1st International Safewards Conference

CENTRUM PRO ROZVOJ PÉČE O DUŠEVNÍ ZDRAVÍ
CENTRE FOR MENTAL HEALTH CARE DEVELOPMENT

CONFERENCE PROGRAMME

International Mutual Help Meeting:
Networking and Collaboration



9-10 November 2026

OREA Hotel Pyramida · Prague, Czech Republic

UPDATED PROGRAMME · 3 NOVEMBER 2026

Held under the auspices of the Minister of Health of the Czech Republic

SUPPORTED BY

HORATIO European Psychiatric Nurses

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KEYNOTE SPEAKER



KEYNOTE 1

Monday, 9 November 2026 | 09:45

Professor Len Bowers

Safewards Past, Present and Future

ABSTRACT

There is no doubt that Safewards has been a huge success. It has been widely used in many countries all around the world. The research I led and published showed that using Safewards would lead to significant falls in conflict behaviours and containment use. There is every reason to hope that this has been achieved in the places where Safewards has been implemented in practice. Perhaps now is a good moment to take stock and think about the future.

Can we do things any better, and are there any common mistakes being made by people using Safewards? Is it too popular, implemented too widely or too superficially? Did our use of social media in order to support Safewards actually have drawbacks as well as benefits, and how should that continue? The Safewards team made the decision to make it freely available to everyone, without any costs, constraints or accreditation.

While that has certainly helped to get more people to use it, did that have costs we did not foresee? How do people who choose not to use Safewards see it, and are any of their criticisms right? During this presentation I will try to answer some of these questions, and will look forward to discussing them with you individually during the conference.

KEYNOTE SPEAKER



KEYNOTE 2

Monday, 9 November 2026 | 11:00

Assoc. Prof. Anna Björkdahl

What Really Makes Safewards Work? Identifying the Active Ingredients for Fidelity, Learning and Impact

ABSTRACT

Safewards has become one of the most widely adopted interventions to prevent conflict and containment in psychiatric care, yet we still cannot confidently answer two fundamental questions: what exactly needs to happen for Safewards to work as intended, and how is Safewards actually implemented in practice?

This gap exists partly because we have lacked a robust tool to assess implementation fidelity, making it challenging to understand outcome variation, facilitate cross-site learning, or ensure Safewards is delivered as intended. At the core of this challenge has been an insufficiently articulated understanding of the active ingredients necessary for the ten Safewards interventions to achieve their intended effects.

Without this knowledge, replication, refinement, and effective implementation are compromised, jeopardising both clinical quality assurance and scientific rigour.

This keynote presents the on-going development process of the Safewards Implementation Fidelity Tool (SIFT), and the identified active ingredients of Safewards. Through an international Delphi process, expert consensus identified the active ingredients for each intervention as well as measurement levels, informed by contemporary fidelity theory. As a next step, the SIFT was pilot-tested with frontline psychiatric staff and refined to ensure clinical relevance and feasibility.

The tool comprises 48 active ingredients with established measurements across all ten interventions. The number of ingredients, ranging from three to seven per intervention, captures the sophistication of Safewards and of high-quality mental health nursing practice. The SIFT is currently undergoing international psychometric validation.

Beyond measurement, the active ingredients may serve as a practical compass for implementation, helping clinicians, managers, and researchers understand, communicate, and sustain the core purpose of Safewards, particularly relevant at a time when growing popularity brings both opportunities and risks of drift. This work establishes a foundation for the next generation of Safewards implementation, one grounded in clarity, shared understanding, and the capacity to learn from what truly works.

INVITED KEYNOTE SPEAKER



Hamilton Kennedy

Unfortunately, Hamilton Kennedy is unable to attend the conference due to personal circumstances.

We send him our warmest wishes.

ABOUT THE ORGANISER



Pavel Říčan

DIRECTOR

Centre for Mental Health Care Development

Why the Centre for Mental Health Care Development?

Dear colleagues and friends,

It is a great pleasure to welcome you to Prague for the first International Safewards Conference.

Since 1995, the Centre for Mental Health Care Development has worked to improve mental health care in Czechia and beyond. We support the development of community-based, professional and accessible services, promote respect for people experiencing mental health difficulties, and recognise lived experience as an essential source of expertise.

