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BOOKLET OF ABSTRACTS

Μουρατίδης Χρίστος (Psychology)

Do cognitive factors, time pressure and (im)personal dilemmas shape Moral Judgment Responses in sacrificial dilemmas? an application of the Dual Process Theory

When considering sacrificial dilemmas, most people are familiar with the famous Trolley and Footbridge problems, where in order to save five people, individuals must either push a lever redirecting the trolley to one person or push a man to his death, whose body will stop the train. Confusingly, although the premise "five for one" is present in both dilemmas, the dilemmas yield antithetical results. In an attempt to explain this, Greene et al., (2001) theorize that moral decision making is the outcome of two incongruent systems: First, the System-1, which encompasses intuitive, rapid, and affective processing which produces deontological responses. Second, the System-2, which encompasses deliberative, slow, controlled processing, producing utilitarian responses. For System-2, the mechanisms of working memory, cognitive reflection, analytical thinking, and slower reaction times are of extreme essence. Extensive research has been conducted to test the applicability of this theory, however, to the author's best knowledge, none of the previous studies within that domain has investigated all these factors together, especially in Greek settings. Consequently, the scope of the current study is to investigate the relationship between working memory, cognitive reflection, and analytical thinking style in a sample of 202 Greek participants in a cross-sectional design, using a logistic regression. Participants were called to complete a working memory task, answer the cognitive reflection test (Frederick, 2005), fill in the Decision Styles Scale (Hamilton et al., 2016) and answer to sacrificial moral dilemmas (Greene et al., 2001) either under time pressure or not. The results of the logistic regression were not statistically significant, and the predictors failed to significantly predict responses in any of the 6 dilemmas. Furthermore, subsequent analyses using chi-square tests revealed that there were no differences between the number of utilitarian responses given under time pressure and under no time pressure. Finally, Wilcoxon's Signed-Rank test yielded significant results, and found that personal moral dilemmas required less time to answer, in comparison to impersonal moral dilemmas. Thus, utilitarian responses and personal moral dilemmas may not be strictly slower than deontological responses and impersonal moral dilemmas.

Μπέλτση Κονδυλένια (Education)

Παιδικό βιβλίο: Τρόποι αξιοποίησης για την υποστήριξη της ολικής ανάπτυξης και μάθησης του παιδιού στο χώρο προσχολικής αγωγής

Η παιδική λογοτεχνία παραμένει ένα σημαντικό εργαλείο για τους εκπαιδευτικούς, ακόμη και σε μια εποχή που το έντυπο έχει χάσει αρκετό έδαφος λόγω της εξέλιξης της τεχνολογίας. Το παιδικό βιβλίο επιλέγεται συχνά για την ενίσχυση της μάθησης και την υποστήριξη της ολιστικής ανάπτυξης των παιδιών, η οποία συμπεριλαμβάνει το γνωστικό, το συναισθηματικό, το κοινωνικό, το γλωσσικό και το σωματικό τομέα. Με τη χρήση του παιδικού βιβλίου ενθαρρύνεται η ανάγνωση και η γλωσσική ανάπτυξη, προωθείται η γνώση και η μάθηση, αναπτύσσεται η φαντασία και η δημιουργικότητα και αναδύεται ο γραμματισμός των παιδιών. Το παιδικό βιβλίο διακρίνεται από ορισμένα ιδιαίτερα χαρακτηριστικά, ένα εκ των οποίων είναι και η εικονογράφηση του. Οι εικόνες συμπληρώνουν το κείμενο και προσφέρουν έναν οπτικό κόσμο γεμάτο χρώματα, χαρακτήρες και σκηνές. Η εικονογράφηση αποτελεί ένα σημαντικό και δημιουργικό τρόπο να εισαχθούν τα παιδιά στο κόσμο της λογοτεχνίας και να κατανοήσουν το περιεχόμενο του βιβλίου. Στο πλαίσιο αυτό επιλέχθηκε ένα βιβλίο «Η ΣΚΑΛΑ ΤΗΣ ΑΓΑΠΗΣ» της συγγραφέως Γιολάντας Τσορώνη-Γεωργιάδη (εκδόσεις Σαββάλας), μέσα από το οποίο σχεδιάστηκε μια δραστηριότητα που έχει ως στόχο να συμβάλει στην ολιστική ανάπτυξη των παιδιών.

