

# **The EAPTC**



## **(European Association of Patients and Users of Thermal Centers): activities and programmes**

**Dr.Natalia Tchaourskaia ( President )**

**Professor Alceste SANTUARI (University of Bologna)**  
**Secretary General**

**[www.eaptc.net](http://www.eaptc.net)**

The current demographic and epidemiological structure, characterized by an ageing population and by the increase in chronic disorders, has imposed on the NHS to review its organization, changing the traditional way of practising medicine from "waiting for" diseases to appear to a medicine that "takes the initiative" with emphasis on preventing the on set of disorders and their chronicity. Medical hydrology has an important role in this very sphere because it offers a diversified array of secondary and tertiary prevention measures for the many disorders that benefit from SPA treatments, and because it plays an important role in delimiting or delaying the development of severe conditions that entail the loss of selfsufficiency and in preventing he on set or worsening of disorders.



SEGNALIBRI



Preferiti



Cronologia



Quotidiano Honebu di Storia e Archeologia

Quotidiano Honebu di Storia e Archeologia: Civiltà nuragica. Terme ...

E nell'immagine sotto c'è una di queste capanne fotografata a Barumini.

Modifica



### 1. Terapiapia nel secolo XIX-XVI



Hydrotherapy in the 19th and 20th centuries

### 2. Terapiapia nel secolo XIX-XVI



Hydrotherapy in the 19th and 20th centuries

### 3. Terapiapia nel secolo XIX-XVI



Hydrotherapy in the 19th and 20th centuries

### 4. Terapiapia nel secolo XIX-XVI



Hydrotherapy in the 19th and 20th centuries

### 5. Terapiapia nel secolo XIX-XVI



Hydrotherapy in the 19th and 20th centuries

### 6. Terapiapia nel secolo XIX-XVI



Hydrotherapy in the 19th and 20th centuries



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Hydrotherapy in the 19th and 20th centuries



### Hydrotherapy in the 20th Century

Hydrotherapy in the 20th Century













Nessuna SIM

12:22

84%



# Balneotherapy in Europe : a cultural, economic and medical reality

	GER	FR	IT	SP	PT	LAT	LUX	ICE
								
(a)	131	89	180	106	34	4	1	2
(b)	1 960 000	540 000	1 400 000	250 000	96 000	129 000	5 100	1 200
(c)	2,39%	0,84%	2,33%	0,56%	0,87%	6,45%	1,02%	0,40%

(a) number of resorts

(b) number of patients

(c) % of practising people

- 
- the legal reference:  
directive  
2011/24/eu
  - the organizational  
background: FEMTEC



# **THE EUROPEAN PARLIAMENT**

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**1 December 2015,  
Brussels: meeting of the  
MPs intergroup on  
european patients' rights  
and cross-border  
healthcare**



Nongovernmental Organization  
In official Relations with World Health Organization (WHO)

THE 68° GENERAL ASSEMBLY AND INTERNATIONAL SCIENTIFIC CONGRESS  
OF THE WORLD FEDERATION OF HYDROTHERAPY AND CLIMATOTHERAPY  
(FEMTEC)

# THERMAE AND MEDICAL WELLNESS

## *Integration between Science, Economy and Tourism*



Forte Village Resort - (S. Margherita di Pula - Cagliari, ITALY)

[www.fortevillageresort.com](http://www.fortevillageresort.com)

30<sup>th</sup> September - 4<sup>th</sup> October 2015



WORLD HEALTH ORGANIZATION  
Collaborating Centre  
For Traditional and Complementary Medicine



Nongovernmental Organization  
In official Relation with World Health Organization  
(WHO)



# "ACTIVE THERMALISM"

## The individual at the hearth of care as a driver of change

### *The Role of FEMTEC*

UMBERTO SOLIMENE  
President of FEMTEC  
[www.femteconline.org](http://www.femteconline.org)

