

# International Health Projects: Experience and Lessons Learned

*Prof. Przemyslaw Kardas*

*Medical University of Lodz, Poland*

**MARC**  
MEDICATION ADHERENCE  
RESEARCH CENTRE

**UM**

MEDICAL  
UNIVERSITY  
OF LODZ

ENABLE COST Action meeting, May 2-4, 2022

# My International Research Projects

# My International Research Proposals (2014-2025)

1.	AFFORD	11.	CATALYZE	21.	COST OC-2018-2-23	31.	ENKORE	41.	InterEHR	51.	PIONEER
2.	AHAcademy	12.	CHEMOSAFE	22.	COST OC-2018-2-23	32.	ENTRANCE	42.	Jazda na Re:	52.	PRAGMA DPP
3.	AID4Ageing	13.	CHIEF	23.	CoVAL PL	33.	GATEKEEPER	43.	M2D1	53.	READ2PREVENT
4.	ALTHEA	14.	CoCare	24.	DAPER	34.	GREHTA	44.	MAGIC V4	54.	REPLACE
5.	AMBER	15.	CONCORD	25.	DHAT	35.	I2I SQUARE	45.	MAGIC V4	55.	RFP_2018_3789
6.	AMBER +	16.	COPD-ALERT	26.	DigiCHRONIC	36.	iHealthFootprint	46.	MIRA	56.	SIMPATHY
7.	AP4Life	17.	CoronaTOOL	27.	DigitalDoc Project	37.	IMPACTOR	47.	NAWA Intern	57.	Skills4Adherence
8.	Basis	18.	COST	28.	DOBraWa	38.	INFORMER	48.	ODIN	58.	smartHEART
9.	BRIDGE CARE	19.	COST	29.	EMA	39.	INNOMOR	49.	PERSONAS	59.	Spanish grant
<sup>3</sup> 10.	CAREPATH	20.	COST	30.	ENABLE	40.	innoSENIOR	50.	PI(EM)3	60.	VITALIZE

# Participation in International Projects Creates a “Domino Effect”



# ABC Project culminated with high-level meeting in EU Parliament



**European Forum  
on Patient Adherence to Medication,  
Brussels, 8th December, 2011**

We would like to cordially invite you to take part in this important forthcoming meeting, to be held in the European Parliament Building in Brussels.

# Medication Adherence Research Centre



zmr.lodz.pl/index.php/en/2021/01/01/medication-adherence-research-center/

ZAKŁAD MEDYCYNY RODZINNEJ UNIWERSYTETU MEDYCZNEGO W ŁODZI

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# MARCO

## MEDICATION ADHERENCE RESEARCH CENTRE

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### Medication Adherence Research Center

January 1, 2021 - administrator

Medication Adherence Research Center at the Department of Family Medicine has been created according to the Act No. 137/2020 of 23 December 2020 of the Rector of the Medical University of Lodz.

1 Medication Adherence Research Center, Department of Family Medicine, Medical University of Lodz, 90-419 Lodz, Poland

2 Synon Research Institute, 1145 Budapest, Hungary

3 Centre for Health Technology Assessment and Pharmacoeconomic Research, University of Pecs, 7623 Pecs, Hungary

4 Fundació Sant Joan de Déu, 08037 Barcelona, Spain

5 Deep Digital Phenotyping Research Unit, Department of Precision Health, Luxembourg Institute of Health, Strassen, 1445 Luxembourg, Luxembourg

6 Faculty of Science, Technology and Medicine, University of Luxembourg, Esch-sur-Alzette, 4365 Luxembourg, Luxembourg

7 Institute for Clinical Medical Research and Education, University Hospital Center Sisters of Charity, 10000 Zagreb, Croatia

8 Department of Pharmacy, Faculty of Pharmacy, Uppsala University, Husargatan 3, 752 37 Uppsala, Sweden

9 Faculty of Medicine, Vilnius University, Universiteto g. 3, LT-01523 Vilnius, Lithuania

10 Department of Clinical Pharmacy and Pharmacology, Medication Adherence Expertise Center of the Northwest Netherlands (MAECEN), University Medical Center Groningen, University of Groningen, 9713 GZ Groningen, The Netherlands

