:35 – 15:30

Ελαφρύ γεύμα, Έκθεση και Δικτύωση



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EXPO SECTION

CSI – Center for Social Innovation

csicy.com/



Center for Social
Innovation

The Center for Social Innovation (CSI) operates as a premier Research and Development infrastructure, dedicated to systemic disruption and the engineering of scalable, sustainable solutions for complex global challenges. Headquartered in Cyprus, CSI serves as a strategic bridge that unites the business world, civil society, academic institutions, and the public sector.

Operating at the intersection of social sciences, digital transformation, and economic rationalization, CSI treats social innovation as a highly functional business model built on strict operational fundamentals. The organization's core engine is an interdisciplinary workforce of over 60 specialized professionals—including researchers, educators, social entrepreneurs, and IT architects. This high-performance team navigates the entire innovation cycle, from high-quality proposal writing to rigorous social impact analysis.

CSI's operational scale is actively demonstrated by its management of approximately 90 projects across diverse funding streams, building upon a robust foundation of 300 completed projects globally. Leveraging an expansive network of over 5,000 relevant organizations, CSI delivers vertical services ranging from professional capacity building and business planning to advanced instructional design. Ultimately, CSI transitions research breakthroughs into market-ready assets, continually enhancing societal well-being and collective capacity.



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EXPO SECTION

The Behavioral Science in Health (BSiH) Lab at Cyprus University of Technology

bsihlab.com



The Behavioral Science in Health (BSiH) Lab at Cyprus University of Technology is led by Dr Angelos Kassianos, integrating behavioral sciences with health-related sciences such as medicine, nursing and public health. The focus of the Lab is to conduct high-quality research in areas such as:

- Determinants of health behaviors and health behavior change including vaccination, breastfeeding, physical activity, smoking and eating
- Design and evaluation of community, public health and digital health interventions
- Patient-Reported Outcome Measure (PROM) monitoring including digital tools for monitoring quality of life
- Psychophysiological responses
- Psycho-Oncology
- Medical Education using virtual simulations

In addition the lab conducts public outreach and training activities. We will showcase several of our currently funded projects including DESIPOC, Co-Operator and RELIEF.



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EXPO SECTION

Europa Donna

europadonna.com.cy/en/



Η Europa Donna Κύπρου, είναι ένας ανεξάρτητος, μη κερδοσκοπικός οργανισμός και μέλος της Ευρωπαϊκής Ομοσπονδίας Europa Donna, της Ευρωπαϊκής Οργάνωσης για την αντιμετώπιση του καρκίνου του μαστού, η οποία αποτελείται από 47 κράτη-μέλη. Ο Οργανισμός στοχεύει στην παροχή υπηρεσιών στήριξης στους ασθενείς με καρκίνο του μαστού και γυναικολογικό καρκίνο, τη διεκδίκηση των δικαιωμάτων των ασθενών, καθώς και την ενημέρωση και ευαισθητοποίηση του κοινού, συμβάλλοντας στην πρόληψη, την έγκαιρη διάγνωση και τη βέλτιστη θεραπεία.

Μέσω των προγραμμάτων του, ο Οργανισμός παρέχει, μεταξύ άλλων, δωρεάν υπηρεσίες ψυχολογικής στήριξης στους ασθενείς και τα μέλη της οικογένειάς τους, υπηρεσίες φυσικοθεραπείας, διατροφολογίας και κοινωνικής στήριξης. Επιπρόσθετα, ο Οργανισμός επιχορηγεί την αγορά περούκας, ενώ επίσης παρέχει την πρώτη μαλακή πρόσθεση στήθους, τον ειδικό στηθόδεσμο και την εξωτερική πρόσθεση σιλικόνης σε γυναίκες που υποβλήθηκαν σε μαστεκτομή. Επιπλέον των πιο πάνω προγραμμάτων, ο Οργανισμός παρέχει στις γυναίκες που έχουν υποβληθεί σε χειρουργική επέμβαση, ένα μαλακό ειδικό μαξιλάρι σε σχήμα καρδιάς, το οποίο απαλύνει τον πόνο και συμβάλλει στη μείωση του οιδήματος, προστατεύοντας το σημείο της τομής.



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EXPO SECTION

DIOPTRA: Early Dynamic Screening for Colorectal Cancer via Novel Protein Biomarkers Reflecting Biological Initiation Mechanisms

dioptra-project.eu/



DIOPTRA aims to introduce a front-line screening tool that will consider risk factors and protein biomarkers for pinpointing individuals at high risk for colorectal cancer (CRC) incidence. Tissue & blood samples will be examined towards a discriminative set of prognostic proteins that are detectable via standard bloodwork and can indicate a need for further evaluation (i.e. colonoscopy). Other data (e.g. medical, behavioural) will also be considered as potential risk factors. Artificial intelligence (AI) will be leveraged for assessing prognostic power, while personalised behavioural change will be promoted based on modifiable risk factors. Given the low citizen participation in CRC screening across the European Union, DIOPTRA seeks to broaden the evaluated population, boosting participation rates and bypassing age screening thresholds.