March 2017





# eaptc

EUROPEAN ASSOCIATION  
OF PATIENTS AND USERS  
OF THERMAL CENTRES

[www.eaptc.net](http://www.eaptc.net)

# What is Health? (WHO Def.)

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- English - Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity
- French - La sante est un etat de complet bien-etre physique, mental et social, et ne consiste pas seulement en une absence de maladie ou d'infirmite
- Russian - Здоровье является состоянием полного физического, душевного и социального благополучия, а не только отсутствием болезней и физических дефектов

# Declaration of Alma Ata, 1978

- Health for all means that “health must be accessible to all people in all countries. Health means a state of well-being of the individual and not merely the availability of health services – a state of health that permits the individual to lead a socially and economically productive life”
- Primary Health Care (PHC) is defined as the instrument to reach the goal of Health for All.
- Primary Health Care means “essential health care made universally accessible to individuals and families in the community through their full participation and at an affordable cost”





Collaborating Centre, Uni. of Pittsburgh

### Arabic -

الصحة هي حالة من اكتمال السلامة بدنيا وعقليا واجتماعيا، لا مجرد لعدام المرض أو العجز.

**Chinese** - 健康不仅为疾病或羸弱之消除，而系体格，精神与社会之完全健康状态。

**English** - Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity

**French** - La santé est un état de complet bien-être physique, mental et social, et ne consiste pas seulement en une absence de maladie ou d'infirmité

**Russian** - Здоровье является состоянием полного физического, душевного и социального благополучия, а не только отсутствием болезней и физических дефектов

**Spanish** - La salud es un estado de completo bienestar físico, mental y social, y no solamente la ausencia de afecciones o enfermedades

## What is Health?



WHO Definition of Health:

<https://apps.who.int/aboutwho/en/definition.html>

Need free help with research methods, and how to publish? Visit the [BA Super Help Desk](#)



تقرب ما هو بعيد الصحة الكونية

公共卫生  
如此之近，又如此之远

Global Health. So near, So far

La santé mondiale. Si proche, si loin

Всемирная охрана Здоровья. Так близко!  
Так далеко?

Salud Global. Tan cerca, tan lejos

# THE “IDEA” OF HEALTH

- *Static* : No illness

*Dynamic* : a sum of initiatives to suit our life styles at the different situations of life

*Static conception of the thermal center* ( only a list of therapeutic treatment

*Dynamic Conception*: different integrated treatments as “a ways”; for an open concept of *wellness* that doesn't exclude thermal treatments

# WELFARE STATE

A State that cares for and  
treats illness

*Citizen-user of the health  
service:*

*passive role*



# WELFARE COMMUNITY

a participating community

*a c t i v e r o l e :*

If we fall ill, we become  
partners in the care.

If we are healthy, our action of  
individual prevention becomes  
beneficial for the community  
as a whole.

● Therefore, while the influential *British Medical Journal* offers (2011) the new definition of health as the “*ability to adjust and to control oneself when facing social, physical, and emotional challenges*” vs. the classical one of the WHO of “*thorough physical, mental, and social wellbeing*”, an attempt to go through the concept of wellbeing is needed today, also considering the needs of a more and more customized medicine. Thus wellbeing of the body, as well as of the soul.

# *The Minister of Health (Italy)*

- *“The present demographic and epidemiological conditions, characterized by an ageing population and by the increased prevalence of chronic diseases, have called for a reorganization of the National Health Service, involving a change from traditional “waiting” medicine to “initiative-based” medicine, focused on prevention of disease onset and worsening. Hydrotherapy falls within this framework, allowing a diversified range of secondary and tertiary prevention measures for lots of diseases that can benefit from it, and playing an outstanding role in limiting or delaying the development of severe dependencies and preventing the onset or worsening of certain illnesses”*

