

15-16, 2025
SEPTEMBER

Virtual
Event

4TH International Conference on
Primary Health Care

&

2ND Euro
Nursing Congress

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Romania



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Nigeria



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Sapienza University of Rome
Italy



Bernd Blobel
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Holistic Health Coaching
USA



Terri Lipman
University of Pennsylvania
USA



Abhijit Ray
HAIF Inc
India



Zahid Hasan
Charter University Lahore
Pakistan



Kamala Aliyeva
Khazar University
Azerbaijan



Peter Averkiou
Florida Atlantic University
USA

Thank You All



DAY - 01

***Keynote
Presentations***

***September
15-16, 2025***

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Sofica Bistriceanu

Academic Medical Unit
Romania

Conversation: A Well-Informed Profile of Its Contributors

Abstract:

People's collaborative work supposes verbal and nonverbal communication. Words are the essential channel of transmission of data of interest. Spoken or written words tell us about one's mental activity, including intent and how one does it. Collaboration in person offers more data, which can help to better understand a person's knowledge, health, and morality. Based on these data and skills in interactions with others, their collaboration can extend or end, depending on the person's enjoyment of such actions. Conversations can disappoint or delight, and repetitive, pleasant discussions positively impact personal health. Provoked and inflamed talks can be harmful, especially for heart functioning in vulnerable, old individuals. A conversation's dual effect must be considered, especially when interacting with unknown individuals. Spoken words provide insights into a person's health; tone, pitch, volume, fluency, and construction of a phrase – all inform us about the functionality of the respiratory, cardiovascular, and nervous systems. They also reflect the speaker's emotional involvement, personal knowledge across various areas, expertise in specific domains, and communication skills. Personality traits are conveyed through voice, making speech unique for each individual. However, it is also subject to change over time as the phonation and resonator systems evolve, along with their nervous control.

Biography

Sofica Bistriceanu, MD, Ph.D., graduated from Iasi University in Romania and family medicine research at Maastricht University. She joined the European, American, and Asian Primary Care Research Group, American Academy on Communication in Healthcare, APTR, IHI, NICHQ, EPCCS, EURACT, and WONCA Meetings. With over 100 research studies shared internationally, she has been recognized with numerous awards. Dr. Sofica Bistriceanu is a member of the Academy for Professionalism in Health Care, serves on the Editorial Review Board for The Journal of Patient Experience (JPX), is an Associate Editor for PriMera Scientific Publication, and is a member of the Editorial Board of Journal of Medical Research and Clinical Case Reports, Research Portal Central Publishers. She represents the Academic Medical Unit- CMI, in NT, ROU. Additionally, she is the author of seven volumes of poetry published by Cronica, Iasi Publishing House, and Time, Iasi Publishing House.

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Richmond Ekhosuehi Idaeho

Mixta Africa
Nigeria

Contemporary issues and trends in innovative medicine in relation to reproductive health and rights

Abstract:

Advancements in reproductive medicine bring significant responsibilities in ensuring the protection and respect of human rights. Reproductive rights encompass the right to reproduce, maternity protection, childcare, and access to adequate healthcare services, including information, counseling, and family planning. Innovative medicine directly impacts these rights, influencing decisions regarding childbearing, unintended pregnancies, contraception methods, genetic and gender selection, and pregnancy modalities. This paper examines contemporary medical developments in light of technological innovations and their legal implications for reproductive rights, particularly women's reproductive health. It reviews debates surrounding the potential protective rights of a fetus, legal structures governing reproductive freedom, and the frameworks that safeguard women's rights. The study further explores whether innovative medicine strengthens or undermines reproductive justice within broader social, legal, and ethical contexts.

Biography

Richmond Idaeho is a legal practitioner at Mixta Africa and co-founder of The MediSupport Foundation, an NGO supporting individuals with sickle cell anemia and other critical conditions. With a background in Philosophy and Law, he specializes in health and employment law, medical ethics, and reproductive justice. He holds degrees in Philosophy and Law, with an LLM and MBA in progress at the University of East London. A published researcher and author, his works on medical law, bioethics, and jurisprudence are widely cited. He has contributed to several international forums and authored the chapter "Revisiting the United States Abortion Law and the Legal Implications" in Contemporary Issues in Clinical Bioethics – Medical, Ethical and Legal Perspectives.

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Antonio Casellaldaeho

Sapienza University of Rome
Italy

Childhood obesity: Designing evidence-based prevention policies using network analysis

Abstract:

Childhood obesity is a complex issue than can't be tackled but using a holistic and multidisciplinary approach and, among the quantitative methods, using Network Analysis. Its application is wide and only rarely applied to social issues but, where used, it showed its resolving power. The aim of this research is to create a comprehensive framework that clearly shows the multifactorial aspect of CO and keeps together five families of influences: genetics, socioeconomic status, social network, environment and impact of policies. Using the bi-partite network technique it is possible to visualize not only the directly responsible factors of CO but also their secondary causes and, overall, to get a clear image of how these factors simultaneously interact. Unlike almost every study on CO, using this approach, based on an extensive literature review and a specifically made survey, has been realized a visual product that, on one side keeps together the literature in an extremely synthetic layout, on the other side gives the scientist the possibility to communicate complexity in a simplified way outside academic context. This technique is particularly useful when prevention policies need to be designed or evaluated, since it gives the possibility to create simulation models based on system dynamics, such as Causal Loop Diagrams or Agent Based Models.

Biography

Antonio Casella is a junior researcher committed to social sustainability issues. His areas of interest are health, labour trends, and migration. With a master's degree in Sociology from Sapienza University of Rome, he collaborates with Italian and international research institutes such as Eurispes, Republikon Intezet (Hungary), Mediterranean Dialogue (Spain), and Sapienza. In his research journey, he combines qualitative and quantitative methods, from ethnography to advanced statistical approaches, to manage complexity and create dynamic models.