RELIEF: InteRvening EarLier In life for hEalthier liFestyles

reliefproject.eu/



The RELIEF project is an EU-funded initiative that aims to address the rising use of emerging tobacco and nicotine products, such as e-cigarettes, among children and early adolescents. It focuses on understanding young people's perceptions and behaviours while identifying gaps in awareness among students, parents, and educators regarding health risks. Based on this evidence, RELIEF develops user-centred educational tools, digital interventions, and prevention strategies to promote healthier lifestyles. The project also maps best practices across Europe and delivers policy recommendations to strengthen the regulation of new tobacco products. Through targeted interventions for vulnerable groups and capacity-building for educators and stakeholders, RELIEF seeks to reduce youth initiation into smoking and vaping, ultimately contributing to a healthier, tobacco-free generation.



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08:30-15:30

EXPO SECTION

DESIPOC: Developing a sustained European initiative for monitoring and sharing practices in psychosocial oncology care provision.

desipoc.csicy.com/



This project aims to assess and enhance healthcare professionals' (HCPs) readiness to provide psychosocial oncology care, a critical yet often under-addressed component of comprehensive cancer care. Guided by the Capability, Opportunity, Motivation–Behaviour (COM-B) model, one aspect of the DESIPOC project focuses on the development and validation of a theoretically grounded questionnaire that captures the behavioural determinants influencing HCPs' delivery of psychosocial support across diverse European healthcare settings.

The project has produced a rigorously developed instrument that evaluates HCPs' capability, opportunity, and motivation to deliver psychosocial oncology care. Using a multi-phase, mixed-methods approach, questionnaire items were generated from qualitative insights obtained through focus groups with HCPs and refined through expert evaluation. The tool has been culturally adapted and translated into multiple languages (Greek, Spanish, Romanian, and Lithuanian). As part of the translation and validation process, cognitive interviews were conducted with end-users (HCPs) across different countries to ensure clarity, cultural relevance, and usability.

This work is highly relevant to cancer care, particularly in improving psychosocial support, patient quality of life, and survivorship outcomes. By identifying barriers and facilitators at both individual and system levels, the tool supports the design of targeted interventions, training programmes, and organisational strategies.

The project's innovation lies in its theory-driven, cross-cultural approach to assessing behavioural readiness, combining behavioural science frameworks with rigorous instrument development and end-user validation. Its potential impact is substantial: for patients, improved psychosocial care and wellbeing; for healthcare professionals, enhanced preparedness and support; and for policymakers and health systems, actionable, evidence-informed strategies to embed psychosocial oncology into routine care. Ultimately, this work advances the integration of holistic, patient-centred cancer care across diverse healthcare systems.



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08:30-15:30

EXPO SECTION

SUNRISE

thesunriseproject.eu/



SUNRISE aims to prevent cancer by addressing risk behaviours during adolescence, a critical stage when habits such as smoking, unhealthy diet, and physical inactivity are often established. Its main objective is to co-create, implement, and evaluate a digitally enhanced life-skills programme that promotes sustainable healthy behaviour change among adolescents. The programme is tailored to diverse socio-economic, cultural, and environmental contexts across Europe. The project will deliver an innovative, multi-component intervention combining an evidence-based digital smoking prevention tool with novel approaches, including peer-led social media campaigns, advertising literacy training, educational games, and social robot platforms. A key outcome will be a scalable and adaptable prevention programme developed through "schools-as-living-labs," involving educators, students, parents, public health experts, and policymakers. Its effectiveness and implementation strategy will be evaluated across 154 schools and 7,500 students in eight European countries, including underserved populations such as migrants and ethnic minorities. SUNRISE is highly relevant to primary cancer prevention, as it targets modifiable behavioural risk factors early in life, reducing long-term cancer incidence and healthcare burden. It also supports health systems by integrating prevention into school settings and strengthening evidence-based public health strategies. The project's potential impact is significant. Adolescents benefit from improved health literacy and healthier lifestyles, lowering future cancer risk. Healthcare professionals gain access to a validated, scalable prevention model, while policymakers receive robust evidence to inform national and EU-level cancer prevention policies. More broadly, SUNRISE contributes to reducing health inequalities and fostering a healthier, more informed society.



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EXPO SECTION

Cancer Literacy Education and Awareness Resources for Prostate Care

clearpc.eu/



The CLEAR-PC (Cancer Literacy Education and Awareness Resources for Prostate Care) project aims to address low digital health literacy (dHL) in prostate cancer (PCa) prevention and care.