### **3. THE BY-LAWS: THE AIMS**

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- to disseminate information and data regarding the prevention of EU citizens' diseases and the social promotion also by means of natural treatments especially thermal water and sea water (thalassotherapy);
- to protect European consumers who are willing to access thermal and thalassotherapy treatments so as to make them able to benefit from the right to health care services according to the principles set out in the European Charter of Fundamental Rights and by the WHO in the field of health and environment;
- to foster healthy life styles also through information activities concerning primary and secondary prevention of persons;



- to act as to remove those bureaucratic and legal barriers that are still preventing EU citizens to access health care services;**
- to assist European citizens with the processing of their applications forms to start and access a thermal and thalassotherapy treatment provided for by their national health systems;**
- to train new health and wellness professionals also by using innovative methods connected to the use of thermal and sea water;**

- 
- to support the establishing of a European excellence network of authorised thermal SPAs and thalassotherapy centres, which is aimed at:
    - a) managing the exchange of information and best practices concerning prevention and treatments;
    - b) sharing the confirmed experiences as well as the outcomes of the scientific research carried out with reference to therapeutic activities;
  - to support the start-up of new thermal and health SPAs centres;
  - to organize training courses, seminars, conferences also in partnership with universities and research centres across Europe.

#### **4. THE BOARD OF DIRECTORS:**

***President:***

**Natalia Tchaourskaia (Russia)**

***Vice President:***

**Fausto Bonsignori (Italy)**

***Member:***

**Francesco Padrini (Italy)**



## 5. THE SCIENTIFIC COMMITTEE

- **Dr. Luigi Bertinato**, Local Health Authority, Verona (Italy)
- **Dr. Federico Gelli**, MMG, Vice-President Health Commission, Chamber of Deputies, Italian Parliament
- **Pr. Pedro Cantista**, Chief of the Chair of Medical Hydrology, University of Porto, Portugal
- **Dr. Thierry Dubois**, President CNEth, France
- **Pr. Francisco Maraver Eyzaguirre**, Chair of Medical Hydrology, University UCM, Madrid, Spain
- **Dr. Carla Morer**, Rehabilitation, Medical Hydrology, University UCM, Madrid, Spain
- **Pr. Irena Ponikowska**, Chair of Medical Hydrology and Rehabilitation, Nicolaus Copernicus University, Torun, Poland
- **Pr. Christian Roques**, Scientific Coordinator Afreth, University of Toulouse, France
- **Pr. Olga Sordu**, University Ovidius, Constanta, Romania
- **Pr. Marco Vitale**, University of Parma, Italy/ Scientific Coordinator of FORST (Italian Foundation for Thermal Medicine)

Co-ordinator:

**Pr. Umberto Solimene**, President of FEMTEC (World Federation of Hydrotherapy and Climatotherapy), State University of Milan, Italy



## **6. THE ACTIVITIES:**

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- contacts with other patients' organisations in the eu**
- signing up of a partnership agreement with active citizenship network**
- research project on the profiling of patients and users of health spa centres**
- definition of the health spa centres' regulation and standards**

## **7. THE FUTURE**

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- to become the reference network for patients and users of thermal centres in Europe**
- to support the scientific validation of thermal treatments**
- to act as an effective lobby to ensure citizens the right to health**
- to promote health spa treatments as preventative medicine**
- to enhance specific training programmes**

- In this respect, the European Association of the Users of Health SPAs and Thermal centres proposes to co-operate and establish effective partnerships with all the stakeholders involved in the health sector.

Programmes and courses by which to increase the quality of the professionals working in their premises, especially to train them to match the ever changing users' needs at the international level. In the light of the aforementioned context, the European Association of Users of Health SPAs and Thermal Centres intends to raise the awareness of both national and European institutions concerning the importance of ensuring a high level of protection for those who are willing to access health services including thermal treatments



A sustainable development of health SPAs will very much depend on the perceptions and assessment that their users express.

The European Association of the Users of Health SPAs and Thermal Centres intends to represent the organisation in which users' needs and expectations are welcome to be discussed, taken care of and promoted. The European Association of Users of Health SPAs and Thermal Centres is aimed at making an effective and real contribution to the future of health SPAs across Europe.