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Bernd Blobel

University of Regensburg
Germany

Managing healthcare transformation towards intelligent and ethical ecosystems

Abstract:

Healthcare systems worldwide are undergoing rapid organizational, methodological, and technological transformation towards personalized, preventive, predictive, participative precision (5P) medicine ecosystems. These ecosystems integrate individual health status, genetic and genomic predispositions, and personal social, occupational, environmental, and behavioral contexts. Designing and managing such complex, interdisciplinary, and dynamic ecosystems requires formal and consistent representation of all system components from the perspective of every actor, including the subject of care. As actors from diverse domains possess different education, skills, methodologies, and terminologies, interoperability must progress beyond data sharing to knowledge sharing. To achieve this, each use case must be formally represented both structurally and functionally. The design, implementation, and management of intelligent and ethical ecosystems must therefore adopt a system-theoretical, architecture-centered, ontology-based, and policy-driven approach developed by the author over the past 30 years. This model, now standardized as the ISO 23903 Interoperability and Integration Reference Architecture, is mandated for any specification or project at ISO, CEN, IEEE, OMG, and related bodies addressing multiple domains. It further ensures the detailed management of security, privacy, and trust. This keynote introduces essential standards and methodologies for building 5P medicine ecosystems, supported by practical examples.

Biography

Bernd Blobel is former Head of the German National eHealth Competence Center at the University of Regensburg and has been instrumental in shaping global strategies for health digitalization and electronic health records. With a background spanning Mathematics, Cybernetics, Physics, Medicine, and Informatics, he has authored over 600 scientific publications and several books. He has represented Germany in leading standards organizations such as HL7, ISO, CEN, IEEE, and SNOMED, and continues to contribute to international higher education and interdisciplinary health informatics.

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Connie Rogers

Holistic Health Coaching
USA

The gut/brain axis includes physical and mental health!

Abstract:

Illness is often the result of inflammation, endocrine disruption, toxic buildup, and unhealthy habits that contribute to oxidative stress and premature aging across body systems. Despite technological advances, modern lifestyles expose us to industrial farming chemicals, environmental toxins, and poor dietary guidelines, creating a state where our bodies struggle to detoxify effectively. These toxins damage gut and brain function, decrease energy, accelerate aging, and increase disease risks, including Alzheimer's, cancer, and metabolic disorders. The gut microbiome, now recognized as an endocrine organ, influences overall health including bones, oral health, and mental well-being. Similarly, the brain functions as an endocrine organ, both secreting and responding to hormones. Studies reveal toxins such as obesogens and even microplastics affecting brain regions, underscoring their role in chronic diseases. Addressing toxicity and supporting gut-brain balance are essential strategies to restore wellness and prevent disease progression.

Biography

Connie Rogers is a Certified Integrative Nutritional Holistic Health Coach, accredited by the American Association of Drugless Practitioners. A graduate of the Institute for Integrative Nutrition (NYC, 2003), she has over 40 years of experience as a Skin Health Educator and has authored two books: *Path to a Healthy Mind & Body* (2015) and *Memory Stealers* (2020). Connie has owned and operated two day spas, studied brain health coaching under Dr. Daniel Amen, and contributed to caregiving studies at Gilda's Club NYC. She currently writes, speaks, and coaches globally on topics including the mind-body connection, the gut-brain axis, hormone balance, and skin health from within.

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Terri H. Lipman

University of Pennsylvania
USA

The incidence of diabetes in children: Impact of the COVID-19 Pandemic

Abstract:

The Philadelphia Pediatric Diabetes Registry (PPDR) began in 1985 and is the only registry in northeastern United States that provides data regarding the incidence of type 1 diabetes (T1D) and type 2 diabetes (T2D) in children. The data were included in the WHO Multinational Project for Childhood Diabetes (Diabetes Mondiale, DiaMond Study) with the goal of collecting standard worldwide information on incidence, risk factors, and mortality associated with T1D. In the PPDR, cases are identified via electronic health record for all newly diagnosed cases of T1DM and T2DM in children 0–14 years old, including data on sex, date of diagnosis, and race/ethnicity. The registry has identified a high rate of T1DM in Hispanic children of Puerto Rican origin, markedly high incidence in non-Hispanic black children, a doubling of incidence in children 0–4 years over the course of the registry. It also identified an epidemic of T1DM in Philadelphia following a measles epidemic, demonstrating how diabetes registries provide a mechanism to track the impact of infectious diseases. The COVID-19 pandemic has generated many questions regarding whether the virus could trigger the onset or worsen the course of diabetes. Data will be discussed on the association of COVID-19 virus/ pandemic with new onset T1D and T2D in children, the association of COVID-19 virus/ pandemic with diabetic ketoacidosis and metabolic decompensation, and the mechanism of impact of the COVID-19 virus on the course of diabetes. Many studies have been published on epidemics of diabetes, yet few have been derived from population-based registries. More research is needed to identify the causes of the rising incidence of T1D and T2D in children and the effects of the COVID-19 pandemic on diabetes.

Biography

Terri Lipman is a Professor Emerita at the University of Pennsylvania School of Nursing and a Researcher at Children's Hospital of Philadelphia, Philadelphia, Pennsylvania, USA. Her research is focused on diabetes epidemiology and racial disparities in the treatment and outcomes of children with diabetes.



DAY - 01

***Oral
Presentations***

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Sojoud Alsheraifi

Emirates Health Services
UAE

Knowledge, attitudes, and practices among parents regarding childhood obesity: A cross-sectional study in the UAE

Abstract:

Introduction: Childhood obesity is a growing global health issue, with the United Arab Emirates (UAE) ranking 21st and 24th globally for obesity prevalence among boys and girls, respectively. Obesity in early life poses long-term physical and psychological risks. As primary influencers of children's behavior, parents play a vital role in obesity prevention. This cross-sectional study evaluates the knowledge, attitudes, and practices (KAP) of parents in Ras Al Khaimah (RAK) and Fujairah, aiming to inform targeted public health strategies in the UAE.

