

TEMPLATE

CYPRUS



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I. GENERAL PART

1. CHARACTERISTICS OF THE COUNTRY

1.1. GEOGRAPHY

Cyprus is an island in the Eastern Basin of the Mediterranean Sea. It is the third largest island in the Mediterranean (after the Italian islands of Sicily and Sardinia) with an area of 9,251 km² (3,572 sq mi) and a coastline of 648 km (402.6 mi), making it the world's 81st largest island by area. It is located south of Asia Minor, the Anatolian peninsula of the Asian (or Eurasian) mainland (part of Turkey), so it may be included in Western Asia or the Middle East. Cyprus is close to Southern Europe, and Northern Africa. The modern Republic of Cyprus has been established as an independent state in 1960 and is internationally recognized as a UN and EU member state, with dominion over the whole island of Cyprus.



Figure 1. Sattelite aerial map of the island of Cyprus

Cyprus is the southernmost and easternmost country of Europe and the EU, situated in the Southeastern Mediterranean. Its closest neighbors are Turkey to the north, Syria, Lebanon and Israel to the east, Egypt to the south and Greece to the west.

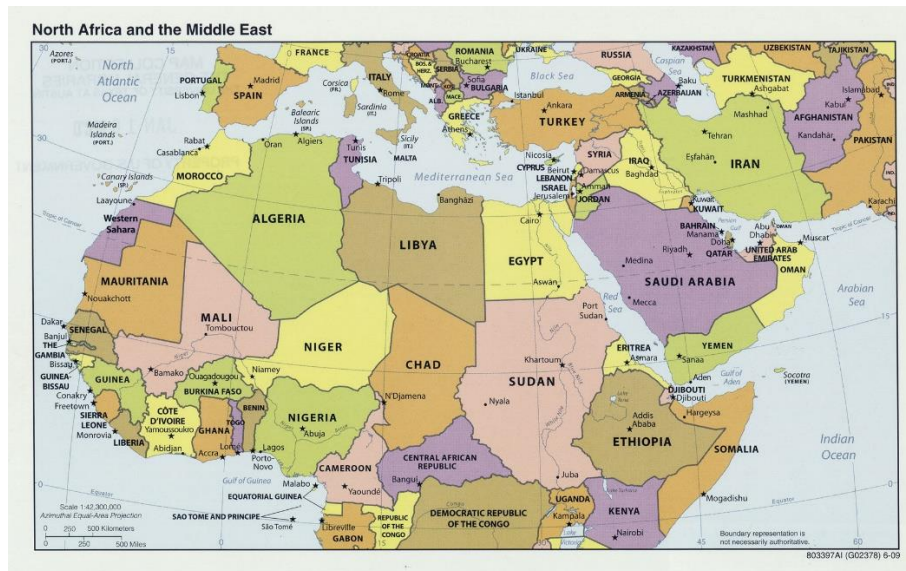


Figure 2. Cyprus among countries of the Middle East

The island is dominated by two mountain ranges, the Troodos Mountains and the Kyrenia Mountains or Pentadaktylos (meaning the mountains of the five fingers due to their five distinct mountain tops, which lore considers to correspond to the hand of the giant Digenis), and the central plain, the Mesaoria (meaning between the mountains region), between them. The Troodos Mountains cover most of the southern and western portions of the island and account for roughly half its area, including the highest point of the island, mount Olympus (1,952 m or 6,404 ft), (similar to the highest mountain of mainland Greece, both of them considered homes of the ancient pantheon, the <<Dodekatheon>>, i.e. the God-Father Zeus, his wife Hera and another 10 Gods from the same family). The narrow Kyrenia Range extends along the northern coastline. It is not as high as the Troodos Mountains, and it occupies substantially less area. The two mountain ranges run generally parallel to the Taurus Mountains on the Turkish mainland, the outlines of which are visible from northern Cyprus. Coastal lowlands, varying in width, surround the island.



Figure 3

Kaledonia Waterfall, Troodos



Figure 4

*Medieval Life Reconstruction,
St Hilarion Castle, Pentadaktylos*

In much of the island, access to a year-round supply of water is difficult. A solution is provided by a combination of a system of dams collecting rainwater, a number of plants processing salt water and both commercial and local units collecting underground water or producing mineral water from springs, but import is still required to cover the increased needs of the high tourist season. A network of winter rivers rises in the Troodos Mountains and flows out from them in all directions. The Yialias River and the Pedhieos River flow eastward across the Mesaoria into Famagusta Bay; the Serraghis River flows northwest through the Morphou plain. All of the island's rivers, however, are dry in the summer. For the same reason, there are no natural fresh water lakes in Cyprus, contrary to artificial lakes, created around dams and salt water lakes (<<Aliki>> in Greek), especially the 2 major ones, the Aliki of Limassol and the Aliki of Larnaca.



Figure 5. Aliki of Limassol



*Figure 6. Aliki of Larnaca with flamingos
and Hala Sultan Tekke on the background*

1.2. TIME AND CLIMATE ZONES

The Republic of Cyprus holds a single time zone, which is the same as Greece, i.e. Eastern European Time, UTC+2. This is one hour in advance of the countries of central and western Europe, the same time as Israel and an hour behind Turkey.

The Mediterranean climate, warm and rather dry, with rainfall mainly between November and March, favors agriculture. In general, the island experiences mild wet winters (with very rare snowfalls and temperature that usually stays above 0 degrees Celsius all the year) and dry hot summers (with temperature as high as 44 degrees Celsius in July and August). Variations in temperature and rainfall are governed by altitude and, to a lesser extent, distance from the coast. Hot, dry summers from mid-May to mid-September and rainy, changeable winters from November to mid-March are separated by short autumn and spring.

Relative humidity of the air is on average between 60% and 80% in winter and between 40% and 60% in summer with even lower values over inland areas around midday. Fog is infrequent and visibility is generally very good. Sunshine is abundant during the whole year and particularly from April to September when the average duration of bright sunshine exceeds 11 hours per day.

1.3. STATE AND TERRITORIAL ORGANISATION

The Republic of Cyprus is separated in 6 districts named after the major towns of each area: Nicosia, Famagusta, Limassol, Larnaca, Pafos and Kyrenia. In addition, the United Kingdom controls two major bases in Akrotiri (south of Limassol) and Dhekeleia (to the southeast) which are considered sovereign base areas (SBA) and together encompass 254 km², or 2.8% of the island, but are otherwise integrated in the Republic in terms of public life (language, currency, transport, schools etc).



Figure 7. District map of Cyprus. Grey signifies the SBA regions

The capital of Cyprus is Nicosia, situated in the middle of the island, with a population of about 200.000 citizens. This is followed by Limassol, with about 154.000 and Larnaca, with 72000 inhabitants. In total, Cyprus has a population of about 1.150.000 citizens based on the 2011 census.

The Republic of Cyprus was formed in 1960 after the end of the war of independence against the United Kingdom (1955-1959) which was primarily organized by the National Organization of Cyprus Fighters (EOKA), lead by General Grivas and Archbishop Makarios III, who was subsequently elected the first President of Cyprus from 1960 till his death in 1977. Based on the Zurich-London treaties, Cyprus is an independent state with 2 major communities, Greek (82% of the population) and Turkish Cypriots (18% of the population), with the former also including 3 distinct minorities, i.e. the Armenian, Maronite (Greek speaking Lebanese Catholic community which follow the Eastern Christian style) and Latin (Roman Catholic). Since 1974, however, most Turkish Cypriots have moved to the north of the so-called Green or Attila line. Thus, 850.000 people nowadays live in the areas controlled by the Republic (below the Green line) and about 300.000 in the north, consisting of both Turkish Cypriots and settlers from mainland Turkey.

1.4. DEMOGRAPHIC DATA

Due to the ongoing Cyprus issue (see below) it is difficult to obtain uniform data for the whole island of Cyprus since 1974. Therefore, in many cases, information is limited to the areas under the effective control of the Republic, i.e. below the Green Line.



Figure 8. Religious and political leadership of the communities of Cyprus

Based on the 2011 census, 78.6% of the population of the Republic are Cypriots, whereas the rest are foreigners, arriving either as investors, pensioners, financial immigrants or war refugees. The biggest foreign communities are people from the UK, Romania, Bulgaria, Russia, Syria, Israel/Palestine and Iraq, while domestic workers from Sri Lanka, Vietnam and the Philippines are also frequently employed.

In terms of demographic structure, Cyprus has a typical western style aging population, with 3% above 80 and 13.3% above 65 years and 22.5% below 18. With a life expectancy of 80 years (82 for women and 77 for men), fertility rate of 1.37, infant mortality 2.1 and crude death rate 6.4 / 1000 it holds some of the best health indexes in Europe and remains above the frontrunners globally.

2. HISTORY OF CYPRUS

Cyprus has been inhabited at least since the paleolithic era, with human settlement confirmed from 10.000 BC onwards. Throughout this long period, most of the population growth has been focusing around the coastal areas, not very far from the modern district capital towns of Polis (Marion), Pafos, Limassol (Kourion, Amathous), Larnaca (Kition), Keryneia and Famagusta (Engkomi, Salamis). However, during periods of increased piracy and external threat, it also became necessary to develop important settlements in the mainland, one of which eventually evolved to become the capital of the country in the post-Roman era (Ledra / Nicosia). In addition, some important settlements also evolved near significant mining areas such as Tamassos, Idalion / Dali and Morphou / Soloi.