## Le attività e i servizi delle Terme di Riolo

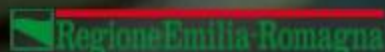
- 1 Centro del Benessere: Acquedotto, Piscina Termale, Trattamenti, Elettroterapia
- 2 Centro di Radioterapia Moderna e Angioplastica
- 3 Impianti di Fango e Climatizzazione e Microclimatologia
- 4 Interpretazione turistica
- 5 Strada del vino, degustazione e laboratorio della cucina, enogastronomia
- 6 Salotto
- 7 Pediluvio di Inalazione
- 8 Auspicio E. Ruffini (1872): Sala storica Terme Campari
- 9 Artin Bar delle Terme
- 10 Padiglione delle Terme
- 11 La Merita delle Terme
- 12 Auspicio A. Ruffini (1872)
- 13 Pediluvio di Inalazione
- 14 Auspicio A. Ruffini (1872): Sala storica Terme Campari
- 15 Centro di Microclimatologia
- 16 Centro di Microclimatologia: Sala storica Terme Campari, Sala storica Terme Campari, Sala storica Terme Campari
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- 26 Centro di Microclimatologia: Sala storica Terme Campari, Sala storica Terme Campari, Sala storica Terme Campari
- 27 Centro di Microclimatologia: Sala storica Terme Campari, Sala storica Terme Campari, Sala storica Terme Campari



[www.termediriolo.it](http://www.termediriolo.it)



With the patronage of:



## EUROPEAN MEETING ACTIVE THERMALISM

The individual at the heart of  
care and as a driver of change



**eaptc**  
EUROPEAN ASSOCIATION  
OF PATIENTS AND USERS  
OF THERMAL CENTRES



More than 5 million people in Europe (and more than one million in Italy) today use thermal treatments according to a variety of therapeutic approaches and forms, with positive results based on their health expectations (ISTAT 2014 data; Cneth data, France, 2015). However, only seldom was this great number of citizens involved in a critical and responsible evaluation of the services provided by thermal establishments, something that is crucial to ensure the future development of the sector. One of the purposes of the **European Association of Patients and Users of Thermal Centres** (EAPTC, [www.eaptc.net](http://www.eaptc.net)), established in December 2015, is to promote the active involvement of users of thermal services and the awareness of the potentials of thermal treatments for patients with diseases eligible for treatment with thermal medicine.

In this context, ***what is the psycho-physical and behavioural profile of the typical patient/user of thermal establishments? What possible areas for contact and collaboration exist between thermal centres and the associations for the protection of patients/users? What input can thermal care provide to the welfare offering?***

The above questions will be addressed at the European meeting organized by **EAPTC**, in cooperation with **Terme di Riolo** to analyze the role of patients/users of thermal care and help ascertain whether and how a patient/user-focused approach can trigger innovation and the change of therapeutic resources



**eaptc**

EUROPEAN ASSOCIATION  
OF PATIENTS AND USERS  
OF THERMAL CENTRES



# EUROPEAN MEETING ACTIVE THERMALISM

The individual at the heart of  
care and as a driver of change

ROOM MURRI - GRAND HOTEL - RIOLO TERME

**APRIL 8 2017**

With the patronage of:



*Ministero della Salute*



EUROPEAN MEETING





QING LI  
EDITOR

# Forest Medicine

Public Health  
— in the —  
21<sup>st</sup> Century

NOVA





**Associazione Europea  
per lo Studio del  
Bioclimate, degli  
Ambienti Collinari e di  
Foresta**

***Terme, Salute e  
Benessere***

***European  
Association of  
Bioclimatology, hill  
's and forest  
environment  
Thermae, Health  
and wellness***



# The

# YOUR

new

# VOICE

# blog

**of Eaptc, the European Association of Patients and Users of Thermal Centres, is a responsible and critical tool for “proactive consumer involvement” in the development of hydrotherapy – the voice of patients and users of SPAs and wellness centres**