Methodology: A quantitative cross-sectional survey was conducted between January and May 2024 among parents or guardians of students in government schools (grades 1–12) in RAK and Fujairah. A total of 510 participants completed a culturally validated questionnaire adapted from the "We Can" program. The instrument assessed demographic variables and KAP through Likert-scale and true/false questions. Data analysis was performed using SPSS v23, employing descriptive statistics and Chi-square tests with significance set at $p < 0.05$.

Management: Findings revealed high levels of awareness: 96.3% of parents demonstrated good knowledge, 88.4% had positive attitudes, and 97.8% reported good practices toward childhood obesity prevention. Notably, positive attitudes and good knowledge were strong predictors of healthy practices ($OR = 23.42$ and $OR = 6.30$, respectively). However, younger and less-educated parents exhibited less favorable attitudes, and parents in Fujairah had significantly lower scores in physical activity and dietary behaviors compared to those in RAK. These insights emphasize the need for focused educational and behavioral interventions.

Conclusion: Parents in both emirates exhibit commendable awareness and behaviors regarding childhood obesity, though demographic disparities persist. Targeted education for younger and less-educated parents and localized interventions in Fujairah are necessary. The study supports policy efforts to enhance community environments and promote healthy lifestyles, while recommending future longitudinal and culturally adapted research to sustain behavior change.

Biography

Sojoud Alsheraifi is a Consultant in Family Medicine and Project Manager for Non-Communicable Diseases at Emirates Health Services. She earned her medical degree from the University of Sharjah in 2012, completed her residency in 2019, and holds certifications from the Arab Board and the Royal College of General Practitioners (MRCGP). In 2025, she obtained a Master of Science in Diabetes Care from the University of Warwick. Since 2020, Dr. Alsheraifi has played a key role in national healthcare initiatives, combining clinical expertise with strategic leadership to advance public health outcomes across the UAE.

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Md Zaber

Gazi Medical College
Bangladesh

Evaluation of multiplex Loop-Mediated isothermal amplification assay for the detection of mycobacterium tuberculosis complex from clinically suspected cases of pulmonary tuberculosis

Abstract:

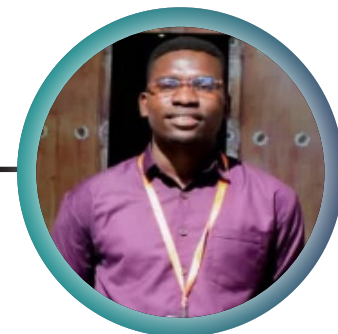
Tuberculosis (TB) is the second leading cause of death from a single infectious agent world-wide. Bangladesh ranks 7th among the 30 high TB burdened countries in the world. Accurate detection of Mycobacterium tuberculosis complex (MTBC) is challenging for developing countries as most of the resource-poor settings are not suitable for performing molecular techniques. The purpose of the study was to compare the multiplex TB-LAMP assay with MTB/NTM qPCR, culture, Z-N staining, and fluorescence microscopy in order to assess the effectiveness of the LAMP assay for detecting cases of pulmonary tuberculosis. This research work was done from March 2022 to February 2023. Fulfilling the inclusion criteria 130 sputum samples were collected. TB-LAMP assay, qPCR, culture in L-J media, Z-N staining, and fluorescence microscopy were performed. Out of 130 samples qPCR detected MTBC in 56.92 % cases, and TB-LAMP detected 53.85 %. MTBC was detected by culture 46.15 %, by Fluorescence microscopy 40.77 %, and Z-N staining 36.92 %. TB-LAMP detected 16.93 % more cases than Z-N staining and 13.08 % more cases than fluorescence microscopy. The sensitivity, specificity, positive, and negative predictive values of multiplex-LAMP assay were 95 %, 81.4 %, 81.4 %, and 95 %, respectively considering culture as a gold-standard. MTBC negative culture samples (18.57 %) showed positivity by LAMP assay as well as by qPCR. This study detected 7.69 % non-tuberculous mycobacteria (NTM) by qPCR. All NTM positive samples were negative by TB-LAMP. TB-LAMP is an easy to perform, cost-effective, reliable assay with high sensitivity and specificity. World Health Organization recommended TB-LAMP as a rapid molecular test for rapid detection of tuberculosis and as replacement of microscopy in resource poor settings/hard to reach areas. Bangladesh being a high TB burden country it is essential to implement TB-LAMP to achieve End TB Strategy by 2035.

Biography

Md. Zaber is an Assistant Professor in the Department of Microbiology at Gazi Medical College, Khulna, Bangladesh. He holds an MBBS degree from Mymensingh Medical College and an MD in Microbiology from Bangabandhu Sheikh Mujib Medical University (BSMMU), Dhaka. With 5 years of research experience in microbiology and 2 years of teaching experience, Md. Zaber specializes in optimizing culture conditions for bacterial isolation, understanding molecular technologies for organism detection, and analyzing antimicrobial resistance patterns. His research also focuses on detecting cytokine levels for COVID-19 diagnosis and identifying Mycobacterium TB and NTM.

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Paul Njige

MY Medicine
Tanzania

My Medics software application

Abstract:

Introduction: My Medics is a software application designed to promote rational use of medicine by providing users with relevant information about different types of medications, health advocacy on different global issues in public health, and a sharing platform of research in the medical field done by different individuals and organizations. The application is aimed at healthcare professionals, academicians, medical students, and patients who want to make informed decisions about their medication use. It provides a platform for users to access information about how to rationally use their medicine, medication safety, efficacy, and side effects.

Applications: The application is designed to be user-friendly and accessible, with a simple interface that allows users to search for relevant medical content of their interest. The application also provides users with access to a database of medication information, which includes dosage recommendations, contraindications, and interactions with other medications. To ensure the accuracy and reliability of the information provided by the application, My Medics employs a team of experts in pharmacology and medicine. These experts review and update the information in the database regularly to ensure that it reflects the latest research and clinical guidelines.

