

EFLM

EUROPEAN FEDERATION OF CLINICAL CHEMISTRY  
AND LABORATORY MEDICINE

06

November • December  
2024

# EuroLab News

THE EFLM BI-MONTHLY NEWSLETTER

## EUROPEAN LABORATORY DAY 2024

THANK YOU FOR  
CELEBRATING WITH US!



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AND LABORATORY MEDICINE

www.eflm.eu

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# Foreword

This year end issue of the EuroLabNews is commenced by the season's greetings from the President of the EFLM Mario Plebani with the highlights of EFLM activities this year. EFLM Executive Board Secretary Snezana Jovicic, announces the various EFLM awards to be presented at the EuroMedLab 2025 meeting in Brussels. The EFLM office informs us about the Honorary doctorate received by Mario Plebani from the University of Buenos Aires (Argentina). Silvia Cattaneo from the EFLM Office reports on the EFLM scholarship program for attending the EuroMedLab Congress in Brussels coming May. Silvia Terragni from the EFLM office reports on the EFLM Research Grant 2025. Quite a few vacancies are up for grabs in a number of committees of the EFLM, your are all encouraged to respond to the call for nominations. The EFLM Office presents a list of new EFLM scientific papers. Kseniia Fomichenko, EFLM Task Group Young Scientist member, presents the recommendations for blood sampling in emergency departments in her impressive infographics. European Laboratory Day was widely celebrated throughout the continent and its main highlights are summarized. Tomris Ozben, Chair of the EFLM Task Force "Green and Sustained Laboratories" presents 4 simple actions to be more sustainable and green in your laboratory. Emel Colak Samsun, Kaan Kuzu and Aziz Sener from Turkey, and Iulia Andrei-Bitere from Romania share their EFLMLabX training experience as EFLM bursary recipients. Snezana Jovicic, member of the Course Organizing Committee, announces new lectures available in the EFLM Syllabus Course. Ales Kvasnicka, Chair of the EFLM Task Group Young Scientists, summarizes the past EFLM webinars and creates appetite for the upcoming ones. Under news from the EFLM National Societies, the Italian Society discusses the importance of sustainable and green water packaging to support EFLM "Green and Sustainable Laboratories", and meeting reports from the 11th Congress of the Croatian Society for Medica Biochemistry and Laboratory Medicine, XXXI. Meeting of Balkan Clinical Laboratory Federation and 35th National Congress of the Turkish Biochemical Society and the 39th Nordic Congress of Clinical Chemistry. Under its regular column, the IFCC corner presents global perspectives in Laboratory Medicine. The Calendar of Events lists all major happenings in our field. Before I conclude the final issue of this fruitful year, please allow me to applaud the Editorial Team of the EuroLabNews, namely Silvia Cattaneo, Silvia Terragni, Leja Alic, Tara Rolic, Alex Tihonoff, Ales Kvasnicka and our Chair, Daniel Rajdl. I thank each and every one of



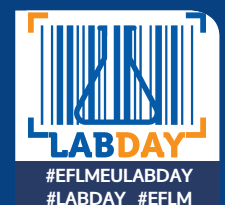
Reported by **Harjit Pal Bhattoa**,  
Editor EFLM EuroLabNews

you, it is a pleasure to be a part of this fantastic Editorial Team. Last but not least, on behalf of the Communications Committee my deepest gratitude to all our contributors, without their input and news items the EuroLabNews would not be feasible. On behalf of my dedicated committee members, I wish our readers a peaceful festive season with good health, and a joyous and prosperous New Year.

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## Highlights



# Season's Greetings from the EFLM President



Dear Colleagues and Friends,  
As the holiday season approaches, I would like to extend my warmest wishes and offer a brief reflection on this year that is coming to an end. Serving as the EFLM President in 2024 has been an immense honour and privilege and I wish to share with you some highlights of the EFLM's activities during this time.

## Federation's growth

I am delighted to announce the continued growth of our Federation. Through a successful promotional campaign conducted over the past years, we have expanded our membership which now encompasses 42 full members, 10 affiliate members and 8 corporate members.

Specific initiatives, such as the renewal of Postgraduate course initiative and the provision of the opportunity for national societies to invite a designated member of the Executive Board to participate in their respective national congresses, have been aimed to foster closer future collaboration with our National Societies' Members in the attainment of our collective goals.

I wish to express my sincere gratitude for the enthusiastic and active engagement of all those involved: National Societies, Corporates, Executive Board Members and EFLM Postgraduate Course's Speakers.

## Reorganization

After 10 years of continuous growth and several achievements, the Executive Board has considered a global reorganisation of the structure of the EFLM functional units, which was discussed with the Committees Chairs and then presented at the EFLM General Meeting in June 2024. The new EFLM structure will be implemented starting from January 2025.

In the frame of this reorganisation, some adjustments have been necessary, mainly to those few functional units which have been merged or whose tasks have been incorporated under the responsibility of other functional units.

Also, the terminology related to the EFLM functional units is changed

to be aligned with the terminology in use in IFCC. According to this solution, starting from January, EFLM will have 4 Divisions instead of the 5 previously named as Committees, outlined as follows:

- Division "Science: Value Based Laboratory Medicine"
- Division "Quality, Standards and Regulations"
- Division "Education and Profession"
- Division "Communication"

All functional units belonging to Divisions will be collectively referred to as Committees or Technical Committees, regardless of whether they were previously designated as Working Groups, Task Groups, or Task Forces.

A constructive discussion with all those involved was conducted in which criticisms and suggestions were collected and considered to implement the new organization in the right way and to promote further development.

However, as for any new initiative, further evaluation and monitoring should be performed based on the outcomes and, eventually, some minor or major revision taken into consideration. Only the cooperation and collaboration can assure a bright future to our Federation and to laboratory medicine and, therefore, I really hope you may appreciate the work done and efforts to improve the structure and functions of the EFLM.

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## JOIN EFLM

BE PART OF THE LARGEST EUROPEAN COMMUNITY OF LABORATORY MEDICINE

EFLM connects National Societies of Clinical Chemistry and Laboratory Medicine and creates a platform for all European "Specialists in Laboratory Medicine". EFLM provides European leadership in Laboratory Medicine to national professional societies, the diagnostic industry and to governmental and non-governmental organisations in order to serve the public interest in health care.

- COMMON GOALS**
- ACTIVE ENGAGEMENT**
- BENEFITS' ADVANTAGE**

FULL MEMBERS	AFFILIATE MEMBERS	CORPORATE MEMBERS
Full membership is open to any IFCC Member National Society/Association active in the field of Laboratory Medicine and from a European country (as defined by the WHO country classification). Only one National Society/Association per country is eligible to Full membership.	Affiliate membership is open to any other National Society/Association active in the field of Laboratory Medicine and from a European country (as defined by the WHO country classification).	Corporate membership is open to companies, corporate entities or research establishments concerned with the field of clinical laboratory practice.

For information contact the EFLM Office at: [eflme@eflm.eu](mailto:eflme@eflm.eu)

## EFLM Academy and EFLM Syllabus

The EFLM Academy continues to expand, offering an exclusive platform dedicated to education and continuous professional development. The majority of National Societies have opted for the block enrolment solution and up to now we have passed the threshold of 10 thousand subscribers. Moreover, I am delighted to inform that the EFLM Syllabus Course, established under the efficient chairmanship of Ana-Maria Šimundić and representing a fundamental resource to support the postgraduate education, has been recently updated with five more lectures and many others will follow shortly.



**EFLM ACADEMY**

**HOW TO GET THE BEST FROM YOUR EFLM ACADEMY MEMBERSHIP**

5 Easy Tips

Enjoy the video 

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AND LABORATORY MEDICINE



**The EFLM Syllabus course is more than a course**

**It is an immense educational resource that encompasses the entire curriculum of laboratory medicine!**

The most comprehensive resource for laboratory medicine trainees

## EFLM Green Labs certification

EFLM is leading the Laboratory Medicine community for the shift to carbon neutrality to transform clinical laboratories into a safe and sustainable spaces by decreasing their deleterious environmental impact and implementing efficient actions to minimize energy, water, hazardous chemical use and waste. I am happy about the growing trend of clinical laboratories seeking the “Green & Sustainable Laboratories” certification. As of now, 15 laboratories globally have achieved this certification, and numerous others have expressed their interest and commitment to adhering to the standards established by the “Green & Sustainable Laboratories” Task Force, under the guidance of the distinguished EFLM Past President, Tomris Ozben.



**Green Labs**

**THE EFLM CERTIFICATION PROGRAMME FOR GREEN AND SUSTAINABLE LABORATORIES**

**BECOME A Green Lab WITH EFLM**

[www.greenlabs.eflm.eu](http://www.greenlabs.eflm.eu)

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## EFLM Strategic Conference

Following the success of the previous editions, also the recent EFLM Strategic Conference in Padova raised a large interest and consensus. The decision to title the fourth edition of this Conference “A vision to the future: value-based laboratory medicine” was to underline the key role of Laboratory Medicine in modern healthcare: we need to reinforce the effort to assure more visibility to our Profession. As every Strategic Conference, also the general goal of this one was to focus on some important aspects of the Laboratory Medicine where some strategic actions or initiatives should be taken. More than 350 delegates attended the Conference in presence and a huge number of colleagues were able to follow the lecturers and discussions on-line through the EFLM e-learning platform. Also, some EFLM bursaries were granted for this Conference to facilitate the participation of Young Scientists or Specialists from low-income countries. Last but not least, I would like to thank once again all those people who made this conference possible and successful: Speakers, Chairs, Discussants, Sponsors, Organizing Secretariats and EFLM Office.