\* Correspondence: przemyslaw.kardas@um.lodz.pl

**Abstract:** Medication adherence is a key precondition of the effectiveness of evidence-based therapies. However, in real-life settings, non-adherence in medication is still very common. This leads to profound health and economic consequences at both individual and public health levels. The problem of non-adherence has been extensively studied in the last 50 years. Unfortunately, with more than 130,000 scientific papers published on that subject so far, we are still far from finding an ultimate solution. This is, at least partly, due to fragmented and poor-quality research that has been conducted in this field sometimes. To overcome this deadlock, there is a need to stimulate the adoption of best practices in medication adherence-related research in a systematic way. Therefore, herein we propose the establishment of dedicated medication adherence research Centres of Excellence (CoEs). These Centres could not only conduct research but could also create a profound societal impact, directly serving the needs of patients, healthcare providers, systems and economies. Additionally, they could play a role as local advocates for good practices and education. In this paper, we propose some practical steps that might be taken in order to establish such CoEs. We describe two success stories, i.e., Dutch and Polish Medication Adherence Research CoEs. The COST Action "European Network to Advance Best practices & technology on medication adherence" (ENABLE) aims to develop a detailed definition of the Medication Adherence Research CoE in the form of a list of minimal requirements regarding their objectives, structure and activities. We hope that it will help to create a critical mass and catalyse the setup of regional and national Medication Adherence Research CoEs in the near future. This, in turn, may not only increase the quality of the research but also raise the awareness of non-adherence and promote the adoption of the best medication adherence-enhancing interventions.

# Recent High Level Meeting under Polish Presidency


 Patronat polski prezydencji w Polsce UE  
 Patronage of the Polish presidency of the Council of the EU  
 Patronage de la présidence polonaise du Conseil de l'UE



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**Thursday  
June 26<sup>th</sup>, 2025**  
**9:30 – 16:30**

Open access:  
no registration fee!

Meeting location:  
 NCBR Office in Brussels,  
 Rue Belliard 40, 5<sup>th</sup> floor

**Minimizing the Ecological and Economic Burden  
of Medication Waste in Europe**


**Minimizing the Ecological and Economic Burden of Medication Waste in Europe**

 Patronat polski prezydencji w Polsce UE  
 Patronage of the Polish presidency of the Council of the EU  
 Patronage de la présidence polonaise du Conseil de l'UE

## The Brussels Declaration on the Responsible Disposal of Unused and Expired Medications in Europe

We, the European experts gathered in Brussels on Thursday, June 26<sup>th</sup>, 2025, for the scientific symposium titled *Minimizing the Ecological and Economic Burden of Medication Waste in Europe*, hereby issue a formal call to improve the management of unused and expired medications across the European Union.

Drawing upon the latest scientific evidence, policy analyses, and shared best practices, we underline the urgent need for coordinated action to mitigate the environmental damage, economic inefficiencies, and safety risks resulting from improper disposal of household medications.

We call upon the European Commission, Member States, national regulators, and all relevant stakeholders to adopt the following three-pronged strategy:

Europe receive consistent and understandable guidance, regardless of language or literacy level.

**3. Develop National Information Platforms for Safe Disposal Guidance**

Each Member State should establish and maintain a user-friendly, accessible digital platform — such as a website or mobile app — providing citizens with:

- Up-to-date lists of local return points (e.g., pharmacies, municipal collection sites, etc.);
- Clear instructions on what can and cannot be returned;
- Practical explanations of the risks associated with improper disposal.

These national platforms should be promoted through healthcare providers and public campaigns, and coordinated at the EU level to ensure consistency and interoperability.

**Targeting**

As experts from the fields of public health, pharmacology, environmental science, waste management, health policy, and the pharmaceutical industry, we stress that the time for action is now. The evidence is clear: improper disposal of medicines is widespread, harmful, and avoidable.

We urge European and national authorities to act decisively and collaboratively to ensure that the lifecycle of medications ends in a manner that protects both human health and the environment.

**For a healthier, safer, and more sustainable Europe — this change is both necessary and achievable.**

Done at Brussels, on 26 June 2025

[Signatures]




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This event offers a unique platform for key stakeholders to engage and collaborate on actionable solutions to **reduce medical waste, mitigate environmental damage, and create a more sustainable healthcare system in Europe.**

Organized in the context of the **Polish Presidency of the Council of the European Union**, the symposium will present the results of a groundbreaking EU-wide scientific study that reveals the economic and environmental consequences of unused household medications. The study reveals that improper disposal practices, still widespread across many Member States, contribute significantly to environmental harm. With substantial variation in disposal practices and public awareness, urgent action is required.

**Why Attend This Meeting?**

- **Cuttina-Edae Knowledgeae** Gain insights into the latest



# 7 Lessons learned

1. Do not wait for a perfect-fit call — adapt to related topics
2. Promote your unique expertise (media, networking, F2F)
3. Start early — one month is not enough
4. Prestigious partner is not necessarily the best one
5. Serving as a reviewer is an excellent way to learn
6. Think carefully before becoming a coordinator
7. Persistence is essential — do not give up

# Thank you!



[przemyslaw.kardas@umed.lodz.pl](mailto:przemyslaw.kardas@umed.lodz.pl)



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