Conclusion: In addition to providing information about medications, My Medics also includes features that promote adherence to medication regimens. Users can set reminders to take their medications at specific times, and the application can also send notifications when it is time to refill a prescription. Overall, My Medics is an innovative solution that leverages technology to promote rational use of medicine. By providing users with accurate and up-to-date information about medications, the application empowers them to make informed decisions about their health and well-being.

Biography

Paul Josephat Njige is a Tanzanian digital health innovator and entrepreneur with a background in pharmacy. A graduate of St. John's University of Tanzania, he served as Vice President of the Tanzania Pharmaceutical Students Association (2022–2024), advocating for student development and collaboration. Paul is the founder of MYMEDICS, a healthcare connectivity app, and Afya Forum, an online health dialogue platform. Currently serving as Director of Business Administration at Cambridgeshire Company Limited, he was honored with the 2024 Tanzania Global Award for Best Male in Digital Innovation. Paul continues to drive change at the intersection of health and technology.

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Teresa Hochstrasser

University of Applied Sciences
Austria



AI-Driven Semi-Passive Documentation for Enhanced Nursing Efficiency

Abstract:

Nursing documentation is essential for patient care, ensuring accurate communication and enhancing patient safety, but is often perceived as an administrative burden that reduces time for patient care. Traditional methods – such as handwritten notes or stationary computer entries – require nurses to leave the bedside, disrupting workflows and increasing the risk of information loss due to delayed, retrospective entries. The NUDOCU project addresses these challenges by developing a semi-passive documentation system that uses machine learning (ML) to predict care activities, enabling bedside documentation via smartphone. We analyzed 1,330,519 documentation entries from 39,514 patients (2021–2023) at an Austrian hospital (including timestamps, care activities, patient demographics, diagnoses, and room assignments). Using this dataset, a Light Gradient-Boosting Machine classification model was trained to predict the five most probable care activities, considering patient and nurse context as well as previously documented tasks. The model achieved 80.6% top-5 accuracy using stratified cross-validation. Predictions were integrated into a smartphone app that displays suggested care activities ranked by relevance. Nurses can confirm a suggestion or select another activity via a search function. Integrating ML-based predictions with smartphone-enabled bedside documentation shows potential to optimize nursing documentation. By reducing time spent on documentation, the system aims to alleviate the administrative burden on nurses, allowing more focus on direct patient care. A qualitative evaluation involving 23 nurses revealed good acceptance of the system, with many participants perceiving a reduction in documentation workload. Further studies should be conducted to evaluate the system's scalability and long-term effects in diverse clinical settings.

Biography

Teresa Hochstrasser, PhD candidate at Johannes Kepler University, is a research associate at the University of Applied Sciences Upper Austria. She holds a Bachelor's degree in Process Management and Business Intelligence and a Master's degree in Logistics Engineering Management. Since 2021, she has been involved in the benchmarking initiative "Leistungsvergleich-Medizin" (LeiVMed), which focuses on benchmarking in Austrian hospitals. She has presented her research at international conferences, including poster contributions at ISQua's International Conferences in 2023 and 2024. This research was funded by the Austrian Research Promotion Agency (FFG) as part of the project "Nursing Documentation (NUDOCU)" (Grant No. [FO999892173]).

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Dorcas Ifeoluwa Ojebode

Koda Health
Nigeria

Nursing Leadership and Management: Shaping the Future of Healthcare

Abstract:

Nursing leadership extends beyond administrative roles; it is embedded in daily interactions, decision making, and patient advocacy. While experienced nurses have spent years refining their leadership skills, emerging nurses are stepping into a profession that demands adaptability, resilience, and the ability to lead in small but impactful ways. This presentation explores the evolution of nursing leadership, emphasizing how leadership at different career stages contributes to a stronger healthcare system. Drawing from personal experience as an emerging nurse, this study highlights how leadership manifests in bedside care, interprofessional collaboration, and mentorship. It also incorporates insights from seasoned nurses who have navigated healthcare challenges, led policy changes, and mentored younger professionals. By blending real-world examples with leadership models such as transformational and servant leadership, this presentation bridges generational perspectives, demonstrating how nurses regardless of experience level can cultivate leadership qualities. Findings suggest that fostering leadership at all levels leads to improved patient outcomes, enhanced teamwork, and a culture of continuous learning. The discussion will explore the role of mentorship in shaping confident nurse leaders, the importance of emotional intelligence in navigating workplace dynamics, and strategies for emerging nurses to take on leadership roles without formal titles. Ultimately, this presentation underscores that leadership is an ongoing journey. By embracing mentorship, continuous learning, and intergenerational collaboration, nurses can drive meaningful change in healthcare. Whether emerging or experienced, every nurse has the capacity to influence, inspire, and shape the future of the profession.

Biography

Dorcas Ifeoluwa Ojebode is a dedicated young nurse, writer, and personal development coach with a passion for leadership, storytelling, and nursing. She is a graduate of Achievers University, Owo, Ondo State, Nigeria, with a solid background in clinical nursing and practical experience in healthcare management. Committed to bridging the gap between clinical practice and effective leadership, she empowers nursing professionals through continuous learning and professional development. Beyond nursing, Ifeoluwa explores her love for natural hair care as a stylist, coach, and enthusiast. She is an advocate for lifelong learning and growth, using storytelling to inspire and educate.

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Ghaydaa Abdullah Malibari Ojebode

Khobar Health Network
Saudi Arabia

Team Based Care (TBC)– A new model of primary healthcare in Saudi Arabia Khobar Health Network

Abstract:

In alignment with Saudi Vision 2030 and the national Health Sector Transformation Program, the Ministry of Health –MOH– has launched the “Team Based Care (TBC)” initiative as a cornerstone reform to restructure and enhance primary healthcare services. This proactive, person-centered care model aims to transition the healthcare system from reactive disease treatment to proactive health promotion and prevention. The model assigns each family a dedicated primary care team—typically comprising a family physician and a nurse—responsible for 3,000 to 4,000 individuals. These teams provide comprehensive, continuous, and coordinated care, fostering long-term relationships with patients and improving health outcomes.

