

Conference of the Latvian Medical Association (LMA)

“Complementary medicine. What and why?”

19 September

Seminar room 1

11.00–13.00	Registration
13.00–13.30	“Meaning of complementary medicine - a contemporary point of view” Lecturers: Ilze Aizsilniece, general practitioner, homeopathic doctor, President of the Latvian Medical Association; Inguna Vecvagare, homeopathic doctor
13.30–14.00	“Cultivation of life according to the principles of Chinese traditional medicine” Lecturer: Inese Kokare, physical and rehabilitation medicine doctor, acupuncture doctor
14.00–14.30	“Anthroposophic medicine” Lecturer: Anda Flaumane-Jahensa, paediatrician, specialist in anthroposophic medicine
14.30–15.00	“Practical use of Ayurveda in conventional medicine”: Lecturer: Ilona Ābele-Šrenka, general practitioner, specialist in ayurvedic medicine
15.00–15.30	Coffee break
15.30–16.00	“Contemporary role of physiotherapy” Lecturer: assoc. professor, Dr Pharm. Vija Eniņa, pharmacist
16.00–16.30	“Complementary medicine from an endocrinologist’s point of view” Lecturer: professor Valdis Pīrāgs, endocrinologist, internist
16.30–17.00	“Use of practical psychophysiology (<i>biofeedback</i>) in the practice of neurologist, psychiatrist and psychotherapist” Lecturer: Sandra Vestermane, neurologist
17.00–18.00	Discussions in small groups

Agenda will be updated.

Minor changes may occur in the agenda.

Participation in the conference grants 7 further education points for medical practitioners, 5 further education points for pharmacists and pharmacist assistants.

Participation fee: till 04.09 (inclusive) - EUR 15 for all participants; from 05.09 to 18.09 - EUR 20 for all participants; on the conference day - EUR 30 for all participants.

Conference participation fee includes entry to the exhibition "Medbaltica 2019". Participation fee is not refunded in the case of non-attendance.

Registration for the conference is performed electronically in the conference registration system of the Latvian Medical Association lab.arstubiedriba.lv, in the section "Conferences", by clicking the menu *Apply* opposite the title of the chosen conference.

Participation in conferences organised by the LMA and the collection of further education points is ONLY possible with the participant card for LMA further education activities. If you don't have the card yet, please send a photo to the e-mail address: konference@arstubiedriba.lv. Cards can be collected in the secretariat of the LMA or before each conference.

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Information: Latvian Medical Association, Division of education projects, by phone: 67240428, or by e-mail konference@arstubiedriba.lv, as well as www.arstubiedriba.lv.

**Conference of the Healthcare Employers' Association and the Latvian
Hospitals Association**

"Health care in the 2020 Budgeting Environment"

19 September

Seminar room 2

10.00–10.15	Registration
10.15–10.45	"Healthcare – the number one priority in the next year's budget" Speaker: Ilze Viņķele, Minister for Health
10.45–11.15	"Provision of state-paid healthcare services within the framework of existing and planned budget" Speaker: Lelde Ģiga, head of Inpatient Service Division, National Health Service (NVD)
11.15–11.50	Discussion, Q & A Moderator: Ināra Pētersone
11.50–12.20	"Public-Private Partnership in Healthcare" Speaker: Dins Šmits, Healthcare Employers' Association
12.20–12.50	"Health policy objective: efficient and accessible healthcare" Speaker: Māris Rēvalds, Board Chairman of Healthcare Employers' Association
12.50–13.20	"Two scenarios, two different futures for healthcare in hospitals" Speaker: Jevgēņijs Kalējs, Board Chairman of the Latvian Hospitals Association
13.20–14.00	Discussion, Q & A Moderator: Ināra Pētersone
14.00–14.30	Coffee break

Conference of the Latvian Medical Association (LMA) and the Latvian Association of Gynaecologists and Obstetricians

"Health of a young woman"

