

4th International Conference on
Neurology and Healthcare

International Conference on
Clinical and Experimental Neuropsychology
&

3rd World
Drug Delivery and Formulations Summit
June 24-25, 2019 | Rome, Italy

Keynote Forum



4th International Conference on **Neurology and Healthcare**

International Conference on **Clinical and Experimental Neuropsychology**

&

3rd World Drug Delivery and Formulations Summit

June 24-25, 2019 | Rome, Italy



Elia Gourgouris

The Happiness Center, USA

Intentional happiness: 7 paths to lasting happiness

What is Happiness? Aristotle answered this by saying "Happiness is the meaning and purpose of life, the whole aim and end of human existence" Happiness is a choice! It is also attractive, healthy, and being connected, but it takes effort. That being said, what inhibits our happiness? Several factors have a direct impact on our level of life satisfaction and fulfillment, including fear (of change, fear of success, and fear of failure), comparisons, selfishness, the burden of perfectionism, lack of forgiveness (and self-forgiveness), our inner critic, and toxic relationships.

The book, 7 Paths to Lasting Happiness provides both principles and "take action exercises" for individuals to learn from. We find that happiness is not a by-product; it is brought about consciously, when we intentionally make different choices. Thus, the principle of Intentional Happiness can truly make a transformational, lasting change in our lives.

1st Path: Loving Yourself a) Personal Brand b) Perfectionism c) Inner Critic d) Comparisons

2nd Path: Gratitude a) Attitude of Gratitude b) University of Adversity

3rd Path: Forgiveness a) Forgiveness equals freedom b) Self-forgiveness is the key

4th Path: Follow Your Passion a) Getting out of your comfort zone brings growth

5th Path: Nourish Your Spirit a) Faith vs Fear b) Meditation & Purpose

6th Path: Loving relationships a) Love languages b) Criticisms & Toxic relationships c) Authentic listening

d) Trust

7th Path: Service a) The antidote to selfishness

Biography

Elia Gourgouris is the president of The Happiness Center (www.thehappinesscenter.com) – an organization dedicated to creating personal success and happiness. Over the last 25-plus years, as a passionate promoter of optimism and deeply meaningful relationships, he has helped thousands of people achieve happiness and fulfillment, both in their careers and in their personal lives. He is the author of the #1 Amazon Best-Selling book, 7 Paths to Lasting Happiness. He has also published over 120 articles for various newspapers and magazines, including the Huffington Post. He is an international Keynote Speaker, Executive Coach, and a Leadership Consultant. He received his B.A. in Psychology from UCLA and his M.A. and Ph.D. in Clinical Psychology from the California Graduate Institute.

dreliagourgouris@msn.com



Maarten Johannes Verkerk

Maastricht University, Netherlands

A neurological and philosophical perspective on the design of environments and technology for older people with dementia

Statement of the Problem: Older People with Dementia (OPD) have specific housing and technology-related needs, for which various design principles exist. The current design principles for technology and housing for OPD are based on their own experiences and those of their relatives and carers. These principles are not very specific and lack a firm foundation in neurology and behavioral sciences. The general objective of this paper is to support architects and designers to design a building, its interior and its technologies that match the needs and wishes of OPD based on knowledge of neurology and behavioral sciences. We have three specific aims:

1. To propose a general model for designing for OPD that has a firm foundation in neurology and behavioral sciences;
2. To identify principles for designing housing for OPD;
3. To develop a methodology to translate design principles in design specifications.

These specific aims were realized by integrating knowledge about the neurological processes of OPD, the behavior of OPD, philosophical theories about the multi-sidedness of reality, and design case studies in long term homes. The methodology is presented in Figure 1.

In my presentation I will show the fruitfulness of philosophical theories for designing technology for OPD. I will discuss two philosophical approaches. The theory of modal aspects gives insight in the multi-sidedness of human beings and its relation to the design of technology. The practice approach offers insight in the different forces that play a role in the health care practice.

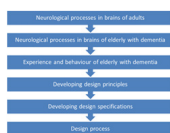
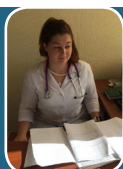


Figure 1: Overview of methodology

Biography

Maarten Johannes Verkerk (1953) studied chemistry, theoretical physics and philosophy at the University of Utrecht. In 1982, he got his PhD in Material Science at the Technical University Twente in Enschede. In 2004, he defended a second PhD on the crossing point of organization science, technology and philosophy at the Maastricht University in Maastricht. He had a career in the industry. After that he was the director of a psychiatric hospital in Maastricht, The Netherlands. Later on, he was the chairman of the board of VitaValley, an innovation network in health care. He was affiliate professor reformational philosophy at the Technical University of Eindhoven. At this moment he holds a comparable chair at the University of Maastricht. He has published hundreds of articles in national and international journals about materials science, organization science, movies, innovation, philosophy of technology, ethics of technology, end-of-life, women & church and sustainability.

maarten.verkerk@home.nl



Anna Voitiuk

Kharkiv Medical Academy of Postgraduate Education, Ukraine

Assessment of the quality of life of young men suffering from epilepsy

Introduction: Epilepsy is one of the most frequent and serious neurological diseases. This disease has a significant negative impact on all areas of the patient's functioning, reducing the quality of life. In everyday life, men with epilepsy regularly experience difficulties. Basically, it is a decrease in social and personal ambitions, low self-esteem compared to healthy people, an increase in the level of anxiety and depression. Depression in people with epilepsy is often manifested by symptoms that can be regarded as both side effects of AEDs, and as manifestations of epilepsy per se (sleep disorders, changes in appetite, behavioral disorders, inhibition or excessive excitability, etc.). The purpose of the study is to assess the Quality of Life (QL) of young men with epilepsy, to determine the leading mechanisms of psychological protection and their effectiveness.

Methods: The study included neuropsychological testing using the Quality of Life in Epilepsy-31 questionnaire (Quality of life in epilepsy) and the Hamilton scale for assessing the severity of depression (HDRS).

Results: Analysis of the test data of 40 patients (100%) showed that 6 (15%) of them rated their QL as "very low". "Low" and "average" estimates of total QL were obtained from 10 (25%) and 16 (40%), respectively. In 8 (20%) patients, the parameters were located in the intervals of "good" QL. No estimates of the "high" quality of life have been received in any case. On the HDRS scale, the severity of depressive disorder was determined in 24 patients (60%) as mild (7-17 points), moderate (18-24 points) - 14 patients (35%) and severe (>24 points) - 2 patients (5%).

Conclusion: Thus, in patients with epilepsy revealed a significant decrease in QL, depending on the type of attack. Estimates of the "high" quality of life have not been obtained. Depression and anxiety disorders greatly affect the quality of life of patients, thus leading to an increase in the number of suicides.

Biography

Anna Voitiuk is an associate Professor at Kharkiv Medical Academy of Postgraduate Education, Department of Neurology and Child Neurology, Kharkiv, Ukraine.

a_vojtyuk@yahoo.com