Key objectives include:

- Enhancing access to healthcare services.
- Strengthening continuity of care through team-based assignments.
- Promoting preventive interventions such as screenings, chronic disease management, and vaccinations.
- Integrating digital communication via the “Sehhaty” and “Anaa” platforms to ensure two way interaction between providers and beneficiaries.

Each healthcare center organizes medical teams based on population density and workforce availability. Core tasks include health assessments, personalized care planning, health education, and systematic follow-up. The model emphasizes interdisciplinary collaboration, regular team meetings, and performance monitoring, contributing to higher patient satisfaction, better health indicators, and reduced healthcare costs. This innovative approach to primary care reflects global best practices adapted to local needs, aiming to build a healthier, more resilient Saudi population.

Biography

Ghaydaa Abdullah Malibari is a Healthcare Transformation Manager at Khobar Health Network, Saudi Arabia, with over 15 years of experience. A Registered Nurse specialized in Nephrology and Dialysis, she is skilled in leading national transformation projects, accreditation readiness (JCI, CBAHI), and project management. She has played a key role in implementing Models of Care and Team-Based Care, benefiting millions across the Eastern Health Cluster.

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Huda MohainiMalibariOjebode

Eastern Health Cluster
Saudi Arabia

Improving the day of visit patient experience at Ibn Hayyan PHC

Abstract:

The Ibn Hayyan PHC is a busy Primary Health Center that includes an array of services including primary care, vaccination, health coaching, school health, obesity, dental, pediatrics, smoking cessation, and maternity care. In addition, on-site lab draw and point of care lab testing are available. 83% of the patients coming to the center have a prescheduled appointment, while the remaining 17% have walk-in needs.

Value stream mapping observations of the pre-scheduled patient experience reveal the following:

- The registration process (1' 21") can be impacted by variability in demand throughout the day causing long ques. In addition, the lack of patients having an ID, elderly patient confusion, along with a mismatch between appointment needs and the appointment type in the HIS system. These defects result in staff members troubleshooting, dissatisfied patients and longer waiting.
- The vitals process (2' 00") includes patient verification, obtaining height, weight, BP and temperature. Observations reveal variation in completing the full vitals work-up (height, weight, blood pressure and temperature) with a reliance on patient reporting. Pulling patients to the vitals process is variable (median wait of 11'). At times, patients report confusion on which side of the clinic to wait.
- The wait time to see the provider following vitals is highly variable ranging from 4' 41" to over 75'. Patients are unaware of the expected wait and can grow frustrated and may leave without being seen. Data reveals 62% of patients wait 5 minutes or more beyond their scheduled appointment time.
- The visit with the provider (median time of 11'09") is impacted by variability in sending referrals, invisibility of med lists, long-lead times for lab results, and a lack of clear care pathways for common conditions.

Biography

Huda Abdulrahman Mohaini has completed his MD from Arabian Gulf University in Bahrain, Saudi Board in Family Medicine from Saudi Commission for Health Specialties in Saudi Arabia & Arab Board in Family Medicine from The Arab Board of Health Specialties in Syria. She is the Chief of Primary Health Care Centers in Eastern Health Cluster. She has participated in publishing books about Primary.

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Nusaiba Elamin Daffalla Ahmed

Khobar Health Network
Saudi Arabia

Transforming primary care through exceptional patient experience - Al Khobar Health Network model

Abstract:

“Every patient, every visit, every voice matters.”

This belief guided Al Khobar Health Network as we reimaged the patient experience across twelve primary health care centers. We listened closely - to concerns about waiting times, the need for clearer communication, and the wish for a warmer, more welcoming environment. Step by step, we trained our teams to connect with empathy, redesigned clinic flows to reduce delays, and introduced real time feedback tools so patient voices could directly shape services. Within two years, satisfaction rose from 83% to 87%, complaints declined, and trust between patients and care teams grew stronger than ever. Our journey shows that when patients are truly heard, primary care can become not just a service - but a partnership.

Biography

Nusaiba Daffalla, Director of Clinical Excellence at Khobar Health Network, is a healthcare leader with over 17 years of experience in public health, quality, and patient safety. She has held senior leadership roles in hospitals and primary health care, driving transformation, accreditation, and system improvement. With expertise in strategic planning, monitoring, and evaluation, she is dedicated to advancing safe, high-quality, patient-centered care, contributing to Saudi Arabia's Vision 2030 healthcare goals.



DAY - 01

***Poster
Presentations***

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Michael Rotzer

University of Applied Sciences Upper Austria
Austria

Practice Analytics: Development of an Interactive Dashboard for Clinical Use

Abstract:

The integration of administrative and clinical data offers valuable insights into healthcare delivery and enables the optimization of care processes. Given growing demands on the healthcare system, transparent and accessible data are becoming key to enhancing the efficiency of care processes. To support data-informed decision-making in clinical practice, we developed an interactive dashboard utilizing patient data from hospitals in Upper Austria. The tool combines two complementary datasets from the “Nursing Documentation” (NUDOCU)” and “Leistungsvergleich Medizin” (LeiVMed) projects. Its primary aim is to enhance operational transparency and to support planning as well as continuous improvement processes in nursing and medical teams. The dashboard is designed for use by nurses as well as physicians and enables visualization of key patient metrics. These include demographic variables (e.g., age, gender, ASA classification, BMI, type of surgery etc.), the type and volume of diagnostic services (radiological and laboratory) delivered per patient and per nurse across various departments, as well as the estimated time for nursing activities, rates and types of complications. Moreover, it presents patient risk-adjusted comparisons between departments, covering nursing service volume, radiological and laboratory utilization, and complication rates. Additionally, the system allows patient-level data to be accessed and displayed, enabling case-specific insights. All dashboard components are interactive, enabling detailed subgroup analyses. By enabling a fast and intuitive exploration of complex patient characteristics, the dashboard may contribute to improved care processes. This research was funded by the Austrian Research Promotion Agency (FFG) as part of the project “Nursing Documentation (NUDOCU)” (Grant No. [FO999892173]).