The prehistoric period of Cyprus has been partially investigated, owing to excavations in neolithic settlements, mostly in the southern coastal areas of Khirokitia and Kalavassos. Cyprus is also mentioned in written records of the Mycenaean period, as this proto-hellenic population established colonies in the eastern edge of the island (Engkomi / Salamis) even before 1600 BC. These settlements soon evolved into independent and prosperous city-states, able to contribute their own fleet and army during joint operations such as those described in the works of Homer. For a significant period it appears that the locals used their own variant of written language (Eteocypriot) until the Greek language prevailed (Arkadokypriot variant). The first written texts in Greek syllabic scripture in Cyprus date from around the 8th century BC while the Greek alphabet was introduced much later, around the 4th century BC.

Cyprus was separated among many mini states under the rule of the Assyrians (8th century), the Egyptians and the Persians (6th century) while its first unification under Greek rule took place temporarily by King Evagoras of Salamis during the 4th century BC. A few decades later, Alexander the Great conquered Persia including Cyprus, thus starting a period of Greek (Macedonian and Ptolemaic) rule continuing till 58 BC, when it was conquered by Romans.

It remained a Christian Roman province under its Eastern Roman / Byzantine period until the 7th century AD, when it was invaded by Arabs, who contested the Byzantines for its control till the Crusades of the 12th century AD. During the second crusade, the island was conquered by Richard I Lionheart of England, starting a period of Western European rule (Lusignian and Venetian) that lasted till the island's conquest by Ottoman Turkey in 1571. This period lasted till 1870, when the British bought the island from Turkey during the Congress of Vienna and used it as a colony till 1960, when it was declared an independent state.

Since 2004, Cyprus is a member of the EU. The official languages are Greek and Turkish.



Figure 9. Map of the 10 states (yellow color) that joined the EU (blue color) in 2004, including Cyprus (Source: Wikipedia)

3. COUNTRY POLICY

Figure 10 - The symbols of the Republic of Cyprus



Short version of
national emblem



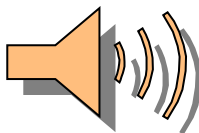
Extended version of
national emblem



National flag



Emblem of the House
of Representatives



National anthem «Hymn to Liberty».

<https://www.youtube.com/watch?v=R6VSRMQwaBw>

3.1. POLITICAL SITUATION

In the past, Archbishop Makarios III was the first President of the Republic of Cyprus since the liberation until 1977. The first President of the Republic of Cyprus since the 1974 war was Spyros Kyprianou and today President of the Republic is Nikos Anastasiadis.



Archbishop Makarios III
1960-1977



Spyros Kyprianou
1977-1988



Giorgos Vasileiou
1988-1993



Glafkos Klerides
1993-2003



Tasos Papadopoulos
2003-2008



Demetris Christofias
2008-2013



Nikos Anastasiadis 2013 -

Figure 11. Presidents of Cyprus

The Republic of Cyprus is a parliamentary democracy with a system of presidential democracy. Legislative power is implemented through elected representatives in Parliament, which has 80 deputies, 56 Greek Cypriots and 24 Turkish Cypriots (since 1974 the Turkish Cypriots are not involved in the work), while the Maronites, Latins and Armenians are also represented. The executive power in the Republic of Cyprus is divided between the president and the government. The President is elected for a term of five years. The range of political parties in the Republic of Cyprus consists of left and right ideology. The nature of left-thinking can be defined in ideas or movements such as socialism, communism, and ecology. Representatives are AKEL (Communist Party), EDEK (Socialist Party) and the Ecologists Movement. The feature of the right is based on liberal ideology. Representatives are DISY (Democratic Rally) and ELAM. DIKO (Democratic Party), Solidarity and Alliance are moving around the center.



Parliament consists of 80 deputies.

Figure 12 a and b.



House of Parliament

3.2 The Cyprus issue

After the purchase of Cyprus from the United Kingdom at the Berlin Conference in 1878, Cyprus became a British colony. The Cypriot population, mostly Christian and Greek-speaking, initially enthusiastically accepted the change of sovereignty from Turkish to British, believing it to be a more modern and friendly / Christian country that would also positively address the Cypriot demand for political union with Greece, which the Greek Cypriots considered as mother-motherland. The British, however, considered Cyprus as strategically important for the military and diplomatic control of the wider Middle East region, with the result that they would not accept any proposal to increase Cyprus' autonomy or political association with Greece except in war conditions (1914, World War, when Greece preferred to annex Eastern Macedonia and Western Thrace despite being offered Cyprus). In the years to come, the majority of the population of Cyprus with the Archbishop as formal representative (institution of ethnarchy) continued to claim union with Greece, even organizing a referendum where the overwhelming majority voted positively. However, these actions were negatively dealt with by the English governors, as well as a portion of Turkish Cypriots, who started claiming the partition of the island and a double union (with Greece and Turkey, respectively).

In 1955, the National Organization of Cypriot Fighters (EOKA) was formed, led by Archbishop and later President of Cyprus Makarios III and General Grivas, with the goal to coordinate the armed struggle for the liberation from the English and the union with Greece. Members of the organization were mainly Greek Cypriot centrists and right-minded conservatives, with help from military educated personnel from Greece. The Turkish Cypriots were divided against this climate, with some facilitating EOKA and others cooperating with the English against it or even organizing themselves via their own military organizations with the help of Turkey, such as TMT (1958). Eventually, after a series of bombings, fighting in the countryside, sabotage and intercommunal clashes, a compromise was reached with the Zurich agreement and treaty of London. The British agreed to leave Cyprus by maintaining only two dominant bases in Akrotiri and Dhekelia. Instead of a union or double union, an independent

state was established with a Greek President and a Turkish Vice-President, and the participation of both communities in government, parliament, civil service, police and the army. At the same time, Greece, Turkey and the United Kingdom were recognized as the guarantor powers of the Cypriot state.

Unfortunately, the state that was founded in 1960 did not have effective mechanisms to resolve intercommunal disputes, while nationalist elements in both communities continued to have extreme positions that led to armed violence, resulting in the state being virtually nonsensical. At the end of 1963, the situation was so problematic that the government of Archbishop Makarios decided to dismantle the municipalities (who were formerly Greek Cypriot and sometimes Turkish Cypriot leaders) and to propose a constitutional revision to 13 points that limited the issues for which an agreement was required of the two decision-making communities. This action was rejected by Turkey and the Turkish Cypriots, leading to armed violence, until the truce of 30/12/1963, when the green line was drawn for the first time between the two communities in Nicosia. In 1964, Greece and Turkey were very close to a general war for Cyprus, while bombings in Cyprus were carried out by the Turkish Air Force, but the plans were canceled with intervention by the USSR and the United States. The Turkish Cypriots withdrew from the government and parliament and began by urging Turkey to move to specific villages and towns (enclaves) where they were able to be a majority. From 1964 to 1974 the relations of the two communities remained tense, with periods of negotiations alternating with periods of armed violence.

On July 15, 1974, the military junta that ruled Greece since 1967 organized a coup in Cyprus, upsetting the legitimate government of Archbishop Makarios. Turkey, on the occasion of this action, proceeded to a military operation occupying the northern one-third of the island. Until 2004 no North and South communication was feasible, and communication has since been allowed through specific crossing points. Negotiations to reach a solution continue to be conducted under the auspices of the UN.

4. ECONOMY

4.1 CURRENCY

Cyprus's economy has traditionally been among the most developed in Europe. Gross domestic product reaches the developed countries of the world. Despite the financial crisis of 2013, which has led to trade restrictions, a sharp drop in wages, rising unemployment and the closure of the second largest bank with a bail in, the economy has already recovered and unemployment has fallen to lower levels from the pre-crisis period (8%). The currency used in the Republic of Cyprus is the euro (a member of the euro area) that replaced the old national currency of the Cyprus pound.



The old banknotes issued of the Cyprus pound issued by the Central Bank in Greek, English and Turkish language



The national side of the Cyprus euro currency

Figure 13 a and b. Cyprus national currency in the past and today

4.2 SALARIES AND WAGES

In the Republic of Cyprus tax-free income is set at 19000 euros per year. The minimum guaranteed income is 480 euros per month, plus 226 euros in case of disability and 154 for rent subsidy. The average salary reaches 1058 euros a month, exceeding the average of the EU.

4.3 SOCIAL SOLIDARITY, PENSION

The Republic of Cyprus distinguishes between four types of pensions: institutionalized / old-age, disability, social and widow's. The basic requirement for an old-age pension is 65 years old and 33 years of work, ie a contribution to the social security fund. If these conditions are not met, the calculation of the amount of the pension is reduced accordingly.

4.4 AVERAGE PRICES IN THE COUNTRY

The prices of most products in Cyprus are higher than the average of the European Union and the Eurozone. An average rental price for a 2-bedroom apartment is 450 euros a month, while the price for 1 liter of gasoline is about 1.28 euros (June 2018). Unfortunately, public transport is very limited, so car use is required for most daily journeys. It is also expensive to buy clothes and footwear, since most are imported from abroad, while food and drugs are generally cheaper.

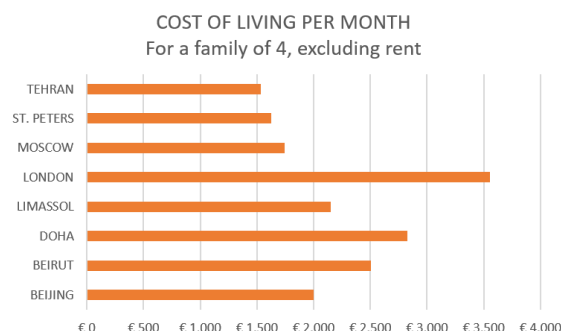


Figure 14. Average cost of life in several cities, incl. Limassol (World Bank, 2016)

4.5 PRODUCTS OF CYPRUS

The most famous products of the Republic of Cyprus include a number of special foods, such as Haloumi and Anari cheese, Commandaria wine, Rose petal essence, Carob Honey and Lountza, Koupepia and Honey Balls, Loukoumia and Sousoukos.