# Your voice

Seleziona lingua ▼

martedì 15 novembre 2016

## TERME PATIENT ANCHE SU FACEBOOK

INFORMIAMO CHE IL BLOG TERMEPATIENT E' PRESENTE ANCHE SU FACEBOOK  
CON NOTIZIE APPROFONDIMENTI E COMMENTI ALL'INDIRIZZO:

<https://www.facebook.com/termepatient/?fref=ts>

FATECI AVERE I VOSTRI FEEDBACK

Pubblicato da **LA TUA VOCE** a 06:18 Nessun commento:



Consigliato su Google

## Collaboratori

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- LA TUA VOCE
- Maria Eva Virga
- Massimo Boaron

## Archivio blog

- 2016 (2)
  - novembre (1)
    - TERME PATIENT ANCHE SU FACEBOOK
  - maggio (1)

martedì 10 maggio 2016

## NOVITA', LA VOCE DEL PAZIENTE E FRUTTORE TERMALE

**LA TUA VOCE ! YOUR VOICE!**

[www.termepatient.blogspot.com](http://www.termepatient.blogspot.com)

NASCE IL BLOG DELLA  
ASSOCIAZIONE EUROPEA PAZIENTI E FRUITORI CURE TERMALI

Strumento responsabile e critico

martedì 10 maggio 2016

NOVITA' . LA VOCE DEL PAZIENTE E FRUTTORE TERMALISMA

## LA TUA VOCE ! YOUR VOICE!

[www.termepatient.blogspot.com](http://www.termepatient.blogspot.com)

NASCE IL BLOG DELLA  
ASSOCIAZIONE EUROPEA PAZIENTI E FRUITORI CURE TERMALI

Strumento responsabile e critico  
per una "partecipazione attiva " allo sviluppo del termalismo

Solo una visione condivisa di sviluppo del termalismo che veda al centro il paziente/fruttore, guidata ed assistita dagli specialisti dei vari settori, può portare alla valorizzazione di questa antica e sempre attuale risorsa terapeutica.

Oggi in tutta Europa oltre 5 milioni di persone si rivolgono, con vari percorsi ed in varie forme, al termalismo raggiungendo concreti risultati nelle loro aspettative di salute.

Tuttavia, per nulla o molto raramente, questa grande numero di cittadini è stato coinvolti nel processo di valutazione, critico e responsabile, per un armonico sviluppo del settore.