Biography

Michael Rotzer is a research associate at the University of Applied Sciences Upper Austria. He holds a bachelor’s degree in Process Management and business Intelligence. Since 2024, he has been involved in the “Nursing Documentation (NUDOCU)” project as well as the benchmarking initiative “Leistungsvergleich Medizin (LeiVMed)”, which focuses on benchmarking in Austrian hospitals.



DAY - 02

***Keynote
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Abhijit Ray

HAIF Inc
India

End to hypoglycemia: Non-invasive glucose monitoring and insulin dosing using AI

Abstract:

Managing diabetes requires accurate glucose monitoring and precise insulin dosing, which traditionally involve invasive methods. This study introduces InsuCal, an innovative non-invasive solution that integrates wearable ECG technology with advanced AI/ML algorithms to grade glucose levels and recommend insulin doses. By utilizing ECG data from wearable, handheld, or standard 12-lead devices, patients can receive personalized insulin guidance without finger pricks or complex calculations.

The system effectively replicates the sliding scale model of short-acting insulin while minimizing patient discomfort and errors. This novel approach has the potential to transform diabetes management, improving patient adherence and clinical outcomes.

Biography

Abhijit Ray is an Interventional Cardiologist and Heart Failure Specialist based in New Delhi, India. He has authored multiple research articles in international journals and holds a U.S. patent, with two additional patents pending in India. His work focuses on integrating healthcare with Artificial Intelligence, and his recent invention, the Heart Failure Predictor, has gained global recognition.

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Zahid Hasan

Charter University NCBA&E Main Campus Lahore
Pakistan

Telemedicine: An intelligent diagnostic system based on cognitive medical robotic technology empowered with machine learning approaches

Abstract:

The rising global burden of chronic diseases demands innovative diagnostic solutions to ensure early detection, effective monitoring, and personalized treatment. Traditional diagnostic processes are often limited by errors and delays, leading to adverse patient outcomes. With the rapid growth of digital health data including diagnoses, treatments, and medications machine learning (ML) technologies provide new opportunities to enhance healthcare accuracy and accessibility. This research presents an intelligent cognitive diagnostic system for telemedicine, designed to improve the early diagnosis and monitoring of chronic illnesses. The framework integrates Cognitive Medical Robotic Technology, the Internet of Medical Things (IoMT), and wearable devices for real-time patient data collection, combined with advanced ML algorithms such as Artificial Neural Networks (ANN). The system emulates human cognitive skills, enabling perception, contextual understanding, and decision-making to deliver accurate diagnoses and personalized treatment recommendations. Results indicate that this approach surpasses traditional methods in precision, efficiency, and patient satisfaction, offering a transformative step forward in telemedicine.

Biography

Zahid Hasan is Associate Professor in the Department of Computer Science and Director of Advanced Study & Research (DASAR) at NCBA&E, Pakistan. He earned his PhD in Computer Science and has published more than 25 papers in reputed journals. He also serves on the editorial boards of several academic institutes and continues to contribute actively to research in cognitive robotics, telemedicine, and artificial intelligence.

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Kamala Aliyeva

Khazar University
Azerbaijan

The development of games that facilitate the productive use of leisure time for individuals with autism spectrum disorders

Abstract:

This article discusses the skills required to facilitate the productive use of leisure time among individuals with autism spectrum disorder (ASD). While organizing leisure activities for neurotypical children is relatively straightforward, the learning and application of such games for children and adolescents with ASD require different approaches. Skill development is achieved by first focusing on foundational sub-skills, which then build towards more complex abilities. Extensive research has been conducted to support this structured process. The article categorizes essential sub-skills for game development, instructional methods, and strategies tailored to different types of games, with a strong emphasis on leveraging the strengths of individuals with ASD. Research indicates that children with ASD demonstrate particularly high performance in board games. This study highlights the necessary conditions, developmental progress, and instructional strategies for teaching games, with methods being continuously updated to ensure that children and adolescents with ASD can engage effectively with their peers during leisure activities.

Biography

Kamala Aliyeva, a PhD student, has been teaching at Khazar University for over 10 years and also serves as a psychologist at Ugur Rehabilitation Centre. She has presented at numerous international conferences and has authored more than 10 scholarly articles.

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Sofica Bistriceanu

Academic Medical Unit
Romania

Disrespectful collaborative work negatively impacts people's lives

Abstract:

People continuously sell their products and buy other goods as necessary for them and their loved ones, as no one can know and own everything. How they interact depicts their health, social, and professional life. Effectively sharing your presence, providing quality products at fair prices, ensuring availability when needed, showing kindness, being honest, and respectfully communicating with others are key elements that promote a business's standing, foster growth, a good reputation, career development, satisfaction, and a peaceful inner world. Evidence in clinical practice has shown that a disturbed inner life due to improper interactions leads to disorders in fragile areas such as arterial hypertension, type 2 diabetes, depression, obesity, and even brain haemorrhage or tumors in vulnerable individuals. Their clinical manifestations vary among people, sometimes resulting in late diagnosis. Technological advancement offers remedies in stressful situations. Choosing relaxing physical activities, e-music, movies, or on-demand mixed art expression programs, engaging in e-conversations with loved ones, and lectures of interest can help alleviate suffering and restore health. In addition, individuals who are offended can block collaboration with disrespectful people by utilizing a specific function on their IT devices. This method prompts the offender to reflect on what happened. This way, they can try to improve their behaviour, to avoid similar rejections from other groups.

At the end of this presentation, the audience will be able to

- Recognise the value of communication in their life paths
- Identify the effects of improper communication on people's lives in their community
- Initiate an informative program, a hybrid model about the significance of human interactions for people's health.