Figure 15. Traditional food products of Cyprus



Cyprus is also a regional producer of alcoholic beverages, including traditional zivani (80% alcohol content) and some locally produced beer. The regional brand KEO is famous for its particular flavor, while Cyprus is also the first country to be officially approved for the production of Carlsberg beer outside the country of Denmark.



Figure 16 a and b Traditional drinks of Cyprus

4.6 INDUSTRY

Cyprus is also a very important shipping force, with its commercial fleet ranging among the top three in the world. In addition, Cyprus is an important hub for insurance, auditing and banking services throughout the South Mediterranean / Middle East region. Another major industry is tourism, with millions of tourists coming every year to take advantage of the beautiful sun and enjoy the beaches of Paphos, Limassol or Ayia Napa / Protaras / Famagusta. In recent years, most tourists have arrived from Russia, the United Kingdom, Israel, other EU countries and Arab / Middle East countries.

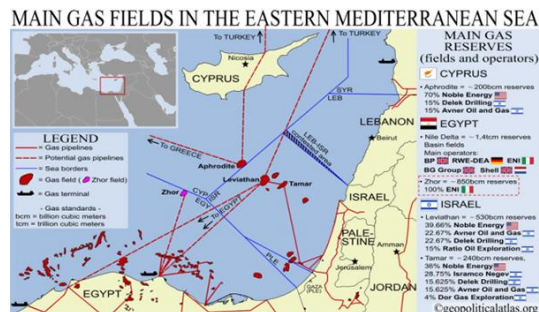


Figure 17

Examples of major Cypriot businesses linked to international investment are Louis Hotel and Cruise Lines, City of Dreams Casino Cyprus, Medochemie Pharmaceutical Industry and the Hydrocarbon Consortium in partnership with leading multinational corporations such as ENI, TOTAL, Noble Energy, Exxon Mobil & Shell.

5. RELIGIONS, NATIONALITIES AND MINORITIES

The constitutionally recognized religious groups in Cyprus are those of the Armenians, the Maronites and the Latins (English Act of the English Parliament of 29 July 1960, Part II - Appendix E: The British Government's Statement on the Rights of the Smaller Religious Groups. In a referendum held on November 14, 1960, the Latins, as a religious group (together with the Maronites and the Armenians), chose to belong to the Greek Community and since then they are considered members of the Hellenic Community. (The Religious Groups and Citizens (Way of Choice) Law of 1960 - Law 7/1960).

Today, while Northern Cyprus is home to a large number of Turkish Cypriots, the majority of Turkish Cypriots live abroad. This dispersion began after the Ottoman Empire was conveyed to the British Empire, as several Turkish Cypriots migrated primarily to Turkey and the United Kingdom for political and economic reasons. This migration has escalated in the wake of the intercommunal turmoil of the 1960s, as Turkish Cypriots were forced to settle in enclaves in Cyprus and many to emigrate.



Figure 18 a and b. Meetings among religious and political leaders of Cyprus

6. HOLIDAYS AND TRADITIONS OF CYPRUS

January 1st - New Year

January 6 - Feast of the Epiphany

March 25th - Greek National Day

1st April - National Anniversary

May 1st - Labor Day

15th of August - Assumption of the Virgin Mary

October 1st - Independence Day of Cyprus

28th October - Greek National Anniversary

December 24 - Christmas Eve *

December 25 - Christmas

December 26 - Second Day of Christmas

Clear Monday (50 days before Orthodox Easter)

Good Friday

Easter Monday

Pentecost – Cataclysm



Figure 19. 7th of January – Theofaneia

Winter swimmers attempt to catch a cross thrown by the priest in commemoration of the baptism of Jesus in the river Jordan.

7.FAMILY

7.1. TRADITIONAL FAMILY

Typical traditional households consisted of a father, a mother and their unmarried children. At the wedding, parents gave their children a piece of land, if any, along with money and household items. Traditionally, the bridegroom gave home and the bride's family the furniture and bedding. This was the dowry, the distribution of an equal share of the parents' property to the children, men or women, at the time of marriage, and not after the death of the parents. After the Second World War, the bride was obliged to provide the house. Owning a house, given the land's inadequacy (especially after the 1974 war) and the considerable costs of building, became a great asset for a woman who wanted to marry. For this reason, a large part of the wages of a working woman went to the construction of a home because the "good marriage" was just as important in the early 1990s as it used to be in the past.

7.1.1. ADOPTION OF A CHILD

According to the relevant legislation, Social Welfare Services aim to ensure the best interests and rights of children before and after adoption. The basic responsibilities of the Social Welfare Service during the adoption process are:

- Investigate if a person or family is eligible to become adopted parents.
- Ensure the best interest of children as soon as the application for adoption is submitted to the Court.
- Submit to the Court a report indicating whether adoption is in the interest of a child.
- To provide post-adoption counseling.

7.2. MARRIAGE, DIVORCE AND CIVIL UNION

Urbanization and modernization have changed the attitude towards marriage. Expansion of the school system meant that boys and girls meet from an early age and are exposed to modern ideas on social and sexual relations. The large increase in the number of women in their workforce has also been released from strict parental control. Today it is now possible to marry via a religious or political marriage or to legally live with a civil union statement.

7.3. CARE FOR CHILDREN RAISED OUTSIDE MARRIAGE

With a recent change in legislation, the procedures for assigning custody of a minor in the event of divorce have been simplified. The introduction of consensual divorce was envisaged, in order to avoid even false references to the court, which caused problems in domestic relations. It is established as an obligation for parents to ensure the child's right to communicate with both parents. It is also regulated that custody of the child will be exercised jointly by both parents, even after the marriage has been terminated, instead of the hitherto acceptable solution that the custody is exercised by the mother. A child who was born during the marriage or within a certain number of days, then this is presumed to have a husband as a father. This presumption is fictitious, as the child's paternity can be challenged in court if it is shown that the mother did not conceive at the critical time of the conception or was unable to conceive from her husband.

Recognition of a child born out of wedlock is done either by voluntary recognition or by judicial recognition. In the case of voluntary recognition, the consent of the mother is necessary and is made by affidavit before the Registrar of the Court or by will. On the other hand, judicial recognition is the right of the mother of the child, the child himself, but also in specific cases to the father or grandparent and grandmother of the parent line. In the case of voluntary or judicial recognition, the child acquires the rights of a child born in a marriage.

8. LIFESTYLE OF THE COUNTRY

8.1. GENERAL

A relaxed lifestyle in a Mediterranean atmosphere has established Cyprus as not only a popular tourist destination, but as one of Europe's top spots for expats, business professionals and retirees. Cypriots are highly educated and multilingual. The official languages of Cyprus are Greek and Turkish, however English is widely spoken and written and is the language of international business. German, French and Russian are also widely spoken in commerce, due both to the number of Cypriot graduates from overseas universities and the island's commercial ties with the global business community.

More than a place just for lounging in the sun, there are lots of things happening in Cyprus all year round. From music concerts and cultural performances, sports events, religious festivals, to informative conferences where you can meet like minds.

The Cyprus Rally has been held every year since 1970 and forms part of the World Rally Championship and the FIA Middle East Rally Championship, and attracts hordes of car enthusiasts, while the annual Historic Cyprus Rally draws crowds of vintage car enthusiasts. Cultural events such as the Pharos Chamber Music Festival, the Kypria International Festival, which comprises music, dance and performance arts, and the Thalassa International Festival, which includes photographic exhibitions, movie screenings and music performances, ensure there's something to interest everyone on the annual calendar of events.

8.2. EDUCATION

Education is compulsory in Cyprus for ages 6-15 and includes primary school (6 years) and junior high school (3 years) operated both by state and private schools. Almost all children also attend preschool education, available from 5 months of age onwards. Children 15-18 years old can attend general or vocational high schools or start work. Colleges and universities, both state and private, offer diplomas, degrees and postgraduate titles (masters and doctorates) in Greek and English language for people ageing 18 years or more via both traditional / face to face or distance education or a blending of both.

8.3. STRUCTURE OF SOCIETY

In this widely patriarchal society, men hold positions of authority and are considered to be the heads of their respective family units. Unlike many countries in North America and other European countries, Cypriots remain official and respected with their seniors, and there is an unwritten rule that if you are a senior, you deserve the rightful respect of the youth / mass. For example, the elders are typically addressed as Lord or Lady, followed by their first name.

8.4. SPECIAL COMMUNICATION ISSUES / ETIQUETTE

The relaxed way of life in a Mediterranean atmosphere has established Cyprus not only as a popular tourist destination but as one of Europe's top spots for expatriates, businessmen and retirees. Cypriots are very educated and multilingual. The official languages of Cyprus are Greek and Turkish, but English is widely spoken and written and is the language of international business. German, French and Russian are also widely spoken, due to the number of Cypriot graduates from overseas universities and the island's business ties.

8.5. CYPRUS FOOD AND CUISINE

Cypriot cuisine is the cuisine of Cyprus and is closely linked to Greek and Turkish cuisine. has also been influenced by Byzantine, French, Italian, Catalan, Ottoman and Middle Eastern cuisines. Meats cooked over charcoal are known as spit, the name comes from the souvlaki they are prepared for. Most commonly, it is a pork or chicken souvlaki sauce, but roasted halloumi, mushrooms and sausage are also served. They are usually wrapped in pie or a thin bread, along with a salad of cabbage, parsley, and raw onions, tomatoes and cucumber in slices.

