



FIRST NATIONAL CONGRESS ON MEDICAL REHABILITATION AND ERGOTHERAPY

with international participation

November 4th - November 6th, 2010
Hotel Samokov, Borovets Resort

ORGANIZERS: (SPONSORS)

„PHYSICAL MEDICINE, REHABILITATION, ERGOTHERAPY AND SPORT“ DEPARTMENT,
Medical University - Pleven

„MEDICAL REHABILITATION AND ERGOTHERAPY“ SECTOR,
Medical University - Sofia

BULGARIAN NEUROREHABILITATION SOCIETY

CO-ORGANIZERS: (CO-SPONSORS)

Association in Physical Medicine and Rehabilitation

Bulgarian Association of Kinesitherapists and Rehabilitators (BAKR)

„Neurology and Neurosurgery“ Department, Medical University - Pleven

Bulgarian Association in Needle Therapy of Kinesitherapists

Bulgarian Association of Medical Rehabilitation and Ergotherapy

FIRST NATIONAL CONGRESS ON MEDICAL REHABILITATION AND ERGOTHERAPY

with international participation

November 4th - November 6th, 2010 • Hotel Samokov, Borovets Resort

PMRES DEPARTMENT, MU Pleven
MRE SECTOR, MU Sofia
BULGARIAN NEUROREHABILITATION SOCIETY

ORGANIZING COMMITTEE

PRESIDENTS OF HONOR:

Prof. Dr. Grigor Gorchev, dms

Rector of Medical University - Pleven

Prof. Dr. Vladimir Ovcharov, dms

Rector of Honor of Medical University - Sofia

Prof. Dr. Anastasiya Bozhilova, dms

Head of Sector „Medical Rehabilitation and Ergotherapy“, Medical University - Sofia

PRESIDENTS:

Prof. Dr. Ivet Koleva, dms

Head of „Physical Medicine, Rehabilitation, Ergotherapy and Sport“ Department,
Medical University - Pleven, BANR, APMR

Sr. L. Tsenka Panteva, masters

„Medical Rehabilitation and Ergotherapy“ Sector, Medical University - Sofia; BAKR

Prof. Vidyo Zhelev, dm

„Medical Rehabilitation and Ergotherapy“ Sector, Medical University - Sofia; BAKR

VICE PRESIDENTS:

Assoc. Prof. Dr. Troycho Troev, dm

Republican (National) Specialist on Physical and Rehabilitation Medicine; APMR
Head of „Physiotherapy and Rehabilitation Clinic, Military Medical Academy - Sofia

Prof. Zoya Goranova, dns

National Sport Academy - Sofia, BANTK

Assoc. Prof. Dr. Emil Marinov, dm

„Medical Rehabilitation and Ergotherapy“, SU „Kliment Ohridski“ - Sofia

SCIENTIFIC COMMITTEE

PRESIDENT:

Prof. Dr. Ivet Koleva, dms

MEMBERS:

Prof. Dr. Ivan Topuzov, dm, dns

Prof. Vidyo Zhelev, dm

Prof. Zoya Goranova, dns

Assoc. Prof. Dr. Troycho Troev, dm

Assoc. Prof. Nikolay Popov, dns

Assoc. Prof. Dr. Boyko Stamenov, dm

Assoc. Prof. Dr. Yana Petrovska, dm

SECRETARIATE

PRESIDENT:

L. Antoaneta Stefanova

MEMBERS:

Sr. L. Ruska Paskaleva

Asst. Rostislav Kostov

L. Tsvetelina Milanova

L. Danelina Vancheva

Sr. Asst. Dr. Anitsa Mircheva

Sr. Asst. Dr. Lyuba Yovcheva

Asst. Tanya Megova

Asst. Lyubomira Stoyanova

L. Silvana Andreeva

FIRST NATIONAL CONGRESS ON MEDICAL REHABILITATION AND ERGOTHERAPY

with international participation

November 4th - November 6th, 2010 • Hotel Samokov, Borovets Resort

PMRES DEPARTMENT, MU Pleven
MRE SECTOR, MU Sofia
BULGARIAN NEUROREHABILITATION SOCIETY



Dear Colleagues,

I have the pleasure to invite you to take part in the First National Congress on Medical Rehabilitation and Ergotherapy which will be held during the autumn of the current year in one of our most beautiful mountain resorts.

