



## Kelmtejn mill-President

Nisperaw li tinsabu mistrieħa wara dawn l-ahħar xhur shan tas-sajf. Minn naha tagħna wkoll ippruvajna nuzaw dan iz-zmien biex nahsbu jekk dak li qed isir minna jistax jitjieb billi nagħmlu xi affarijiet godda biex naslu iktar għall-ghan tagħna.

It-tahditiet, seminars, in-service courses u konferenzi jibqgħu ix-xogħol principali, biss baqa' hafna xi jsir biex is-socjeta' taccetta nies bl-epilessija b'mod li taccetta lil haddieħor speċjalment fid-dinja tax-xogħol. Kulhadd irid jagħti seħmu, kemm genituri, għalliema, negozjanti u l-gvern tal-gurnata biex il-personalita' u l-potenzjal tal-individwu jigu sfruttati biex b'hekk kulhadd ikun jista' jilħaq l-oġettivi tiegħu u jgħix haġja kif ikun ppjana hu stess għalih innifsu mingħajr ostakli bla bzonn u b'kull support li jista' jkollu minn nies li jiltaqa' magħhom f'haġtu.

## It-Teknologija :

### Minn artiklu: f' "Neuroscience", Frar 2012

F'Artiklu li deher bit-tittlu "Epilepsy & Behaviour" jidher car li l-percezzjoni li hemm fuq l-epilessija ma tantx hija tajba. Kate McNeil u kollegi minn Dalhousie University l-Canada analizzaw l-informazzjoni li gabru minn "Twitter" biex jipprovdu stampa ta' kif in-nies jaħsbuha fuq l-epilessija fost il-komunita ta' Twitter

Twitter li hija pjattaforma ta' "Social Network" li bdiet fi 2006, tippermetti lil dawk li juzawha billi jhallu "tweets" jigifieri bħal kummenti qosra fuq xiex iridu. Twitter saret popolari mad-dinja kollha mill-ewwel u kellha bejn wieħed u iehor 110 miljun "tweets" kuljum minn 200 pajjiz mid-dinja kollha fl-2011. Twitter kellha rwol f'diversi revoluzzjonijiet li jinkludu dik tal-Egittu fl-2011 u l-protesti fit-Tunezija bejn 2010 - 2011. Dan juri kemm Twitter tinfluwenza il-kultura u l-percezzjonijiet fuq skala globali.

Fl-istudji tagħhom McNeil u kollegi analizzaw 10,662 tweets li deħru f'gimgha f'April 2011 li semmew il-kliem 'seizure' u 'seizures'. Sabu li 41% minn dawn il-kummenti kienu degradanti

Fortunatament kien hemm uhud li tkellmu kontra dawk il-kummenti bħal "għaliex in-nies ma jiccajtawx fuq il-kancer? Immaginaw jekk iwahhlulek ma mohħok zewg batteriji ta' karozza u ara kemm thossha tad-dahk!! - Hekk ihossuhom nies bl-epilessija!" Dan il-kumment jenfasizza dal-punt tajjeb hafna. Ir-ricerkaturi jsostnu madankollu li l-vucijiet ta' dawk li jtkellmu b'dal mod huma negattivi u sterjotipici u għalhekk il-kummenti pozzittivi jridu jkun aktar qawwi. Jenfasizzaw il-bzonn ta' edukazzjoni aktar tajba biex l-għarfien tal-popli jikber u b'hekk jitjieb anki l-agir tan-nies fir-rigward tal-epilessija.

L-istudju jikkonkludi li twitter għandu l-qawwa li jaffettwa b'mod pozzittiv ta' kif nharsu lejn l-accessjonijiet u l-epilessija. Kif inhuma l-affarijiet sal-lum iktar qed tizdied l-istigma b'kummenti vojta u negattivi. "Filwaqt li nafu li l-istigma li jhabbtu wicċhom magħha nies bl-epilessija, xorta konna xxukkjati meta rajna kemm din il-problema hija prezenti fil-media".

"Dan jenfasizza l-bzonn għal kampanji pubbliċi biex jikkumbattu lil dawn l-attitudnijiet negattivi" jgħid Dr. Drna, awtur iehor ta' dan l-istudju li qiegħed l-Universita ta' Dalhousie, l-Canada.

## Kontenut.....

1. Kelmtejn mill-President
2. Artiklu fuq it-teknologija u l-impatt li għandha fuq il-popli
3. Progett sponsorizzat mill-Unjoni Ewropea - Leonardo da Vinci
4. Zommu kuntatt
5. Rapport dwar it-62 laqgħa reġjonali tal-WHO
6. Avvizi

Dr. Joseph Sirver, Professur fin-Neurologija fil-Klinika Mayo f'Arizona, fl-editorjal kiteb "Huwa z-zmien li l-Komunita li għandha l-epilessija tqum, ikollha ir-revoluzzjoni 'Twitter' tagħha, u tbiddel il-mod ta' kif in-nies iharsu lejn il-kundizzjoni. Hawn wisq tbatija u toqol kbir fuqhom biex inhallu din is-sitwazzjoni mingħajr ma jsir xejn. Billi jieħdu ir-riedni f'idejhom potenzjalment jistgħu ibiddlu s-sitwazzjoni u jhallu l-vucijiet silenzjużi ta' individwi bl-epilessija jqumu, jissieltu u fl-ahħar inbiddlu l-percezzjonijiet u neliminaw l-istigma assocjata mal-epilessija darba għal dejjem