19 September

Seminar room 3

10.00–12.00	Registration
12.00–12.10	Opening statement for participants of the conference Prof. Viesturs Boka, board member of the Latvian Medical Association; Vija Veisa, President of the Latvian Association of Gynaecologists and Obstetricians
12.10–12.40	"Mental health of young people" Lecturer: Ilze Mežraupe, psychiatrist, psychotherapist
12.40–13.10	"Nutritional therapy options in the case of eating disorders in young people" Lecturer: Olga Ļubina, nutritionist
13.10–13.40	"Most common endocrine problems in teenage girls and young women" Lecturer: Jurgita Gailīte, endocrinologist
13.40–14.00	Coffee break
14.00–14.30	"How the internet affects the value system and reproductive health habits of young people" Lecturer: docent Dr med Anda Ķīvīte-Urtāne, council member of the association "Papardes zieds"
14.30–15.00	"Gynaecology that is friendly to young women" Lecturer: Ieva Briedīte, gynaecologist
15.00–15.30	"Does the development of non-infectious diseases start before birth, and is it possible to reduce the risk?" Lecturer: prof. Dace Rezeberga, gynaecologist, obstetrician
15.30–15.45	Coffee break
15.45–16.15	"Acute cystitis and other urological problems in young women" Lecturer: Zane Pilsētņiece, urologist
16.15–16.45	"Vaccination of young people against HPV - impact on health during further life" Lecturer: docent Dr med Jana Žodžika, gynaecologist, obstetrician
16.45–17.15	"The skin of a young woman" Lecturer: Lauma Valeine, dermatologist, venereologist

17.15–18.00

Questions and discussions

Chairs of the conference: Dr Vija Veisa and prof. Viesturs Boka.

Agenda will be updated.

Minor changes may occur in the agenda.

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Participation fee: till 04.09 (inclusive) - EUR 15 for all participants; from 05.09 to 18.09 - EUR 20 for all participants; on the conference day - EUR 30 for all participants. For members of the Association of gynaecologists and obstetricians - as defined by the Association.

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Latvian Dental Association Conference

19 September

Seminar room 4

09.00–10.00	Registration
Part I	Presentations by RSU Institute of Stomatology
10.00–11.00	Presentation on oral and maxillofacial surgery
	“Effect of autologous mesenchymal cells on the biomaterial integration into the jaw bones. Experimental study.” Lecturer: Dr. Aleksandrs Grišūņonoks
	“Experience of Latvian healthcare professionals and parents in early care for children born with a cleft” Lecturer: Dr. Ieva Bāgante
	“Use of HAp/TCP biomaterial after peri-implantitis” Lecturer: Dr. Vadims Kļimecs
11.00–12.00	Presentation on prosthodontics
	“Does 3D printer give a possibility to print better temporary fixed prostheses?” Lecturer: Daniels Kūms, RSU Department of Prosthetic Dentistry
	“Ceramic materials to be used in prosthetic dentistry” Lecturer: Kārlis Ozoliņš, RSU Department of Prosthetic Dentistry
12.00–13.00	Presentation on general dentistry
	“Healing the unhealable: what have I changed in 20 years of clinical work experience in endodontics” Lecturer: Kastis Busauskas, Lithuania
13.00–14.00	Coffee break
Part II	Teamwork: Cooperation between a dentist and support staff
14.00–14.30	Andis Paeglītis, president of the Latvian Dental Association
14.30–15.00	Latvian Association of Dental Assistants
	“Association's activities and visions in vocational training” Lecturer: Gita Amtmane, president of the Latvian Association of Dental Assistants
15.00–15.30	Latvian Association of Dental Technicians

“Activities of the Latvian Association of Dental Technicians in ensuring the vocational training”

Lecturer: Nellija Garšteine, president of Latvian Association of Dental Technicians

8 continuing education points are awarded for participation in the conference

Digital Health Society Conference
**"Recent Developments and Innovation in General Treatment and
Healthcare"**