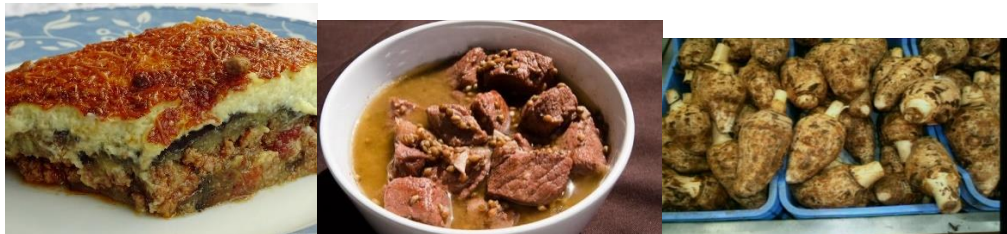


Figure 20. Traditional Cypriot dishes – seftalies, souvlakia, kouples, moussaka, afelia, kolokasi, koupepia, flaouna and halloumi cheese.



Co-funded by the
Erasmus+ Programme
of the European Union

8.6 MENTALITY

Cypriots are in island times, which means things may be a little bit behind what you used to do at home. It is not uncommon for meetings and appointments to be delayed for 30-45 minutes, with almost one-hour delay for social commitment of any kind. So relax and chase the clock on your holiday.

The people of Cyprus are proud of their hospitality. This means that if you are offered a drink or a piece of food, it is rude to deny it. In most cases, even if you do not want it, you should always accept a small sample that looks polite and not rude to your host. Between close friends (men-women and women-women, but not men-men), you will see the Cypriots greeting each other by kissing a very European greeting style. Men and acquaintances tend to greet with a simple handshake. If you are invited to a Cypriot home during your vacation, it is considered courteous to bring with you a gift of guests or hosts to show your thanks.

8.7 SPORT AND LEISURE

The combination of sun, water and sports is what many consider the absolute activity of holidays - and there are many around it, especially during the summer months.

The diverse landscape of the island offers a selection of activities such as hiking, mountain biking, safari tours or bird watching. The most popular and most extreme sports include parachuting, parasailing, scuba diving, water skiing, sailing, canoeing, pedaling, paragliding and sailing.

The most popular team sport in Cyprus is football, with thousands of fans, mostly men, supporting the big teams of the country: APOEL, Omonia, Anorthosis, AEK, Apollo. At the same time, important Cypriot athletes have been distinguished in recent sports such as tennis (Marcos Baghdatis), sailing (Pavlos Kontidis) and shooting (George Achilleos).



Marcos Baghdatis



Pavlos Kontidis



Georgios Achilleos

Figure 21. Famous Cypriots athletes

II. HEALTHCARE SYSTEM OF CYPRUS

The Health System of our country is considered to be deferred without a National Health Insurance System and services being provided by the Public and Private Sector. Health expenditures as a percentage of GDP have risen from 4.42% in 2004 to 6.5% in 2014. Public health expenditure in 2014 accounted for 45.2% of total health expenditure, making them one of the lowest rates in the EU, with average 76.2%. By contrast, the private sector spending in 2014 amounted to 54.8% of total health expenditure and is much higher than the EU average (23.8%).

The health system of Cyprus is made up of the private and public sectors. Depending on his / her financial earnings each citizen is determined if he / she is a beneficiary of public health services.

Health services are provided by the six main regional nursing homes and one (1) pediatric / gynecological nursery, two (2) small nurseries and forty-three (43) health centers, as well as two hundred thirty-five - Centers with traveling groups of doctors.

The private healthcare sector is funded by patients themselves and by voluntary health insurance. Health services in this sector are provided by profit-making hospitals, polyclinics, clinics, diagnostic centers, pharmacies and independent professionals under the control, regulation and licensing of the Ministry of Health.

http://data.euro.who.int/hfadb/tables/tableA.php?id=tbla_814956001493963680&ind=6732.

9. HEALTHCARE SYSTEM OF CYPRUS

9.1 PRINCIPLES

THE NEW GENERAL HEALTH SCHEME (GESY, NHS CYPRUS)

MISSION

Ensure that the country's healthcare system is anthropocentric, focus on prevention and aim at enhancing social supply by continually upgrading the services provided with professionalism and respect, equal to all citizens.

VISION

Quality health services for all citizens and for their entire life.

VALUES

A. Values in terms of offering to society

- i. Social offer: Health services focusing on people and society more broadly, with respect to their needs and with a view to collective prosperity, environmental protection, safeguarding the public interest and investing in future generations.
- ii. Equality in health: Creating the appropriate infrastructure and systems to ensure equal access for citizens to health services and to ensure equal rights and treatment, away from all forms of discrimination.
- iii. Health Quality: Effectively manage health services, taking into account structure, process and outcome parameters, to provide upgraded health services to achieve the greatest benefit at the least cost to the patient.
- iv. Improving quality of life with emphasis on prevention: Healthcare with a focus on providing services and developing disease prevention programs to improve and promote human health.

B. Internal Organization Values

- i. Excellence: Organization of work and development of programs aimed at promoting research, innovation and new technology, expanding scientific knowledge and developing a culture of excellence in the services provided.

- ii. Integrity: Establishment and improvement of interpersonal relationships based on the sense of feeling, based on the principles of appreciation, justice, proportionality, good faith and discretion.
- iii. Efficiency: Rational utilization of the available resources (budget, equipment, infrastructure, human resources) for optimal provision of health services to citizens.
- iv. Professionalism: Behavior of the staff in a way that inspires confidence and maturity, with respect to the applicable laws and regulations, the views of its associates and the rights of the citizen.
- v. Respect: Develop the principles of appreciation, accountability, confidentiality and compliance with the Laws and Regulations, by accepting diversity, both in communication with colleagues and in communicating and serving the citizens.
- vi. Teamwork: Develop collective work among staff on the basis of an interactive and constructive dialogue and cooperation for the benefit of the citizen and society as a whole.

CURRENT SITUATION

The Health System of our country is considered to be deferred without a National Health System.

The services are provided by the Public and Private Sector. Public health expenditure accounts for 43% of total health expenditure, thus accounting for one of the lowest rates in the EU, while 6.9% of public spending is channeled to health, also very low compared to the EU average 15.8%. Finally, the proportion of health care covered by own patient contributions is 49.4%, with the EU average ranging at a much lower rate of 14%.

The public sector is managed by the Ministry of Health, which is responsible for ensuring access to health services for all beneficiaries and is financed exclusively from the public budget. Health services are provided by the six major regional nursing homes and one pediatric / gynecological nursery, two small nurseries and 43 health centers, as well as the 235 sub-centers with attending groups of doctors. In addition, the Ministry of Health implements a plan to provide financial assistance for health

services that are not available in the public sector under certain terms and conditions. At this time, the budget for public health services is burdened by increased demand, as the economic crisis intensifies the problems with negative consequences for the population itself.

The provision of health services by the private sector is funded by the patients themselves and by voluntary health insurance. Healthcare services in this sector are provided by profit-making nursing homes, clinics, clinics, diagnostic centers, pharmacies and independent professionals under the control, regulation and licensing of the Ministry of Health.

The Ministry of Health is responsible for the design, organization, management and regulation of the health sector in all the services offered, thus aiming at its optimal operation.

Based on the above, but also the obligations arising from the Memorandum with the Troika, the Ministry of Health has already progressed in the preparation and implementation of a roadmap for the necessary reforms to be implemented and which relate to:

- i. Introduction of the National Health System.
- ii. Autonomy and restructuring of public hospitals and public health services.
- iii. Strengthening and upgrading eHealth.
- iv. Restructuring of the Ministry of Health.
- v. Restructuring of Affiliated Organizations.
- vi. Reforms in the Medicines sector.
- vii. Revision of Legislation.

In addition to managing the Health System of the country, the Ministry of Health Management also ensures the optimal functioning of health services through the following activities: - Coordination of Policy Strategy (development, monitoring and evaluation). - Organization and Operation of the Nursing Services Directorate. - Strengthen European and International Relations. - Electronic Health Upgrade (eHealth).

GENERAL HEALTH SCHEME (GESY – CYPRUS NHS)

GESY / Cyprus NHS is an independent and autonomous insurance fund with contributions and / or other income that will be channeled as compensation to health care providers (doctors, nurses, clinics, pharmacists, nursing homes, etc.) to provide health care to the citizens of the Republic of Cyprus. Start of the national health system on 01/01/2019.

What is the goal of GESY / Cyprus NHS?

The aim of the General Health System (GESY / Cyprus NHS) is to design and provide a modern and integrated health system that meets the expectations of the citizen, reflecting modern perceptions and realities.

What are the basic principles governing the GESY / Cyprus NHS?

The GESY / Cyprus NHS is designed to be universal, social, solid, integrated and accessible.

- Catholic means that they participate, contributing, all employees or income.
- Social, that covers the entire population, without exceptions, discrimination and regardless of their financial capacity.
- Solidarity means that contributions are determined on the basis of income, regardless of the healthcare recipient's needs or entitlements.
- Integrated means that the health care system covers all basic health services with the possibility of participation of all providers both from the private and public sectors.
- Accessible means that the health care system will allow the recipient patient to freely choose the provider who will provide him / her with health care services without any barriers or restrictions.

The management of the GESY / Cyprus NHS is the responsibility of the Health Insurance Organization.

Who are the beneficiaries of GESY / Cyprus NHS?