Safewards belongs naturally within this mission. It offers a practical, evidence-informed way to prevent conflict, reduce coercion and strengthen relationships on psychiatric wards. Through our Safety in Psychiatry programme, we connect international knowledge with everyday practice, combining training, implementation support and the authentic perspectives of people who have experienced mental health services.

That is why the Centre chose to bring this international community together: to share what works, speak honestly about challenges and build relationships for the future.

Thank you for joining us. I hope these two days bring new ideas, practical inspiration and renewed energy to create safer, kinder and more respectful mental health care.

Pavel Říčan
Director

OUR APPROACH

COMMUNITY & RECOVERY

LIVED EXPERIENCE

EVIDENCE INTO PRACTICE

INTERNATIONAL COLLABORATION

ORGANISING COMMITTEE



Tomáš Petr

Czech Republic



Geoff Brennan

United Kingdom



Michael Löhr

Germany



Lenka Březinová

Czech Republic



Susanna Flansburg

Germany



SCIENTIFIC COMMITTEE



A/Prof Bridget Hamilton

Australia

CHAIR OF THE SCIENTIFIC COMMITTEE



Dr. Justine Fletcher

Australia



Geoff Brennan

United Kingdom



Prof. Hülya Bilgin

Turkey



Prof. Alan Simpson

United Kingdom



Prof. Dr. Michael Schulz

Germany



Assoc. Prof. Anna Björkdahl

Sweden



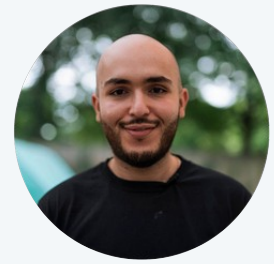
Prof. Lene Lauge Berring

Denmark



Prof. Dr. André Nienaber

Switzerland



Raf Hamaizia

United Kingdom

MONDAY, 9 November 2026

07:30	**Registration at Hotel Pyramida, Prague**	
09:00	**Opening Ceremony**	
09:45	**Keynote 1** Chair: Geoff Brennan	**Safewards Past, Present and Future** **Professor Len Bowers**
10:30	**Coffee Break**	
11:00	**Keynote 2** Chair: Alan Simpson	**What Really Makes Safewards Work? Identifying the Active Ingredients for Fidelity, Learning and Impact** **Assoc. Prof. Anna Björkdahl**
11:45	**Lunch Break**	
12:30 – 13:00	**Poster Discussion**	

MONDAY, 9 November 2026

	Auditorium 1	Auditorium 2	Meeting Room Jupiter	Meeting Room Uranus
	Chair **Michael Schulz** **Safewards Experience**	**Chair** **Geoff Brennan** **Safewards Introduction**	**Chair** **Justine Fletcher** **Safewards Implementation**	**Chair** **Lene Lauge Berring** **Workshop 1**
13:00	**Through the Patient's Eyes: Experiences of Safewards in Inpatient Psychiatric Care** Malin Lindgren (Sweden) Co-presenters: Anna Björkdahl; Daniel Arnerlöv 01	**What is Safewards?** Geoff Brennan (UK) 04	**Safe Wards and Safe Teams** Lina Haberman (Germany) 07	**Creative and Reflective Approaches to Safewards Interventions: An Implementation Science Perspective** 13:00 - 14:00 Lene Lauge Berring (Denmark) Co-presenters: Dorte Graulund Hansen; Jacob Hvidhjelm
13:20	**Choosing what matters: Nurse Leadership, SafeWards and Reducing Restrictive Interventions** Fiona Whitecross (Australia) 02	**Safewards as Organizational Change: A Management Perspective on Implementation in a Psychiatric Pilot Ward** Dusan Stojadinovic (Germany) Co-presenter: Nadine Günther 05	**Humanising Mental Health Care: Implementation of the Safewards Model in Fundación Hospitalarias Spain Centres** Blas Blánquez Gomez (Spain) Co-presenters: Gloria María González Prieto; Elena Casado Diaz de los Bernardos; Alberto Carnero Treviño 08	
13:40	**Safewards implementation the Second Time around: Lessons Learnt from the Past** Patsy Jane Tarrant (New Zealand) Co-presenters: Anna Mahuika; Sophie Cooper 03	**Safewards and interventions that are not (yet) so well known - why it is worth looking into them** Andre Nienaber (Switzerland) 06	**Safewards from Introduction to Cultural Change (from Project to Program)** Nicole Boch (Germany) Co-presenters: Jessica Hassert; Franziska Lampert-Baumann; Rebecca Heinzelmann 09	
14:00	**Coffee Break**			

