



Improving Healthcare Outcomes in Chronic Disease – Enhancing the Curriculum at Masters level

*Event report "The BarCamp conference - Entropy"
September 29th, 2019*

The BarCamp conference “**Entropy**” was held in Tomsk on September 29th with 62 people as the total number of participants.

The section «**Healthy lifestyle: how to prevent chronic diseases**» was aimed at promoting a healthy lifestyle among the young population. This section was launched by the staff of the “**IHOD**” project from the **Siberian State Medical University**: Anna Kovshirina (project manager) and Arina Mikhailova (participant of the Student mobility program at the University of Pavia in Italy, from 16th June to 13th July 2019).

Canvas:

- Introduction to the topic of the project, general information about the project (aims, activities, impact).

- The main body: there were a lot of balloons that were labelled by one myth related to a healthy lifestyle. Participants had to take it, read the myth, and articulate their opinion (pros and cons) associated with the myth.

In addition, all of the participants could exchange their cigarettes for apples as the first step to awareness.

- A discussion of participants was moderated by "IHOD" staff in accordance with gained knowledge and skills during the project activities.

For instance, moderators shared new information gained from Professor Salvatore Di Somma who had performed a useful seminar "Chronic diseases in cardiology" during the Student mobility program at the University of Pavia in Italy.

Some workshops and seminars held by Professor Riccevti and Professor Esposito that were conducted during the Student mobility program at the University of Pavia in Italy were used to raise the interest in the topic of chronic disease prevention and opportunities of the new Master's program as well.