Beneficiaries of the GESY / Cyprus NHS are all citizens who have their habitual residence in the government-controlled areas of the Republic and fall into one of the following categories:

- (a) Cypriot citizens
- (b) European citizens residing and working or having acquired the right of permanent residence.
- (c) Third-country nationals who meet the requirements of national law.
- (d) Those dependent on the above.

CONTRIBUTIONS

The rate for each employee, that is, that he will pay to the GESY / Cyprus NHS cashier, will be 2.65% (on his income). His employer will have to pay another 2.9%. Even if we add the percentages of employees and employers, we do not exceed 6%, but whatever the issue is in practice, in euros, ie the average salary of € 1,200, the employee will pay € 31,80 and the employer will have another € 34, 80. Total € 66.60 for full medical care.

Does GESY / Cyprus NHS receive co-payments?

Co-payments are predetermined amounts, which the citizen will know in advance, and paid to the provider when receiving the health services from the beneficiary, such as doctor visits, medicines, laboratory tests. Co-payments are a measure that applies to all national health systems and aims to promote responsible use by beneficiaries of health services covered by the system, to control abuse and to contain the cost of the system without affecting access, where is necessary, as there will be a ceiling for the co-payments.

9.2 HEALTH, DISEASE, PREVENTION

The services provided

Within the NHS health care services will be provided:

1. From personal doctors excluding inpatient care.
2. From specialist doctors including in-patient care.
3. Clinical Laboratory Examinations and Specialized Biomedical Laboratory Examinations.
4. Provision of pharmaceutical and medical devices, sanitary articles, which will be included in a list.
5. Subject to exceptions and conditions, services not included in the list will be granted.
6. Health care by nurses and midwives.
7. Relief Health Care.
8. Care from other health professionals.
9. In-patient care.
10. Preventive dental care for beneficiaries up to the age of 16.
11. Medical rehabilitation including the supply of orthopedic items.
12. House visits / home care.
13. Ambulance transport.
14. Care in cases of accidents and emergencies.

The NHS does not include chronic psychiatric institutional care provided under existing legislation.

Reference:

<https://www.moh.gov.cy>

9.3 VACCINATIONS

The Policy for the Child Vaccinations and Adult Vaccinations Program in Cyprus is determined by the Ministry of Health, following the relevant recommendations of the World Health Organization (WHO) and in particular the Extended Vaccine Program (EIA).

The latest Revision of the Vaccination Scheme was made in 2012.

The Children's Vaccination Program in Cyprus is also being adapted and adapted according to the epidemiology of infectious diseases, the level of hygiene and the socio-economic conditions of the country, as well as the international scientific data. Based on this program, preschool and school age children are covered with vaccines against communicable diseases that can pose a serious threat to Public Health.

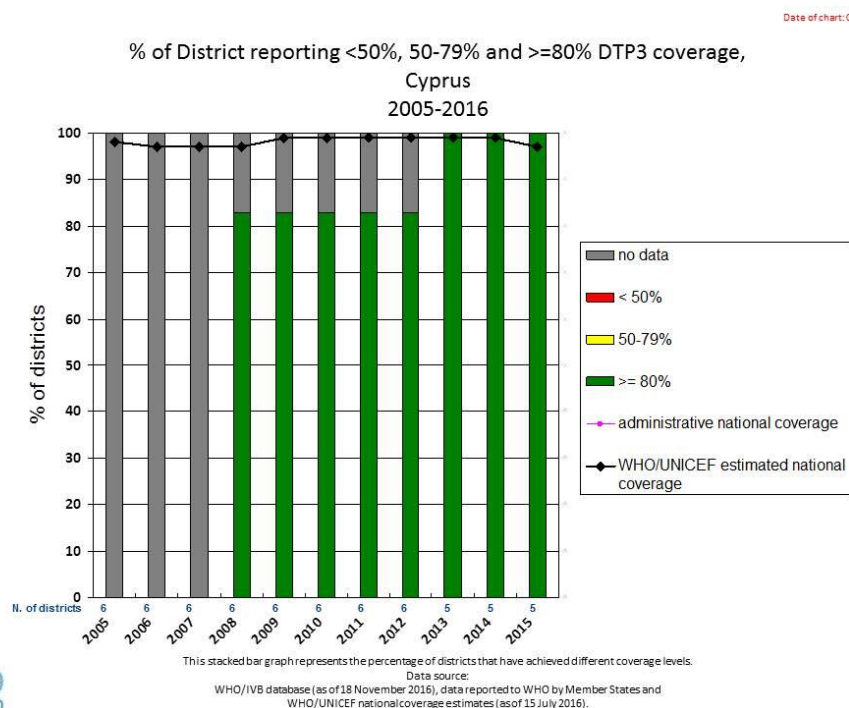


Figure 22. Vaccination coverage for the DTP vaccine in Cyprus, WHO data

10. ORGANIZATION OF HEALTHCARE SERVICES

10.1 PRIMARY CARE

Primary Health Care aims to provide high-quality health care that is cost-effective and continuous. The main objective of the Health Sector Reform is to ensure the cost-effective and efficient use of citizens' health resources, with patient-defined priorities for achieving the best health outcomes.

Details of the activity include the following:

- i. Ensuring the smooth operation of Health Centers through the rational management and distribution of human resources (Doctors, Nurses, Health Visitors, etc.), providing the necessary consumables, machines, tools, furniture and appropriate medical equipment.
- ii. Provision of health care services for treatment, promotion and prevention, referral to secondary and tertiary health care and other health services such as dental and psychiatric care, etc.
- iii. Provision of health care in communities (visits to Senior Citizens' Homes and Clubs, etc.).
- iv. Health Prevention and Promotion Programs, e.g. smoking, alcohol, nutrition, physical activity, etc.

In addition, as part of the provision of nursing services, Nurses of General Nursing, Community Nursing, Midwives and Health Visitors contribute to the promotion of health through preventive and rehabilitation programs in the Community, autonomously and in collaboration with other health professionals.

Primary Health Care Nursing Services are provided at the Urban and Rural Health Centers, Maternity and Child Welfare Centers, Vaccination Centers, Public Schools, Homeschooling Service, Homeschooling Service for People with Mechanical Ventilation Support, Prisons and Airports.

The community nursing service as part of primary health care is active in all the cities of Cyprus. In some areas it has not enough staff and so its action is limited. Provides home care services and health education. They carry out all clinical nursing activities in accordance with the legislation. They work where necessary with other health professionals.

There is also the school nursing service where it is the oldest time-based service on community nursing.

The aim of the School Nursing Service is to improve the level of health (physical, mental, mental and social), protect against illness and promote the healthy lifestyle of children in school age. The Service is staffed with Health Professionals, such as Health Visitors and Doctors (Paediatricians, General Practitioners).

The Service covers all Public Schools (Primary and Secondary Education) under the control of the Republic of Cyprus.

The School Nursing Services include the following:

- I. Medical examination of children in grades 1st and 4th of Primary School, 1st of Junior High School and 1st of Senior High School / Lyceum.
- II. Annual medical examination of the athletes of secondary education and providing services for the games of primary and secondary education.
- III. Monitoring of all children with a health problem such as obesity, heart murmur, scoliosis, kyphosis, anxiety, addiction, smoking, etc. Referral of children to another specialty for diagnosis, treatment and monitoring there and where necessary.
- IV. Providing Advisory Services at an individual and team level during the routine examination.
- V. Promoting a healthy lifestyle through informative programs and lectures on adolescence, AIDS, addictive substances, accidents, healthy eating, exercise, etc.
- VI. Vaccination coverage of the student population.

10.2 SPECIALIZED CARE

With regard to Hospital Health Care, these services are provided by 6 General Hospitals (Nicosia General Hospital, Archbishop Makarios III Hospital, Limassol General Hospital, Larnaca General Hospital, Paphos General Hospital, Famagusta General Hospital) and 2 Agricultural Hospitals (Kyperounta and Polis Chrysochous). The above Hospitals are different in size and building infrastructure, serve a different population, and have differences in their specialties.

The Nicosia General Hospital is the largest Public Hospitals and is a Reference Center for specialties and sub-specialties not provided by other Hospitals (Cardiac Surgery, Neurosurgery, etc.).

According to statistics for 2014, more than 80,000 patients have been hospitalized for treatment, 31,500 surgeries, 2,100,000 outpatient clinics and about 400,000 ADHD visits were performed.

The total number of Public Nursing Beds is 1,420 (lower in proportion to the EU average) and their completeness is high enough, surpassing 97%, resulting in a shortage of beds.

Besides the above, due to the economic crisis and the turn of the Cypriot citizen towards the Public Hospitals, there are large waiting lists for various Specialties, such as Ophthalmology, Orthopedics, General Surgery and Neurosurgery, as well as for radiodiagnostic examinations, such as magnetic and CT.

11. HOME CARE

It covers the needs of people who, due to physical disability, have no easy access to health services with the following actions:

- Interventions in a dedicated area of responsibility to ensure therapeutic continuity with home visits.
- Implementation of nursing processes based on the Guidelines for more qualitative interventions related to nursing diagnosis and practice.
- Counseling: Health Counseling, Counseling Diabetes, Health Education, Interventions on Community Elderly Roofs, Day Care Centers, Interconnection / Counseling Service, etc.
- Actions are anthropocentric to mobilize individuals, communities with interventions not only for treatment but also to prevent complications by educating, guiding and empowering individuals to become competent:
 - Address and manage their problems.
 - Overcome obstacles to improving their living conditions.
 - Maximize their levels of functional autonomy

Patient counseling / guidance for the use of other services and facilitation to provide the necessary resources (eg necessary equipment, consumables, connection with necessary services such as Social Welfare Services, evaluation and organization, etc.).