MONDAY, 9 November 2026

	Auditorium 1	Auditorium 2	Meeting Room Jupiter	Meeting Room Uranus
	Chair **Marek Procházka** **Safewards Implementation**	**Chair** **Susanna Flansburg** **Safewards Evolving**	**Chair** **Pavel Říčan** **Safewards Experience**	**Chair** **Bridget Hamilton** **Workshop 2**
14:30	**What a Safewards Trainer Needs: Results of an International Delphi Study** Johannes Edel (Germany) 10	**Implementing Safewards with a Cultural Lens at Mabu Liyan in Broome, Western Australia** Lisa Shields (Australia) 13	**'Safewards for Safe Homes': An Adaptation of Safewards for Community-Based Residential Care** Dominique Hooper (UK) Co-presenters: David Kingsley; Rachel Scullion 17	**Worldwide Safewards Training and Education: Collaborate to Learn and Grow!** 14:30 - 15:30 Emma Barker (Australia) Co-presenter: Anna Björkdahl
14:50	**Development of Safewards Secure** Tess Maguire (Australia) Co-presenter: Maicee Young 11	**Cultural Adaptation of the Model for the New Zealand Context** Paamu Kahu (New Zealand) Co-presenter: Tashana Poblete 14	**Thematic Analysis of Frontline Workers' Perspectives on our 'Safewards for Safe Homes' Model within a Community Residential Setting** Rachel Scullion (UK) Co-presenters: David Kingsley; Dominique Hooper 16	
15:10	**Implementation of Safewards in Vanha Vaasa Forensic Psychiatric Hospital** Mirva Sundqvist-Kekäläinen (Finland) Co-presenter: Tella Lantta 12	**Adapting Safewards in a Multicultural Inpatient Ward: Practical Experiences with Language, Culture and Religion** Caroline Erviksæter (Norway) 15	**An Adaptation of Safewards Interventions for Eating Disorder Services** David Kingsley (UK) Co-presenters: Dominique Hooper; Rachel Scullion 18	
15:30	**Coffee Break**			

MONDAY, 9 November 2026

	Auditorium 1	Auditorium 2	Meeting Room Jupiter	Meeting Room Uranus
	Chair **André Nienaber** **Growing Safewards Research**	**Chair** **Michael Löhr** **Safewards Implementation**	**Chair** **Anna Björkdahl** **Safewards Implementation**	**Chair** **Tomáš Petr** **Safewards Implementation**
16:00	**Safewards in Forensic Psychiatry: Insights into Patient and Staff Experiences, Ward Climate, and Implementation** Sebastian Mittelstädt (Germany) 19	**Safewards in Corporate Strategy – Sustainable Implementation Using the Example of Safewards Visits** Thomas Auerbach (Germany) Co-presenters: Irmi Breinbauer; Marius Kreissl 22	**Strengthening Supervision, Sustaining Safewards: A Practical Approach through GRiP-S** Jennifer Hamilton (Australia) 25	**Evolving Safewards: A Creative Approach to Workforce Change Through Visible Clinical Leadership** Kelly Thomas (Australia) Co-presenters: Aine Gleeson; Emer Keaveney 28
16:20	**Impact of Safewards Model in Coercive Measures and Climate in Adult Psychiatric Wards** Pauliina Ruonala (Finland) 20	**Sustainable Implementation of Safewards: Success Factors and Strategies from Implementation Science** Gitte Herwig (Germany) 23	**What Works for Patients Works for Staff: Mutual Help Meetings as a Tool for Staff Support and Professional Development** Heike Jansen (Germany) Co-presenters: Robert Nusser; Felix Kupsch 26	**Implementation of the Safewards Model at University Psychiatric Clinic in Ljubljana** Aljoša Lapanja (Slovenia) Co-presenter: Aljoša Lipovec 29
16:40	**Impact of the Safewards Model on the Reduction of Mechanical Restraints** Blas Blánquez Gómez (Spain) Co-presenters: Núria Mampel Caballero; Maite Delgado Almeda; Alberto Carnero Treviño 21	**SAFEWARDS: a Nationwide Implementation within the Faroe Islands – What Did We Learn?** Kerstin Laksáfoss (Faroe Islands) Co-presenter: Mirjam Hviid 24	**Talk Down Methods as a Useful Tool in Staff training** Anne Mette Nørregaard (Denmark) Co-presenters: Line Buch Oertel; Mathilda Randris Andersen 27	**Rehearsing De-escalation with AI: A Safe Space to Practise Difficult Conversations** Jan Hrdlička (Czech Republic) Co-presenter: Tomáš Petr 30
17:00	**End of day 1**			
18:00–22:00	**Social Event**			