19 September

Seminar room 5

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| 10.00–10.20 | "Importance of early language and speech impairment diagnosis in the digital tech age"
Lecturer: Ilze Zaharāne, audiologist |
| 10.20–10.40 | "Extended neonatal screening for congenital pathologies"
Lecturer: Dr. Renāte Snipe, pulmonologist, Children's Clinical University Hospital |
| 10.40–11.00 | "Eligibility of referrals to the radiological examination and patient preparation for a quality visit"
Lecturer: Dr. Renāte Snipe, pulmonologist, Children's Clinical University Hospital |
| 11.00–11.20 | "Priority queues or Green Corridor to urgent examinations"
Lecturer: Dr. Renāte Snipe, pulmonologist, Children's Clinical University Hospital |
| 11.20–11.40 | "Patient portal and digital registration in the Children's Clinical University Hospital"
Lecturer: Kaspars Grosu, Head of Customer Service, Children's Clinical University Hospital |
| 11.40–12.00 | Discussion "Problem situations and solutions in cooperation between general practitioners and hospitals" |
| 12.00–13.30 | Lunch break |
| 13.30–13.50 | "Need for and advantages of remote healthcare. Impact on treatment process and quality."
Lecturer: Prof. Aivars Vētra, Digital Health Society |
| 13.50–14.10 | "Practical use of telemedicine in Latvia, news and trends"
Lecturer: Normunds Ančupāns, Digital Health Society |
| 14.10–14.50 | "Technology solutions for GP practices for more effective diagnostics and remote therapy"
Lecturer: Ilze Zaharāne, Digital Health Society |
| 14.50–15.10 | "The need for clinical practitioners to engage in the process of developing and testing solutions"
Lecturer: Baiba Ziemele, Chairperson of the Latvian Alliance for Rare Diseases |

- 15.10–15.30 "Secure data maintenance in patient-centred medical care"
Lecturer: Anna Vladimirova-Krjukova, lawyer, Cobalt Legal
- 15.30–15.50 "Future options – early arrhythmia diagnosis using digital health technologies in GP practices in Latvia"
Lecturer: Normunds Daudišs, UPO life
- 15.50–16.00 Discussion "Barriers to implementing digital solutions in GP practices"

Conference of the Pharmacists' Society of Latvia

"Current topics regarding ensuring contemporary pharmacotherapy to a diabetes patient"

19 September

Seminar room 6

8.30–9.30	Registration of participants, visit of pharmaceutical manufacturers' exhibition of products
9.30–9.40	Opening of the conference Dace Ķikute, President of the Pharmacists' Society of Latvia
9.40–10.25	"From the physiology of type 2 diabetes mellitus to modern antidiabetic therapy" Lecturer: prof. Ilze Kondrāte
10.25–10.35	Information from pharmaceutical manufacturers
10.35–11.20	"Teamwork in the care of diabetic patients" Lecturer: Jana Jaņeviča, diabetes nurse
11.20–12.05	"Treatment of diabetes mellitus from a cardiologist's point of view" Lecturer: prof. Kārlis Trušinskis
12.05–12.50	Lunch break, visit of pharmaceutical manufacturers' exhibition of products
12.50–13.00	Information from pharmaceutical manufacturers
13.00–13.10	Information from pharmaceutical manufacturers
13.10–13.20	Information from pharmaceutical manufacturers
13.20–14.05	"Pharmacist's role in the care of diabetes patients" Lecturer: Agnese Prīliņa, clinical pharmacist
14.05–14.15	Information from pharmaceutical manufacturers
14.15–14.45	Independent work - test
14.45–15.00	"Current topics in the pharmacy field and news from the Pharmacists' Society of Latvia" Issuing of certificates Lecturer: Dace Ķikute, President of the Pharmacists' Society of Latvia

Latvian Association of Dental Hygienists Conference

20 September

Seminar room 1

9.00–10.00	Registration
10.00–11.00	“Aspects of orthodontics and news for dental hygienists” Lecturer: Assoc. Prof. Andris Ābeltiņš
11.00–12.15	“Possibilities of head and neck reconstruction in Latvia. Early diagnosis and treatment of oral cancer” Lecturer: Dr. Kalvis Pastars
13.00–13.30	“Healthy teeth for healthy life! Educational programme for oral hygiene, prevention and treatment through play” Lecturer: Dr. Natālija Orlova
13.30–14.00	“Healthy teeth for healthy life! Deep fluorization, tooth remineralization and treatment preparation “Tiefenfluorid”, effects and methods of application” Lecturer: Dr. Natālija Šilova
14.00–15.00	“Fasciae and fascial training” Lecturer: Jānis Volajs, certified physical therapist

Latvian Nurses Association Conference
“The Road Towards a New Era of Nursing”

