

Agora



FEDERATION OF ASSOCIATIONS  
FOR PATIENTS WITH RHEUMATIC AND  
MUSCULOSKELETAL DISEASES  
OF SOUTHERN EUROPE

2023 ANNUAL CONFERENCE

# Empowerment

to **manage** our own **lives** and our own **care**

September **8-9** 2023

PODGORICA, Montenegro



Hotel **Ramada Podgorica**  
Bulevar Save Kovačevića 74  
81000 Podgorica, Montenegro

[www.ramadapodgorica.me](http://www.ramadapodgorica.me)



# Introducing Care+

## A new patient service from Biogen

**Care+** is a new patient app that provides important tools & resources for immunology patients, and supports patient/doctor conversations



Care+ App is available to download on the App Store (IOS) and Google Play (Android) in Italy, Germany, Czech, Switzerland, with additional launches planned in 2022 and 2023.



**Disease insights\*** to help you better understand your condition



**Self-assessment tools** to simplify the process of symptom tracking and disease management



**Practical aids** including appointment reminders, guidance for administration, medication information and more



**Health and wellness content** including recipes and exercises to support you through your journey

\*Supporting information for the following conditions: Axial Spondyloarthritis (Ankylosing Spondylitis, Non-Radiographic Axial Spondyloarthritis), Crohn's Disease, Hidradenitis Suppurativa, Psoriasis, Psoriatic Arthritis, Rheumatoid Arthritis and Ulcerative Colitis.



Biogen-179925 AUG 2022

Some components and availability of product information can vary by country. The Care+ app has been developed, maintained, and fully funded by Biogen.

Striving to deliver breakthroughs that **enable freedom** from day-to-day suffering for people living with chronic diseases, which can be debilitating, disfiguring, and distressing, dramatically affecting what they can do



Paid advertisement by Pfizer

## Pfizer Inflammation & Immunology is committed to:



### **Innovative Treatments**

Addressing the unique needs of patients with our portfolio of transformative treatments



### **Pioneering Science**

Relentlessly pursuing breakthroughs for patients still in need



### **Healthcare Solutions**

Partnering with others to create solutions for the challenges of chronic inflammatory diseases, allowing patients to live their best lives



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## GENERAL INFORMATION

### Type of Event

On site. The sessions of the conference will be uploaded in the conference website for on demand use.

### Venue

Ramada by Wyndham Podgorica  
(View venue location [here](#))

### Date

September 8-9, 2023

### Registration

Electronic Registration is mandatory and required for all participants.

### Attendance Type

The scientific Conference will be only on site with physical attendance

The delegates have access to the following:

- Scientific program attendance
- e-Conference materials (i.e. e-program, certificate)
- Coffee, Lunch Breaks, Meals and Gala Dinner

### Conference website

<https://www.agora-platform.eu/conference2023>

**Arrivals:** Thursday, September 7, 2023

**Departures:** Sunday, September 10, 2023



Value through  
Innovation

# *Transforming lives for generations*

As a leading research-driven biopharmaceutical company, Boehringer Ingelheim is working on breakthrough therapies in areas of high unmet medical need. Founded in 1885 and family-owned ever since, Boehringer Ingelheim takes a long-term perspective. More than 53,000 employees serve over 130 markets in two business areas: Human Pharma and Animal Health.

Learn more at [www.boehringer-ingelheim.com](http://www.boehringer-ingelheim.com)





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## GENERAL INFORMATION

### Organisers



with the cooperation of



Association for helping people  
with rheumatic diseases  
**MONTENEGRO**

### The Board of Agora

Andri Phoka	President
Boryana Boteva	General Secretary
Sebastian Micallef	Treasurer
Ana Vieira	Member
Athanasia Pappa	Member

### Conference Task Force

Andri Phoka - Chair

Katy Antonopoulou  
Sina Bugeja  
Igor Medojevic  
Michal Nudel  
Stalo Andronikou Papamichael  
Ana Vieira