TUESDAY, 10 November 2026

	Auditorium 1	Auditorium 2	Meeting Room Jupiter	Meeting Room Uranus
	Chair **Justine Fletcher** **Safewards With New Communities**	**Chair** **Alan Simpson** **Safewards Research**	**Chair** **Bridget Hamilton** **Safewards Implementation**	**Chair** **Susanna Flansburg** **Safewards With New Communities**
09:00	**Reconceptualising Safewards for HDR Supervision** Jennifer Hamilton (Australia) 52	**Sustainable Approaches to Embedding Safewards Interventions in Inpatient Mental Health Settings: A Qualitative Descriptive Study Using Nominal Group Technique** Emma Barker (Australia) 34	**Safewards was our cornerstone – but the building needs more bricks: Safewards as part of a multidimensional initiative for aggression and de-escalation management in FMH** Johannes Edel (Germany) Co-presenter: Sophie Krause 38	**Innovating care with psychiatric wards for patients with intellectual disabilities, HUS, Finland** Meri Kalpio (Finland) Co-presenter: Jenni Sinertö 40
09:20	**Evaluation of the outcomes of Safewards Acute in Australian Emergency Departments** Kristel Ward (Australia) 32	**Implementing Safewards in Psychiatric Inpatient Care: A Realist-informed Qualitative Study of Context, Mechanisms and Outcomes** Mårten Tyrberg (Sweden) Co-presenter: Martin Lindow 36	**Implementing Safewards in High-Security Forensic Mental Health: Interprofessional Roll-Out Across Three Secure Units** Lara Indlekofer (Switzerland) 37	**Nursing and Allied Health Implementation of Safewards Calm Down Principles in an Open-door Mental Health Rehabilitation Unit for Adults with Intellectual Disability** Victoria Millward (Australia) Co-presenter: Sarah Milsome 41
09:40	**Safewards in Your Pocket: Co-creating a Digital Intervention for Self-Harm Support** Lene Lauge Berring (Denmark) 33	**Get it started – keep it running: The challenging transformation of the Bavarian pilot project "Safewards in FMH" into a long-term tool** Sophie Krause (Germany) Co-presenter: Johannes Edel 35	**Context-Specific Further Development of Safewards in Forensic Psychiatry** Franz Xaver Regel (Germany) Co-presenter: Sarah Schneider 39	**The Implementation of the Safewards Model within the Context of School Development at the KBO School of Nursing** Stefanie Hanneder (Germany) Co-presenters: Viktoria Lehrer; Michael Hangl 53
10:00	**Coffee Break**			