20 September

Seminar room 3

09.00–10.00	Registration
Part I	
10.00–10.05	Opening
10.05–10.30	“Report of the World Health Organisation (WHO): Year 2020 — Year of the Nurse and Midwife” Speaker: Dita Raiska, Board Member of Latvian Nurses Association
10.30–10.50	“Nursing practice guidelines” Speaker: Evija Bakša-Zveja, Board Member of Latvian Nurses Association
10.50–11.20	“Reform of the nursing profession” Speaker: Ilze Ortveina, Board Member of Latvian Nurses Association
11.20–12.00	“Ethical aspects in nursing” Speaker: Signe Mežinska
12.00–13.00	Break, “Medbaltica” exhibition tour
Part II	
13.00–13.45	“How different generations can work together in the workplace?” Speaker: Kristīne Joanna Golubeva
13.45–14.30	“Job motivation or how to get satisfaction in your workplace” Speaker: Natālija Gudakovska
14.30–15.00	“The Lean approach” Speaker: Signe Reuta
15.00–15.45	“Smart tech is coming. What about a human?” Speaker: Ieva Kalve
15.30–16.15	“Nursing experience in Germany's healthcare system. Awake craniotomy – approach and specific characteristics of care” Speaker: Dina Mentele
Part III	
16.15–17.15	Closing. “Medbaltica” exhibition tour

8 continuing education points are awarded for participation in the conference.

Register for the conference

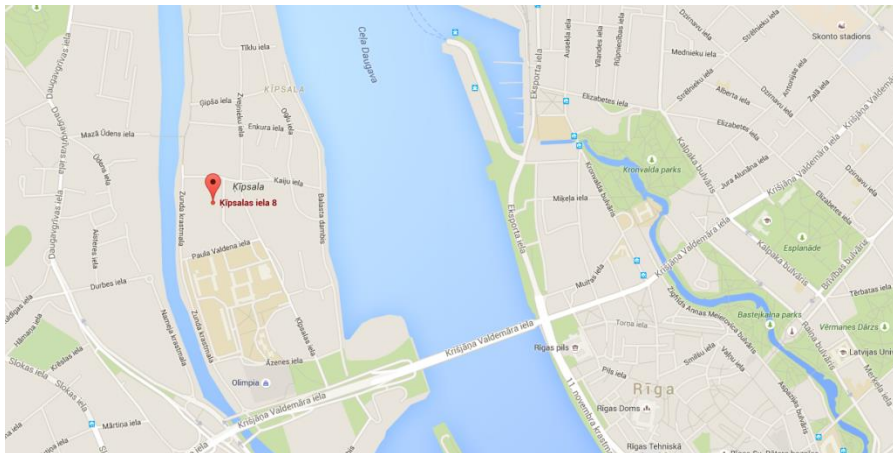
before **17 September** in the website *www.evisit.lv* section "Events" –
<http://www.evisit.eu/lv/events/index/topic.153/to.all/status>.

Registration of participants before and after the conference is mandatory!

Participant categories	Participation fee	Banking details
Association members	EUR 4.00	Latvian Nurses Association Reg.No. 40 008 003 946 A/S SEB banka, konta Nr. LV46 UNLA0002110700674 Reference: Conference participation fee, 20.09.2019.
Conference participants	EUR 16.00	

The receipt of payment made must be presented at the time of registration. In the case of absence, the money paid will not be refunded. Registration for the conference will be provided by E-visit.

How to find the conference venue?



Address:
Kipsalas iela 8,
Riga

Public transport
stop "Kipsala"
Trolleybuses 5, 9,
12, 25
Buses 13, 30, 37.,
41, 53, 57

Interdisciplinary Conference of the Latvian Medical Association
“Heart Health at Different Ages: Prevention, Affecting Factors”