Biography

Sofica Bistriceanu studied in Romania at the 'Gr. T. Popa' Iasi University, and graduated as MD in 1984, research in family medicine, Maastricht University, 2000, Ph.D. in 2009, Iasi, at the same institution. She joined the European, American, Asian Primary Care Research Group, American Academy on Communication in Healthcare, APTR, IHI, NICHQ, EPCCS, EURACT, WONCA Meetings. Dr. Sofica Bistriceanu is the author of more than 80 research studies shared abroad and received awards for some of them. She is a member of Academy for Professionalism in Health Care, a member of The Journal of Patient Experience (JPX) Editorial Review Board, and an Associate Editor of PriMera Scientific Publication. Dr. Sofica Bistriceanu is the representative of the Academic Medical Unit located in NT, ROU. She is the author of seven volumes of poems published by Chronica Iasi Publishing House, and Time, Iasi Publishing House.

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Peter Averkiou

Academic Medical Unit
Romania

Early clinical exposure in medical education: The newborn nursery clinical experience

Abstract:

The Newborn Nursery Clinical Experience is an innovative early exposure program designed to introduce medical students to the hospital setting and family medicine. Early in their second year, students are immersed in the newborn nursery while also gaining experience in the neonatal intensive care unit (NICU) and attending obstetrical deliveries. They observe the interdisciplinary collaboration of pediatricians, obstetricians, neonatologists, anesthesiologists, nurses, and other professionals. In addition, students are trained to read medical charts, practice proper documentation, and understand its significance. They engage directly with mothers and families, emphasizing continuity of integrated care and the importance of the physician–patient/family relationship. This experience has consistently been well-received and highly evaluated by students, while effectively preparing them for third-year clinical rotations in family medicine, pediatrics, and obstetrics/gynecology.

Biography

Peter Averkiou is a pediatrician and Associate Professor of Pediatrics at the Charles E. Schmidt College of Medicine, Florida Atlantic University. He serves as Co-Director of the Foundations of Medicine courses, Director of Service Learning Projects, Director of the Newborn Nursery Clinical Rotation, and Director of the Synthesis and Transition Course at the medical school.

DAY - 02

***Oral
Presentations***

***September
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Fatima Abdalla Almeleh Alfzari

Emirates Health Services
UAE



Telecare – is it worthwhile?

Abstract:

Introduction: Telecare is a form of remote healthcare delivery that utilizes technology to provide continuous, automated support, particularly for elderly and chronically ill patients. Unlike telehealth and telemedicine, which often involve intermittent interactions, telecare aims to maintain ongoing monitoring and assistance. This presentation explores the implementation, benefits, and limitations of telecare services, especially in the context of elderly home care, using evidence from global studies and the Emirates Health Services (EHS) model in the UAE.

Methodology: This review analyzes the development and effectiveness of telecare through evaluation of published studies, government reports, and outcomes from EHS's integrated home care system. It discusses the classification, adoption barriers, user perceptions, and technological solutions involved in delivering remote care. The EHS home care model is examined for its smart design, operational integration via EMR (Wareed), and multidisciplinary approach.

Management: Effective management of telecare requires a coordinated framework involving automated patient enrollment, remote documentation, teleconsultation, and home medication delivery. The EHS model incorporates specific tools for physicians, nurses, physiotherapists, dietitians, and behavioral health professionals, enhancing team alignment and care planning. Despite its demonstrated benefits—such as reduced hospital visits, improved care efficiency, and patient convenience—barriers like technological resistance, cost, and age-related user challenges persist. Recommendations include expanding multidisciplinary care pathways, incorporating user-friendly interfaces, and promoting wider adoption through education and training.

Conclusion: Telecare offers a promising avenue for improving quality of care and resource efficiency, particularly for the elderly and those with chronic conditions. While quantitative outcomes show modest clinical differences, qualitative insights highlight increased patient confidence and reduced system burden. The success of the EHS model underlines the potential of smart, integrated care systems, though further efforts are needed to address adoption challenges and strengthen patient-provider connections in virtual settings.

Biography

Fatima Abdalla Almeleh having graduated from Jordan University of Science and Technology Faculty of Medicine with an MBBS degree, then pursued specialization in family medicine, earning the Arab Board certificate in family medicine and the Membership of the Royal College of General Practitioners in 2013. Throughout her career, Dr. Fatima has demonstrated a steady rise in her professional roles, including a nine-year tenure as the director of two Primary Health Centers. During this time, she excelled in enhancing the quality of services provided at the centers, honing her leadership skills in the process.

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***Eman Abdullatif Almuaibid, Wafa Yahya ALsaeed**

Khobar Health Network
Saudi Arabia

Transforming clinical privilege management in primary health care through digitalization and quality enhancement

Abstract:

The management of clinical privileges in primary health care has undergone a significant transformation, evolving from slow and error-prone paper-based processes to the integrated Anat electronic platform. This digital shift enables instant verification of providers' credentials, ensuring that each clinician operates strictly within their authorized scope of practice based on verified qualifications and competencies. It also simplifies updates, reduces administrative workload, minimizes errors, and enhances transparency and auditability. By streamlining these processes, the platform not only strengthens operational efficiency but also reinforces patient safety and the consistent delivery of high-quality care in primary health services.

Biography

Eman Almuaibid is a Family Medicine Consultant with 17 years of medical experience. She directed the Cancer Preventive Program for four years and is currently the Head of Clinical Affairs at Alkhobar Network, where she leads initiatives to enhance clinical quality and preventive healthcare.

Wafa Yahya ALsaeed is a seasoned healthcare professional with over three decades of experience in family and community medicine, healthcare leadership, and medical education. She currently serves as a Senior Advisor at AlKhobar Health Network and heads the Clinical Physician Privileges Department. Throughout her career, Dr. ALsaeed has held several leadership roles including; Medical Director of PHC Centers in alkhobar city, Eastern Province and Director of PHC Training & Academic Affairs. She has played a pivotal role in training, CME coordination, and supervising national health programs. She has published multiple papers in reputable journals on mental health, dermatology, and obesity.