- Counseling / guidance of families

Reference

Directorate of Nursing Services, Ministry of Health

[http://www.moh.gov.cy/MOH/MOH.nsf/All/F584360C65871FE2C2257A1E00273631/\\$file/%CE%9D%CE](http://www.moh.gov.cy/MOH/MOH.nsf/All/F584360C65871FE2C2257A1E00273631/$file/%CE%9D%CE)

12. AVAILABILITY OF HEALTHCARE

Primary Health Care is provided by 38 Health Centers (Urban and Rural), which are scattered across the territory of the Republic of Cyprus. Additionally, Primary Health Care is provided by the Outpatient Departments of all Public Hospitals. These Centers are staffed by Health Professionals such as Doctors, Nurses, Health Visitors, and other support staff. The services provided include medical examination, prevention and health promotion programs and detection and early diagnosis programs such as school hygiene, vaccinations and community nursing.

Emergency Health Care is provided to all Public Hospitals from Emergency and Emergency Departments (TAEP) and Prehospital Health Care from the Ambulance Service, based either in Public Hospitals or Ambulatory Stations. The Ambulance Service is at the forefront of providing immediate pre-hospital health care to all citizens wherever and whenever necessary, as well as safe and rapid transportation by ambulances to appropriate health care units.

Outpatient clinics in public hospitals work from 7:30 in the morning until 3 in the afternoon. The first aid department works 24 hours a day. In the first aid section, all citizens of independent pay may request a service, paying the 10 euro fee. For a visit to a general practitioner they pay 3 euros and a specialty of 6 euros.

The health centers and the structure of community nursing also work from 7:30 in the morning until 3 in the afternoon.

The school nursing service and the vaccination department are free of charge.



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13. NURSING CARE SYSTEM

The nursing care systems available in Cyprus are:

Inpatient care nursing care systems covering the whole of Cyprus (Nicosia General Hospital, Makarios Hospital, Limassol General Hospital, Larnaca General Hospital, Paphos General Hospital, Famagusta General Hospital)

Inpatient mental health care systems:

Athalassa Hospital in Nicosia

Psychiatric Clinic of Nicosia, Limassol Psychiatric Clinic

In-patient nursing care for children and adolescents for psychiatric problems

Outpatient mental health monitoring clinics

Community home care for people with psychiatric problems

Community / Care at Home

Community care palliative care for oncological patients (PASYKAF / Anticancer)

Pre-hospital Emergency Nursing

Advanced Nursing Practice

Education Program (Department of Nursing Services Education Ministry of Health)
School service

Ambulance program.

Nursing Care System in Prisons

Nursing Care Health Promotion System/ Nursing Administration System



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13.1 BACHELOR IN NURSING

The Nursing and Midwifery Law, 1(I) of 2012 N. 214 of 1988

The mission of Nursing, which is essentially the provision of quality nursing care, is achieved through a wide range of services through the various specialties of nursing science. Their goal is to meet the health needs of people throughout their lives, hospitals, health and rehabilitation centers, and community

The main areas of Nursing Care offer are:

- Preventing illness and promoting health
- Treatment and rehabilitation

Nursing Education in Cyprus

- • Four-year program leading to a Nursing Degree and the title "Nursing General Nursing" and provided by four Universities in Cyprus, the state-owned Technology University of Cyprus and three Private Universities, the European University of Cyprus, Frederick University and the University of Nicosia.
- The role of nurses focuses on preventing illness in preserving and promoting health, as well as in treating illness and restoring health



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- Nursing programs are most fully harmonized with the European Directive and have been accepted by the European Commission as approved European programs
- Most Nursing programs are in line with the European Directive with which the Republic of Cyprus has harmonized and the Nursing Program covers 4,600 training hours of which approximately 2,300 hours of theory and the remaining 2,300 hours of clinical practice.
- With the European Qualification Directive, Graduate Nursing graduates can practice their profession in all countries of the European Union.

Fields of Practice

- Graduates of the Nursing industry can work as executives in Nursing Services at the Institutions of Primary, Secondary and Tertiary Health Care Institutions in the public or private sector.
- Institutions and shelters.
- Nursing homes.
- Organizations and businesses with nursing services
- After completing the basic degree of nursing, they can continue their MA in postgraduate programs, Community Nursing, Emergency Nursing, but also acquire a clinical specialty such as Obstetrics and Psychiatry Nursing, as well as Ph.D. degree.

13.2 NURSING SPECIALTIES

COUNCIL OF NURSING AND MIDWIFERY OF CYPRUS – LAW ON NURSING AND MIDWIFERY (LAW 214/1988-1(1) 2012)

- The Nursing and Midwifery Council was enacted with a vote on the Nursing and Midwifery Law of 1988, modified with the accession of Cyprus to the European Union in 2003 as well as 2012.
- The practice of nursing / midwifery requires registration in the relevant registry as well as the Exercise License in force:
 - Registration in the Registry of General Nursing
 - Registration in the Registry of Psychiatric Nursing
 - Subscribe to the Midwifery Registry

These services are provided within the various disciplines:

- General Nursing
- Educational program management team
- Domestic infections
- Visitor / Health Visitor Services
- Mental health
- Midwifery

Midwives in Cyprus

Cypriot midwives are scientifically trained, trained and working on international standards. They can provide obstetric care with dexterity, understanding and love for 87% of the basic care that women need during pregnancy, childbirth, and infants with their newborns. They are recognized by the Law on Nursing and Midwifery (1988-2015) as responsible professionals who work autonomously with pregnant women and provide the necessary support, care and counseling during pregnancy, childbirth and childbirth by carrying out normal childbirth at their own responsibility and caring for the mother and the newborn until the 28th day of his life.



Figure 24. Newborn care



Figure 25. CYNMA logo

MIDWIVES' TRAINING

In Cyprus, there is a Midwifery Council where all nurses completing the specialization of Midwifery are enrolled at a postgraduate level, i.e. they complete their studies for 4 years in General Nursing and then they get the title of midwife when and after completing their postgraduate studies, during which, in addition to the theoretical background of their studies in midwifery at basic obstetrics courses, they complete the 1535-hour clinical practice, which includes the acquisition of clinical skills in the clinic, supervised by experienced midwives and individually perform 40 labors. There are such programs at the Cyprus University of Technology and the European University of Cyprus.

14. SPIRITUAL CARE IN CYPRUS

Spirituality is defined as a search for answers to existential questions about the meaning of life and the relation of the individual to the sacred or transcendent. This relationship may or may not involve membership of a particular religion. Studies on spirituality have focused on palliative care and there are limited studies on the spirituality of caring for elderly people with dementia. In the case of palliative care, Cyprus has holistic care programs coordinated by NGOs such as the Anti-Cancer Society, which include spiritual care for all the major dogmas in Cyprus.

Supporting the spirituality of the elderly with dementia is seen as an understanding of their spirituality within a framework of anthropocentrism and individuality. Community nurses try to understand the intellectual needs of the elderly with dementia through both verbal and non-verbal expression and learning about the individual spiritual environments of the elderly. Covering the spiritual needs means getting the person with dementia as a precious person as well as watching and supporting his personal life philosophy within nursing care.



*Figure 26. Meeting of the Minister of Health
with a representative of the Jewish / Israeli community*

15. RIGHTS AND OBLIGATIONS OF PATIENTS

RIGHTS OF PATIENTS

The protection of patients' rights stems from international and European conventions and other legal acts. For the purposes of legal protection of patients' rights and for the establishment of an effective monitoring mechanism to monitor the observance of these rights, the Law on the Registration and Protection of Patients' Rights Law of 2004 (1 (I) / 2005) was adopted.

Rights:

- (a) Right to health care and treatment
- (b) Decentralized treatment
- (c) Access to health services
- (d) Equal non-discriminatory health care
- (e) Health care in the event of a medical emergency or a serious emergency within a reasonable time and to the maximum extent of the health service provider's capacity
- (f) Right to information
- (g) Health care is provided with the consent of the patient and where it is impossible to take care, urgent health care can only be provided if it is deemed to be in the patient's benefit, is in accordance with his or her best interests and takes account of previously expressed desires
- (h) Confidentiality
- (i) Protection of the patient's privacy
- (j) Right to information, access and objection in relation to patient-specific information contained in medical records that the health service provider is required to keep.

Patient Rights Officers in state hospitals

In every state hospital there is a Patient Rights Officer who:

- (a) provide advice and assistance to patients for the purpose of safeguarding their rights
- (b) receives and handles complaints of patients in need of direct treatment, otherwise refers them to the Complaints Committee.
- (c) Establish and inform hospital staff about patients' rights

CARE OF PEOPLE WITH DISABILITIES

The Education and Training of Children with Disabilities Law of 1999 (113 (I) / 1999) provides, in addition to identifying and assessing children with special needs, the development of a tailor-made educational program for each child with special needs.

Cyprus participates in the Solidarity Fund for the United Nations Convention on the Rights of Persons with Disabilities (UNPRPD) and was one of the first countries that, after its establishment, offered the amount of € 5.160. Five countries currently participate in the Fund.

The medical care provided includes medical rehabilitation, including the procurement, maintenance and renewal of prosthetic and orthopedic articles, home medical visits in exceptional cases for rescuing life or for preventing serious disability.