20 September

Seminar room 4

10.00–12.00	Registration
12.00–12.30	“Heart health education” Lecturer: Prof. Andrejs Ērglis, cardiologist
12.30–13.00	“Depression as an insufficiently well-known risk factor for heart diseases” Lecturer: Jelena Vrublevska, Docent, psychiatrist
13.00–13.30	“Impact of smoking and pulmonary pathologies on heart health” Lecturer: Prof. Alvis Krams, pneumologist
13.30–14.00	Coffee break
14.00–14.30	“Myocarditis – risk factors, diagnosis and treatment” Lecturer: Ainārs Rudzītis, M.D., cardiologist
14.30–15.00	“Obesity – the cause of chronic diseases” Lecturer: Prof. Ilze Konrāde, endocrinologist
15.00–15.30	“Woman’s heart health during menopause” Lecturer: Daiga Baranovska, gynaecologist, obstetrician
15.30–16.00	Coffee break
16.00–16.30	“Day-to-day physical activities for heart health at different ages” Lecturer: Sandra Rozenštoka, sports medicine doctor
16.30–17.00	“Heart health and chronic kidney disease – challenges for treatment” Lecturer: Kārlis Rācenis, internist
17.00–17.30	“What is healthier for a Latvian - Mediterranean or North Sea diet?” Lecturer: Iveta Mintāle, M.D., cardiologist
17.30–18.00	Discussion

Moderators: Dr. Iveta Mintāle and Prof. Gustavs Latkovskis.

Programme will be updated.

Programme is subject to change.

12 continuing education points for participation in the conference are awarded to medical practitioners, 6 continuing education points – to pharmacists and pharmacist assistants.

Participation fee: by 4 September (including) – EUR 20 for the individual members of Latvian Medical Association (LĀB), residents, students, doctors' assistants, functional specialists, nurses; EUR 35 for other participants; 5–19 September (including) – EUR 30 for the individual members of Latvian Medical Association (LĀB), residents, students, doctors' assistants, functional specialists, nurses; EUR 45 for other participants; on the conference day – EUR 50 for all participants.

Participation fee includes the "Medbaltica 2019" exhibition tour. In the case of absence, the participation fee will not be refunded.

Register for the conference online in the LĀB conference registration system lab.arstubiedriba.lv, section "Conferences" by clicking "Register" beside the title of the selected conference.

Participation in the conferences held by LĀB and registration of continuing education points can ONLY be made with a participant card of LĀB continuing education events. If you do not have a card yet, please send a photo to konference@arstubiedriba.lv. Collect your card at the LĀB Secretariat or before each conference.

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For further information contact the LĀB Education Project Department, phone: 67240428, e-mail: konference@arstubiedriba.lv, or visit the website www.arstubiedriba.lv.

Preventive Medicine Association Conference
“Biochemistry of metabolism or the role of nutrients in preventing diseases”

20 September

Seminar room 5

9.00–10.00	Registration
10.00–10.30	“Introduction to the fascinating biochemistry of cells” Lecturer: Dr. Antra Briede, expert in orthomolecular medicine
10.30–12.00	“Energy metabolism in the cell. Mitochondrial dysfunction and associated diseases. Laboratory diagnostic tests. Biochemical-based nutritional treatment options” Lecturer: Udo Boehm, Dr. med. in orthomolecular and preventive medicine, <i>Ludwig Maximilian University of Munich</i> (Germany) and Academy of Orthomolecular Medicine (Austria)
12.00–12.45	“Scientific evidence to different dietary strategies and correction of malabsorption” Lecturer: Assoc. Prof. Ilze Konrāde, RSU, Head of the Department of Endocrinology, Riga East Clinical University Hospital
12.45–13.15	Coffee break
13.15–14.45	“The role of nutrients in the optimisation of metabolism. Inflammation. Oxidative stress. Acid-alkaline balance. Psycho-neuro-endocrine axis. Healthy ageing. Nutrient combinations” Lecturer: Udo Boehm, Dr. med. in orthomolecular and preventive medicine, Ludwig Maximilian University of Munich (Germany) and Academy of Orthomolecular Medicine (Austria)
14.45–15.15	“Practical aspects of preventive medicine. Experience. Opportunities. Results” Lecturer: Agnese Ruskule, Dr. med. in preventive medicine