As you already know during the last few years in our country a process of updating and modernizing concerning the education and the clinical rehabilitation practice began. On the ground of the existing traditions a completely new for the Bulgarian reality, which is priority for all of us, specialty Medical Rehabilitation and Ergotherapy occurred, in the education and practice of which take part not only doctors - specialists in Physical Medicine and Rehabilitation and Medical rehabilitation, but also other doctors (general practitioners, and specialists), psychologists, speech therapists, sociologists, kinesitherapists, ergotherapists, etc.

Allow me on behalf of the Organizing Committee and personally in my own name to express my hope that this scientific forum will combine the efforts of all members of the multidisciplinary rehabilitation team on the main purpose of rehabilitation which is providing quality of life for all people with disabilities.

We believe that the present First National Congress will lay down the foundations of a long-term cooperation in teaching, clinical and scientific research activity in the field of Medical Rehabilitation and Ergotherapy in Bulgaria.

On behalf of the Organizing Committee of the Congress

A handwritten signature in black ink, appearing to read 'Y. Koleva'.

Prof. Dr. Yvette Koleva



FIRST NATIONAL CONGRESS ON MEDICAL REHABILITATION AND ERGOTHERAPY

with international participation

November 4th - November 6th, 2010 • Hotel Samokov, Borovets Resort

PMRES DEPARTMENT, MU Pleven
MRE SECTOR, MU Sofia
BULGARIAN NEUROREHABILITATION SOCIETY

GENERAL INFORMATION

Dates - November 4th (Thursday) - November 6th (Saturday), 2010
Venue - Bulgaria Hall, Hotel Samokov, Borovets Resort

MAIN TOPICS

1. Traditions and modern tendencies in Medical Rehabilitation and Ergotherapy - organization, training, management
2. Physical prevention and health promotion
3. Environment and life quality
4. Psychological rehabilitation and social integration
5. Functional assessment in Medical Rehabilitation and Ergotherapy
6. Activities in Rehabilitation and Ergotherapy
7. Medical Rehabilitation and Ergotherapy in diseases and damages of the Nervous system
8. Medical Rehabilitation and Ergotherapy in diseases and damages of the musculoskeletal (locomotor) system
9. Medical Rehabilitation and Ergotherapy in mental and psychiatric diseases. Psycho hygiene.
10. Medical Rehabilitation and Ergotherapy with children. Physioprophylaxis.

PRELIMINARY PROGRAMME

November 4th

Registration
Official Opening of the Congress
Plenary sessions, Satellite symposium
Company presentations, Medical exhibition
Welcome Cocktail

November 5th

Plenary sessions, Satellite symposia
Company presentations, Medical Exhibition
Poster session
Coffee break
Gala Dinner

November 6th

Plenary sessions
Closing of the Congress

OFFICIAL AGENT OF THE EVENT

Company for International Congresses - CIC Ltd
1700 Sofia, Vitosha, VEC Simeonovo 999
Phone: +359 2 892 08 08; Fax: +359 2 892 08 00
E-mail: medicalrehabilitation_2010@cic.bg; Website: www.cic.bg



ABSTRACTS - PUBLICATIONS - POSTERS

Instructions for authors

ABSTRACTS

SUBMISSION DEADLINE: SEPTEMBER 15TH 2010

Requirements:

- **Volume:** should not exceed 250 words, shaped in a paragraph
- **Body type:** font Times New Roman, size 12 and line space 1
- **Title and authors:** font Times New Roman, size 14 and CAPITAL LETTERS for the title and size 13 for the names of authors and institutions. Use the title that refers best to the content of the abstract and avoid using abbreviations in it. The name of the presenting author should be highlighted.
- **Institution:** please specify department, institution, city, country. Authors from different institutions should be noted (marked) with *
- **Language:** Bulgarian and English
- **Structure:** for structuring the main text please use the following subheadings (tagged with Bold with a space between paragraphs):
 - (I) Introduction
 - (II) Goals and objectives
 - (III) Subject matters and Methods - avoid abbreviations if possible
For abbreviated words use the full designation, when used at first, followed by a standard abbreviation in brackets.
 - (IV) Results
 - (V) Discussion
 - (VI) Conclusion - up to five key words (in Bulgarian and in English). The applications for abstracts or posters should include personal work and experience in areas, different then the ones that will be discussed during the symposia.