EFLM Strategic Conference 2024  
 A Vision to the future:  
 value-based laboratory medicine  
 Padova (IT), 23-24 September 2024

EFLM  
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 AND LABORATORY MEDICINE

an event that you cannot miss!

## European Laboratory Day

For the third consecutive year, the European Laboratory Day was held on November 5th. This initiative was designed to celebrate the remarkable diversity, expertise, and contributions of laboratory medicine professionals throughout Europe, spanning from local laboratories to leading research institutions. To amplify the event’s visibility and engagement, the EFLM Executive Board decided to involve an external communication agency able to arrange an amazing and efficient advertising campaign.

EUROPEAN LABORATORY DAY 2024  
 5 November  
 Celebrating the laboratory medicine professionals behind key healthcare decisions

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EUROPEAN LABORATORY DAY  
 NOVEMBER 5TH, 2024  
 ACROSS EUROPE

EFLM  
 EUROPEAN FEDERATION OF CLINICAL CHEMISTRY  
 AND LABORATORY MEDICINE

#EULabDay2024  
 #EFLM  
 #BehindKeyDecisions

Let's Make European Laboratory Day Bigger and Better Together!

## EFLM Strategic Plan 2024-2025

I am proud to inform that recently the Executive Board released the new [Strategic Plan for 2024-2025](#), taking into account the comments received by some of EFLM National Societies, which warmly accepted the EB invitation to contribute sending proposals/ideas, and by the Chairs of the EFLM Functional Units, who were asked to send comments and to contribute adding possible actions within their field of competence. The feedback was very positive and, also on behalf of the EFLM Executive Board, I wish to warmly thank all the participants.

This new Strategic Plan comprises 5 areas, encompassing a total of 35 objectives, outlined as follows:

1. Improving the future of laboratory medicine.  
\_\_\_\_\_
2. Structure and organization.  
\_\_\_\_\_
3. Relation with other organizations.  
\_\_\_\_\_
4. Profession; education and training; communication.  
\_\_\_\_\_
5. Scientific affairs.  
\_\_\_\_\_



My belief is that a true Strategic Plan should involve all the EFLM stakeholders to reach the aim of uncovering innovative and novel ideas.

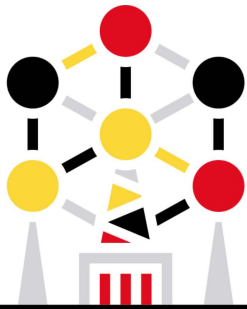
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### EFLM STRATEGIC PLAN 2024-2025

The EFLM Strategic Plan has been jointly developed by the EFLM Executive Board, Chairs of EFLM Functional Units and EFLM National Societies.

As we look forward to a new year, I am confident that the EFLM will continue to thrive and make significant contributions in our field. I would like to express my sincere gratitude to the EFLM Executive Board, the EFLM Office and the entire EFLM community for their unwavering support and dedication. I wish you all a joyous holiday season and a prosperous New Year.

Sincerely,  
Mario Plebani  
EFLM President



# EUROMEDLAB

## BRUSSELS 2025

May 18-22, 2025



## THE EFLM EXECUTIVE BOARD INFORMS

### EFLM Awards on occasion of the EuroMedLab 2025

Reported by **Snezana Jovicic**, EFLM Executive Board Secretary

EFLM awards recognise excellency among scientists and clinicians who work in Laboratory Medicine or related disciplines. There are two types of EFLM Awards:

- Awards recognising a distinguished individual who made an important contribution (candidates are selected following a nomination process initiated by an EFLM Full Member National Society).
- Awards recognising an outstanding paper on specific topics of Laboratory Medicine, as judged by an independent panel of EFLM experts (candidates are selected following a spontaneous application submitted by the First Author in agreement with the other authors of the paper).

Entry criteria are detailed in the dedicated leaflet available for each award.

**The EFLM Executive Board is delighted to announce the seven EFLM Awards which will be presented on occasion of the EuroMedLab 2025 in Brussels:**

#### Awards recognising professional merits:

- **EFLM Award for Scientific Achievements in Laboratory Medicine sponsored by Roche**
- **EFLM Award for Achievements in Advancing Laboratory Medicine in Europe sponsored by Roche**
- **EFLM Academy Award**
- **EFLM Young Laboratory Medicine Professional Award**

#### Awards recognising outstanding papers:

- **EFLM Award for Excellence in Outcomes Research in Laboratory Medicine sponsored by Abbott Diagnostics**
- **EFLM Award for Excellence in Performance Specifications Research sponsored by Abbott Diagnostics**
- **EFLM Cardiac Marker Award sponsored by Hytest**

On behalf of the Executive Board, I warmly invite EFLM National Societies to think about a deserving individual and to submit a nomination within the deadline. I also wish to recommend the opportunity to apply to our Awards to the authors of the many relevant original research articles published recently in our fields.

To conclude, let me extend our gratitude to the sponsors of the EFLM Awards for their unconditional support in permitting the renewal of these important initiatives, which recognize the work of eminent European scientists and their achievements.

**CLICK HERE TO KNOW MORE  
ABOUT THE OPEN OPPORTUNITIES**

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## EFLM OFFICE INFORMS

### Honorary doctorate to Prof. Mario Plebani

Reported by the EFLM Office

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We are delighted to inform you that on November 8th the University of Buenos Aires (Argentina), Faculty of Pharmacy and Biochemistry, conferred an honorary doctorate upon EFLM President, Prof. Mario Plebani. This is a prestigious international recognition, awarded to acknowledge Professor Plebani's exceptional contributions to the field of Laboratory Medicine. The conferment of this title is the ultimate recognition of his distinguished career. Professor Plebani received this recognition on occasion of his journey to Buenos Aires where was invited to deliver the keynote address at the closing plenary session of the CALILAB 2024 congress, the most significant scientific event in South America. With his acceptance speech titled "The unfinished journey to quality in laboratory medicine," he aimed to illustrate the evolution of quality concepts in laboratory medicine, which have been significantly transformed and expanded thanks to scientific works published since 1997.

Professor Plebani's work marked a milestone in the field of Laboratory Medicine, highlighting the importance of focusing not only on the analytical phase of laboratory tests but also on the pre- and post-analytical phases, radically changing the perception of clinical errors. His contribution revolutionized the existing paradigm and has driven research and innovation in Laboratory Medicine globally.

We express our sincere gratitude to the University of Buenos Aires for this gesture of appreciation and are sure that you all join us in congratulating the EFLM President for this further recognition to his full commitment to the Profession.

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## The EFLM Research Grant 2025 Edition

Reported by **Silvia Terragni**, EFLM Office

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The EFLM Scientific Research Grant has been established to promote science and facilitate research in Laboratory Medicine in Europe. Two grants of the maximum amount of EUR 10.000 each can be awarded, one for an applicant coming from a country enjoying "Vic Blaton" scholarship program and the other for an applicant coming from any other country in Europe.

Applicants must submit a detailed budget of the study with a list of all required reagents or consumables, necessary to perform their study. It is the responsibility of the applicant to ensure that allocated funds are sufficient to allow completion of the study. If additional funds are needed, a letter of support from a third party is provided that confirms that the rest of the budget shall be covered by that third party. The responsibility of the selected applicant is to publish the findings of the study in an international (preferably) or national peer-reviewed journal, within two years, after receiving the grant. The grant's recipient who fails to fulfil this requirement shall be automatically disqualified from all future applications for any other EFLM award, bursary or grant within the next five years. The selected applicant can apply for this grant only once. Eligible applications will be judged by a Research Grant Evaluation Committee composed of the Chair of the EFLM Committee



for Science, the Chair of the EFLM Committee for Education and Training and one EFLM Executive Board Member selected by the EFLM President. Applications will be evaluated according to selected criteria.

[Click here to know more about entry criteria and submission procedure.](#)

Applications and all supporting documents must be written in English and submitted electronically to the EFLM Office: [eflm@eflm.eu](mailto:eflm@eflm.eu) within 15 January 2025.

# Need help to attend the EuroMedLab Congress in Bruxelles next May? Have a look at the EFLM scholarship programme.

Reported by **Silvia Cattaneo**, EFLM Office



We are delighted to inform that EFLM, in the frame of its annual scholarship programme, is promoting 15 bursaries to facilitate the participation at the EuroMedLab Congress next May in Brussels.

## Specifically, EFLM is offering:

- 10 bursaries addressed to Young Scientists less than 40y of age as 1 Jan 2025
- 5 bursaries addressed to selected EFLM National Society without age limit

The bursaries cover the travel and 4-night accommodation up to a limited amount while the Congress registration is kindly waived by the Congress Organizing Committee.

The opportunity to apply to EFLM bursaries is reserved exclusively to members of EFLM National Societies who should be also registered at the EFLM Academy for 2025.

