



University: University of Pécs
Country: Hungary

SDG3: GOOD HEALTH AND WELLBEING

3,3 Collaborations and health services

3.3.4. Free sexual health care for students

Provide students access to sexual and reproductive health-care services including information and education services:

- **Free Access**

1. General practitioner service for students of the University of Pécs
2. Open University (lectures)

Modern hormonal contraception II.

Modern hormonal contraception I.

Birth controlling

Freedom or love: About the (un)happiness of single life

3. University ombudsman

Equal Opportunity Plan, University of Pécs (01/01/2024 - 31/12/2024), Section V, point 3
3. In addition to the above, the University of Pécs has a university ombudsman based on Annex No. 55 of the University's Organizational and Operational Regulations, whose general task is to support the non-discriminatory treatment of university citizens in accordance with the requirement of equal treatment, and to facilitate the peaceful settlement of their related conflicts in the university during operation.

The ombudsman can be approached by any citizen of the University, if they experience any of the following on the part of another citizen, decision-making forum or organizational unit of the University in connection with the operation of the University:

- a) violation of equal opportunities,
- b) discrimination,
- c) violation of the right to a fair trial,
- d) violation of human dignity,
- e) abuse of power,
- f) violation of privacy,
- g) harassment,
- h) violation of the right to sexual self-determination.

4. Family Academy: From single mothers to single parents – births outside marriage in Hungary – lecture



MEGHÍVÓ

a Család Akadémia
második szemeszterének ötödik előadására:
2020. január 15. (szombat) 15.00-16.30

Helyszín:
Pécsi Tudományegyetem Kulturális Tudományi, Pedagógiai és
Egyetemesi Kar, 7100 Szekszárd, Rákóczi út 1.
52. sz. előadóterem

Szemeszterzáró előadás
15.00-16.30

LEÁNYHATÓL AZ EGYEDÜLLŐ SZÜLŐIG -
A HAZASSÁGON KÍVÜLI SZÜLETÉS MAGYARORSZÁGON

Dr. Varga István PhD egyetemi adjunktus (PTE KPVK)

Beszámoló a résztvevőkkel

EMLEKLAPOK ÁTADÁSA

Ács Péter Zoltán jogtanácsos, Szekszárdi MűV
Prof. Dr. Szelei Gábor egyetemi tanár, dékán (PTE KPVK)

A Család Akadémia szakmai vezetője:
Dr. Babits Mihály Rósa (Székelyi tanár, dékán megbízott) (PTE KPVK)

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A család napján



Különleges, kulturális, szociális programok megvalósítása Szekszárdon
TDP 7.1.1.16-14-07-2

Pécsi Tudományegyetem Köznevelési, Művelődési és Sportprogramok megvalósítása Szekszárdon

Sexual education

1. ILLYÉS GYULA PRACTICAL TRAINING OF THE UP – Organizational and Operational Regulations 2024, page 50

11. Protective and preventive regulations

11.2. Duties of the health visitor

- The health visitor cooperates with the school/nursery doctor in the performance of their duties. She facilitates the work of the doctor and the scheduling of necessary screening tests. She monitors the health of the pupils/children, their attendance at the prescribed examinations and the availability of their findings. She performs the preliminary measurements for the screening tests (blood pressure, weight, height, hearing test, etc.).
- The school nurse maintains close working relationships with the management.
- **Provides the necessary health education and awareness-raising among students,** holds class teacher lessons and gives presentations in cooperation with the class teacher.
- She monitors films, books and magazines on health topics and uses them in her daily work.

2. Babits Mihály High School of the University of Pécs – Educational Program

Page 38

1.1.7.4 Internal resources supporting the implementation of the health education programme

Human resources	Task	Strengths
School doctor, health visitor	Age-related examinations of pupils, screening tests. Provides information on the relationship between lifestyle and disease, prepares a "school diagnosis". Gives informative lectures on the problems of adolescent changes and addictions.	Professional competence, personal influence

Page 152.

Methods:

- **informative lectures (occasional or regular, depending on the topic);**
- involvement of biology teachers, school doctors, school nurses, school psychologists, parents, and peer speakers involvement in the work;



- screenings, counselling (mental health development);
- recommendation of videos and specialist literature;
- questionnaires and interviews, discussions, observations.

The health promotion program is operated, continuously reviewed and developed by a team trained in the subject, which includes biology teachers, the youth protection officer, the head of the student council, the school nurse and the school doctor, as well as external experts if necessary, but every teacher in their own field strives to shape the students' attitudes in this direction, with particular regard to physical education teachers.

