



**LATVIJAS
UNIVERSITĀTE**



Latvijas Universitātes
P. Stradiņa medicīnas koledža

VI INTERNATIONAL SCIENTIFIC PRACTICAL CONFERENCE EVIDENCE-BASED PRACTICE: FROM HEALTH TO SOCIAL WELL-BEING

16th April 2026

RESOLUTION

The participants of the conference, representing institutions of research, healthcare, social services, education, and public administration from Lithuania, Latvia, Estonia, Poland, and the United Kingdom, having discussed the challenges of population ageing, health and social well-being, as well as the opportunities for advancing evidence-based practice, acknowledge that:

- ❖ European countries are facing accelerating demographic changes that increase the demand for long-term care, healthcare, and social services.
- ❖ Health and social care systems should be developed as integrated, person-centred systems that ensure continuity of services throughout the life course.
- ❖ Research findings are still insufficiently translated into practice and policymaking; therefore, mechanisms for knowledge translation must be strengthened.
- ❖ Community-based services, active and healthy ageing, the preservation of independence, and prevention should become priority directions of health and social policy.
- ❖ Digital technologies and artificial intelligence have significant potential to improve the quality of services; however, their implementation must be grounded in scientific evidence, ethical principles, and human needs.

In light of these considerations, the conference participants recommend:

1. Strengthening the integration of health and social services at national, regional, and local levels.
2. Expanding community-based and home-care services to enable older adults to remain independent for as long as possible.
3. Promoting interdisciplinary education and joint learning activities for health and social care professionals during their studies and professional training.
4. Developing and implementing monitoring systems for health, social well-being, and quality-of-life indicators to assess the impact of services.
5. Encouraging the application of evidence-informed decision-making in public policy by strengthening collaboration among researchers, practitioners, and policymakers.
6. Supporting the development and evaluation of innovations, digital technologies, and artificial intelligence solutions in real-world health and social care settings.
7. Promoting international cooperation, the exchange of good practices, and joint research initiatives aimed at addressing the challenges of ageing societies.

The conference participants emphasize that sustainable societal well-being can only be achieved through the strengthening of evidence-based practice, cross-sectoral collaboration, and innovations that respond to human needs.

UTENA