



**EFLM**  
EUROPEAN FEDERATION OF CLINICAL CHEMISTRY  
AND LABORATORY MEDICINE

**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, fill out a form so we can make a list of events, organize an event, and let us know how it was by sending a short report, photos, and videos...





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# EUROPEAN LABORATORY DAY



#EFLMEuLabDay  
#LabDay  
#laboratorymedicine  
#EFLM

## Ideas how to celebrate the day in your country



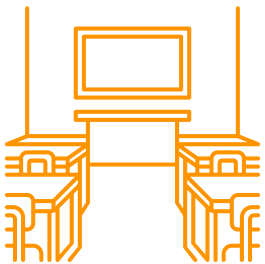
### WHERE

### SOME IDEAS FOR POSSIBLE ACTIVITIES...

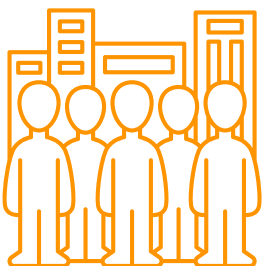
**Kindergarten** (1-2)

**Elementary Schools** (3-4)

**High Schools** (5-8)



**General public** (10-12)



**Healthcare  
professionals** (13)



- I will be a laboratory medicine specialist when I grow up!** Present your laboratory, laboratory equipment, and a laboratory medicine profession through play.
- 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...
- 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.
- Who is a laboratory medicine specialist and where she/he is working?** In a group of children present laboratory medicine profession.
- 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.
- Laboratory at home.** Make a presentation and a workshop and explain the principle of immunochromatography tests, for example, tests for pregnancy, COVID-19, drugs...
- What is sweet in diabetes?** Speak about diabetes and explain the principle of the glucometer.
- Oxygen transport problem!** Explain what anemia is and show how an "empty" erythrocyte looks in the picture and microscope.
- 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.
- 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.
- Libraries.** Prepare and give a speech on how to prepare for blood sampling.
- 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).
- 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.