The National Strategy for Rheumatoid Diseases, the National Strategy for Rare Diseases, the National Strategy for Alzheimer's Disease, the National Health Care Action Plan for Elderly People, the establishment of a Committee for the Adoption of the Standards of the Offer for the Purchase of Rehabilitation Services for Patients with Neurological Diseases through the process of negotiating without an open call, the decision to purchase services within the State Hospitals by foreign specialists with the possibility of specialization or training of Cypriot doctors and other rehabilitation professionals, the Hospital Accessibility Control Program and mobility facilitation

facilities for people with disabilities and actions for improvement in cooperation with the Cyprus Paraplegics Organization.

References:

Medical Services and Public Health Services - Ministry of Health

http://www.moh.gov.cy/moh/moh.nsf/legislation_gr/legislation_gr?OpenDocument74

Ministry of Health

[http://www.moh.gov.cy/MOH/MOH.nsf/0/0EBEB2C390440DD34225798800332685?](http://www.moh.gov.cy/MOH/MOH.nsf/0/0EBEB2C390440DD34225798800332685?OpenDocument)

[OpenDocument](#)



Figure 27 Logo of the DSIPD

CROSS-BORDER TREATMENT

EU citizens have the right of access to healthcare in another EU country and the reimbursement of related costs for care abroad from their country of origin. Cyprus follows Directive 2011/24 / EU on patients' rights in cross-border healthcare which sets out the conditions under which the patient can travel to another EU country to receive medical treatment and reimbursement of the costs. It covers health care costs, as well as the prescription and distribution of medicines and medical devices

Reference: https://ec.europa.eu/health/cross_border_care/policy_en

16. DAILY FUNCTION OF HOSPITALS

The Department of Nursing Services of the Ministry of Health aims to ensure the continuous improvement of the quality of Nursing Care provided and promotes the following activities:

- Definition and implementation of Nursing Policy
- Programming in relation to the needs of the Nursing Staff
- Quality control of the offered services
- Improving working conditions
- Study of international developments in the field of Nursing Research and Health
- Collection and observation of the necessary data regarding the staffing of Hospitals and Rural Health Centers
- Sufficient staffing and rational distribution of nursing staff
- Organization and co-ordination of ongoing programs for life long training and specialized programs
- Developing and revising the exam system in relation to securing or maintaining a license to practice the Nursing profession
- Cooperation with State & Private Universities in the field of Nursing Education at both Undergraduate & Postgraduate level for needs of Public & Private Sector



Figure 28. Nursing care and student bedside clinical training

17. HEALTHCARE PROFESSIONALS

The Ministry of Health (HY), in cooperation with the Health Insurance Organization (OAS), has established Clinical Guidelines (KOD) clinical pathways and laboratory algorithms (protocols) for preparation, implementation and follow-up.

The Clinical Guidelines are divided into three categories:
Clinical Guidelines for Primary Health Care (CPI)
Clinical Guidelines for Secondary Health Care / Tertiary Health Care (CPI CPD / CPD)
Laboratory / imaging / advanced diagnostic algorithm

In Cyprus, the Nurse has the right to work either as a nursing staff member in the private and public sector, or as a self-employed in the whole range of Nursing Care, ie in primary, secondary and tertiary health care according to the qualifications he holds. In addition, the Nurse has the right to work in research centers as a researcher at all levels of education, as well as in the Nursing Administration. The responsibilities and responsibilities of the Nurse are classified as autonomous and those undertaken in cooperation with other members of the health team at all levels of nursing care with a person-centered approach as a separate entity.

The Nurse in Cyprus:

- Evaluates, interprets and documents the biological, psychological, mental, mental and social needs and health problems - already manifested and potential – of individuals, families and social groups based on Nursing history, Nursing diagnosis, clinical examination, the assessment and the findings of the diagnostic tests and develops and / or modifies the Nursing Assessment, Treatment and Care Plan accordingly.

- Provides documented Nursing Diagnosis (problems that can be addressed through Nursing interventions or in co-operation) and performs nursing care, care on the basis of evaluation and documentation in the provision of which apply basic and specialized Nursing techniques to treat and care, resuscitate, support vital functions, and others as provided in the Clinical Guidelines.
- Intervenes diagnostically and therapeutically, in accordance with the relevant Protocols and related Clinical Guidelines, in urgent and life-threatening situations and implements combined life support and care measures.
- • Apply basic skills in assessing and detecting death both in pre-hospital and in-hospital settings in accordance with the relevant Clinical Guidance Protocols and with the approval of the competent authority.
- Prescribes medical supplies and medicines according to specialized training and after permission of the competent authority and in accordance with applicable legislation.
- Takes care of the supply of medicines, logistical equipment and other consumables.
- Coordinates and / or co-operates with the entire interdisciplinary team to apply diagnostic tests and treatments, based on protocols formulated and treated with joint responsibility. Handles diagnostic instruments and evaluates laboratory and diagnostic findings. It also participates in the assessment of the outcomes of health care provided.
- Maintains ongoing cooperation with the community and implements programs to prevent and promote public health. Develops plans and implements health education programs based on current and / or potential needs of individuals, families and social groups, autonomously or in collaboration with other members of the health team



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Mental Health Nursing is the specialty of Nursing that provides care to people of all ages with psychological and psychiatric problems. It helps in their quick restoration and promotes the well-being of the population as a whole. It is multidimensional and is offered with very specialized interventions such as psycho-educational methods, socio-therapeutic interventions, psychosocial interventions for psychosocial rehabilitation, and the education of individuals and families to develop alternative lifestyles and to improve their quality of life. The aim is to respond to the diverse and particular needs of the sensitive mental health sector.

Nursing mental health care is provided through tailor-made services and covers a wide range of services in the context of primary, secondary and tertiary health care.

Applications include:

- i. Mental Health Hospitals.
- ii. Internal hospitalization, safe detention with a mandatory hospitalization order.
- iii. Domestic hospitals with optional hospitalization in General Hospitals
- iv. Interconnection sections.
- v. Community Mental Health Centers.
- vi. Community Nursing with home visits and other community interventions.
- vii. Psychosocial rehabilitation structures. viii. Day Care Centers.
- viii. Rehabilitation units.
- ix. Drug addiction structures. xi. Internal drug addiction units.
- x. Counseling Centers for Toxic Addiction.
- xi. Toxic addiction prevention centers.
- xii. Child and adolescent psychiatry departments.
- xiii. Outpatient Clinics, Health Centers - Prisons

18. SPECIALIZED FIELDS OF CARE AND NURSING

18.1 DEATH AND PALLIATIVE CARE

Palliative home care in the Republic of Cyprus is limited to cancer patients and is provided by only two non-governmental organizations (NGOs) offering free services to adults. Nurses working in these charities support patients and help families provide the necessary care. They play a vital role in improving quality of life, using a holistic approach when dealing with issues of concern and helping to overcome the difficulties that can arise from pain and other symptoms. They support best practice and seek to educate not only their patients and caregivers, but also other healthcare professionals and the general public in an effort to empower, protect and promote good palliative care. Although these services have evolved since their appearance in the 1980s, there is a continuing need for improvement and expansion to ensure that there is 24-hour care for all, both for adults and children, regardless of illness.

18.2 EUTHANASIA

Since the adoption of the Cyprus Criminal Code in 1929, Chapter 154, until October 1982, the attempted suicide was considered a misdemeanor. This was expressly provided for in Article 219, which was abolished by Article 2 of the Criminal Code of 1982, without any other provision to punish the suicide attempt. Article 218 of Criminal Law considered as a felony the imposition of life imprisonment on anyone who promotes or advocates assisting anyone in suicide.

Under this new provision, the sentence provided is a ten-year prison sentence rather than a life sentence. In detail, Article 218 states: "He who deliberately persuades another person to commit suicide if it has been committed or attempted.

The required components to prove the offense are as follows. First (a) 'He' is the natural person who helps during suicide, '(b) deliberately (c) convinces another (d)

suicide' means that he wants to persuade the other to commit the crime, (e) whether it was committed or attempted 'is the result of the act, and finally (g) as well as the person who assists during that period - implies again the natural person who at this time assists in the act of suicide with direct way by committing the offense or by helping it practically. If all these elements prove, then he is found guilty of 10 years' imprisonment.

18.3 DEATH INVESTIGATION AND AUTOPSY

LEGAL FRAMEWORK FOR AUTOPSY AND DEATH INVESTIGATION

Law on death investigators, chapter 153 .307 ,171(I)/2011 ,13(I)/2017

If any death investigator deems it necessary to investigate the circumstances of the death of any person, to receive a medical report on the appearance of the corpse of that person and, in the light of the conclusions to be drawn therefrom, he may, by written order, any Medical Officer or any other professional practitioner within his jurisdiction examines the body and reports thereon

Autopsy is performed in the following cases:

When there is a need to use organs to save lives or cure one (within the limitations above).

When the cause of death is unclear and there is a medical need to determine the cause of death.

When there is a reason to believe that the cause of death was due to an unnatural event - neglect, neglect, and bald play.

When the individual died while in jail or arrest, in a psychiatric hospital or in an institution for people with disabilities. Autopsy may be ordered by family members, doctors, police officers, or the Attorney General. If there is reason to believe that the

cause of death is abnormal or that a person has passed away in a closed institution of restricted access, a court judge will allow an autopsy after hearing a family member.



Figure 29 Morgue

An autopsy may only take place with consent: the consent of the deceased, still alive or if this is unknown, the consent of a family member: spouses, children, parents or siblings (in this order). In case of Individuals who prior to death either expressly agree or refuse to consent to an autopsy, their desire will prevail.