## **Progetti sponsorjati mill-UE bl-iskema Leonardo Da Vinci**

Huwa bi pjacir li nhabbru li ghal darb'ohra l-assocjazzjoni taghna giet approvata fondi ghall-progett sponsorjat mill-UE. Dan il-programm ser jinhadem fuq sentejn. Ahna ser nahdmu flimkien mat-Turkija, Litwanja, il-Germania u possi-bilment mar-Rumania ukoll. F'dan il-progett ser nippruvaw naraw kif insahhu l-process ta' tranzizzjoni taz-zghazagh b'dizabilitajiet mill-iskola ghad-dinja tax-xoghol. Naturalmen mistenni li jittiehdu perspettivi vasti u holistici biex kull participant jaghti sehmu u dan il-progett ikun success. Il-laqqhat mistennija jibdeu tard din is-sena jew kmieni is-sena d-diehla. Inheggu zghazagh interessati li jiehu sehem f'dan il-progett li tikkuntattjawna mill-aktar fis possibli biex niddiskutu ahjar x'tinvolve partecipazzjoni f'dawn il-progetti.

## **WHO Europe – 62<sup>nd</sup> Session meeting in Malta, the Nurse of the Mediterranean - Report written by Dr. Janet Mifsud**

Over 400 delegates from 53 countries and 30 NGOs met in Malta for the 62<sup>nd</sup> Session of the regional committee for Europe. Dr Janet Mifsud, Vice-President (Europe) of IBE represented IBE at this event. The meeting was opened by the Prime Minister of Malta, Dr Lawrence Gonzi, her Royal Highness Crown Princess Mary of Denmark who is the Patron of the WHO regional office in Copenhagen, Zsuzsanna Jakab, WHO Regional Director for Europe, John Dalli, European Union (EU) Commissioner for Health and Consumer Policy and Deputy Secretary General Yves Leterme, Organisation for Economic Co-operation and Development (OECD). Dr Margaret Chan DG WHO, attended the full four day session,

together with over 28 Ministers of Health from various European Countries. The networks and contacts made both with WHO officials and ministerial delegations during this meeting was really unique. There was a lot of interest, especially from the former USSR countries, to have closer liaisons with IBE/ILAE.

The main agenda topics included the new European health policy framework, Health 2020; WHO reform and the global programme budget for 2014-2015; an action plan for healthy ageing in Europe, 2012-2016; the Regional Office's country strategy; and a renewed strategy on geographically dispersed offices. WHO/Europe explained that there is a clear need to transform and update public health services in countries in the Region, in order to take account of new challenges such as inequalities, the prevalence of non-communicable diseases and an ageing population. Key to this transformation is the need to invest more in prevention and health promotion measures, which currently account for only 3% of health budgets. Focusing on prevention is a cost-effective approach for improving health outcomes. An action plan has been developed to complement and support the Health 2020 policy in this respect. A written statement by IBE was approved and uploaded on the official meeting website ([http://www.euro.who.int/data/assets/pdf\\_file/0018/172143/A-Strategic-Plan-for-Epilepsy-for-WHO-Europe.pdf](http://www.euro.who.int/data/assets/pdf_file/0018/172143/A-Strategic-Plan-for-Epilepsy-for-WHO-Europe.pdf)) and Dr Mifsud also had an opportunity to give a recorded oral statement in conjunction with the agenda item Health 2020, highlighting the need for a Strategic Plan for Epilepsy for WHO Europe.

She explained how epilepsy is one of the world's most common chronic neurological disorders,

yet 40% of persons with epilepsy in Europe still do not receive such treatment. In addition, they experience high levels of unemployment, and are exposed to stigma and prejudice with huge physical, psychological and social burdens on them and their families. This is the right time for the WHO Regional Committee of Europe to make epilepsy a priority. Epilepsy has already been selected as a priority in other WHO regions such as Pan American Health Organization (PAHO) resolution in 2011. A call was thus made for WHO Europe to agree to the preparation of a strategic plan for epilepsy. This plan will prioritize an integrated response to promote the prevention of epilepsy, treatment of epilepsy and research on epilepsy. Such a plan can only be executed by facilitating by promoting technical cooperation among WHO European Member States and partnerships with key stakeholders and NGOs in order to formulate the best response possible needed for the implementation of this strategy.

### **Zommu kuntatt maghna....**

**Tel: 27436442, 23402845, 21233933**

**Email: [zenit@onvol.net](mailto:zenit@onvol.net) jew [janet.mifsud@um.edu.mt](mailto:janet.mifsud@um.edu.mt)**

**Indirizz: 5, Triq l-Iljun, Floriana, Malta**

### **Avvizi: Laqghat li jmiss**

9 ta' November 2012

11 ta' Jannar 2013