



EUROPEAN LABORATORY DAY

Laboratory Medicine professionals are working behind the healthcare scene 24/7.

We are often a mystery to the public; people are not informed about laboratory medicine.

Together we can change that!


Our profession is vital in healthcare and it is our duty to show what we do and who is behind the numbers from a laboratory report.

European Laboratory Day initiative has the aim to incite EFLM members to organize an open-door day in their laboratories or/and organize activities in public that promote and advocate the role of Laboratory Medicine.




WHEN 
Every 5 November

WHERE 
Every corner of Europe

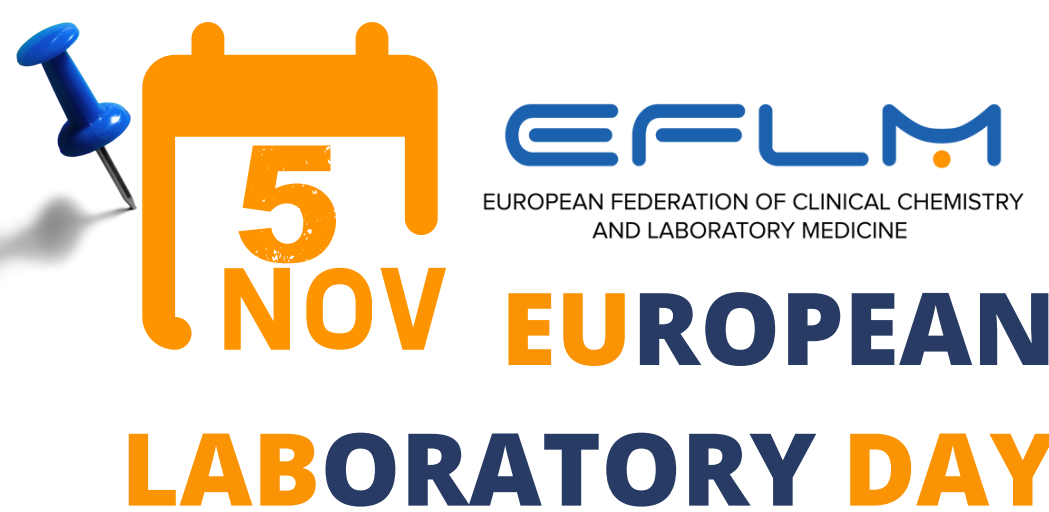
WHY 

- to generate awareness of public of the importance of the Laboratory Medicine
- to rise excitement about the profession
- to establish communication with people and other healthcare professionals
- to start a tradition

WHO 

- Specialists in Laboratory Medicine
- Residents
- Students
- ...everyone who loves Laboratory Medicine

Interested but not sure how to join? Visit the EFLM webpage and find ideas, organize an event and let us know how it was by sending a short report, photos, and videos...



#EFLMEuLabDay
#LabDay
#laboratorymedicine
#EFLM



Ideas how to celebrate the day in your country

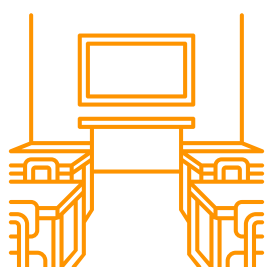
WHERE

SOME IDEAS FOR POSSIBLE ACTIVITIES...

Kindergarten (1-2)

Elementary Schools (3-4)

High Schools (5-8)



General public (10-12)



Healthcare professionals (13)



1. **I will be a laboratory medicine specialist when I grow up!** Present your laboratory, laboratory equipment, and a laboratory medicine profession through play.
2. **One drop of blood tells a story.** Present to a child all you can see in one drop of blood: erythrocyte, leukocyte, platelet, bacteria, virus, DNA...
3. **Who is needle-scared? Why and how not to cry when you must take blood?** For the youngest ones explain venipuncture and try to eliminate a fear of the needle.
4. **Who is a laboratory medicine specialist and where she/he is working?** In a group of children present laboratory medicine profession.
5. **One working day as a laboratory medicine specialist.** Divide students into a team (4-5) and give an example of one laboratory report, together try to find out a medical diagnosis for the patient.
6. **Laboratory at home.** Make a presentation and a workshop and explain the principle of immunochromatography tests, for example, tests for pregnancy, COVID-19, drugs...
7. **What is sweet in diabetes?** Speak about diabetes and explain the principle of the glucometer.
8. **Oxygen transport problem!** Explain what anemia is and show how an "empty" erythrocyte looks in the picture and microscope.
9. **Diagnostic toilet.** Present urine as a laboratory sample, explain urine sediment and the principle of the test strip and speak about what laboratory medicine specialists can see in the urine sample.
10. **Laboratory Open Door Days.** Invite people to visit your laboratory! Divide the interested into small groups (<10) and show them your laboratory, answer to their questions and explain what happens to the blood sample after it is drawn.
11. **Libraries.** Prepare and give a speech on how to prepare for blood sampling.
12. **Public squares and shopping centers.** Organize an event and promote the importance of Laboratory Medicine. Go in public and speak loud/publish about our profession through different media (invite the TV, speak on radio and post on social media). Establish communication with patients and make a survey about how well they are informed about laboratory medicine. Invite people from different patients associations (for example associations for cancer or rare disease).
13. **Healthcare institutions.** Organize a lecture and invite all healthcare professionals and bring them closer Laboratory Medicine profession. Explain what is behind the numbers of the laboratory report and why hemolysis is a nightmare of laboratory.