The primary goal is to design and develop a comprehensive strategy to improve health literacy (HL) by considering individual capacities, the role of healthcare professionals, and the influence of social and cultural contexts. Key specific objectives include mapping current HL levels across several EU countries, identifying knowledge gaps in shared decision-making and co-creating user-centered educational resources. The project utilizes a novel "action research" and co-creation methodology, involving patients, healthcare providers, and policymakers to ensure tools are implementable and responsive to real-world needs. Expected outcomes include a virtual library containing interactive decision aids, patient education videos, and multilingual infographics, training modules for clinicians to improve communication and support shared decision making. Also, a validated CLEAR-PC strategy will be piloted in three clinical scenarios: screening, treatment decision-making, and palliative care.

CLEAR-PC is directly associated to cancer prevention, diagnosis, treatment, and palliative care. This project aims in ensuring that people can understand and act upon complex medical information. By focusing on organizational HL, the project also seeks to improve how health systems communicate risk and support patients through emotional and psychosocial distress.

The potential impact for the patients is that they will be empowered to make informed decisions aligned with personal values, reducing anxiety and health inequalities. Healthcare Professionals will be improved in communication techniques and access to evidence-based decision-support tools. Lastly, policymakers and society will reduce misinformation and the development of policy briefs to promote equitable access to cancer care across diverse and underserved populations.



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EXPO SECTION

eCAN Plus – Enhancing the Digital Capabilities of Cancer Centres in Europe to Improve Prevention and Care

ecanplus.eu/



eCAN Plus is a four-year European Joint Action that aims to enhance the digital capabilities of cancer centres in Europe by improving eHealth, telemedicine, remote monitoring, digital collaboration, and health-data exchange. The project builds on previous European experience in digital oncology and focuses on creating practical, scalable, and secure digital solutions that can support cancer prevention, care, follow-up, and survivorship across different healthcare settings.

The proposed presentation will showcase the eCAN Plus digital platform architecture and its main innovation areas, including patient-facing mobile services, clinician web dashboards, controlled shared services, wearable-data pathways, teleconsultation integration, secure data and audit functions, and future interoperability support. The presentation will highlight how the project is designed to strengthen coordination between cancer centres, support more continuous follow-up, and improve access to digital health services, particularly in countries and regions where digital maturity is more limited.

The relevance of eCAN Plus lies in its direct connection to cancer prevention and care, survivorship, quality of life, and health-system strengthening. Its expected impact is to support patients through more accessible and continuous digital care pathways, help healthcare professionals through better remote-monitoring and follow-up tools, and support policymakers and health systems through practical models for secure digital transformation and cross-border health-data exchange.



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EXPO SECTION

RELEVIMUM

releviumproject.eu/



Pancreatic cancer is a highly lethal cancer type with limited treatment options. Current treatment strategies mainly focus on palliative care, which involves managing symptoms and slowing tumour progression. The EU-funded RELEVIMUM project proposes that a highly personalised approach combining tailored nutrition plans, physical activity and pain management strategies, along with chemotherapy, could significantly improve patient quality of life (QoL). The project will provide patients with digital tools, including a multi sensor smartwatch, remote ultrasound patch, and AI algorithms for continuous monitoring of pain and sarcopenia, to enable them to self-manage their disease and communicate with their doctors. By collecting and analysing data on symptom progression and treatment outcomes, RELEVIMUM aims to provide evidence for the effectiveness of its personalised approach in improving QoL for patients with advanced pancreatic cancer.

LEBANurse

lebanurse.eu/



LEBANurse is a vocational training initiative designed to strengthen Lebanon's healthcare system by addressing the critical shortage of nursing professionals. Through a structured programme combining education, practical training, and community engagement, the project equips women from vulnerable backgrounds with the skills needed to become assistant nurses and contribute meaningfully to the healthcare sector.



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EXPO SECTION

co-OPERATOR

cooperatorvax.eu/



European stakeholders face significant variability in addressing vaccination hesitancy and implementing COVID-19 vaccination campaigns among healthcare providers and the general population. Challenges include widespread hesitancy within the population and variations in the communication skills of healthcare providers. To address these issues, cross-country initiatives play a crucial role in knowledge-sharing, especially considering the observed differences in vaccine coverage during the COVID-19 pandemic.

The co-OPERATOR project seeks to capitalize on research findings by developing and piloting a knowledge hub, virtual observatory, and training system across participating countries and beyond. This proof-of-concept initiative aims to gather, structure, and disseminate knowledge, best practices, and resources related to stakeholders' strategies for COVID-19 vaccination and beyond. The primary focus lies in advancing communication and knowledge skills while addressing systemic barriers and facilitators for effectively promoting vaccination messages to the population.