National Laboratory of Human Reproduction at the University of Pécs

The National Laboratory of Human Reproduction at the University of Pécs is a centre of excellence established to integrate clinical and basic research activities related to human reproduction (fertility, infertility, fertilisation).

The research profiles of the National Laboratory of Human Reproduction are: Reproductive clinical diagnostics, clinical interactions, reproductive endocrinology, immunology, reproductive genetics studies, microvesicle research, female and male infertility research, in vitro fertilisation research, health burden and health economic analyses related to reproductive disorders. The development of new testing protocols and the elaboration of conditions for clinical application are top priorities in these areas. The HECRIN network, whose national centre is also located at the Szentágotthai Research Centre of the University of Pécs, undertakes to internationalise the clinical research results of the National Human Reproduction Laboratory and to organise clinical trials in several countries.

The research conducted by the National Laboratory provides a professional basis for new health policy objectives, the establishment and development of professional guidelines and health care packages, and the development of professional primary care.

Main objectives

- It deals with human reproductive disorders (e.g. infertility), which can affect up to ~15% of couples in Hungary.
- The aim is to increase the effectiveness of artificial insemination techniques (e.g. in vitro fertilisation – IVF).
- It provides scientific and research infrastructure, integrating the resources of university and clinical units, as well as industrial and innovation partners.
- Fundamentally, it also serves to speed up the transition between research results (e.g. patents, protocols) and clinical application.

Key elements

- The laboratory was established in 2021 with the support of the Hungarian government.
- It operates within the framework of the University of Pécs: several faculties (Medical School, Faculty of Health Sciences, Faculty of Pharmacy) and clinics (Obstetrics and Gynaecology Clinic, Urology Clinic, Internal Medicine Clinic No. I) work together in it.
- One example: theoretical and practical lectures on uterine transplantation have been organised, and research is underway in this area.

Why is this significant?

- Infertility and reproductive problems are not only medical issues, but also social and economic ones — with the help of such a laboratory, it is possible to improve effectiveness and refine treatment protocols.
- By strengthening the "transition" (translation) between research and clinical application, new methods can reach patients more quickly.
- The combination of university background and clinical capacity allows not only treatment but also student training and innovation to take place in one place.



Partnership agreement with Richter 9th December 2024

In recent years, a new demand has emerged in the field of university and academic cooperation. Recognising this, Richter has created the Richter Innovation Ecosystem, which currently consists of three networks (Neuroinflammation, Neuropsychiatric Translation and Human Reproduction). The participating institutions have signed a partnership agreement to strengthen innovation, learn about new ideas and put them to good use.



29th November 2024

The National Laboratory of Human Reproduction consists of various institutes from several faculties of the University of Pécs (Medical School, Faculty of Health Sciences, Faculty of Pharmacy) and several clinics of the Clinical Centre (Obstetrics and Gynaecology Clinic, Urology Clinic, Internal Medicine Clinic No. I). The main centre for clinical questions is the Infertility Centre of the UP, while the Szentágotthai Research Centre provides a wide range of natural science research methods. The main centre for clinical issues is the Infertility Centre of the UP, while the Szentágotthai Research Centre provides a wide range of natural science research methods. **More than 100 staff members carry out research and development work at the National Laboratory of Human Reproduction.**

The National Laboratory of Human Reproduction **has professional ties with numerous domestic and international (46 in total) universities, research organisations and the Hungarian pharmaceutical industry, in particular Gedeon Richter Pharmaceutical factory. Over a period of three years, 61 PhD students and young researchers have been involved in research for varying lengths of time. The centre participates in the implementation of domestic and international tenders. Since the start of the research work, 118 scientific papers have been published, including 54 in the most prestigious (D1, Q1 rated) journals. The national laboratory's activities to date have resulted in eight international patent and other industrial property rights applications.**

The motto of the research work: Do not touch the embryo! In other words, only those studies and research directions are characterised by the fact that the protection of human life and embryos is perfectly guaranteed, i.e. the studies comply with the strictest international ethical standards.