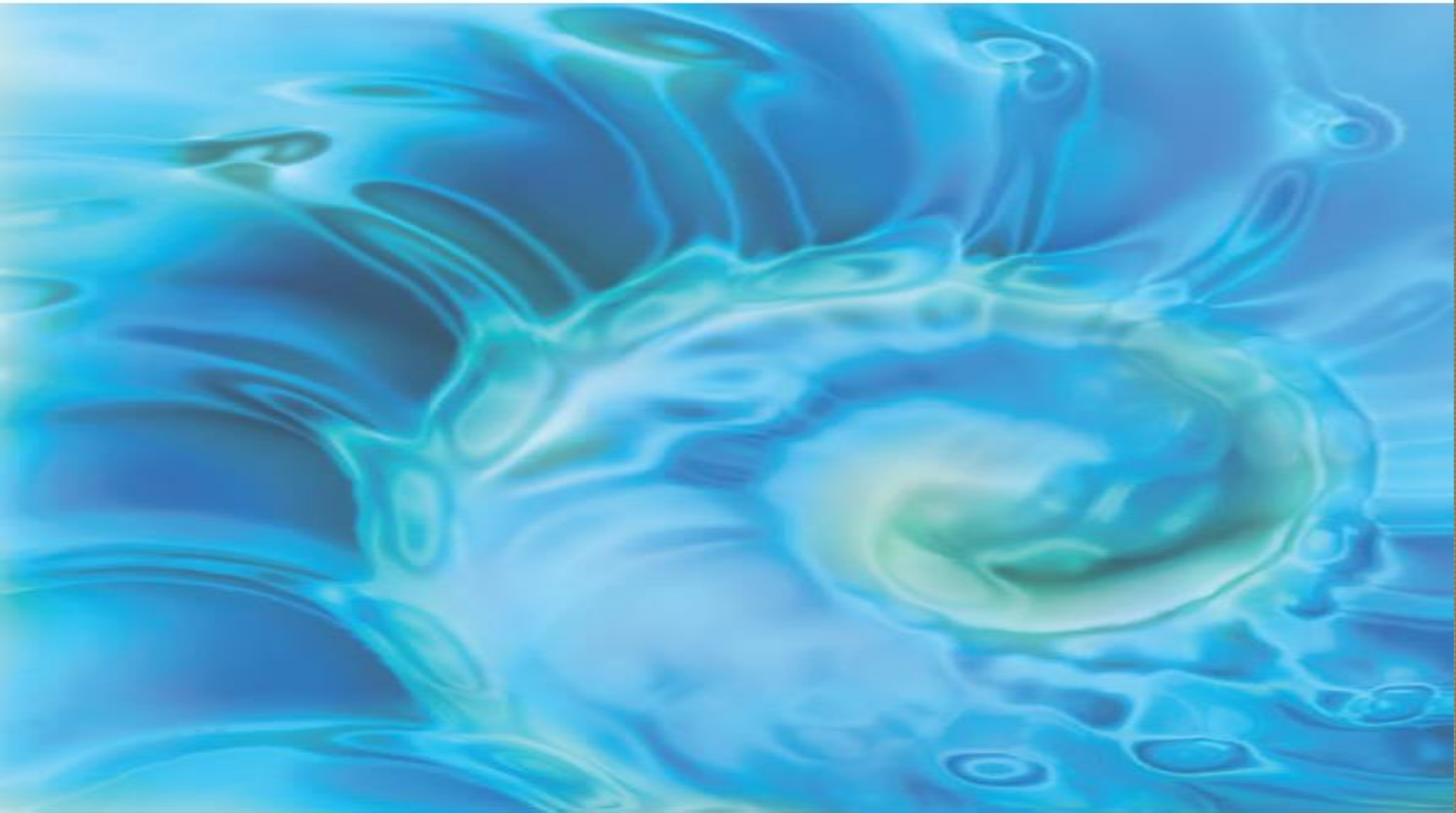
La Federazione Mondiale del Termalismo (FEMTEC) ( [www.femteonline.org](http://www.femteonline.org)), fondata nel 1937 ed in rapporti ufficiali con l'Organizzazione Mondiale della Sanità, attualmente presieduta dal Prof. Umberto Solimene, consapevole di questa situazione ha promosso il programma " termalismo attivo", supportando la creazione della Associazione Europea dei pazienti e dei fruitori dei Centri termali ( [www.eaptc.net](http://www.eaptc.net) ), di cui è Segretario Generale il Prof. Alceste Santuari, giurista ed esperto del settore internazionale. In questa ottica, nasce il BLOG "LA TUA VOCE! YOUR VOICE !" (inserito nel sito della Associazione e linkato a [www.termepatient.blogspot.com](http://www.termepatient.blogspot.com))

Le finalità sono quelle di consentire al cittadino una partecipazione attiva a quella che potremmo definire la "medicina di iniziativa", propria del termalismo, in una visione razionale, responsabile e critica delle varie componenti del percorso terapeutico e di benessere da lui scelto.

Vostro



# The "THERMAE" COMMUNICATION CHARTER



COMMUNICATING THE **THERMAE**

MEDIA, SCIENCE, AND SOCIETY FOR APPROPRIATE AND RESPONSIBLE INFORMATION

Riolo Terme, October 23, 2011

## Modalità di intervento



**SINERGY! (TEAM)**



# Integration=saving & efficiency



We have to play like orchestra .