To consult the details of the entry criteria as well as the modality of application, we invite to download the below related leaflets. Please make sure to save in your agenda the deadline of **March 1** to submit your application.

## BURSARIES FOR YOUNG SCIENTISTS

EFLM is happy to inform on the EFLM Scholarship Programme to attend the EuroMedLab Congress 2025 specifically addressed to Young Scientists

**10 EFLM BURSARIES AVAILABLE TO ATTEND THE EUROMEDLAB 2025**  
covering travel and 4-night accommodation up to Eur 900,00  
congress registration kindly waived by the Congress Organizing Committee  
Deadline to apply: 1 March 2025

**WHO CAN APPLY...**  
Entry criteria:

- be less than 40 years of age as of 1st January 2025
- be an EFLM Academy Member
- be from an EFLM National Society Member (both Full or Affiliate)
- have a poster abstract accepted as First Author (deadline for abstract submission Jan 15)

**HOW TO APPLY...**  
Fill in the application form ([click here to download](#)) and send it to [efm@efim.eu](mailto:efm@efim.eu) together with the below documentation:

- Any document proving the membership to the EFLM National Society
- the EFLM Academy Certificate (downloadable from the Academy personal area)
- the notification of poster acceptance (this is sent by the organizers within Feb 28)
- the copy of the abstract submitted for the EuroMedLab 2025 (in case more than one abstract is submitted, please select just one to send with the above documentation)

**EFLM bursary's recipients at the EuroMedLab 2025**

Please note that in accordance with the EFLM Transparency Policy, all applicants' names, evaluation ranking and reasons for that ranking will be made available to every applicant. Click here to see the criteria for evaluation of bursaries applications. We assume that people submitting the application have already decided to attend the congress (having an abstract accepted). So we expect that non-selected applicants do not withdraw the abstract.

## BURSARIES FOR SELECTED COUNTRIES

EFLM is happy to inform on the EFLM Vic Blaton Scholarship Programme to attend the EuroMedLab Congress 2025 specifically addressed to selected countries

**5 EFLM BURSARIES AVAILABLE TO ATTEND THE EUROMEDLAB 2025**  
covering travel and 4-night accommodation up to Eur 1000,00  
congress registration kindly waived by the Congress Organizing Committee  
Deadline to apply: 1 March 2025

**WHO CAN APPLY...**  
Entry criteria:

- be an EFLM Academy Member
- be from one of these EFLM National Society Countries: Albania, Azerbaijan, Bosnia & Herzegovina, Bulgaria, Georgia, Kosovo, Montenegro, North Macedonia, Russia, Serbia, Türkiye and Ukraine
- have a poster abstract accepted as First Author (deadline for abstract submission Jan 15)

**HOW TO APPLY...**  
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## VACANCIES IN EFLM FUNCTIONAL UNITS

### Vacancies in functional units: call for Members to form the Division Executive Committees

Reported by **Silvia Terragni**, EFLM Office

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Starting from January 2025, EFLM Committees will be transformed into Divisions and managed by an Executive Committee led by a Chair. The aim of the Division Executive Committee is to assist the Division's Chair in coordinating the activities of the functional units belonging to the Division (tracking also their strengths and weaknesses), identifying new opportunities, seeking collaboration internally/externally. The Executive Committee Members are expected to follow up on the management of strategies/projects established under the Division's responsibility as per indications of the EFLM Executive Board.

EFLM Full National Society Members are invited to send nominations for the following open positions:

Executive Committee of the EFLM Division  
**"Science: Value Based Laboratory Medicine"**

**4 MEMBERS**

Executive Committee of the EFLM Division  
**"Education and Profession"**

**4 MEMBERS**

Executive Committee of the EFLM Division  
**"Quality, Standards and Regulations"**

**4 MEMBERS**

Executive Committee of the EFLM Division  
**"Communication"**

**4 MEMBERS**

[Click on the above positions to know more about the requirements and the evaluation procedure.](#)

The term of office will be for 2 years (January 2025 - December 2026). The position could be renewable for other two more terms if the work for the Division is deemed essential at that time. The work is mainly conducted by e-mail and teleconferencing, the Executive Committee usually meets once or twice per year.

**Procedure for applications:** Each National Society FULL Member in good standing with the membership fee can submit one nomination per each Division through the dedicated nomination form available at this link <https://www.eflm.eu/site/eflm-opportunities>. A brief plan of the applicant's contribution to the aims and objectives of the Division must be indicated in the form. Together with the form, a short CV should also be submitted underlining the qualifications and prior experience in the relevant area. Candidates must be officially nominated by their National Society through a formal letter of support. Per the EFLM Transparency Policy, all received nominations and reasons for the successful one will be made available to all those National Societies who submitted a nomination specifying also the criteria used during the evaluation process.

Nominations must be electronically submitted to the EFLM Office (eflm@eflm.eu) within the deadline of **December 15th**.



NEWS FROM EFLM  
FUNCTIONAL UNITS

## European Laboratory Day



### 3rd European Laboratory Day: Celebration of Dedication and Impact

As European Laboratory Day 2024 draws to a close, we take a moment to celebrate the extraordinary efforts and achievements of laboratory professionals across Europe. This year's celebrations marked a milestone in our mission to highlight the indispensable role of laboratory medicine in healthcare, and was a powerful demonstration of collaboration, education, and innovation, reflecting the vital contributions of laboratory professionals in shaping a healthier Europe.

### A Year of Milestones and Impact

Laboratories across Europe came together to host a wide array of activities, including interactive workshops, open-door events, and educational sessions designed to engage communities and demystify the crucial work of our profession. From inspiring children with hands-on science workshops to offering the public a unique glimpse into the inner workings of laboratories, this year's events brought to life the essential role laboratories play in safeguarding public health.

### Launching the European Laboratory Day Toolkit

This year's celebrations featured the launch of our inaugural European Laboratory Day Toolkit, a resource-packed initiative empowering professionals to highlight and share the transformative impact of laboratory medicine.

### A Special Message from the European Parliament

Adding to the celebrations, we were honoured by a message from Tilly Metz MEP, Vice Chair of the European Parliament's Subcommittee for Public Health, recognising the vital role of laboratory medicine professionals. Her words underscored the growing appreciation of our profession at both political and societal levels—a proud moment for us all.

### A Heartfelt Thank You

European Laboratory Day 2024 has been an extraordinary celebration of the dedication, expertise, and innovation of laboratory professionals – and we couldn't have done it without you. We extend our deepest gratitude to every participant who contributed to this success. Your commitment to educating, inspiring, and advocating for the importance of laboratory medicine has highlighted the true value of our profession.

Let's carry this momentum forward as we continue to shape and strengthen the role of laboratory medicine in healthcare.

Thank you for making this year's European Laboratory Day bigger and better than ever before.

[Click here to explore  
all the exciting activities from this year's event!](#)

SAVE THE DATE FOR THE EUROPEAN LABORATORY DAY 2025  
NOVEMBER 5!



# EUROPEAN LABORATORY DAY 2024

**5 November**

Celebrating the laboratory medicine professionals behind key healthcare decisions



## A note from the EFLM President

One of the “take home messages” from the recently organized EFLM Strategic Conference titled “A vision to the future: value-based laboratory medicine” is to move laboratory medicine from “a faceless profession to a value-based discipline”.

To increase this visibility and value, in addition to professional and scientific contents, we must improve communication to all users and stakeholders of laboratory medicine, including clinicians, health care operators, administrators, politicians and, first and foremost, patients and citizens.

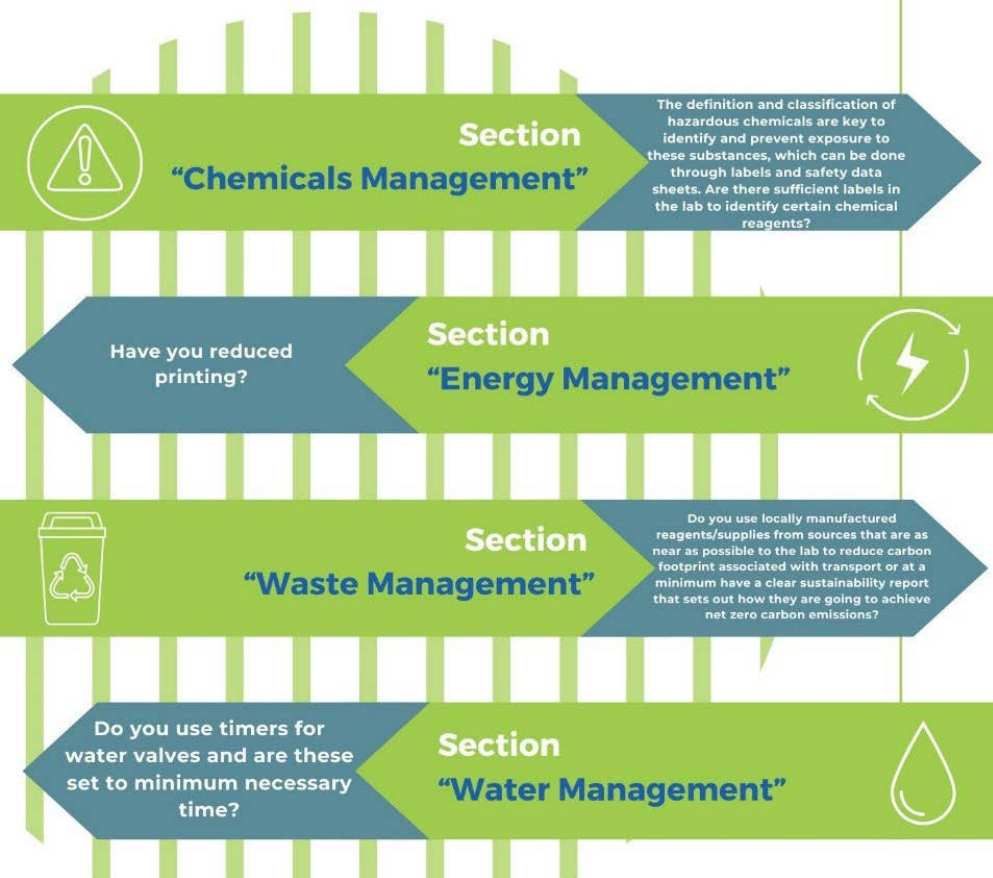
An opportunity to promote the role of laboratory medicine is the “European Laboratory Day”, organized by EFLM on an annual basis every November 5th. This EFLM initiative is carried on under the coordination of Tara Rolic (Chair of the EFLM Task Group “European Laboratory Day”) and Daniel Rajdl (Chair of the EFLM Communication Committee) with the support of many valuable colleagues of the Task Group “European Laboratory Day”.