National Laboratory of Human Reproduction wins Excellent Research Infrastructure award

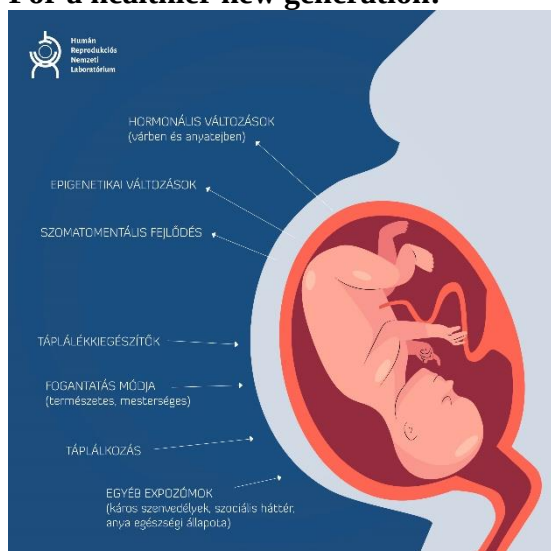
13th November 2024



We are delighted to announce that the National Laboratory of Human Reproduction has been awarded the title of Excellent Research Infrastructure.

Through the certification process for domestic research infrastructures, the National Research, Development and Innovation Office aims to identify those research infrastructures whose uniqueness and scientific excellence are not only outstanding at the national level, but also significant in the international arena through their connections, cooperation and recognition.

For a healthier new generation!



12th November 2024

The first 1,000 days of life – from conception to the age of two – play a key role in physical and mental development and in laying the foundations for long-term health.

The Transgenerational Effects of Assisted Reproduction research group at the National Laboratory for Human Reproduction is investigating the transgenerational effects of this crucial period of life, paying particular attention to environmental factors such as

- method of conception (artificial or natural),
- maternal nutrition and nutritional supplements during pregnancy,
- breastfeeding, infant feeding,
- maternal obesity and diabetes mellitus.

The researchers aim to demonstrate how these factors influence the hormonal, epigenetic and metabolomic patterns of breast milk and offspring, and how these changes are related to the physical and neurological development of the child during the first 1000 days.

The mechanisms uncovered during the research may contribute to the early screening of non-communicable chronic diseases (e.g. obesity, type 2 diabetes mellitus, cardiovascular diseases), enabling personalised prevention and thus improving the long-term health of future generations.

The immunological background of infertility



24th October 2024

We continue our mini-series presenting the National Laboratory of Human Reproduction research groups, their research results and innovations. This time, we take a look at the work going on in the Clinical Immunology Research Group's think tank. The research group performs autoantibody tests on female patients with unexplained infertility or unsuccessful IVF treatment and on autoimmune patients during pregnancy. The researchers in the working group focus on pathological autoantibodies that affect female reproduction (Hashimoto's thyroiditis: anti-TG, TPO, coeliac disease: anti-tTG, phospholipid syndrome: anti-cardiolipin, b2GP1, prothrombin, annexin and ANA, dsDNA characteristic of systemic autoimmune diseases), as well as conducting cellular tests. The National Human Reproduction Laboratory has joined the research into **new biomarkers**, primarily by studying components of the natural immune system.

In addition to autoantibodies characteristic of autoimmune diseases, they are investigating changes in the **natural autoantibody network** in patient serum samples, which, based on their previous research results, is associated with tolerance towards the body's own structures. Their question is whether the maternal natural autoantibody network plays a role in the development of tolerance to the foetus (paternal antigens). They measure the levels of mitochondrial citrate synthase (CS), Hsp-60 and Hsp70, as well as IgG and IgM autoantibodies against cytokines.

They analyze natural immune system cells (iNKT, MAIT, gamma/delta T cells and B1 cells, etc.) with the aim of finding composite biomarkers instead of a single biomarker approach, given the complexity of the immune system. These may be suitable for detecting the breakdown of immunological tolerance and thus better defining the immunological background in the group of infertile patients of unknown origin.

The focus of the research is to find a **group of patients treated for infertility of unknown origin** in whom all other gynaecological, endocrine and autoimmune diseases can be ruled out, but in whom immune tolerance does not function due to a malfunction of the natural immune system. The aim of the working group's experts is to ensure that this well-defined group of patients receives **IVIg to replace natural IgG and IgM antibodies**.

Interdisciplinary curriculum development in the field of obstetrics and gynaecology 22nd October 2024

The Erasmus+ program project entitled "Challenges of human reproductive medicine in a changing Europe: an innovative professional curriculum for graduate medical education" (identification number 2021-1-HU01-KA220-HED-000027613) (COHRICE) project, carried out under the Erasmus+ programme, has been completed. The project involved the collaboration of three Central European universities (the University of Pécs-



National Laboratory of Human Reproduction; George Emil Palade University of Medicine, Pharmacy, Science and Technology in Târgu Mureș; and the Medical University of Vienna). The development was realised with a budget of nearly EUR 327,000.