Σπήλιου Μαρία (Psychology)
Do metacognitive beliefs, attentional bias and high interoceptive awareness constitute predictive factors of health anxiety in young adults and adults? A cross-sectional study

Health anxiety is on the rise, especially after the Covid-19 pandemic hit, with detrimental emotional and societal consequences. Previous evidence suggest that metacognitions and attentional bias may play a key role in the development and maintenance of the condition. Interoceptive awareness is a more recent notion that has also been linked to health anxiety. The aim of this study was to examine dysfunctional metacognitions, higher presence of attentional bias and higher interoceptive awareness as predictive factors of health anxiety. A sample of 103 participants, between the ages of 18 and 40 years old, was used to measure predictive correlations among the variables. This particular age group was selected due to their homogeneous characteristics regarding health beliefs. Results indicated that dysfunctional metacognitive beliefs are good predictive factors of health anxiety. However, in this study, attentional bias and interoceptive awareness did not provide statistically significant results for their contribution to the condition. These findings highlight the importance of metacognitions in the development and maintenance of health anxiety and suggest further investigation of other cognitive factors that might be involved. Clinical implications for health practitioners and therapeutic directions are being discussed.

Σαπανίδου Αλεξάνδρα (Business school)
Chartering Elements: Case study of Oldendorff

The shipping industry is extremely competitive, so with the motivation to gain a competitive advantage, shipping companies are investing in their freight department to effectively utilize their fleet. Before analyzing the main topic of the report, general information is provided on the course of shipping, shipping activity of Germany as well as data on the shipbuilding structure handled by the case study, basic information on which the analysis will be based. The purpose of this report is to assess Oldendorff, a leading global dry bulk company. To complete the purpose of this report, a thorough analysis of the company's structure, fleet, cargo, and finances is carried out. At the same time, an examination of key elements of the maritime environment and an analysis of concepts such as international trade, charter theory, charter contracts and contracting parties are achieved. The connection of the concepts is reflected in the four shipping markets and how they are connected to charters. The final part of the report presents data on the impact of the Russia-Ukraine war and the post-Covid period on the course of demand, with the aim of finding market trends. Using the analysis information and current shipping market data, a clear recommendation was proposed to maximize profits and increase the company's market share. The data collected in the analysis and used to provide a recommendation are based on literature sources.

Χατζηθεοδώρου Ειρήνη (Psychology)
Individual Differences and COVID-19: Empathy and Narcissism Personality Traits as Predictors of Adherence to Public Health Preventive Guidelines, Among Greek Young Adults

By late autumn 2022, the pandemic Coronavirus (COVID-19) had caused an estimated 6.6 million deaths globally, among which 34,800 in Greece (Mathieu et al., 2021). In response to its alarming infectivity, governments worldwide implemented various preventive public health measures from the outset (Bavel et al., 2020). Nevertheless, a wide diversity regarding citizens' adherence was observed, which, based on psychosocial theories, could be attributed to individual differences' implications. The Health Belief Model (Janz & Becker, 1984) stipulates that ''perceived susceptibility'' to threats -one's perception of health risk likelihood- modulates the adoption of preventive health behaviour (Rosenstock, 1974). Additionally, Cognitive Health Behaviour and Social Norms theories suggest that estimating potential socio-personal costs/benefits determines individuals' engagement in precautionary health behaviour (Stevens & Taber, 2021). On this theoretical basis, psychologists have expressed interest in the perceived susceptibility and cost-benefit subjunctive assessment construct, positing that individual differences in personality traits serve as determinants of compliance with government-constrained anti-COVID-19 measures (Milad & Bogg, 2021). The current correlational study investigated the association between Empathy and Narcissism, as predictors of adhering to COVID-19 public health guidelines in a Greek young adult population. It was hypothesised that higher levels of empathy would predict higher compliance with anti-COVID-19 measures, while higher levels of subclinical narcissism were expected to correlate negatively. The equally gender-distributed sample (n=60), aged 18–26, was invited to self-complete three scales on narcissism, empathy, and adherence to COVID-19 public health guidelines. Multiple regression data analysis revealed a very large effect size, indicating that empathy and narcissism, together, significantly and strongly predict compliance with anti-COVID-19 measures. Findings show that the higher the empathy and the lower the narcissism scores, the higher the adherence to COVID-19 health guidelines. Generalisability and validity issues regarding methodological limitations and unaccounted confounding variables, such as health status, gender, or personality-dependent differences, could potentially be addressed in future designs.