The European Laboratory Day, to be widely known and celebrated, needs effective and professional communication. The EFLM Executive Board strongly believes in this initiative, and for this reason decided to involve a communication agency to support the work of the above-mentioned EFLM functional units.

The European Laboratory Day represents a starting point for many future initiatives to reinforce the position of laboratory medicine. I wish to warmly share my gratitude with all those National Societies and European Laboratories who joined EFLM in celebrating this November 5th and renew my invitation to all European stakeholders to join the celebrations next year.

M. Plebani, EFLM President

# FOUR SIMPLE ACTIONS TO BE MORE SUSTAINABLE AND GREEN IN YOUR LABORATORY!



## NEWS FROM EFLM FUNCTIONAL UNITS

### Four simple actions to be more sustainable and green in your laboratory!

Reported by Tomris Ozben, Chair of the EFLM Task Force "Green & Sustainable Laboratories"

In line with the goal of the [EFLM Task Force "Green & Sustainable Laboratories"](#), I have the pleasure to continue the column started in the previous issues of our newsletter: Four simple actions to be more sustainable and green in your laboratory!

In each issue of the newsletter, we will select 4 actions from each section of the checklist prepared by the EFLM TF-GSL members (Chemicals, Energy, Waste and Water) to start implementing the daily routine in your laboratories and getting familiar with the checklist.

The below actions are accompanied by a graphical leaflet that you can download and post in the notice board of your laboratory to be shared with your colleagues (in this case, please remember to use recycled paper).

[Click here to download the PDF](#)

The selected actions of this issue are:

- Section "Hazardous Chemicals Management"**  
ACTION: The definition and classification of hazardous chemicals are key to identify and prevent exposure to these substances, which can be done through labels and safety data sheets. Are there sufficient labels in the lab to identify certain chemical reagents?
- Section "Energy Management"**  
ACTION: Have you reduced printing?
- Section "Waste Management"**  
ACTION: Do you use locally manufactured reagents/supplies from sources that are as near as possible to the lab to reduce carbon footprint associated with transport or at a minimum have a clear sustainability report that sets out how they are going to achieve net zero carbon emissions?
- Section "Water Management"**  
ACTION: Do you use timers for water valves and are these set to minimum necessary time?

## EFLMLABX CORNER REPORTS FROM BURSARIES' RECIPIENTS

### EFLMLabX Training Experience

Reported by **Emel Çolak Samsun**, Türkiye, EFLM bursary recipient

It was an absolute pleasure to visit The Institute of Medical Biochemistry and Laboratory Diagnostics of the General University Hospital and the First Faculty of Medicine of Charles University (Prague, Czech Republic).



*Initially, I would like to express my gratitude to Prof. Dr. Tomas Zima, the head of the department, for accepting and welcoming me to their laboratories, to Dr. Ivan Sebesta for his continuous support during my visit, to the Chair of the EFLM Profession Committee, Prof. Evgenija Homsak, and Silvia Terragni for making this opportunity possible, and to Prof. Dr. Doğan Yücel, the head of the Turkish Biochemistry Society, for his invaluable support and mentorship.*

I was in Prague for three weeks in October. Dr Ivan Sebesta prepared a program tailored for me in advance according to my areas of interest and supervised my whole visit to laboratories. This experience has not only been educational and inspiring, but it has also significantly contributed to my personal and professional growth. As a biochemistry specialist in the Department of Examination and Diagnosis in the Ministry of Health of Turkey, my main expectations from this Exchange program were to observe and learn about the routine workflow, visit different divisions of laboratories, and learn a little bit about health systems and policies in Czechia (laboratory organization, reimbursement system, etc.) specifically related to laboratories. During this period, I visited clinical biochemistry, serology, prenatal screening, endocrinology/hormone diagnostics, metabolism (inborn errors of metabolism, genetic defects of purine metabolism) laboratories, and several



central research laboratories (gastroenterology, laboratory for research on liver disease and heme metabolism). I was also fortunate to gain insights into metabolomics and proteomics researches from some of my colleagues, which upgraded my understanding of this area. If I need to elaborate on some of my experiences, Dr. Ivan Šebesta dedicated time to providing me with a comprehensive understanding of inborn errors of metabolism (even the name of inborn does not precisely identify these errors in his words), especially purine metabolism disorders such as hyperuricemia and hypouricemia, including their genetic causes, clinical presentations, and diagnostic methods which make me eligible in detecting disorders like gout, hereditary xanthinuria, and renal hypouricemia, crucial for identifying potential kidney damage or metabolic conditions early on. We also discussed newborn screening programs and their role in the early diagnosis of metabolic diseases. The Laboratory for Liver Disease Research and Heme Metabolism focuses primarily on disorders related to bile pigment metabolism and investigates the breakdown pathways of heme and its derivatives. I became familiar with specialized liver examinations (analysis of porphyrins with fluorimetry and HPLC, copper and iron analysis in the liver biopsy with AAS, and GC-based bile acid profiling). In the gastroenterology laboratory, I have learned a lot about diagnosing malabsorption syndrome and celiac disease. I am thankful that Dr. Petr Kocna set aside time to give me detailed theoretical information regarding these diseases alongside colorectal cancer diagnosis and screening programs in Czechia in his busy work plan. Moreover, we could talk about the differences between the two countries. In the practical part, Dr. Zdislava Vanickova genuinely guided me; I even had a chance to do practical demonstrations (Breath tests for small intestine bacterial overgrowth (SIBO), lactose intolerance and H.Pylori detection, quantitative determination of hemoglobin in stool by immunoturbidimetry) with patients after obtaining their informed consent. During these amazing three weeks, exploring Prague, one of the most beautiful cities in Europe, was incredible. There were many beautiful parks with breathtaking views of the Vltava River or the Prague Castle, which I picked each day to take strolls, or I stopped by Stralecy Island to enjoy the fantastic view of Charles Bridge. I am not even talking about Czech beer and pastries (koláče)

**I strongly encourage all my colleagues to seize the opportunity to visit other laboratories! It's a fantastic way to connect with colleagues and professors in different environments. This not only enhances our learning but also broadens our horizons.**

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## EFLMLABX CORNER

### EFLMLabX Training Experience

Reported by **Iulia Andrei-Bitere**, Romania, EFLM bursary recipient

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My journey started with a simple application on the EFLM LabX platform. Little did I know that within a few months, I would be on a flight to Poland, ready to take part in what would become an eye-opening experience.



*I would like to express my sincere gratitude to the European Federation of Clinical Chemistry and Laboratory Medicine (EFLM) for awarding me the bursary that made my participation in this program possible. I am confident that the knowledge and skills I gained will have a lasting impact on my work as a laboratory medicine resident doctor. Additionally, I extend my deepest thanks to the Medical University of Bialystok and to Assoc. Professor Olga M. Koper-Lenkiewicz and Assoc. Professor Joanna Kaminska, whose expertise and dedication to teaching created an exceptionally engaging and collaborative learning environment.*

Held from September 16th to 20th, 2024, at the Department of Clinical Laboratory Diagnostics of the Medical University of Bialystok, Poland, under the supervision of Assoc. Professor Olga M. Koper-Lenkiewicz and Assoc. Professor Joanna Kaminska, this program offered cutting-edge training in the analysis of cerebrospinal fluid (CSF), body cavity fluids, and urinalysis. The workshop was not only a learning experience but also a chance to share knowledge with experts from different parts of the world.

The workshop was designed to provide in-depth training in the analysis of various body fluids, with each day structured to include both theoretical lectures and practical laboratory sessions. During the program, I had the opportunity to observe and actively participate in the analysis of body fluids, under the close guidance of experienced professionals. The program also exposed me to the latest technological advancements and methodologies in laboratory diagnostics, reinforcing my passion for laboratory medicine.