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## SPECIAL THANKS

The organizing committee wishes to acknowledge the financial support provided by the following companies:

### Platinum Sponsors



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Thursday, 7 September, 2023

Main conference Hall

20.00 - 22.00	<b>Dinner /workshop</b> (Conference Room) <b>Addressing the Mental Health Impact for People Living With Chronic Conditions Using Real-World Evidence</b>	Chris DeFelice
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Friday, 8 September, 2023

Main conference Hall

09:45 - 10:15	Registration	
10.15 - 12.00	<b>General Assembly</b>	
12:00 - 14:00	<b>Lunch Break at the hotel's restaurant</b>	
<b>14.00 - 14.30</b>	<b>Opening Ceremony</b>	
	Welcome by Agora Chair	Andri Phoka
	Welcome by the Host Country	Igor Medojevic
	Welcome by the director of the Directorate for Quality Control of Health Care, Improvement of Human Resources in Health Care and Legality of the Functioning of Professional Regulatory Bodies (Chambers)	Dr. Slobodan Mandic
	Introduction to the Conference: Topics	Andri Phoka



# Together we are living innovation

We don't think it is good enough that countless people affected by immune-mediated conditions are still living with debilitating symptoms. That is why we are determined to change this. We are relentlessly searching for medicines to tackle the progression of the disease itself. We are driven by thinking about the positive impact this could have, not only in changing the lives of those affected, but also on their families, friends and societies in general.

**Galápagos**  
Pioneering for patients



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



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Friday, 8 September, 2023 (continuity)

Main conference Hall

14.30 – 17.15	<b>Session 1: Management of a Patients' Association</b> Facilitator: Sebastian Micallef	
14.30 – 14.50	Ten (10) Points to make a Patients' Associations successful	Raj Mahapatra
14.50 - 15.10	Expanding further on Strategic Planning: The Ultimate Guide	Raj Mahapatra
15.10 – 15.30	Patient Engagement: raising awareness and empowering patients for Shared Decision Making	Souzi Makri
15.30 – 15.50	Do's and Don'ts for a Successful Awareness Campaign	Katy Antonopoulou
15.50 – 16.10	How other countries work and how we can raise awareness (ASIF PROJECT)	Andri Phoka
16.10 – 16.13	Benefits of Physiotherapy and Hydrotherapy (3 minutes video)	Amalia Papadopoulou - Bakrozi
16.13 – 16.17	Stretching Exercises	Stalo Andronicou - Papamichael
16.17 – 16.35	Coffee break	
16.35 – 17.00	<b>2 workshops (15 people each)</b> Awareness Campaign: <i>Facilitator</i> - Boryana Boteva Strategic Planning: <i>Facilitator</i> - Sina Bugeja	
17.05 – 17.15	Conclusions from the workshops	Boryana Boteva, Sina Bugeja
18.00	<b>Sight-seeing and visit to the old capital of Montenegro</b> Meeting point: <i>Hotel lobby</i>	
20.00 -	Dinner in a wonderful winery restaurant	



## Making a difference for **axial spondyloarthritis patients**

We have a fundamental commitment to improving the lives of those living with axial spondyloarthritis. We maintain deep connections with patient and scientific communities to drive innovation and co-create life-changing solutions. We challenge accepted beliefs and boundaries to make a meaningful difference to people's health.



Inspired by **patients**.  
Driven by **science**.