Νούλα Σταματία (Psychology)
How psychologists and psychiatrists in Greece experience working with patients diagnosed with schizophrenia and how their probable occupational burnout looks like: An interpretative phenomenological analysis

This study aims to gain insight into the individual experience of psychiatrists and psychologists of working with patients diagnosed with schizophrenia, how they experience the therapy with them, how they face them and what impact has this experience on them, and it is the first qualitative study, to our knowledge, which directly explore this experience. Six psychiatrists and psychologists, who have worked with patients diagnosed with schizophrenia, were interviewed. Interpretative Phenomenological Analysis (IPA) was selected to produce strong interview information as participants were asked to discuss about their experience and their descriptions were analysed using IPA to identify common themes. It seems that professionals find therapy difficult and the therapeutic process as not straightforward with this specific patient population. In addition to that, they do experience burnout. More specifically, this study used IPA analysis which resulted in nine subthemes from which three master themes emerged. The first theme, 'Challenging, difficult and strange work', explores the difficulties which characterize this work like this. The second master theme, "Improvement isn't something easy for these patients", discovers the obstacles and the difficulties in the improvement of these patients from their side and from the side of professionals. And the last theme "Burnout" reveals how emotionally engaged the professionals are with their patients and their work. All participants emphasised the feeling of frustration which is provoked to them by these patients which leads to burnout and this

last finding undoubtedly highlights that there is a necessity for expert supervision to support professionals. This study offers a new insight on schizophrenia and to the understanding of such experience from the perspective of therapists and may support healthcare professionals in understanding how it is to work with these patients in Greece. However, existing programs in Greece focus solely on the treatment of patients, without taking into consideration the needs and possible problems that arise in the therapists themselves. These findings indicate that therapists should be also the focus of attention as their experiences have impact in multiple ways in the quality of services they provide to their patients as well as in their personal lives.

Παπαχρήστος Νικόλαος (Business school)
Στρατηγική, Διοικητική διάρθρωση και λήψη αποφάσεων. Η περίπτωση της «Protergia»