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### EFLMLabX Training Experience

Reported by **Kaan Kuzu**, Türkiye, EFLM bursary recipient

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I am Dr. Kaan Kuzu, MD. I work as a resident doctor at İzmir Bozyaka Education and Research Hospital, and I am nearing the end of my third year of education. From October 6 to October 18, 2024, I had the invaluable opportunity to participate in a two-week training program under the EFLMLabX program at the University Medical Centre Maribor in Slovenia, led by Evgenija Homšak.

Being accepted into this program was both a great honor and a source of excitement for me. Since many methods are applied outside of biochemistry laboratories in my country, having the chance to work specifically in an immunology laboratory was uniquely meaningful and exciting for me. Working at the high standards of the Maribor laboratory, being introduced to modern equipment, and closely observing the healthcare and laboratory practices of another country enriched my professional knowledge and skills considerably.

As a young researcher with several years of experience in a medical biochemistry laboratory, this training provided me with an invaluable opportunity to expand my knowledge of laboratory diagnostics in autoimmune diseases. The entire laboratory team consisted of experienced instructors specializing in autoimmunity. The training program offered a combination of theoretical and practical lessons. Evgenija and her team introduced me to their working environment, equipment, tests, and approaches, and they shared their routine workflows, current developments, plans, and scientific research projects. I was encouraged to actively participate in the training and apply the techniques I learned. I had the chance to closely observe and work hands-on with methods like Indirect Immunofluorescence (IIF), Enzyme-Linked Immunosorbent Assay (ELISA), Western Blot (WB), and immunoassay techniques. Throughout the training, I not only enhanced my technical skills but also strengthened personal competencies like analytical thinking, time management, and teamwork. With the guidance of Evgenija Homšak and her team, I gained in-depth knowledge of various biochemical analysis methods and next-generation diagnostic techniques. This laboratory exchange program provided me with new professional perspectives and inspired me to set new goals for

my career by fueling my scientific curiosity. During the program, the team in Maribor generously shared their knowledge and fostered a constantly educational environment. The working atmosphere was exceptionally warm and inclusive; my colleagues offered support whenever needed, helping me to integrate smoothly into the team. The knowledge and skills I gained from this experience will be instrumental in advancing my future projects and taking my work to new heights. In the future, I would be honored to be part of such a program, supporting young researchers in my country to satisfy their curiosity and achieve greater success in their careers.

The EFLMLabX exchange program was a transformative experience that broadened my perspective as a young professional in laboratory medicine. I extend my deepest gratitude to the EFLM for providing this much-needed opportunity for young scientists. Additionally, I would like to sincerely thank the EFLM President, the EFLM Profession Committee, the EFLM Office, and Evgenija Homšak for their contributions to bringing this project to life. I am grateful for being chosen and for the opportunity this bursary provided to enhance my knowledge and experience. Dober dan in Najlepša Hvala.



## EFLMLabX Training Experience

Reported by **Aziz Sener**, Türkiye, EFLM bursary recipient

I am working as a research assistant at Medical Biochemistry Department of Ankara Etlik City Hospital. During my assistantship, I aimed to gain international experience and discovered the EFLMLabX exchange programs. These programs offered an exciting opportunity to train abroad, meet new people, and explore different laboratory methods for my career. **I was accepted to the Institute of Clinical Laboratory Diagnostic, University Hospital Center Osijek, from September 2 to September 20, 2024. I also applied for the EFLM bursary, and with all arrangements in place, I embarked on this exciting journey.**

During my three weeks in Osijek, I had the opportunity to observe and learn all laboratory measurement methods and devices in the laboratory. Especially getting experience in immunofluorescence method, MALDI-TOF, imaging mass spectrometry, and LC-MS, all of which broadened my professional perspective. Conversations with Prof. Dr. Željko Debeljak, the head of the clinic, on laboratory practices and artificial intelligence also provided invaluable insights. The technicians and colleagues in the laboratory warmly welcomed me, making my time instructive and pleasant. Additionally, I had the chance to build long-term collaborations and lasting friendships.



*I sincerely thank Tara Rolić for her help and companionship throughout the program. Special thanks also go to Prof. Dr. Željko Debeljak for accepting me and to the laboratory staff for their warm hospitality. Finally, I am grateful to EFLM for offering this incredible opportunity, which has significantly contributed to my personal and professional growth.*

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## New lectures available in the EFLM Syllabus Course!

Reported by **Snezana Jovicic**,  
Member of the Course Organizing Committee

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We are delighted to announce that the EFLM Syllabus Course is now updated with five more lectures.

### MODULE 6

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#### Module 6 "Post-analytical phase":

- "Result management: defining and reporting alert and critical values" by Olga Plekhanova.

### MODULE 7

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#### Module 7 "Biological variation":

- "Biological variation and personalized reference intervals. Theory and practice" by Abdurrahman Coskun.

### MODULE 10

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#### Module 10 "Big data and artificial intelligence":

- "Artificial Intelligence in modern laboratory medicine" by Salomón Martín Pérez
- Machine and statistical learning in diagnostics' rationalization and understanding complex pathologies" by Željko Debeljak.

### MODULE 17

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#### Module 17 "Vitamins and Trace Elements":

- "Navigating the Complexities of Vitamin B12: Perspectives and Metabolic Insights" by Guillaume Grzych.

The EFLM Syllabus Course is designed and produced by the members of the EFLM Task group for Syllabus course (TG-ESC), to support the harmonization of postgraduate education of specialists in laboratory medicine in Europe.

The course provides a series of highly educational lectures covering practical advice and useful tools for how to master a certain skill. Scope of the course corresponds to the European Syllabus (1), the key document for EFLM which represents the basis for the Common Training Framework for non-medical Specialists in Laboratory Medicine under EU Directive 2013/55/EU (The recognition of Professional Qualifications).

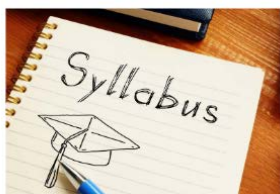
(1) Jassam N, Lake J, Dabrowska M, Queraltó J, Rizos D, Lichtinghagen R, Baum H, Ceriotti F, O'Mullane J, Homšak E, Charilaou C, Ohlson M, Rako I, Vitkus D, Kovac G, Verschuure P, Racek J, Chifiriuc MC, Wieringa G. The European Federation of Clinical Chemistry and Laboratory Medicine syllabus for postgraduate education and training for Specialists in Laboratory Medicine: version 5 - 2018. *Clin Chem Lab Med* 2018;56(11):1846-63. doi: 10.1515/cclm-2018-0344. PMID: 29870392.

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## New EFLM publications have been produced by EFLM functional units!

### UPDATES ON EFLM PUBLICATIONS

## New EFLM scientific papers have been published!

Reported by **Silvia Terragni**, EFLM Office

The EFLM Office is happy to announce the most recent published EFLM papers:

**Systematic review and meta-analysis of biological variation data of urine albumin, albumin to creatinine ratio and other markers in urine**

Aslan B, Carobene A, Jonker N, Galior K, Boned B, Marqués-García F, Ricos C, Bartlett W, Coskun A, Díaz-Garzon J, Fernandez-Calle P, Gonzales-Lao E, Simon M, Sandberg S, Aarsand A K, on behalf of the European Federation of Clinical Chemistry, Laboratory Medicine Task Group for the Biological Variation Database (TG-BVD)

[Clinica Chimica Acta 2024](#)

**A comprehensive survey of artificial intelligence adoption in**

**European laboratory medicine: current utilization and prospects**  
Cadamuro J, Carobene A, Cabitza F, Debeljak Z, De Bruyne S, van Doorn W, Johannes E, Frans G, Özdemir H, Perez S M, Rajdl D, Tolios A, Padoan A, on behalf of the EFLM Working Group on Artificial Intelligence (WG-AI)

[Clin Chem Lab Med 2024](#)

**Point-of-care testing, near-patient testing and patient self-testing: warning points**

Banfi G, Božič B, Cihan M, Pašalić D, Pennestrì F, Plebani M  
[Clin Chem Lab Med 2024](#)

**Data flow in clinical laboratories: could metadata and peridata bridge the gap to new AI-based applications? An investigation on behalf of the EFLM Working Group on Artificial Intelligence (WG-AI)**

Padoan A, Cadamuro J, Frans G, Cabitza F, Tolios A, De Bruyne S, van Doorn W, Elias J, Debeljak Z, Perez S. M, Özdemir H, Carobene A  
[Clin Chem Lab Med 2024](#)

**The final part of the CRESS trilogy – how to evaluate the quality of stability studies**

Cornes M, Vermeersch P, Simundic AM, Von Meyer A, Salek T, Meyer B, Costelloe S, De Guire V, Gomez-Rioja R, Cadamuro J, on behalf of the EFLM Working Group for the Preanalytical Phase (WG-PRE)

[Clin Chem Lab Med 2024](#)

# Recommendations for blood sampling in emergency departments from the European Society for Emergency Medicine (EUSEM), European Society for Emergency Nursing (EuSEN), and European Federation of Clinical Chemistry and Laboratory Medicine (EFLM) Working Group for the Preanalytical Phase.