TUESDAY, 10 November 2026

	Auditorium 1	Auditorium 2	Meeting Room Jupiter	Meeting Room Uranus
	Chair **Michael Löhr** **Safewards Research**	**Chair** **Marek Procházka** **Safewards Implementation**	**Chair** **Pavel Říčan** **Safewards Implementation**	**Chair** **Anna Björkdahl** **Safewards With New Communities**
10:30	**Gender Sensitive and Gender Responsive Safewards Approach in a Female Mental Health Inpatient Rehabilitation Unit** Veronika Peocz (UK) 43	**Police Interactions with People with Mental Illness: A Criminological and Police Science Analysis from the Perspective of Psychiatric Nurses in Germany** Dagmar Haase (Germany) 46	**Implementing the Comfort Box: Lessons Learned, Barriers Identified, and Early Outcomes from a Safewards-Informed Intervention** Andrew Pearson (USA) 49	**Post Occurrence Review: effectively aligning debriefing within Safewards** Kevin McKenna (Ireland) 68
10:50	**More Than an Intervention: The Joy of Bringing Safewards to Life in a CAMHS Inpatient Unit** Kathryn Thurston (UK) 44	**Safewards Secure-Custodial Mental Health-A version for Bed-Based Prison Mental Health Units** Tess Maguire (Australia) Co-presenter: Maicee Young 47	**Implementing the Safewards "Getting to Know Each Other" Intervention in an Acute Psychiatry Ward: A Quality Improvement Project** Mireia Pose Rovira (Spain) Co-presenters: Carmela Reyes Iglesias; Laia Sánchez Martínez; Marta Pascual Ruz 50	**Implementing Safewards in Acute Mental Health Units at Scarborough Health Network (SHN): A Quality Improvement Initiative** Doha Elsayed (Canada) Co-presenters: Veronica Javier; Efosa Osawe; Sari Greenwood 65
11:10	**Adapting Safewards for Perinatal/Parent-Infant Inpatient Units/Mother and Baby Units: Clinical Reflections and the Infant as a Seventh Domain** Abie Jazi (Australia) 45	**Implementation Strategies and Participant Responsiveness in Forensic Psychiatric Care: A Multi-Perspective Study of Safewards** Veikko Pelto-Piri (Sweden) Co-presenters: Jenny Wetterling; Rim Cherkaoui; Noor Aljibory 48	**Music, Acoustic Atmosphere and Sound Design as De-escalating Safewards Strategies in Psychogeriatrics and Addiction Care** Viviane Simone Plechinger (Germany) 51	**Strengthening Team Safety Through the Safewards Model and a Behavioural Guide** Charlotte Korndorffer (Netherlands) Co-presenter: Marjonneke de Vetten-Mc Mahon 67
11:30	**Coffee Break**			

TUESDAY, 10 November 2026

	Auditorium 1	Auditorium 2	Meeting Room Jupiter
	Chair **Lene Lauge Berring** **Safewards Research**	**Chair** **André Nienaber** **Safewards Research**	**Chair** **Michael Schulz** **Safewards Implementation**
12:00	**Ward Managers' Implementation Leadership in Safewards: A Qualitative Study Using the O-MILe Framework** Daniel Arnerlöv (Sweden) Co-presenters: Veikko Pelto-Piri; Lars Kjellin; Anna Björkdahl 55	**Safewards and Recovery: A Critical Discourse Analysis** Alexandra Kiikeri (Sweden) Co-presenters: Sebastian Gabrielsson; Johanna Salberg; Veikko Pelto-Piri 58	**A Regional Implementation of Safewards across Adult Mental Health Inpatient Wards in Northern Ireland** Shauneen O'Connor (Northern Ireland) Co-presenters: Karen Mc Millan; Nuala Campbell; Liz Mc Grath 61
12:20	**Balancing Structure and Autonomy: Patient Perspectives on Ward Atmosphere and the Role of Safewards** Perihan Güner (Turkey) Co-presenter: Alime Nur Uygun 56	**Safewards in Forensic Care for Women** Adrian Smolik (Germany) 59	**Safewards on a Ward for Young Adults – Implementation of the Safewards Model on a Ward for Young Adults Using the Theoretical Domains Framework** Mirco Krümpelbeck (Germany) 62
12:40	**Staff Perceptions of the Impact of Safewards Acute in Australian Acute Medical Wards** Kristel Ward (Australia) Co-presenters: Sarah Wong; Lisa Browning; Alexandra (Ally) Christey 57	**Safewards and Beyond – Safety in Psychiatric and Mental Health Nursing** André Nienaber (Switzerland) 60	**Implementing Safewards in Psychiatric Inpatient Care: Nursing Staff Experiences Interpreted Through the Neuman Systems Model** Jenny Karlsson (Sweden) 63
13:00	**Lunch Break**		

TUESDAY, 10 November 2026

13:45 – 14:15	**Poster Discussion**	
14:15	**Panel Discussion** **Moderator: Geoff Brennan** **Auditorium 1**	**Safewards - Lessons learned and future directions.** Panelists: Anna Björkdahl, Michael Schulz, Tess Maguire, André Nienaber, Alan Simpson.
15:00	**Closing Ceremony**	
15:30	**End of Day 2**	



POSTER PRESENTATIONS

Poster Discussion: 12:30 - 13:00 on Monday (9 November 2026) / 13:45 - 14:15 on Tuesday (10 November 2026)

P1

Long-term Impact of a Mnemonic-Driven De-escalation Protocol and Protective Equipment on Reducing Ward Violence and Staff Injuries