Το παρόν Case Study, το οποίο εκπονήθηκε υπό την επίβλεψη της κας. Ευαγγελίας Μαρκάκη στα πλαίσια του ΠΜΣ *«Πολιτική Ανάλυση»* του ΑΠΘ, επικεντρώνεται στην εταιρία παραγωγής και παροχής ηλεκτρικής ενέργειας *«Protergia»*, η οποία είναι μια από τις μεγαλύτερες εταιρικές δομές της χώρας μας, και ταυτόχρονα αποτελεί την εταιρική επωνυμία για την παροχή ενέργειας, του Ομίλου Μυτιληναίος. Οι επιχειρησιακές της λειτουργίες, η οργανωτική της διάρθρωση και η συνολική της δραστηριοποίηση την καθιστούν ένα εξαίρετο παράδειγμα μελέτης περίπτωσης, εστιασμένης τόσο στο μοντέλο λήψης αποφάσεων όσο και διαμόρφωσης στρατηγικής. Επιπλέον, το σχετικά πρόσφατο άνοιγμα της αγοράς παροχής ενέργειας, ο ανταγωνισμός και η εμπιστοσύνη των πελατών για ένα βασικό αγαθό, σε έναν καινούργιο πάροχο, είναι σημαντικοί διερευνητικοί παράμετροι. Πιο συγκεκριμένα, παρακάτω τίθενται ενδεικτικά θέματα που απασχολούν την παρούσα μελέτη:
- Η Στρατηγική και οι Στρατηγικοί Στόχοι εταιρείας: Η Βιώσιμη Ανάπτυξη.
- Το Όραμα της εταιρίας. Ποιο είναι και τι προβλέπει;
- Η Διαδικασία λήψης αποφάσεων. Ποιες αποφάσεις και με ποιόν τρόπο λαμβάνονται σε κάθε επίπεδο;
- Η Οργανωτική διάρθρωση, η Συλλογικότητα της διοίκησης και οι μηχανισμοί του διοικητικού ελέγχου.
- Ο Στρατηγικός Μετασχηματισμός της δομής. Υπό ποιες προϋποθέσεις πραγματοποιείται και σε ποιες περιπτώσεις;

Ζαχαριάδου Σοφία (Psychology)
Does pet attachment affect men's psychological well-being, loneliness and perceived social support during Covid-19? A cross-sectional study

The Covid-19 pandemic has introduced unique challenges to people's life, such as financial difficulties, as well as mental health issues, like depression and loneliness. Research has emphasized young and midlife adults, and individuals who live alone, to be in the "eye" of the aforementioned consequences. Human-Animal Interaction (HAI) could provide an alternative countermeasure, as it has been associated with increased benefits for the owners, including greater psychological well-being and increased perceived social support, as well as decreased loneliness. Furthermore, research suggests pet attachment to moderate these effects, with more attached owners perceiving greater benefits. Since the majority of the existing literature on HAI and pet ownership has comprised of predominantly female samples, this study focused on the male population. Thus, its aim was to investigate the relationship between pet attachment and men's psychological well-being, loneliness and perceived social support from their pets. A sample of 87 participants, Greek male pet owners 20 to 45 years old of various pets, was asked to complete a demographics form, and four self-reported questionnaires; LAPS, measuring pet attachment, WHO-5 measuring well-being, 3item LS, measuring loneliness and MSPSS-Pets, measuring perceived social support from one's pet. Three Multiple Hierarchical Linear Regressions were employed with pet attachment as the predictor, controlling for age and cohabitation status, and psychological

well-being, loneliness and perceived social support as outcomes. In line with previous findings, results indicated pet attachment as a predictor of the owner's perceived social support, with more attached owners perceiving more support. However, no significant relationship was observed between pet attachment and psychological well-being, nor loneliness. In the case of psychological well-being, age was a significant predictor, with older men reporting greater well-being, while in the case of loneliness not pet attachment, nor age, nor cohabitation status seemed to predict men's loneliness. Results were indicatory that although pets do provide their owners with social support, during such stressful times as a pandemic, companion animals may contribute to an already heavy burden among owners.

Arben Malesija
Music Player using server programmed in C++ and C#

This abstract presents a comprehensive implementation of a music player application, designed as part of an assignment for a university course. The assignment involved developing a music player with a C++ server backend and a C# graphical user interface (GUI). The purpose of this project was to demonstrate proficiency in programming languages, client-server communication, and graphical interface design. The music player application consists of two main components: the server backend and the GUI frontend. The server backend is implemented in C++ and provides functionalities such as handling client requests, managing the music library, and facilitating the streaming of music files. The server establishes a robust and secure communication channel with the GUI frontend, enabling seamless interaction and data exchange between the components. The graphical user interface (GUI) is developed using C#, leveraging the Windows Presentation Foundation (WPF) framework. The GUI provides an intuitive and user-friendly environment for music playback, library management, and playlist creation. Users can navigate through their music collection, search for specific songs or artists, and create personalized playlists. The GUI communicates with the server backend to retrieve and update the music library, stream music files, and handle user interactions. Throughout the implementation, emphasis was placed on ensuring efficiency, reliability, and scalability. The server backend utilizes C++'s performance benefits and robust networking libraries to handle multiple client connections simultaneously, ensuring smooth music streaming and uninterrupted user experience. The C# GUI employs modern design principles to create an aesthetically pleasing and responsive interface. The outcome of this assignment is a fully functional music player application that successfully integrates a C++ server backend and a C# GUI frontend. The application exemplifies the practical application of programming languages and software development principles taught during the course. The implementation provides a solid foundation for further enhancements, such as adding additional features, improving performance, or extending compatibility to different platforms.