Reported by Kseniia Fomichenko, EFLM Task Group Young Scientist member

## Executive summary

The report focuses on key recommendations for laboratory testing in emergency departments, covering all phases from patient preparation to quality assurance. These recommendations aim to minimize preanalytical errors, which account for the majority of laboratory testing issues in emergency care, and to enhance patient safety. Developed using the GRADE methodology, the recommendations are based on systematic reviews of available evidence and expert consensus. While the overall quality of evidence is rated as low, the recommendations hold practical value and reflect the need for further research to strengthen the evidence base. Despite these limitations, the guidelines address critical gaps in emergency care and provide actionable steps to improve diagnostic accuracy and patient outcomes

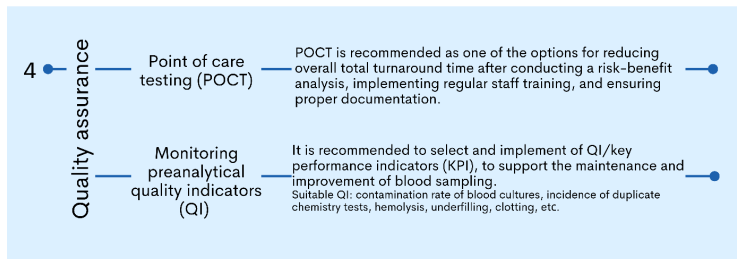
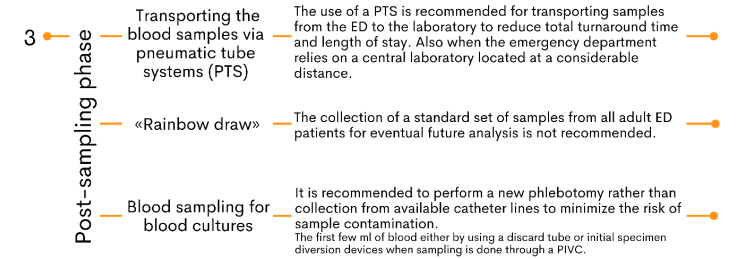
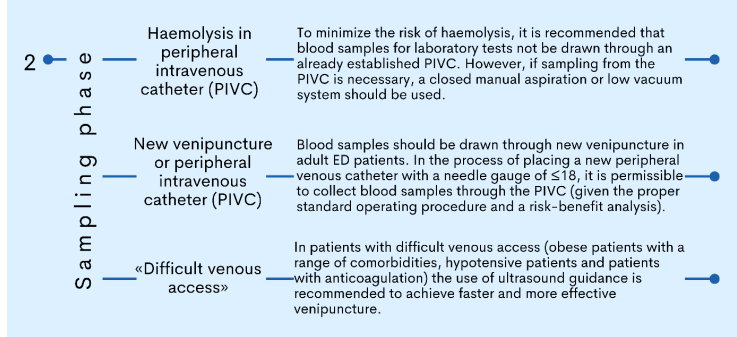
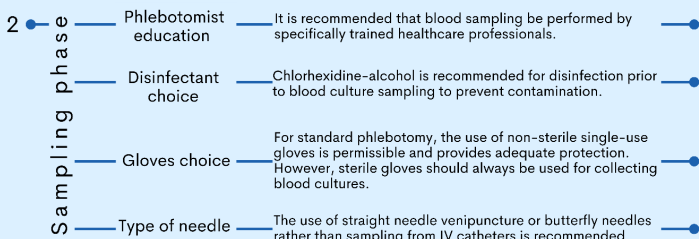
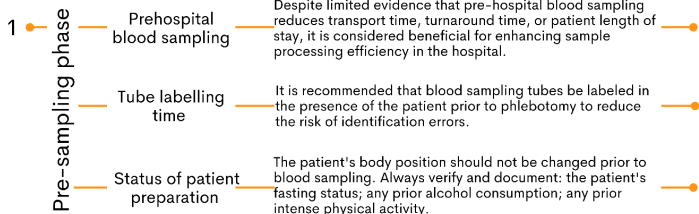
<https://doi.org/10.1515/cclm-2024-0059>

Recommendations for blood sampling in emergency departments from the European Society for Emergency Medicine (EUSEM), European Society for Emergency Nursing (EuSEN), and European Federation of Clinical Chemistry and Laboratory Medicine (EFLM) Working Group for the Preanalytical Phase. Executive summary



Garcia-Castrillo L, Cadamuro J, Dodt C, Lauwaert D, Hachimi-Idrissi S, Van Der Linden C, Bergs J, Costelloe S, Grossmann F, Koca A, Palomäki A, Ruiz J, Stonys R, Thorsteinsdóttir T, von Meyer A, Vermeersch P, Abellas Alvarez M, Eker P, Golea A, Kurland L, Lippi G, Zhilenkova Y, Sehmi K. Clinical Chemistry and Laboratory Medicine (CCLM). 2024;62(8): 1538-1547. <https://doi.org/10.1515/cclm-2024-0059>

The quality of the evidence to support the recommendations is general very low, highlighting the need of quality publications focus on the areas not supported by the actual literature.



Infographics by Kseniia Fomichenko EFLM TG-YS

## Past EFLM events



## Past EFLM webinars

Reported by **Aleš Kvasnička**,  
Chair of the EFLM Task Group  
Young Scientists

EFLM Strategic Conference 2024  
A Vision to the future:  
value-based laboratory medicine  
Padova (IT), 23-24 September 2024

**Watch the EFLM Strategic Conference 2024 on demand**

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### Post-Analytical Procedures

This webinar was hosted on the 3rd October 2024 by Jasna Leniček Krleža and Vladimira Rimac (Croatia). The speakers introduced the quality requirements for post-analytical procedures according to ISO 15189:2022, and compared them to the previous standard, and provided guidance on how to implement these procedures.



### Global coagulation testing - Global fibrinolysis testing

This webinar occurred on the 8th October 2024 where we hosted Zsuzsa Bagoly (Hungary) and Mojca Božič Mijovski (Slovenia). The webinar on Global Coagulation and Fibrinolysis Testing discussed the principles behind these tests, compared traditional and global coagulation tests, and how to interpret the results



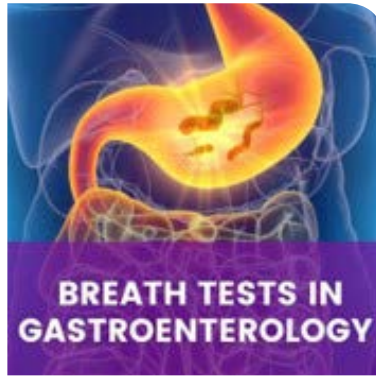
### Web based Clinical Decision support tools

On the 17th October 2024 we hosted Kay Weng Choy (Australia) for a webinar on Web-Based Clinical Decision Support (CDS) Tools. The webinar covered the role of CDS in laboratory testing, strategies for implementation, and the advantages and disadvantages of web-based CDS tools.



## Past EFLM webinars

Reported by **Aleš Kvasnička**,  
Chair of the EFLM Task Group  
Young Scientists



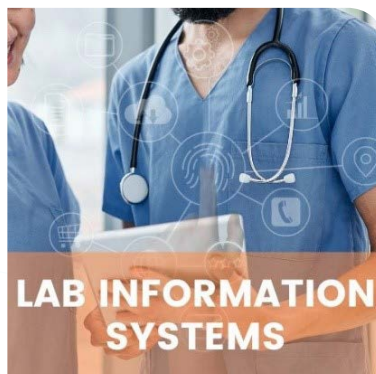
### **Hydrogen and methane breath tests in the service of the Gastroenterology Laboratory**

The webinar occurred on the 29th October 2024 where we hosted Tsachi Tsadok Perets (Israel). The webinar on hydrogen and methane breath tests discussed their use as a diagnostic tool for conditions like small intestinal bacterial overgrowth and lactose intolerance, focusing on distinguishing between H<sub>2</sub> and CH<sub>4</sub> positive patients.



### **MEET THE EXPERT: M-Protein diagnostics: analysis and interpretation of protein electrophoresis of serum, urine and cerebrospinal fluid**

On the 7th November 2024 we hosted J.F.M. Jacobs (The Netherlands) for a webinar on M-Protein Diagnostics which covered protein electrophoresis for serum, urine, and cerebrospinal fluid, the differences between immunotyping and immunofixation, and the principles of M-protein diagnostics and free light chain immunoassays.



### **An evaluation framework for effective and safe Laboratory Information Systems**

The webinar occurred on 12th November 2024 and we hosted Maryati Mohd Yusof (Malaysia). The webinar on Laboratory Information Systems discussed quality and safety aspects, present an evaluation framework, and identify factors for value delivery.



### **The ejaculate – problems and promises from proteomics and other investigations**

On the 19th November 2024 we hosted Lars Björndahl (Sweden). The webinar on ejaculate analysis will explore what is normal and abnormal for sperm, discussed research on threats to sperm, and explained methods for analyzing ejaculate components.



