

Dear RES-Q+ partners, colleagues, supporters, and friends,

We are bringing you the first issue of the RES-Q+ Newsletter of the year 2024. We would like to wish you joyous new year filled with success and happiness. Please read this issue carefully and save the date for the listed meetings.

Thank you for your great work and cooperation.

Your project management team

We start the new year by introducing our clinical partners. Today let's find out more about Lina and Dimitar.

Lina, you graduated from two medical schools, one of them was military. What did this experience give you? Why did you decide to specialize in stroke care?

Indeed, I have received my basic training in Medicine in Aristotle University of Thessaloniki, Greece. At the same time, I was studying in the Medical Department of the Hellenic Military Academy of Combat Support Officers. I graduated from both in 2010. Studying and working in a military environment nurtured me with some important values: trusting my colleagues and being able to rely on them, while learning to cooperate in hostile environments. Stroke care fulfilled two of my major personal requirements in medical work: being able to help as many patients as I can (and stroke affects a significant number of patients) and have a direct evidence that I am actually helping them (and that is by administering the highest quality care possible and seeing my patients recover in front of my eyes).

Beside RES-Q+ project what do you work on?

I think that the RES-Q+ project is really innovative and can indeed influence stroke care from a broader perspective, that enables benchmarking but also communication. This is why I am devoting my time and effort to this project. Other than that, work in the clinical setting never stops, while I also try to stay active in the European Stroke Organisation activities.

You've been writing a blog and you are an adrenalin seeker. Is this how you compensate stress? Will you tell us more?

It is of paramount importance to find something that can help you fight stress. I'm not sure adrenaline is the answer for everyone, not even for me. I may have tried a bunch of extreme sports (like canyoning or windsurfing), but "learning something new" is actually my coping mechanism. My most recent hobby is playing the drums (see attached photo; hopefully in a few months I'll be able to share an audio!!!)

What aspect of Greek culture do you like most and why?

Gathering in traditional "kafeneia" in small villages either in the mountains or by the seaside (I like them just as much!) and sharing stories with local people, while enjoying tidbits, is one of the most heartwarming aspects of Greek culture. Not only do you get to taste delicious food, but also exchange experiences with different people.



Dimitar, you mainly specialize in sleep disorders and you work on RES-Q+, a stroke-related project. Is it interesting to combine these two?

Part of my PhD thesis is specifically focused on sleep apnea in stroke patients. While sleep medicine and stroke may seem unrelated at first, there is growing evidence that sleep quality and patterns can have a significant impact on cardiovascular health, including the risk of stroke. Combining expertise in sleep disorders with a focus on a

stroke-related project, such as RES-Q+, is highly interesting and beneficial to me. Some of the reasons why this combination can be valuable are bidirectional influence. Sleep disorders can influence stroke risk and outcomes, and vice versa. Understanding and managing sleep disorders in stroke patients can potentially impact their recovery and overall well-being.

You started working in neurology even before you became a doctor. Why did you choose neurology and what do you like most about it?

I joined the Intensive Care Clinic for Neurological Diseases during the early years of my medical training, starting my work there as a caregiver. Since then, my interest in neurology and intensive care has steadily increased. Simultaneously, I became part of the ward team dealing with sleep disorders I quickly adapted to the team, and we formed a strong team. I consider myself fortunate to be in this particular ward, where there are exceptional specialists who willingly go above and beyond, tirelessly sharing their knowledge and experience. To say that I am grateful would be an understatement. It just so happened that I chose my specialty, and, in a way, it also chose me.

You apparently work very hard. What do you do in your free time? How do you relieve stress?

Unfortunately, currently, finding free time proves to be quite challenging for me. Nevertheless, in the limited time available, I enjoy spending it with friends. Whether it's a free evening where we gather to play board games or plan a brief getaway, I relish these moments. I have a passion for traveling and strive to seize every opportunity. Crafting an effective strategy to cope with stress can be elusive, but I find solace in nature. Fortunately, Bulgaria boasts abundant beautiful and diverse landscapes. Escaping from the routine and immersing myself in a wild forest or returning to my homeland to spend time by the seaside always leaves me content.