Παντοπούλου Δώρα (Education)
Μια κριτική αναστοχαστική παρουσίαση που εστιάζει στον αντίκτυπο της παγκοσμιοποίησης στην παροχή προσχολικής εκπαίδευσης και φροντίδας σε όλο τον κόσμο

Η παρούσα παρουσίαση αφορά στην Προσχολική Εκπαίδευση και Φροντίδα, και πιο συγκεκριμένα στον αντίκτυπο της παγκοσμιοποίησης σε αυτή. Οι πρώιμες εμπειρίες στην προσχολική ηλικία έχουν σημαντική επίδραση στην ανάπτυξη των παιδιών και στη διαμόρφωση της μελλοντικής τους προόδου και ευεξίας. Αυτές οι εμπειρίες αποτελούν τη βάση για την κοινωνική, συναισθηματική, γνωστική και φυσική ανάπτυξη των παιδιών κατά την περίοδο πριν την είσοδό τους στο Δημοτικό σχολείο. Σημαντικά κοινωνικο-οικονομικά και πολιτιστικά γεγονότα στάθηκαν ως οι αιτίες για την διαμόρφωση της Προσχολικής Εκπαίδευσης και Φροντίδας, όπως αναγνωρίζεται σήμερα. Αυτά αντανακλώνται κυρίως στο τέλος της αποικιοκρατίας, στον Ψυχρό Πόλεμο, στην πολιτιστική επανάσταση του '60 και '70 και στην παγκοσμιοποίηση. Τα ευεργετήματα που επέρχονται από την παγκοσμιοποίηση είναι

σημαντικά, ωστόσο συνάδουν και επιπτώσεις. Η UNESCO ως φορέας των Ηνωμένων Εθνών εργάζεται συστηματικά προς αντιμετώπιση των δυσκολιών που αντιμετωπίζουν οικονομικά ασθενείς χώρες όπως το Αφγανιστάν, και έχει συνδράμει καθοριστικά στην ανάπτυξη της εκπαίδευσης στη χώρα, αλλά και στην πρόσβαση σε αυτή από τον γυναικείο πληθυσμό, κάτι το οποίο θεωρούνταν απαγορευτικό προ μίας εικοσαετίας. Συμπερασματικά, η παγκοσμιοποίηση προσφέρει οφέλη στην εκπαίδευση, όμως έχει και επιπτώσεις σε αυτήν, και είναι στο χέρι και είναι στο χέρι των κρατών και των εκπαιδευτικών να τις ελαχιστοποιήσουν.

Παϊταρίδου Κωνσταντίνα (Psychology)
Predictors of burnout based on Personality Traits in Dyadic Combination with Work Engagement, Motivation, Job Satisfaction, Psychological Safety, Turnover Intention, Positive/Negative Affect in Academic Population