Latvian Dental Association Conference

20 September

Seminar room 6

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| 9.00–10.00 | Registration |
| 10.00–11.00 | <p>“How to dissect complex molar root canals to the apex? Clinical advice, tools, techniques”</p> <p>Lecturer: Anda Mindere-Gūbele, DDS, PhD, Dentsply Sirona Maillefer, lecturer in endodontology</p> |
| 11.00–12.15 | <p>“Smile design and direct aesthetic restorations”</p> <p>Lecturer: Iveta Ābola, DDS, Dentsply Sirona clinical consultant in the Baltic States</p> |
| 12.15–13.30 | <p>“Use of bulk-fill composites in molars and premolars in dental practice for children and adults”</p> <p>Lecturer: Charlotte Bern Hansen, DDS, Kulzer clinical consultant, Denmark</p> <p><i>Lecture will be held in English and translated into Latvian.</i></p> |
| 13.30–15.00 | <p>“Clinical use of a new generation of bioactive glass hybrid restoratives”</p> <p>Lecturer: Dr Ieva Jelisejeva, GC representative in Latvia</p> |
| 15.00–16.00 | <p>“Clarification of the new Cabinet of Ministers rules/EU regulation on amalgam separators, maintenance of dental equipment, regulation of functional tests and disinfection of tips”</p> <p>Lecturer: V. Morozovs, Dentoflex Schumann, director</p> |
| 16.00–17:00 | <p>“Adhesion. How, what, by what, why? Lecture on principles of cementation indirect restorations”</p> <p>Lecturer: Patrick Van Looy, sales and marketing manager, Kuraray Europe Benelux</p> |

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“Medbaltica 2019” seminars

20 September

Seminar room 2

- 10:00-12:00 **Important guidelines for aesthetic restoration of rear teeth**
- 10:00-10:15 **Brief introduction to QAdental, an international consultation and e-learning portal**
- Speaker: Mikko Nyman, chief dentist, DDS, Finland*
- 10:15-12:00 **Lecture**
- Conservative dentistry today offers dentists unlimited opportunities of performing dental restoration in the rear of the mouth that looks natural, invisible and retains long-term functional properties. Use of the new generation composite materials makes it easier because of predictability, functionality, easy surface sculpting and time management. But implicit anatomical references forgotten and lost during teeth surface morphology analysis make the dentist helpless in restoring teeth macro- and micromorphology. Using and applying some of the recommendations, the tooth restored with an innovative composite material preserves its natural aesthetic, functional aspect, and saves time.
- Lecturer: Dr Darja Kise, dentist, Latvia*
- Organisers: QAdental, SIA DAB Dental Latvia, 3M*
- 12:15-13:15 **Can Ayurveda be a response to autoimmune disorders and how the Planet Ayurveda™ products with standardized extracts can be of help?**
- Autoimmune diseases have become very common lately. Modern medicine is looking for solutions. What can offer the science of Ayurveda that is more than 5000 years old? How modern technologies for the production of herbal preparations will help to solve this issue. Review of Clinical Practice by Ayurveda practitioner Dr Vikram Chauhan.
- Lecturer: Dr Vikram Chauhan, B.A.M.S., M.D., Planet Ayurveda™ Clinic, India*
- Organiser: SIA Etolars, an official representative for Planet Ayurveda™ in the Baltic States*
- The lecture will be held in English with translation into Latvian.*
- 13:15-14:15 **Contemporary technology in pulse diagnosis with VedaPulse® as an example.**

VedaPulse®: a hardware and software kit for pulse diagnosis designed for traditional medicine practitioners and their patients.

VedaPulse® technology allows:

- patients' functional status assessment,
- remote monitoring of changes in the patient's condition,
- to create an individual rehabilitation programme.

Lecturer: Andrius Misiukas, VedaPulse® Representative in the Baltic States, Representative for the VedaPulse® hardware and software kit developers, Russia

Organiser: SIA Etolars, an official representative for VedaPulse® in Latvia

The lecture will be held in Russian with translation into Latvian.

16:45-17:45

Physiotherapy methods to alleviate health problems caused by working in forced position

While treating their patients, health professionals often choose uncomfortable and poor position that affects the condition of spine, as well as the condition of all other internal organs. Musculoskeletal pain in the shoulder or back area, pressure on the intervertebral discs and spine, chronic low back pain, impaired lymphatic reflux and blood circulation, shallow breathing, low oxygen in organs, concentration problems are the main symptoms caused by improper sitting posture. Prevention and treatment of symptoms caused by poor sitting.

Lecturer: Liene Romanovska, SIA ALTEX

Organiser: SIA ALTEX