Background

In 2021, the Erasmus Plus Cooperation Partnership project, COCHRICE, was launched to create an interdisciplinary obstetrics and gynaecology curriculum focusing on human reproductive medicine in a changing Europe. The project addresses significant social changes such as migration, which affect the demographic characteristics of the population, culture and medical practices. The aim is to equip future doctors with the cultural competencies necessary to understand and meet the needs of different patients, particularly in areas such as infertility and pain perception. With the participation of Hungary, Romania and Austria, the curriculum integrates regional expertise in addressing different obstetric challenges. The materials will be freely available online, providing resources for both students and teachers across Europe.

Coordinated by the University of Pécs, eight different e-learning materials on the challenges of human reproductive medicine at the undergraduate and postgraduate levels will be available in four languages (English, German, Hungarian and Romanian) from 1st December 2024, following a short registration process on the cohric.eu website.

The novelty of the COHRICE training material is that it aims to contribute to a change in attitudes towards sensitive issues related to human reproduction. It places reproductive problems and attitudes in a social and cultural context and sensitises the next generation of doctors to a holistic approach to reproductive problems. Furthermore, it informs healthcare professionals about new perspectives on human reproductive therapies and diagnostic methods.

More children may be born thanks to the UP's patent

18th September 2024

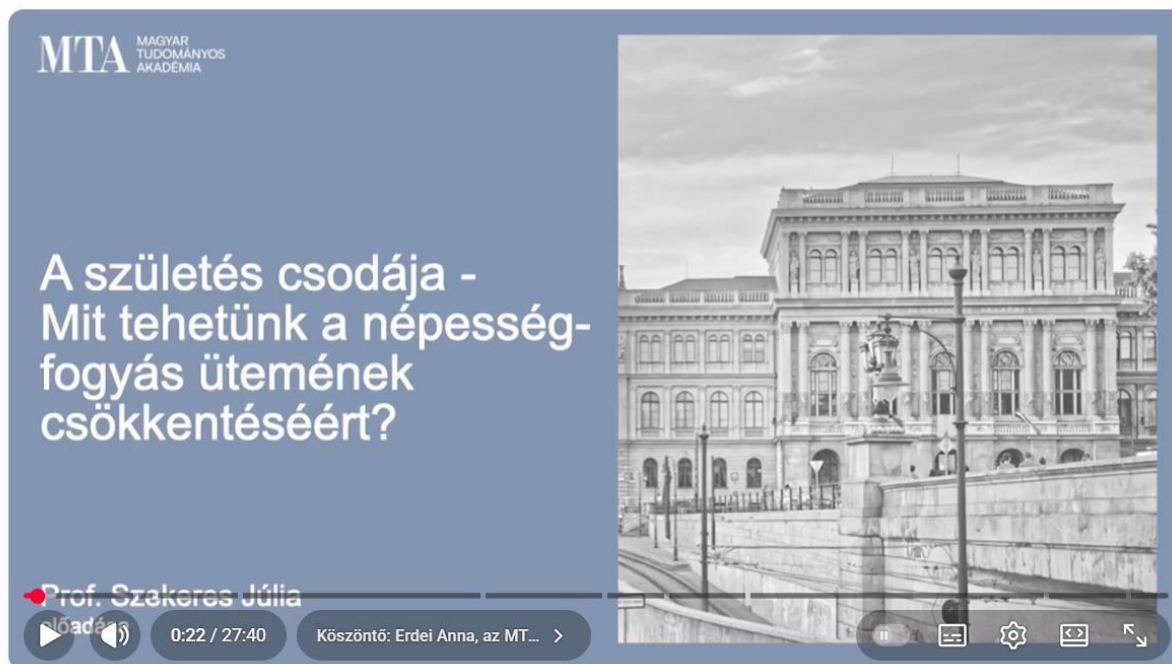
At the **National Laboratory of Human Reproduction at the University of Pécs**, experts are working on the development of a special incubator that can select the most viable embryo based on the photons emitted by the embryo, thereby increasing the success rate of implantation. The patent has now reached another milestone, which could further increase the success rate of artificial insemination. The incubator was also presented to a Norwegian delegation, who learned about this unique device during their visit to the National Laboratory.

Let's not put off having children!

23rd May 2024

Let's not delay having children! – this is the conclusion of Júlia Szekeres' presentation, which was given at the 197th General Assembly of the Hungarian Academy of Sciences on 7th May 2024. The presentation reveals whether it is an immunological paradox that the mother's body does not reject the foetus. We learn what cytokines are and why they play a key role in maintaining pregnancies, and also that beauty is certainly not everything. It is by no means certain that the most morphologically suitable embryos fertilised in IVF procedures will implant. So how can we determine which of the embryos that appear suitable at first glance will have the best chance of doing so? And what else can we do to combat population decline? We will also find answers to these questions.