This study investigates the relationship between personality traits, personality-job fit (PJF) traits, and occupational variables in predicting burnout among university professors. The theoretical framework is based on the Five-Factor Model (FFM) of personality and the concept of PJF. The aim of the study is to explore whether neuroticism predicts burnout and its dimensions (emotional exhaustion, depersonalization, and personal accomplishment) and whether PJF traits in combination with occupational variables predict burnout. A sample of university professors (n=129) completed self-reported questionnaires assessing neuroticism, burnout dimensions, PJF traits (person-environment fit, task-environment fit, and person-task fit), and various occupational variables (work engagement, motivation, job satisfaction, turnover intention, psychological safety, and positive/negative affectivity). The results support the hypotheses, indicating a significant positive relationship between neuroticism and burnout dimensions, except for personal accomplishment, which showed a significant negative relationship. Furthermore, the combined effect of PJF traits and occupational variables significantly predicted burnout, with medium effect sizes. Specifically, work engagement, motivation, job satisfaction, turnover intention, and positive/negative affectivity were significant predictors of burnout, while psychological safety did not show a significant relationship. The findings highlight the role of neuroticism in predicting higher levels of burnout and its dimensions, suggesting that individuals high in neuroticism may be more prone to emotional exhaustion and depersonalization. The negative relationship between neuroticism and personal accomplishment challenges some previous research, emphasizing the complexity of these associations. The study also reveals the predictive value of PJF traits and occupational variables, demonstrating their medium to large effect sizes in predicting burnout. These findings contribute to the understanding of burnout among university professors and have practical implications for interventions and support strategies. Early identification of high neuroticism during the hiring process could inform targeted training and interventions. Additionally, promoting work engagement, motivation, job satisfaction, and positive affectivity while addressing turnover intention and negative affectivity may help reduce burnout levels. Future research is encouraged to investigate the impact of PJF traits on burnout subscales and explore the mediating or moderating roles of variables such as motivation, job satisfaction, and demographics. Longitudinal studies are also recommended to examine the stability and impact of PT and the working environment over time. In conclusion, this research provides evidence for the predictive value of neuroticism, PJF traits, and occupational variables in understanding burnout among university professors. The findings contribute to theoretical knowledge and offer practical implications for preventing and managing burnout in academic settings.

Χατζηιωαννίδης Γεώργιος (School of Health & Sport Sciences)
The Role of a Medication Management System in Improving Medication Safety and Administration Accuracy in Long-Term Care

As a means of reducing medication errors and increasing patient safety, the implementation of a medication management system is the subject of this report. Barcoding systems, medication order entry systems, and electronic medication administration records (eMARs) are all components of the proposed system. The system's efficacy can be evaluated using outcomes like medication error rates, medication administration accuracy, and patient outcomes like hospitalizations and adverse drug events (ADEs). In order to achieve specific, measurable, doable, pertinent, and time-bound goals for the system's implementation and evaluation, the SMART goal approach is suggested. The report comes to the conclusion that a medication management system is a good way to improve medication safety, and that continuous monitoring and evaluation are needed to keep getting better. The specific requirements and costs of implementing such a system in various healthcare settings must be determined through additional research and discussion with vendors and healthcare professionals.

Μπόλια Δέσποινα Στυλλιανή (School of Health & Sport Sciences)
Elevating care: empowering physiotherapists through a mental health protocol integration after COVID-19

There is little scientific data focused on the mental health state of physiotherapists and how this impacts the quality of care provided to the patients, the course of a treatment and the overall effectiveness of a physiotherapy facility. A review of studies found that poor mental health among healthcare professionals was linked to an increased risk of medical errors and adverse events, which can jeopardize patient safety and the standard of care (Salyers 2017). In addition, Van der Doef's research found that exhaustion -a common symptom of burnout- was associated with decreased adherence to clinical governance practices and protocols among healthcare workers (Van der Doef 1999). Research conducted at the start of the pandemic stated the risks of healthcare workers developing mental health problems (Khanal et al., 2020; Muller et al., 2020; Søvold et al., 2021; Vizheh et al., 2020) due to the heavy workloads, long shifts, high pace, chronicity of care and fear of spreading the virus that rised with the pandemic (Søvold et al., 2021). A systematic review of the research published on the mental health of healthcare workers including physiotherapists showed that there were serious indications of depression, anxiety, burnout and ptsd among physiotherapists after the covid-19 pandemic. Important changes to the way physiotherapists manage patients in rehabilitation centers during the pandemic put a strain on the ability to provide the best possible care to everyone as insufficient equipment, low staffing levels, medically unwell discharged patients and constant in-ward therapies made the progression of physiotherapy treatments a lot more difficult (Haines, 2020). That in combination with the mental health issues physiotherapists experienced before and most importantly after COVID-19 can compromise the implementation of clinical governance and the empathy-driven, individualized quality of care that should be provided to patients. The implementation of a mental health protocol specifically designed for physiotherapists would be very beneficial towards the well-being and productivity of the physiotherapists in rehabilitation centers. Mitigating mental health issues and concerns in the workplace will also make the overall environment of the rehabilitation center a safe environment for workers and patients to express their mental health concerns. The mental health protocol would be improved and adjusted throughout the implementation period by mental health specialists and HR professionals based on the needs and feedback of physiotherapists. Additionally, proper education and training on mental health for physiotherapists and upper management will seriously elevate the quality of care provided to patients and eliminate mental health

