

FOURTH INTERNATIONAL WORKSHOP

SELF-CARE RESEARCH:

EXPANDING NEW FRONTIERS FOR NURSING SCIENCE

5th MAY 2026 | h 9:00

UNIVERSITÀ DEGLI STUDI LINK | Aula Magna "Franco Frattini" | Via del Casale di San Pio V, 44 - Rome

Self-care is increasingly recognized as a fundamental component for the sustainability of healthcare systems and for improving clinical outcomes. For more than 15 years, many Italian scholars have been actively involved in self-care research, and this workshop aims to engage the professional and academic community by presenting the most recent advances in the field, with contributions from leading international experts.

9:00 - 9:30 > WELCOME ADDRESS

Carlo Alberto GIUSTI

Rector, Link Campus University

Francesco ROSSI

Director, Department of Life Sciences, Health and Health Professions

Maurizio ZEGA

President, Order of Nursing Professions of Rome

Gennaro ROCCO

Scientific Director, Center of Excellence for Nursing Culture and Research (CECRI), Rome

SESSION 1

Chairs: E. Vellone, M. De Maria

9:30 - 10:00

Up-dates on self-care theory and research (B. Riegel)

10:00 - 10:15

Self-care in people with heart failure: preliminary results of the REMOTIVATE-HF Trial (C. Riposati, C. Barletta)

10:15 - 10:30

Self-care in people with pulmonary diseases: ongoing research and results (M. Clari)

10:30 - 10:45

Self-care in diabetes: ongoing research and results (D. Fabrizi)

10:45 - 11:30 | Coffee break and networking

SESSION 2

Chairs: M. Matarese, D. Ausili

11:30 - 11:45

Self-care in multiple chronic conditions: last results from the SODALITY study (G. Baldan)

11:45 - 12:00

Self-care in the general adult population: overview of research results (M. Luciani)

12:00 - 12:15

Self-care and access to healthcare among Chinese immigrants living in Italy (Y. Chen)

12:15 - 12:30

Self-care in vulnerable migrants (M. Figura)

12:30 - 13:00 | Question time

13:00 - 14:30 | Lunch break

SESSION 3

Chairs: E. Vellone, M. Matarese

14:30 - 14:40

Self-care in coronary heart disease (R. Di Matteo)

14:40 - 14:50

Self-care in people with Parkinson disease (M. Petralito)

14:50 - 15:00

Self-care in people with ostomy (G. Villa)

15:00 - 15:10

Self-care in people with osteoporosis (C. Tedesco)

15:10 - 15:20

Self-care in immigrant vulnerable people with diabetes (C. Magi)

15:20 - 15:30

Self-care in people with Inflammatory Bowel disease (G. Petruccini)

15:30 - 15:40

Self-care in people assuming oral anticoagulation therapy (A. Magon)

15:40 - 15:50

Self-care in people taking oral anticancer agents (M. Di Nitto)

15:50 - 16:00

Self-care and interoception in the general adult population (G. Locatelli)

16:00 - 16:10

Caregiver contributions to self-care (A. Durante)

16:10 - 16:45

Round table and plenary discussion

What's the future for self-care research and its implementation in nursing practice?

Discussants: B. Riegel, E. Vellone, M. Matarese, D. Ausili, M. De Maria

16:45 - 17:00

Conclusions and final remarks (M. De Maria)

SCIENTIFIC AND ORGANIZING COMMITTEE

B. Riegel - E. Vellone - M. Matarese - D. Ausili - M. De Maria - F. Scerbo

UNDER THE PATRONAGE OF



Per partecipare è necessario scrivere entro il 26 aprile 2026 a: eventi@unilink.it



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FACULTY

- **Davide AUSILI**, Professor of Nursing, Department of Medicine and Surgery, University of Milano-Bicocca
- **Giulia Andrea BALDAN**, PhD Candidate, Department of Biomedicine and Prevention, Tor Vergata University of Rome
- **Camilla BARLETTA**, PhD Candidate, Department of Biomedicine and Prevention, Tor Vergata University of Rome
- **Marco CLARI**, Associate Professor of Nursing, Department of Public Health and Pediatric Sciences, University of Turin
- **Yi CHEN**, PhD Candidate, Department of Biomedicine and Prevention, Tor Vergata University of Rome
- **Maddalena DE MARIA**, Associate Professor of Nursing, Department of Life Science, Health, and Health Professions, Link Campus University
- **Roberta DI MATTEO**, Alessandria Hospital, Alessandria
- **Marco DI NITTO**, Assistant Professor of Nursing, Department of Health Sciences, University of Genoa
- **Angela DURANTE**, Assistant Professor of Nursing, Health Sciences Interdisciplinary Center, Scuola Superiore Sant'Anna, Pisa; Nurse Research Manager, Fondazione Toscana G. Monasterio, Pisa and Massa
- **Diletta FABRIZI**, Postdoctoral Research Fellow, School of Medicine and Surgery, University of Milano-Bicocca
- **Mariachiara FIGURA**, Assistant Professor of Nursing, Department of Maternal and Child Health Promotion, Internal Medicine & Specialties of Excellence "G. D'Alessandro" (PROMISE), University of Palermo
- **Giulia LOCATELLI**, Postdoctoral Research Fellow, School of Medicine and Surgery, University of Milano-Bicocca
- **Michela LUCIANI**, Assistant Professor, School of Medicine and Surgery, University of Milano-Bicocca
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