Submission and confirmation:

Please, submit your abstracts:

- As an attached file in an electronic form to medicarehabilitation_2010@cic.bg
- in Bulgarian and in English
- please indicate your preferred form of presentation in the text of your email: ORAL PRESENTATION OR POSTER, together with contact details such as e-mail and phone number.
- The authors will receive a confirmation of the receipt of the abstracts to the e-mail it was sent from.
- After the Scientific Committee discussion the authors will receive a new confirmation by e mail if the abstract was approved for ***an oral or a poster presentation***, accompanied by the appointed date and time.

PUBLICATIONS

The approved abstracts will be published in a special printed edition, applied in the delegates' sets for all registered participants in the Congress.

POSTERS

The dimensions of the poster boards are 1.00 m width x 2.00 m height.
Mounting materials will be available at the Registration desk of CIC Ltd.

with international participation

November 4th - November 6th, 2010 • Hotel Samokov, Borovets Resort

PMRES DEPARTMENT, MU Pleven
 MRE SECTOR, MU Sofia
 BULGARIAN NEUROREHABILITATION SOCIETY

REGISTRATION

FEE	Till June 30 th , 2010	From July 1 st , 2010 till September 15 th , 2010	After September 15 th , 2010
Members of the Association*	50	70	90
Non-members of the Association	70	80	90

*Members who have paid their membership fee for 2009

Registration fees are quoted in EUR

The Registration fee includes:

- Participation in the plenary sessions and poster sessions
- Access to the medical exhibition
- Access to the satellite symposia
- Access to the company presentations
- Delegate's set
- Abstract edition
- Certificate for participation
- Coffee breaks
- Welcome reception
- Gala Dinner

In order to get registered, please:

Fill in the enclosed in this booklet Registration form and send it by e-mail or fax to the official agent of the Congress - CIC Ltd:

- E-mail: medicalrehabilitation_2010@cic.bg
- Fax: +359 2 892 08 00

Registration:

Registration is considered to be valid after sending the completed registration form and payment of the corresponding fee.

The Registration form is also available on CIC Ltd. web site: www.cic.bg

CIC Registration desk will be situated in Hotel Samokov from November 4th till November 6th. CIC team will manage:

- Delegates' registration
- Registration of company representatives
- Accommodation
- Providing delegates with a personal badge and conference materials
- Distribution of certificates for participation
- General information and coordination



FIRST NATIONAL CONGRESS ON MEDICAL REHABILITATION AND ERGOTHERAPY

with international participation

November 4th - November 6th, 2010 • Hotel Samokov, Borovets Resort

PMRES DEPARTMENT, MU Pleven
MRE SECTOR, MU Sofia
BULGARIAN NEUROREHABILITATION SOCIETY

VENUE

Samokov Hotel is located in the center of Borovets resort and it's only an hour drive away from Sofia. The hotel offers a warm atmosphere and first class service of a four-star hotel.



ACCOMMODATION

HOTELS	SINGLE ROOM	DOUBLE ROOM*
Samokov Hotel 4*	30	45
Hotel 3*	25	40

The price for the accommodation is in EUR and includes accommodation, breakfast, resort fee and use of the indoor pool.

The hotel reservation will be made according to the information submitted in the Registration Form (room type, number of nights). The reservation is considered valid upon registration for participation and receipt of a first night hotel deposit.

***Double accommodation is possible only after the accompanied person's name is included in the Registration Form.**



PAYMENT

Advance payment - net of bank charges, can be made:

- through bank transfer in EUR

Bank's name: UniCredit Bulbank

Branch: BC Batenberg

Address: 12, Knyaz Aleksandar I Str., 1000 Sofia, Bulgaria

IBAN: BG75 UNCR 9660 1464 4601 28

BIC: UNCRBGSF

- or by credit card

Only Visa or Master / Eurocard are acceptable.

Please ask the official agent for a Credit Card Form.

Please indicate correctly the name of the participant and the purpose of payment - MRET_2010

Balance payments for the accommodation and the registration fee are payable upon registration at the CIC Registration desk in Hotel Samokov, Borovets resort.

Visa and Mastercard are acceptable. Please note that we do not accept American Express and Visa Electron.