Júlia Szekeres is a physician, Doctor of the Hungarian Academy of Sciences, and Professor Emeritus at the Institute of Medical Biology and Central Electron Microscopy Laboratory of the Medical School of the University of Pécs. Her main area of research is pregnancy and reproductive immunology, in which she has conducted scientific research and pioneering educational work for many decades.



A születés csodája – Mit tehetünk a népességfogyás ütemének csökkentéséért? |Szekeres Júlia előadása

The UP received a special innovation award!

27th March 2024

The 32nd Hungarian Innovation Grand Prize was awarded on Tuesday in Parliament. The University of Pécs received a special award. The joint application by the Clinical Centre's Obstetrics and Gynaecology Clinic, the National Laboratory for Human Reproduction of the UP and the National Research Centre for Reproductive Methodology aimed to increase the effectiveness of artificial insemination and reduce the harmful effects of light exposure on gametes (eggs, sperm) and embryos.

Campus Legal Aid Clinic

The Campus Legal Aid Clinic has set a goal to solve problems with providing a wide range of free legal help to the students of the University of Pécs, thanks to the successful cooperation of law students and experienced lawyers.

The General Practitioner (GP) Service

The General Practitioner (GP) Service provided by the Centre for Occupational Health and Hygiene of the University of Pécs Clinical Centre offers primary care for the workers and students of the university.

- The place of consultation: 7623 Pécs, Rákóczi road 2. C building 1. floor
- Opening hours/Service hours:
 - Monday-Thursday: 8:00-15:00; Friday: 8:00-14:00

Adult General Practitioner Services

The adult general practitioner service is located in the building of the Janus Pannonius Clinical Block in Pécs and its surrounding area.

- Weekday afternoon: from 15:00 to 07:00
- Saturday, Sunday and public holidays from 0 to 24 hours



Mental Health Institute

Baranya county residents outside Pécs (according to the regional duty of care), as well as university students and UP health care staff not having a permanent address in Pécs, are provided with long-term.

Student Counselling Center

The Student Counselling Center of the UP aims to help and support students in university-related and private matters. Our psychologists help students with their questions, problems and stagnations by establishing a relationship based on mutual trust within the framework of counselling.

S.O.S. É.L.E.T. Pécs telephone service

The S.O.S. É.L.E.T. telephone service of Pécs started its operation on 1st January 1975 with the primary aim of suicide prevention and crisis intervention. The service is anonymous, both the caller and the person on duty are guaranteed anonymity. The S.O.S. É.L.E.T. telephone service in Pécs is available every day for 12 hours, from 7 p.m. to 7 a.m., every day of the year, including public holidays, and is free of charge from all mobile networks throughout the country. Since 15th June 2020, we are also available via online chat from 7pm to midnight. Our aim is to help people find creative solutions to crisis, so that they can come to us with new problem-solving strategies, mobilise their resources, become more mature, more fulfilled and avoid the dangers of negative outcomes such as suicide, alcohol, drugs and other psychiatric problems.

Psychological Consultation

Psychological Counselling is a counselling service provided by the Medical School of the University of Pécs. It aims to provide psychological support for medical students studying on the Hungarian, English and German programs. The years spent at university and young adulthood are a crucial and sensitive period of personal development. The process of becoming a doctor is in many ways different from that of other professions: the challenges are more demanding and the students are more deeply affected in their personalities. Consultation is available in individual and group sessions, free of charge and with full confidentiality. Our service does not require doctor-patient contact or therapy. We do not diagnose or prescribe medication. However, we can help you with major psychological problems. We provide information on how to access therapeutic care.

Support service

Mental health counselling for students registered with us. Prevention of crisis situations, management of current crisis situations, appropriate care for psychological trauma (helping to find a specialist if necessary). Regular consultations for students with autism spectrum disorder. The service is available at the Support Service and online by appointment.

There are **legal and advocacy organizations** at the University of Pécs.

University Chaplaincy Services

The Ecumenical Chaplaincy of the University of Pécs is a form of cooperation based on the idea of Christian ecumenism. With the help of the staff of the Chaplaincy, you can find guidance for your spiritual problems, pains, fears and uncertainties through the Bible. In the list below, find the campus minister of your denomination, or whichever denomination is close to you, contact a representative, and entrust your care to a spiritual director who will help you find God's healing word.