## UPCOMING EFLM EVENTS

### Forthcoming EFLM webinars

Reported by **Aleš Kvasnička**, Chair  
of the EFLM Task Group Young  
Scientists



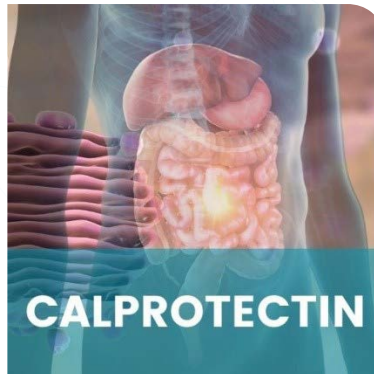
#### MEET THE EXPERT

##### Interpretation of laboratory results on kidney function

**Date:** 9th December 2024 at 16:00 CET time

**Speaker:** Etienne Cavalier (Liege, Belgium)

In this webinar, the laboratory reports of kidney function will be described, examples of combining different methods for GFR measurement (creatinine and cystatin) will be provided, and the appropriate combination of urine and blood tests relevant to kidney function assessment will be discussed.

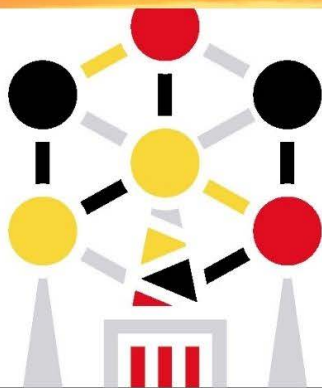


#### Calprotectin: diagnostic potential, challenges in analytics and application in inflammatory disorders

**Date:** 17th December 2024 at 18:00 CET time

**Speakers:** Lora Dukić (Croatia) and Daria  
Pašalić (Croatia)

This webinar will discuss the role of calprotectin and its diagnostic potential in different clinical settings, optimal analytical methods for the measurement of calprotectin and evaluate the use of micro RNAs and calprotectin in inflammatory disease.



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# Report on the 11th Congress of the Croatian Society for Medical Biochemistry and Laboratory Medicine (CSMBLM)

Reported by **Jasna Dogic**, Administrative Secretary, Croatian Society of Medical Biochemistry and Laboratory Medicine

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The 11th Congress of the Croatian Society of Medical Biochemistry and Laboratory Medicine (CSMBLM), held from October 9-12, 2024, in Vodice, Croatia, brought together leading experts, scientists, and professionals in the field of laboratory medicine from Croatia and other European countries. The scientific programme of the Congress was organized under the leadership of Ivana Čelap, the President of CSMBLM, who also took the role of Scientific committee president and the organizing committee headed by Jelena Culej.

### Scientific Program and Sessions

The Congress featured a comprehensive program, including: Precongress symposia, 6 symposia, 8 educational workshops, 3 plenary lectures, 4 CSMBLM working group sessions. The pre-congress symposium, held on October 9, focused on the topic "Patient Results: Possibilities and Potentials in Contemporary Laboratory Settings," chaired by Jelena Vlašić Tanasković. This session explored possibilities and potentials in contemporary laboratory settings.

### Plenary Lectures

Three plenary lectures were held, by notable speakers. Dunja Rogić gave interesting lecture on managing of a modern laboratories. Lidija Bilić-Zulte gave interesting overview on decision-making in laboratory diagnostics and Nora Nikolac Gabaj, who addressed good and bad side of artificial intelligence in scientific publishing.

Key symposia included following topics:

- Clinical and Diagnostic Monitoring of Lymphoproliferative Diseases, chaired by Mirjana Mariana Kardum Paro and Jasenka Wagner Kostadinović.
- Diabetes and Insulin Resistance: Challenges in Diagnostics, led by Sandra Šupraha Goreta and Domagoj Marijančević, discussing the pathogenesis of diabetes and obesity.
- Challenges of Laboratory Diagnosis of Preeclampsia, chaired by Domagoj Marijančević and Sandra Šupraha Goreta highlighted new approaches in predicting preeclampsia.
- Biological Therapy from a Clinical and Laboratory Perspective, chaired by Lovorka Đerek and Daniela Šupe-Domić, which covered advances in biologic therapies and their implications for laboratory testing.
- Challenges of biomarker application in cardiometabolic diseases, chaired by Daniela Šupe-Domić and Lovorka Đerek, gave some new insights into cardiometabolic diseases.
- New insights into metabolic diseases, chaired by Jasenka Wagner Kostadinović and Mirjana Mariana Kardum Paro reminded participants on some rare metabolic diseases, and importance of their management.

### Poster Sessions and Presentations

Around 20 participants had the opportunity to present their posters orally in 6-minute presentations, giving them a platform not only to show their research but also to demonstrate their presentation skills. Topics ranged from laboratory innovations to clinical research findings.

### Educational Workshops

Eight workshops were organized, including notable contributions from industry leaders. These sessions provided insight and discussions on implementing new technologies in clinical laboratories from implementation of novel markers to tips and tricks for some standard verification procedures.

### Working Group Sessions

Various CSMBLM working groups also held sessions, with significant participation in discussions related to post-analytical procedures, cerebrospinal fluid diagnostics, and seminal fluid analysis. These sessions facilitated active exchange among experts and participants.

### Conclusion

The 11th Congress of CSMBLM successfully organized environment for scientific exchange and professional growth, with diverse topics covering the latest advancements in medical biochemistry and laboratory medicine. The Congress provided an essential platform for around 360 researchers, professionals and industry presenters to collaborate and share knowledge. The organizing committee, led by Jelena Culej, ensured the smooth running of the event, with strong technical support. This Congress demonstrated the dynamic and evolving nature of the field and will leave a lasting impact on the participants, many of whom will take home valuable insights and new collaborations.



Photo VIP Guests of the Congress



Photo of EFLM Secretary S.Jovicic



Photo Opening of the Congress



Photo Organizational Board of the Congress



Photo Participants\_Audience of the Congress



Photo President CSMBLM 11. Congress 2024



Photo President of Organizational Board 11. Congress 24

# Report of the XXXI Meeting of Balkan Clinical Laboratory Federation (BCLF2024) and 35th National Congress of the Turkish Biochemical Society (TBS)

Reported by **Hamide Shllaku-Sefa**, University Our Lady Of Good Counsel. Tirana, Albania

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The XXXI Meeting of Balkan Clinical Laboratory Federation (BCLF2024) and 35th National Congress of the Turkish Biochemical Society (TBS) was held in Antalya, Side, Türkiye 28-31.10.2024. It was organized by TBS, under the auspices of International (IFCC) and European (EFLM) Federation of clinical chemistry and laboratory medicine and numbered more than 900 participants.

The Balkan Clinical Laboratory Federation (BCLF) as a regional organization includes all Balkan countries, i.e., Albania, Bosnia and Herzegovina, Bulgaria, Greece, North Macedonia, Montenegro, Romania, Serbia, Türkiye, that are also EFCC and IFCC members. As a regional organization BCLF gathers all clinical chemists from the Balkan region with the aim of improving clinical laboratory practice in each of the Balkan countries, because of new medical discoveries, modern technologies, and changes in the organization and in the process of laboratory support of clinical activities.

During this 4-day event, comprehensive topics of laboratory medicine were developed, referred not only by speakers from the Balkan countries, but from all over Europe, USA, and Australia.

The congress was organized in 7 keynote lectures, 8 scientific sessions with different topics such as : Optimizing Analytical Accuracy; Integrating Biological Variation and Performance Specifications; Data Analytics and Data Digitalization in Clinical Laboratory; Improvement of Quality and Patient Experience in Clinical Laboratory Management; Diagnostic Techniques and Biomarkers in Hematology and Coagulation; Biomarkers and Metabolic Indicators; Clinical Laboratory Workup for Metabolic Assessment; Integrative Approaches in Clinical Laboratory Medicine and 3 workshops. Besides the scientific part, BCLF2024 included 5 satellite symposia, where leading manufacturers in this field had the opportunity to present their innovative technologies. The XXXI Balkan Clinical Laboratory Federation Meeting and the 35th National Biochemistry Congress have been submitted for accreditation under the EFLM Continuing Professional Education Credit System (CPECS), enabling participants to earn CPECS credits. A maximum of 19.5 CPECS credits can be earned for attending the educational sessions.

During the congress, 16 oral presentation sessions were held in two parallel halls where 153 scientific works were presented. 146 poster presentations were presented in the poster area. Special attention was paid to the exhibition where different bio-medical companies specialized in clinical laboratory instruments and in vitro diagnostic reagents presented their products to the participants.

In the evening of October 29, a social evening was held, a date which also coincided with the Republic Day of Türkiye, a particularly important day for the Turkish people, which was honored by all the participants. It was a fantastic opportunity to greet old friends, get to know new colleagues and discuss the opportunities for closer cooperation. Under the sounds of Turkish and foreign music, all those present danced and celebrated until midnight.

The Albania Society of Clinical Biochemistry & Laboratory Medicine (ASoLaM) had a successful representation in this congress. 15 participants were present, 3 invited speakers, 3 oral presentations and 18 poster presentations.

During our stay in Antalya, we had the opportunity to visit the lovely city of Side. An ancient port city, known for long beaches and Greco-Roman ruins. We discovered the history of the remains of the 2nd-century Antique Theater. We were amazed by the white marble columns of the Hellenistic Temple of Athena which stand near the harbor. And of course, we admired the Southern Mediterranean coast and its wonderful blue sea.