CANCELLATIONS

Participation fee:

Registration fees are not refundable

Hotel accommodation:

For cancellation of the hotel reservation made in written and received till July 15th, 2010, the full amount of one night hotel deposit will be reimbursed.

For cancellation after this period no sum will be refunded.



FIRST NATIONAL CONGRESS ON MEDICAL REHABILITATION AND ERGOTHERAPY

7

with international participation

November 4th - November 6th, 2010 • Hotel Samokov, Borovets Resort

PMRES DEPARTMENT, MU Pleven
MRE SECTOR, MU Sofia
BULGARIAN NEUROREHABILITATION SOCIETY

IMPORTANT DATES

June 30 th , 2010	Deadline for early registration
July 15 th , 2010	Deadline for submission of written cancellation of hotel reservations
September 15 th , 2010	Deadline for submitting abstracts
September 15 th , 2010	Deadline for late payment of participation fee
November 4 th , 2010	Registration and Official Opening of the Congress
November 6 th , 2010	Closing of the Congress



FIRST NATIONAL CONGRESS ON MEDICAL REHABILITATION AND ERGOTHERAPY

with international participation

November 4th - November 6th, 2010 • Hotel Samokov, Borovets Resort

PMRES DEPARTMENT, MU Pleven
MRE SECTOR, MU Sofia
BULGARIAN NEUROREHABILITATION SOCIETY

3

CONTACTS

For information about participation in the scientific program of the Congress:

Prof. Dr. Ivet Koleva

President of the Organising Committee

e-mail: yvette@cc.bas.bg

Cell: +359 888 208 161

For registration and any other information please contact:

Company for International Congresses Ltd. - CIC Ltd.

Phone: +359 2 892 08 08

Fax: +359 2 892 08 00

1700 Sofia, Vitosha Distr., VEC Simeonovo 999

e-mail: medicalrehabilitation_2010@cic.bg

website: www.cic.bg



FIRST NATIONAL CONGRESS ON MEDICAL REHABILITATION AND ERGOTHERAPY

with international participation

November 4th - November 6th, 2010 • Hotel Samokov, Borovets Resort

PMRES DEPARTMENT, MU Pleven

MRE SECTOR, MU Sofia

BULGARIAN NEUROREHABILITATION SOCIETY

The evolution of medicine and rehabilitation have always been (and continue to be) a mixture of science, philosophy, sociology and intuition. The peculiarities of this fine mixture are the ones that make extremely difficult the assessment (qualitative and quantitative) of functional deficits and also the specification of treatment techniques and approaches.

Physiotherapists and ergotherapists are focused on rehabilitation and resocialization of the patient / the client by transforming the physiotherapeutic and ergotherapeutic practice into a combination of art and science. Both physical- and ergotherapy are holistic therapies where the therapist influences on the overall organism. Man is an integrated system, not just a sum of the functioning of Cardiac Vascular System, Locomotor System, Nervous System etc. That predetermines the complexity of the functional assessment (on micro and macro level), the different levels of the functional disorders (from pathophysiology to social isolation) and the complexity of the therapeutic methods. Upon analysis are also the environment, family support, roles and values; as well as (regarding the organism level) - volume of activity, muscles' strength / weakness, muscles tonus.

There is no doubt the therapeutic method of approach is turned to the patient / the client.

I. Koleva, R. Yoshinov

„Medical rehabilitation and ergotherapy“

Sofia 2008





BULGARIAN
NEUROREHABILITATION
SOCIETY

BULGARIAN ASSOCIATION OF
MEDICAL REHABILITATION AND
ERGOTHERAPY



Let's try to disprove the seven myths about the medical rehabilitation and the ergotherapy:

- Medical rehabilitation and Ergotherapy are not only rehabilitation
- Medical rehabilitation and Ergotherapy are not only ergotherapy
- Medical rehabilitation and Ergotherapy are not only a battle for independence
- Medical rehabilitation and Ergotherapy are not only muscle training or gait training.
They are not only functional training either.
- Medical rehabilitation and Ergotherapy are not only means to engage people aiming distraction of attention
- Medical rehabilitation and Ergotherapy are not only means to create nice things
- Medical rehabilitation and Ergotherapy are not only work or activity of the upper limbs