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Hasna Bashir AlBandar

Prince Sultan Military Medical City
Saudi Arabia

Management of radioactive waste in nuclear medicine

Abstract:

The management of radioactive waste in nuclear medicine is a critical aspect of ensuring radiation safety, environmental protection, and regulatory compliance. Nuclear medicine procedures generate various forms of radioactive waste, including solid, and liquid which primarily from diagnostic and therapeutic applications involving radionuclides such as Technetium-99m, Iodine-131, and Fluorine-18. This presentation demonstrates the categorization, handling, storage, decay management, and disposal methods for radioactive waste in clinical settings, with a focus on minimizing occupational exposure and public risks. Emphasis is placed on the implementation of the ALARA (As Low As Reasonably Achievable) principle, proper segregation and labeling of waste, use of shielded storage containers, decay-in-storage protocols for short-lived isotopes, and adherence to national and international regulatory frameworks, including those created by the International Atomic Energy Agency (IAEA). The study also pays attentions to best practices for staff training, incident response, and waste minimization strategies to encourage safety and sustainability in nuclear medicine departments. Efficient waste management not only confirm compliance but also supports the ethical and responsible use of radioactive materials in modern healthcare. To protect staff, patients, and the public from radiation exposure in hospitals, both national and international regulations must be applied to ensure the primary goal of protecting people and the environment from the harmful effects of ionizing radiation. This is achieved by establishing safety standards, regulating the safe use of radioactive materials, and minimizing exposure.

Biography

Hasna Al Bandar is a Saudi physicist with over 20 years of experience in nuclear medicine. She holds degrees in Physics and Medical Physics, and is licensed as a Radiation Safety Officer. Currently serving as Senior Medical Physicist at Prince Sultan Military Medical City, she is an active member of the Saudi Medical Physics Society and the Middle East Committee of Medical Physics, with numerous research contributions in the field.

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Nasser Hassan Bukhamseen

Dammam University
Saudi Arabia

Advancing primary health care through clinical documentation improvement

Abstract:

This conference abstract highlights a strategic framework for implementing a Clinical Documentation Improvement (CDI) program within the Khobar Health Network, aimed at enhancing the quality, accuracy, and completeness of clinical documentation. The initiative is designed to improve patient care outcomes, support data-driven decision-making, and optimize healthcare costs. In alignment with Saudi Arabia's Vision 2030 healthcare transformation goals, the CDI program promotes transparency, operational efficiency, and high standards of care delivery across the network. The framework emphasizes the importance of standardized documentation practices, interdisciplinary collaboration, and the establishment of a dedicated CDI team to drive sustainable improvements. Through enhanced documentation integrity and accurate health data reporting, the program supports regulatory compliance, clinical accountability, and improved resource utilization. Despite challenges, implementing a CDI program is positioned as a strategic priority. By adopting this initiative, the Khobar Health Network can serve as a national model for advancing clinical excellence and making a meaningful contribution to the Kingdom's broader healthcare transformation agenda.

Biography

Nasser Hassan Bukhamseen is passionate about transforming healthcare by enhancing patient care, strengthening healthcare systems, and empowering the next generation of medical leaders. He leads the Obesity Prevention Program at the Eastern Health Cluster, directs Clinical Documentation Improvement at the Khobar Health Network, and serves as Deputy for Clinical Training Affairs at the Family Medicine Academy. His focus is on driving community health, advancing clinical quality, and shaping future family physicians.

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Reem Khalid Al Suwailem

Khobar Health Network
Saudi Arabia

Integrating care coordinators into the Saudi primary health care framework

Abstract:

Primary Health Care (PHC) stands as the foundation of Saudi Arabia's healthcare system, offering accessible, comprehensive, and preventive services within community settings. Central to the Kingdom's Vision 2030, the Ministry of Health has introduced the Saudi Model of Care (MoC), a transformative framework aimed at improving the quality, efficiency, and person-centeredness of healthcare delivery. This model reinforces PHC as the initial point of contact and a crucial line of defense in disease prevention and management. The Eastern Health Cluster has pioneered the implementation of MOC, delivering integrated, patient-centered services across 22 hospitals and over 120 primary healthcare centers, including 11 PHCs within the Khobar Health Network. The cluster strategy emphasizes on a holistic well-being, combining physical, mental, and social health through personalized services. The MoC within the cluster is structured around six interconnected Systems of Care: Chronic Care, Planned Care, Safe Birth, Palliative Care, Keep Well, and Urgent Care. These systems guide individuals through every stage of life, ensuring continuity and quality of care. Within this framework, care coordinators settings serve as vital connectors. In Khobar Health Network, we are assessing patient needs, developing individualized care plans, and facilitating seamless transitions between services. Our role includes coordinating multidisciplinary teams, educating patients, and advocating for access to medical, social, and community resources. By leveraging digital health platforms and virtual care tools, care coordinators enhance communication, reduce fragmentation, and ensure timely interventions—especially for chronic and complex cases. In conclusion, while both Primary Health Care and the Saudi Model of Care—driven by the Eastern Health Cluster's strategic execution—are transforming healthcare delivery in Saudi Arabia, the role of Care Coordinators is pivotal in making this transformation effective on the ground. They serve as the primary link between patients and the healthcare system, ensuring timely access to services, reducing care fragmentation, and providing personalized guidance throughout the care journey. Through their proactive coordination, patient education, and advocacy, Care Coordinators directly elevate health outcomes and patient satisfaction, making them a cornerstone of the healthcare experience in alignment with Vision 2030.

Biography

Reem Khalid Al Suwailem is a healthcare leader with over 16 years of experience in hospitals and clinics across the Eastern Province. She currently manages Essential Plus Primary Health Care and leads Nursing Quality and Patient Safety at the Khobar Health Network. She is recognized for driving patient-centered care, quality initiatives, and professional development, while actively contributing to nursing programs, conferences, and committees focused on safety, empathy, and continuous improvement.

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