stigmatization in the workplace, promoting the physiotherapists well-being and work engagement.

Madhi Anabela (School of Health & Sport Sciences)
The impact of access controls and waiting lists on patient care in the NHS

The largest publicly funded healthcare system in the world is the National Health Service (NHS). No matter their financial situation, it offers free healthcare services to everyone in the United Kingdom (UK). However, the NHS confronts considerable difficulties in ensuring that patients have timely access to care because of an ageing population and a rising demand for healthcare services. The management of patient access controls and waiting lists is one of the NHS's major challenges. Access controls are the laws and regulations in place to guarantee that patients have timely and appropriate access to healthcare services based on their clinical need. Contrarily, waiting lists describe the length of time patients must wait before receiving their required medical care. Access controls and waiting lists have long been a source of concern for the NHS. Despite efforts to increase access to care, excessive wait periods for various operations and treatments continue to be a major issue. Waiting lists for elective procedures have hit all-time highs in recent years, with some patients having to wait months or even years for treatment. Waiting lists and access controls are complex challenges involving a variety of elements such as patient demand, workforce capacity, and financial limits. To address these difficulties, the NHS has developed a variety of solutions, including the implementation of new referral and triage systems, increased capacity in specific areas, and the use of technology to improve patient access and experience. This assignment will investigate NHS access controls and waiting lists, measuring their impact on patient care, and recommending potential improvement methods. Furthermore, based on an examination of present policies and practises, it will provide a solution to the problems given by these concerns. This assignment seeks to improve access to care and minimise waiting times for people in the NHS by presenting practical ideas for politicians and healthcare workers.

Κίτσου Θωμαή (School of Health & Sport Sciences)
The crisis on social care: a major contributing factor to hospital bed shortage in the UK

The UK's National Health Service (NHS) has been under strain for many years due to a shortage of hospital. Over the past three decades, the number of hospital beds has declined significantly, with bed numbers per capita in the UK lower than those of most developed nations. This decrease in the number of hospital beds is due to the changing model of care, where people spend less time in the hospital due to improvements in technology and treatments. However, bed numbers have also been cut in the name of 'efficiency' during the austerity years. This has left the NHS unprepared for crises such as the Covid-19 pandemic, with hospitals struggling to cope with the surge in demand for care. The shortage of hospital beds has been exacerbated by another crisis in the social care sector. Patients who no longer need hospital care are stuck in hospital beds because they cannot access social care in a home setting, as the social care sector is struggling to provide it due to funding pressures, staffing shortages, and rising costs. The two sectors, healthcare and social care, are separate in the UK system, and the crisis in one sector feeds through into the other. This assignment will discuss the interconnected crisis of social care and hospital bed shortages in the UK. The first section will examine the decline in the number of hospital beds and the reasons behind it. The second section will focus on the crisis in social care and how it exacerbates the shortage of hospital beds. Finally, the assignment will explore possible solutions to this bed shortage, with a focus on the integration of health and social care.