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Saturday, 9 September, 2023

Main conference Hall

<b>10.00 - 11.40</b>		
<b>Session 2: Education/Self-Management</b>		
<b>Facilitator: Igor Medojevic</b>		
10.00 – 10.20	<b>How does rehabilitation in member states work and what is the level of coverage by the state in different countries. The example of the rehabilitation center in Montenegro</b>	Dr. Marija Obradovic
10.20 – 10.40	<b>The role of the Psychologist in the treatment of people living with rheumatic diseases</b>	Dr. Golubovic Andjela
10.40 – 11.00	<b>Mindfulness. A strong self-management tool for organisations to help their members</b>	Despoina Giannouli
11.00 – 11.15 Coffee break		
<b>11.15 - 12.55</b>		
<b>Session 3: Advanced Shared Decision Making</b>		
<b>Facilitator: Souzi Makri</b>		
11.15 – 11.35	<b>HTA and Patients</b>	Julie Spony
11.35 – 11.55	<b>The importance of Patients Experts</b>	Andri Phoka
11.55 – 12.15	<b>Advocacy</b>	Elsa Mateus
12.15 – 12.35	<b>Clinical trials and the patient journey: experiences and outcomes</b>	Neil Betteridge
12.35 – 12.55	<b>Opportunities through the EULAR Knowledge Transfer Program</b>	Boryana Boteva

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Saturday, 9 September, 2023 *(continuity)*

Main conference Hall

12.55 – 13.15	<b>Conclusions</b> Andri Phoka, Igor Medogevic ARAM presentation: MALTA 2024 <i>Closing</i>	
13.15 – 13.20	<b>Stretching Exercises</b>	Stalo Andronikou – Papamichael
13.20 – 13.30	<b>Family photo</b>	
13.30 – 15.00	Lunch at the hotel's restaurant	
18.30	Meeting in the lobby to walk to old town	
19.30 - 22.00	Dinner at a traditional tavern in the old town	



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## Speakers

### **Antonopoulou Katy**

*Health communications expert, President of SJOGREN EUROPE, Gen. Secretary of HELAR/ELEANA and Communications Head of AGORA Federation, Greece*

### **Betteridge Neil**

*Director of European Alliance for Patient Access (GAfPA/EAfPA)*

### **Boteva Boryana**

*General Secretary of AGORA, President of BOPRD, Bulgaria*

### **Bugeja Sina**

*MSc (Wales); FRSPH; AgilePM, Vice President of ARAM, Senior Lecturer (P/T) University of Malta, Malta*

### **DeFelice Chris**

*TREND Community's Chief technology Officer, USA*

### **Giannouli Despoina**

*Mindfulness Teacher, wellness Entrepreneur, Holistic Health Coach, Greece*

### **Golubovic Andjela, Dr.**

*Psychologist, PhD, Montenegro*

### **Mahapatra Raj**

*President of NASS, UK*

### **Makri Souzi**

*Past Chair of EULAR PARE, Vice President of CYPLER, Eupati Fellow, Cyprus*

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## Speakers *(continuity)*

### **Mateus Elsa , PhD.**

*PhD in Anthropology, (Anthropology of Health) Institute of Social Sciences University of Lisbon, President of LPCDR, Member of EULAR Board and Council, EULAR PARE Vice President, EUPATI Fellow, Portugal*

### **Medojevic Igor**

*President of Rheumatic Assosiation Montenegro, Montenegro*

### **Micallef Sebastian**

*Treasurer of AGORA Federation, Member of ARAM, Malta*

### **Obradovic Marija, Dr.**

*Specialist in physical medicine and rehabilitation in Institut Igalo, Montenegro*

### **Papadopoulou - Bakrozi Amalia**

*Physiotherapist, MSc, Greece*

### **Papamichael Andronikou Stalo**

*Treasurer of CYLPER, Cyprus*

### **Phoka Andri**

*President of AGORA, and CYLPER, Gen. Secretary of ASIF, Eupati Fellow and Member of Eupati National Platform Cyprus, Cyprus*

### **Spony Julie**

*Policy Officer, EPF, Belgium*



Going to  
**incredible lengths**

## Horizon is proud to support the 2023 Annual AGORA Conference.

Horizon is a global biotechnology company focused on the discovery, development and commercialization of medicines that address critical needs for people impacted by rare, autoimmune and severe inflammatory diseases. Our pipeline is purposeful: We apply scientific expertise and courage to bring clinically meaningful therapies to patients. We believe science and compassion must work together to transform lives.



[horizontherapeutics.com](https://horizontherapeutics.com)