What aspect of your motherland do you like most and why?

Bulgaria is a country rich in culture and traditions. The most cherished among them are the holidays when, despite our commitments, we manage to gather with our families and spend quality time together. As an enthusiast of cooking, I can attest that Bulgarians boast a diverse and flavorful cuisine. The day wouldn't begin as delightfully without savoring the traditional Bulgarian banitsa in the morning. Dishes like kawarma and moussaka rank among my favorites due to their combination of meat, a variety of locally sourced vegetables, and traditional spices.

Prepared by Eliska Navratilova, ICRC

Administrative information

Publications

Based on our project proposal, we are obliged to publish certain publications as an output of our communication strategy. The goal is to have at least two publications per year with our research oriented towards communities outside the medical field such as IT, Legal, and Data, and three publications in medical field during the project lifetime. All papers should be in high-impact journals. We encourage your active participation! Please, contribute to the project publication plan here:

https://docs.google.com/spreadsheets/d/1vxXLNwshkSKWTPR04Dg_aCsqEHnew4uc/edit#gid=777371653

In-person meeting in Aalborg

The next in-person meeting will take place **from the afternoon of 24 April to the afternoon of 26 April** in Aalborg, Denmark. Please book these dates and also accommodation for attending the meeting. More practical information you can find [here](#). Agenda will be shared closer to the date.

RES-Q+ Review meeting

Please book **15, 17 and 18 July** in your calendars for RES-Q+ Project review meeting with the Project Officer from the European Commission and external reviewers. One of these days will be chosen as the meeting date. The meeting is planned for the **whole day** and will take place **online**. **Participation of all partners is required.** As soon as the final data is confirmed by the Project Officer, we will release the other dates booked in your calendars. Instructions on what is expected from you will be shared closer to the date.

Sharing news in our newsletter

If you would like to share any news and information about RES-Q+ project or any of your activities, results and achievements in our newsletter, please contact Katerina Hanusova (Katerina.Hanusova@uzis.cz).

Highlights from the dissemination and communication

We're excited to share that an oral poster presentation titled "RES-Q+ Improving stroke care quality using explainable AI and conversational agents" was recently showcased at the annual "[AI for the People](#)" network event. The event was held on 14 December 2023 in Aalborg, Denmark. The presentation was expertly delivered by Milo Skovfoged.

"AI for the People" is a unique gathering of AAU researchers who are actively working with AI. This event serves as a platform for sharing experiences, insights, and fostering new collaborations. We're proud to be part of this vibrant community, contributing to the advancement of AI research and its applications.

RES-Q+ was presented by Rupal Sedani to the physicians who participated in the Train-the-Trainer Workshop organized by Angels Initiative. The role of the trained physicians is to provide gained information about RES-Q+ to stroke professional communities in their respective countries.

We kindly ask all partners to regularly update their dissemination activities in the shared [tracker](#).

Planned meetings

M18 meeting in Aalborg
RES-Q+ Review meeting

24 - 26 April 2024
15, 17 and 18 July 2024

Regular meetings

All meetings are listed in the [tracker](#), including links to online connections.

PSC monthly meeting

WP1 meeting (designing new technologies)

WP2 meeting (legal aspects)

WP3 meeting (interoperability)

WP4 meeting (NLP tool)

WP5 + WP7 meeting (data flow and architecture)

WP6 meeting (AI virtual assistants)

WP9 + WP10 meeting (Project management+Ethics)

16 February 12 PM CET

21 February 2 PM CET

7 February 11:30 AM CET

23 February 10 AM CET

9 February 10 AM CET

9 and 23 February 2PM CET

1 February 3 PM CET

every even Wednesday 12:30
PM CET

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