This is my fourth year of participation in a BCLF meeting, two times with poster presentation and two times with oral presentation, and as a young scientist I can say that attending these activities was a gentle professional, cultural and social fusion.



Hamide Shllaku-Sefa (reported this event)



Opening ceremony



Opening ceremony



Exhibition area



Albanian group



Social evening event



The sponsor exhibition, located in Aula Medica where the plenary sessions took place, provided countless opportunities for engaging micro-meetings and networking among participants. Foto: Luxlucid/www.greenpix.se



The congress was officially opened by the organizing committee in the plenary hall in Aula Medica. Foto: Luxlucid/www.greenpix.se



Guided tours of the historic Vasa ship kicked off the congress dinner, offering participants a memorable experience. Foto: C Gran

## NEWS FROM EFLM NATIONAL SOCIETIES

### Summary and Thanks – 39th Nordic Congress of Clinical Chemistry

Reported by **Charlotte Gran** on behalf of the organizing committee

The 39th Nordic Congress of Clinical Chemistry has now concluded, and we are proud to have hosted such a vibrant gathering of renowned experts and dedicated participants from around the world. With over 450 attendees from 20 countries, spanning from the USA to Australia—and the majority of participants from the Nordic countries, especially Sweden—the congress served as a dynamic hub for science and innovation. More than 100 speakers shared their insights on topics ranging from the history of clinical chemistry to cutting-edge research. Alongside scientific presentations, the congress offered educational sessions and inspiring discussions around quality and control within laboratory operations.

We are deeply grateful to all the speakers who shared their expertise, both in the lecture halls and in spontaneous conversations during the breaks. We were also pleased to meet with 70 company representatives from 27 different companies who sponsored the congress and contributed to its success. A special thanks goes out to all researchers who contributed with oral presentations and posters. Several prestigious awards were given out during the congress, including the Lorentz Eldjarn Prize and the new NFKK Young Researcher Award, with highly competitive presentations that enriched the atmosphere with inspiration. During the congress dinner, held at the Vasa Museum and beginning with an exciting, guided tour, we announced the winners of the poster prizes in the Improvement and Development and Scientific categories. In the Improvement and Development track, the first prize was awarded to Iida Silvo from Labquality in Finland for her poster, "External quality assessment reveals lack of harmonization in the pneumatic tube systems and hemolysis index cutoffs," while the second prize went to Anne Jämse from Karolinska University Hospital in Sweden for her work on "Reduced interference in protein electrophoresis after storage of serum samples in room temperature." Within the Scientific track, the first prize went to Tapio Lahtiharju from Helsinki University Hospital in Finland, with his poster titled "Ferritin outperforms other biomarkers in predicting bone marrow iron stores in haematological patients," and second prize was awarded to Johannes Østrem Fjose from Først in Norway for "Age-adjusted reference intervals for PSA in Norway based on the Norwegian Prostate Cancer Consortium (NPCC)." We would also like to extend a heartfelt thanks to the colleagues from all units and sections within ME Clinical Chemistry at MDK. Through their efforts in various workgroups in preparation for the congress and as volunteers during the event, they provided invaluable support to speakers, participants, and sponsors every day. Their dedication and on-site assistance were instrumental in creating a welcoming and seamless congress experience for everyone involved. We already look forward to the next congress and to continued advancements in clinical chemistry and laboratory medicine!



## NEWS FROM EFLM NATIONAL SOCIETIES

### Sustainable and green water packaging proposed during the National Meeting The Italian Society of Clinical Biochemistry and Clinical molecular biology (Sibioc-Medicina di Laboratorio) to support EFLM "Green & Sustainable Laboratories"

Reported by **Tommaso Trenti**, SIBioC Past President

The Italian Society of Clinical Biochemistry and Clinical molecular biology (Sibioc-Medicina di Laboratorio) held its 56th Annual national conference on 8th – 10th October 2024 in Bologna devoted to the clinical role of Laboratory Medicine in the third millennium healthcare. The Scientific Program included 15 main scientific sessions, more than 300 posters, seminars, Workshops and roundtables. 1200 delegates and Colleagues attended the meeting.

The main plenary session joined by European Federation Laboratory Medicine and SIBioC-Medicina di Laboratorio Medicina and chaired by Mario Plebani EFLM President and Marcello Ciaccio Sibioc-Medicina di Laboratorio President included three lectures Value Based Laboratory Medicine by Mario Plebani, Switching Clinical Laboratories to Green Labs by Tomris Ozben and Direct-to-consumer laboratory testing (DTCT): Challenges and implications.

Tomris Ozben, IFCC President and Chair of the EFLM Task Force "Green & Sustainable Laboratories", illustrated how Laboratory medicine may contribute to a sustainable healthcare system ensuring the effective resources use from environmental perspectives, as well providing patients and physicians high-quality services. Achieving sustainable operations are a challenge for clinical laboratories to limit their impact on the environment and provide sustainable services by reducing energy and water consumption, waste production and use of hazardous chemicals. The EFLM Task Force "Green & Sustainable Laboratories" is aimed to create guidelines, criteria, and key recommendations for sustainable practices in clinical laboratories and keep them updated. To promote everyday actions devoted to encouraging a safer and more sustainable system from green, collective and cost-effective perspectives plastic was banned during the meeting, when possible, to support and promote the "Green & Sustainable Laboratories" project. To highlight the importance of sustainable choices and to promote the environmental benefits of the packaging we adopt eco-friendly materials packaging as biodegradable plastics made from plant-based materials that decompose faster than conventional plastics, recycled materials as paper-based packaging to reduce virgin material use and compostable packaging that can biodegrade in industrial compost facilities.

Sustainable and green water packaging as proposed during the Meeting is a testimonial action to reduce environmental impact and fostering eco-friendly habits possibly capable to translate the concept to laboratory setting daily practice. By adopting innovative materials, minimizing waste, and educating about the benefits of sustainable choices, it is possible to contribute to foster Green & Sustainable project supporting education program. Encouraging a circular economy, prioritizing biodegradable or recycled materials ensures that needs are met responsibly, aligning with the growing demand for environmentally conscious practices.



Marcello Ciaccio, Sibioc President, Mario Plebani, EFLM President, Sabrina Buoro Sibioc Elected President, Tommaso Trenti Sibioc Past President



Sustainable and green water packaging proposed during the Sibioc-Medicina di Laboratorio National Meeting



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## IFCC News

Reported by **Katherina Psarra**,  
Editor of IFCC eNews and Chair  
eNews WG

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Dear colleagues,  
during the winter for those of you in the Northern hemisphere, there is always time for some reading by the fire, when the weather does not permit outdoor activities. But during the summer as well, holidays offer time for a relaxed reading. So why not take the opportunity to go through the eNews, to be in a relaxed way in touch with colleagues all over the world?

In [her message](#), our President, Prof. Tomris Ozben is taking us with her to a tour around the world, participating in national and regional congresses and informing us about them. Go through her message and find out about the XXVI Latin American Congress of Biochemistry, which took place in Cartagena de Indias (Colombia), the XXVII Congress of the Latin American Association of Clinical Pathology / Laboratory Medicine – ALAPAC in Lima (Peru) and the VI Medical Congress organized by the Kosovo Doctors Chamber in Pristina. All of them were well attended and very successful. A lot more congresses are to be held during November. In her message the President is informing us about the EB and the Divisions fall meetings and she invites us to apply for the open positions in the IFCC committees and to go through the program of the Euromedlab Congress Brussels 2025.

In this issue you will find a lot of information about ethics in our profession. A review of [themes related to ethics](#) in Dubai, a presentation of the 2024 EFLM Strategic Conference dedicated to ethics in Padova, Italy and spotlights on Ethics at the SIBioC meeting, form a nice overview of the "Ethics" discussions in IFCC events.

Don't forget the [podcasts](#) by the Task Force on Outcome Studies in Laboratory Medicine (TF-OSLM): the one on Pharmacogenetics on modern healthcare by Prof. Van Schalk (The Netherlands) and the one on the expanding impact of point-of-care testing on Healthcare by Dr. Mashamba-Thomson (South Africa). [Two IFCC Professional Scientific Exchange Programme \(PSEP\)](#) and [two IFCC Abbott Visiting Lecture Programme \(VLP\)](#) reports take us to different labs of the world. Go through [Prof. Tahir Pillay's interview](#) by Maria del Carmen Pasquel-Moxley to learn about the rich course of an important scholar and IFCC officer.

Finally, three more [Young Scientists from Belgium, Malawi and Georgia](#) are presenting themselves and their national societies. A very interesting tour in Laboratory Medicine in such diverse countries is offered to us. A report about an Ukrainian lab, which in time of war offers laboratory tests to the citizens and received the UNIVANTS award, is also available. Our Mexican colleagues describe their successful XLVI National congress of Clinical Chemists, in honour of Chemist Carlos Alonso Muñoz. Read the eNews, dear colleagues, and you will estimate the heart of IFCC.

*Warm regards*

*Katherina Psarra, MSc, PhD, eNews Editor*