Yu-Fen Chen (Taiwan)
Co-presenters: Shu-Yuan Chang; Fan-Li Meng

P2

Implementing the Safewards Model in Child and Adolescent Psychiatry

Nadia Basarir (Germany)
Co-presenter: Nicole Gießner

P3

Safewards Talk Down & Mutual Expectation Interventions Introduction into an Acute Psychiatric Unit

Theresa Donegan (Ireland)

P4

Safewards and Nursing Leadership

Tracey Harmer (Australia)
Co-presenters: Gaganpreet Khaira; KristyLee Allan

P5

Safewards – Mutual Help Meetings

Maree Yalousi (Australia)
Co-presenter: Gaganpreet Khaira

P7

Integration of the Safewards Model into Pediatric Occupational Therapy Early Intervention

Wei-Chien Chang (Taiwan)
Co-presenters: I-Chun Chen; Ching-Wen Weng; Deng-Wu Wang

P8

Adapting Safewards Principles to an Occupational Therapy Activity Program for Youths in an Acute Inpatient Psychiatric Ward: A Quality Improvement Project

Ching-Wen Weng (Taiwan)
Co-presenters: Wei-Chien Chang; Chia-Chien Liu

OTHER ACTIVITIES

SILENT AUCTION

The Silent Auction is an opportunity to celebrate the creativity, generosity, and collaborative spirit of the international Safewards community.
We warmly invite all conference participants to donate an item connected to Safewards, mental health care, recovery, or compassionate practice. Your contribution might be a book, artwork, handmade item, educational resource, local specialty, or any unique object with a Safewards story behind it.
As an example, a signed copy of the book Safewards by Michael Löhr, Michael Schulz, and Andreas Nienaber will be among the auction items.

Throughout the conference, auction items will be displayed and participants will be able to place their bids quietly and at their own pace. At the end of the auction, the highest bidder for each item will take it home, while all proceeds will be donated to a charitable cause supporting mental health.
Whether you bring something simple or something extraordinary, every donation helps make a difference. Together, we can extend the Safewards philosophy beyond our wards and into the wider community - through kindness, generosity, and shared purpose.
Bring an item. Place a bid. Support a good cause. The Silent Auction is an opportunity to celebrate the creativity, generosity, and collaborative spirit of the international Safewards community.

CALM DOWN METHODS GALLERY

Bring an idea. Share an experience. Inspire others.
As part of the 1st International Safewards Conference, we invite all delegates to contribute to a collaborative exhibition showcasing Calm Down Methods used in mental health services around the world.
Whether your team has created a calming box, sensory tool, relaxation resource, visual aid, comfort item, mindfulness exercise, or any other innovative approach that helps people regulate distress, we would love you to share it.
How to participate
- Bring a physical example, photograph, or brief description of your Calm Down Methods.

- Display your contribution in our dedicated Calm Down Methods Gallery throughout the conference.
- Include name of your organization, country and contact so colleagues can learn from your experience.
- During networking breaks, delegates will have the opportunity to explore the gallery, exchange ideas, and discuss how these techniques are used in different settings.
Let's create an inspiring display of ideas that demonstrates how small interventions can make a meaningful difference to patients' experiences.
We look forward to seeing your contributions and learning from one another!

AI-SUPPORTED VERBAL DE-ESCALATION TRAINING

Throughout the conference, delegates are welcome to visit the ComGuide stand and try out AI-based communication training first-hand.
You can hold a spoken conversation with a virtual patient — an AI avatar in acute distress, developed with mental health professionals to practice de-escalation. In a safe environment, you can try out individual techniques, such as Soft Words, and receive immediate feedback on your conversation.
A single conversation takes only a few minutes and requires no preparation. You are welcome to stop by at any time during the conference, ask questions, and see how AI avatars can be used to rehearse difficult conversations in mental health care.

SEE YOU IN PRAGUE

THANK YOU FOR BEING PART OF THE 1ST INTERNATIONAL SAFEWARDS CONFERENCE

We look forward to two inspiring days of sharing knowledge, experience and ideas, building new connections and
exploring how we can make mental health services safer, more respectful and more compassionate.

Together, we can make psychiatric care safer.

9-10 NOVEMBER 2026 | PRAGUE



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HELD UNDER THE AUSPICES OF THE MINISTER OF HEALTH OF THE CZECH REPUBLIC