Performing autopsy without consent:

In two exceptional circumstances, an autopsy may be done without the consent of the deceased or the consent of a deceased family member:

1. For the purpose of organ donation, in order to save lives, in times of war or in case of multiple victims.
2. If the death is due to an epidemic or a disease which may endanger the public and there is a need to find the cause of death as a matter of urgency.

18.4 PREGNANCY AND LABOR

Cyprus has very high rates of caesarean section, which reached about 57% in 2015 compared to 43% for normal birth rates. In the private sector these percentages are much higher 61% for caesarean and 39% for normal childbirth. The corresponding percentages in the public sector in 2015 were 49% for cesarean and 51% for normal childbirth. Over time, there has been an upward trend in cesarean rates in both the private and public sectors. The WHO on its website states that the "ideal rate" for caesarean section is between 10% and 15%, and that cesarean section should only be made when it is medically necessary, that is, when vaginal (normal) childbirth can pose a risk to mother or baby.

(<http://www.who.int/mediacentre/news/releases/2015/caesareansections/en/>).

In Cyprus, in 2015, the proportion of caesarean sections made for urgent medical needs was 16.4% (15% in the private sector and 18.9% in the public sector), while the percentage of caesarean sections made by mother's choice was 40.5% (46% private sector and 30.2% in the public sector).

18.5 CHILD CARE

At Makarios Hospital, the following services are provided to children:
Primary Medical Examination in pediatric pathological events daily until the age of 15.
Secondary Medical Examination in the sub-specialties of pediatrics:

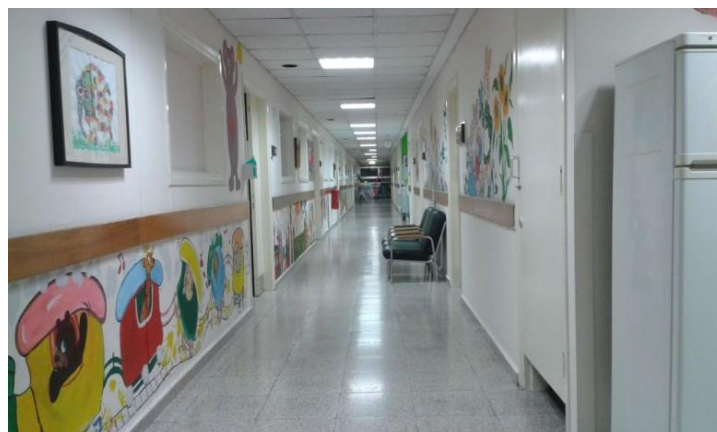


Figure 30. Hospital Archbishop Makarios III

- Pediatric oncological cases
- Pediatric endocrinological incidents
- Pediatric nephrological incidents
- Infectious Diseases Clinic for Children
- Genetics Clinic
- Neonatology Clinic
- Intensive Child Care Unit
- Childhood Psychiatry Clinic
- Pediatric Pulmonary Medicine Clinic

Service purchase (fee for service) for specialized cases:

Paediatric Neurology, Pediatric Cardiology, Pediatric Surgery, Surgical Procedures and Postoperative Monitoring, Speech Therapy in Children and Adults, Physiotherapy in Infants and Children, Acupuncture Control for Children, Thalassemia Clinic. Ophthalmology Clinic: Ophthalmologic specialized examinations with referral, Ophthalmologic interventions, Endocrinology Clinic, Dietetics, Social Worker, Patient Rights Officer.

Children's medical treatment is provided by the Makarios Hospital and by the outpatient clinics in the public sector as part of state health insurance. Developmental monitoring and responsibility for the vaccination program according to the Ministry of Health is provided by the vaccination department at the Makarios Hospital of the Ministry of Health and by the health visitor in schools in the field of the school service.

18.6 ABORTIONS

There is a specific legal framework for abductions in Cyprus, which is in force, is enforced and complies with Articles 167 and 169A of the Criminal Code, which are referred to under the heading 'Criminal Offenses Against Morals', to note that' these articles provide for a ban on attempted abortion, since a person who goes on an abortion attempt is guilty of felony and is subject to imprisonment for up to 14 years "

"There is also an abortion attempt by the pregnant woman itself, and where following investigation of the complaint she is found to be guilty of felony, she is subject to imprisonment of up to 7 years, and when there is also a supply of medicines, usually done by doctors or other organs for abortion, there is the imposition of a three-year prison sentence if someone is guilty of it. "

When Abortion Is Permitted:

In Cyprus, abortions are permitted by law if certificates are paid by 2 doctors who certify that:

- There is a serious risk to the life of the mother itself
- There is a serious risk of disturbing the physical and mental health of the mother
- There is a medical diagnosis that the child, if born, will suffer from a severe disability or an incurable disease
- Also when the embryo is the product of rape or incest
e.g. during the war of 1974, the church allowed abortion to dozens of women who had been raped by soldiers.

Change of abortion legislation

Since February 2015, a joint law proposal before the Parliament is pending to modify the existing framework in the Penal Code to amend the provisions of Article 169A of the Penal Code on the termination of pregnancy and the conditions under which he so as to ensure the woman's inalienable right to decide on this issue.

The most important problem is the lack of statistical data on the issue of abortion in Cyprus, which makes it difficult to draw conclusions.

18.7 TRANSFUSIONS

Cyprus is in the best position to organize an extremely successful - voluntary system of voluntary donations to the army, municipalities, communities and hospitals. While strictly forbidding the donation of blood or bone marrow, many Cypriots are regular blood donors on a voluntary basis, with the result that Cyprus meets its needs and does not need to import blood from abroad, as it used to be.

18.8 TRANSPLANTATIONS AND ORGAN DONATION

The current Cyprus legislation on organ donation and transplantation includes provisions for the characterization, donation, removal, preservation, transport, transplantation and control of organs intended for transplantation.

The Cyprus Legislation is harmonized with the corresponding Directive 2010/53 / EU of the European Parliament and of the European Council on Standards of Quality and Safety of Human Organs for Transplantation, in order to ensure a high level of protection of human health.

According to the law, donation of organs is only made when it is established that the donor is brain-dead following the prescribed medical examinations, which are done

twice by two physicians and their results are absolutely reliable. This is a process in which a healthy organ is transferred from a deceased or living donor to a seriously suffering recipient who has suffered organ damage in order to restore his / her function.

Organ transplantation can save one or more patients or significantly improve their health and quality of life. Although it is an act of love and offer to our fellow man, it is up to the generosity of the donors and / or the consent of their families if they wish to give life to patients who need transplantation.

Removal of an organ for transplantation takes place in hospitals that comply with the regulation EU. Par. (I), no. 4349, 27.7.2012 127.

Removal of a organ from a living donor for the purpose of transplantation is permitted when it is performed solely for the therapeutic benefit of the recipient unless it entails an obvious risk to the life or health of the living donor. The donation of a human organ by cadaver or living donor is voluntary, unconditional, paid or rewarded. The competent authority shall ensure that the living donors are selected on the basis of their health and medical and psychological background by qualified or trained and competent professionals on the basis of a written protocol of procedure implemented by the transplantation center

In Cyprus, the first transplant was a kidney transplant and was done on October 30, 1986

Since 1986, over a thousand kidney transplants have been performed, of which 1/3 is from cadaveric donors and the rest of donors live. In Cyprus there are transplants mainly of the kidneys, pancreas (in the Paracevialis Surgery and Transplantation Center) and cornea in the Makarios Hospital. In 2017, there were ten transplants from post-mortem donations and an increasing trend of post-mortem donors.

DONOR CONSENT

Removal of a organ from a living donor is only allowed after the free, specific and written consent of the potential living donor (EU. Par. (I), no. 4349, 27.7.2012 127 (I) / 2012), who is capable of consensus and after having been informed of the purpose and nature, as well as of the possible risks, of the intervention. The consent of the

living donor is freely revocable in any way, until the moment of the removal process begins.

Intervention to a minor or an adult who is unable to consent to an intervention due to mental disability or illness is permitted after written authorization from his legal representative and with the approval of the Transplantation Board. Removal of organs from a person who is unable to consent under paragraph (2) may be authorized by the Transplantation Board as the following conditions are cumulatively met:

If the potential donor did not express his or her consent or refusal, removal of organs shall be carried out by consent of the authorized representative of a potential cadaveric donor.

Removal of organs is permitted after death, even if the functions of certain organs are preserved by artificial means.

The removal of organs from cadaveric donor is forbidden if there is a declared in vivo opposite will of the deceased.

If there are reasons to suspect that it may be necessary to undertake a death investigation or necropsy on the corpse, there must be consultation with the on-call national pathologist / magistrate to clarify whether he / she should be present in the organ removal process (EU. Par. (I), no. 4349, 27.7.2012 127 (I) / 2012).

This Law does not apply with regard to:

- (a) the donation or transfusion of blood;
- (b) embryo transplantation;
- (c) the removal and transplantation of human reproductive organs;
- (d) the use of ova and semen;
- (e) auto-grafts;
- (f) tissue procurement and transplantation;
- (g) organ transplantation of animal origin

TRANSPLANTATIONS AND DATA PROTECTION

All members of the Transplantation Council handle as confidential any matter raised or discussed in any meeting or other work of the Council (EU. Par. (I), no. 4349, 27.7.2012 127 (I) / 2012) and each piece of written or oral information obtained in the performance of their duties with respect to personal data contained in the registries kept by the Board and may not disclose or transmit any such issue or information.

The members of the Transplantation Council are appointed by the Council of Ministers on a proposal from the Minister of Health and receive compensation determined by the Cabinet of Ministers.

The competent authority shall ensure the maintenance of a national registry of potential donors for the post-mortem donation of the body or their organs for transplantation and / or for scientific research or education.

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