

SDG 3

Tracker Report

2025

3 GOOD HEALTH
AND WELL-BEING



Good Health and Well-being: WSB University's SDG 3 Report 2025

WSB University (Akademia WSB), Dąbrowa Górnicza · Reporting year 2025

Executive summary

In 2025, the year of its thirtieth anniversary, WSB University consolidated its position as a provider of education for the health sector in Silesia. The development of Collegium Medicum – Faculty of Medicine was confirmed by external accreditation, extended with two new Master's programmes and supported by major infrastructure investment. At the same time the University expanded its research in oncology, obesity and patient safety, and engaged the community in first aid, prevention and healthy ageing.

Key results for the reporting year:

- **Accreditation:** on 6 August 2025 the Minister of Health accredited the Nursing programme for four years. The inspection awarded the maximum score on all mandatory criteria. On 4 September 2025 the Polish Accreditation Committee issued a positive assessment of the Medicine programme.
- **New programmes:** in October 2025 WSB launched second-cycle programmes in Nursing and in Emergency Medical Services. The latter is offered by only three universities in Poland.
- **First graduates:** the first cohort of Nursing graduates completed their studies in June 2025.
- **Investment:** EduMed (National Recovery Plan, PLN 17.4 million total value), launched in November 2025, is modernizing medical teaching facilities for an increased intake of medical students. Investments in medical infrastructure in the 2025/26 academic year totaled PLN 33.6 million.
- **Research:** WSB researchers presented work on obesity and gynecological oncology at major European congresses. On 27 October 2025 the University awarded an honorary doctorate to Prof. David E. Fisher of Harvard Medical School, a leading melanoma researcher.
- **Community health:** the University supported the Provincial Ambulance Service in Katowice in its first-aid campaign, and the Third Age University network promoted the health and activity of almost 3,500 older adults.

Context

SDG 3 aims to ensure healthy lives and promote well-being for all at all ages. Several of its targets are directly relevant to universities that educate health professionals:

- the reduction of premature mortality from non-communicable diseases and the promotion of mental health (3.4);
- the prevention of road traffic injuries (3.6);
- the strengthening of the health workforce (3.c).

The Times Higher Education Impact Rankings assess universities' contribution through:

- health research;
- the number of health graduates;
- collaboration with health institutions;
- community health programmes;

- support for the physical and mental health of students and staff.

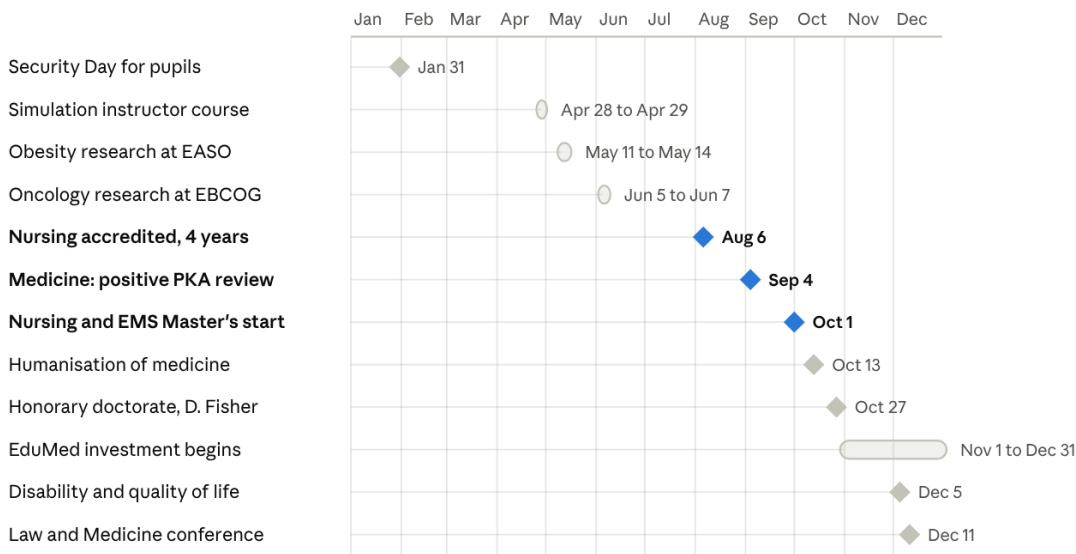
The demand for health professionals in Poland, and in Silesia in particular, has made the education of doctors, nurses and paramedics a public priority. The Ministry of Health has increased admission limits for medical programmes and funds the development of teaching facilities through the National Recovery Plan. WSB University has responded by building Collegium Medicum – Faculty of Medicine into a comprehensive center of health education. It offers six programmes:

- Medicine;
- Nursing;
- Emergency Medical Services;
- Physiotherapy;
- Psychology;
- Cosmetology.

The year in health: key milestones

Accreditations in August and September preceded two new Master's programmes

Health milestones at WSB University, 2025 · highlighted: accreditation and new programmes



The second half of 2025 marked a turning point for Collegium Medicum. Two independent quality assessments in August and September confirmed the standard of its programmes, and in October the Faculty extended its offer to second-cycle studies in Nursing and Emergency Medical Services. Research presentations at European congresses and the honorary doctorate for Prof. David E. Fisher reflect the Faculty's growing scientific profile.

Collegium Medicum: education of health professionals

Quality confirmed by external assessment

Two external assessments in 2025 confirmed the quality of the University's health education:

- **Nursing:** on 6 August 2025 the Minister of Health granted WSBU accreditation for the first-cycle Nursing programme (practical profile) for a further four years (Decision No. 60/VI/2025). The decision followed an inspection by the National Accreditation Council for Schools of Nurses and Midwives, in which the University received the maximum score on all mandatory criteria. These covered the quality of teaching staff, the curriculum, the clinical base and the teaching infrastructure. The three-year programme comprises 4,700 hours, including more than 1,000 hours of professional placements in hospitals, outpatient clinics and other healthcare facilities.
- **Medicine:** on 4 September 2025 the Presidium of the Polish Accreditation Committee issued a positive programme assessment of the Medicine programme.

New programmes and first graduates

- **First Nursing graduates:** the first full cohort of Nursing students, admitted in October 2022, graduated in June 2025.
- **Nursing Master's:** in October 2025 WSB launched second-cycle studies in Nursing. The programme develops advanced competences in coordinated care, wound treatment, pain management, nutritional therapy and the therapeutic education of patients with chronic diseases.
- **Emergency Medical Services Master's:** in 2025 WSB obtained authorization to offer second-cycle studies in Emergency Medical Services and admitted its first students in October 2025. The programme is offered by only two other universities in Poland. It focuses on advanced clinical decision-making in high-fidelity settings, including the emergency department, intensive care, the operating theatre and the ambulance.

Simulation-based education

The Multiprofile Medical Simulation Centre named after Prof. Kazimierz Imieliński is one of the most advanced in Poland. It is equipped with:

- 20 high-fidelity simulators, representing adult, child, infant, newborn, premature, geriatric and childbirth patients;
- 18 intermediate-fidelity simulators;
- 140 low-fidelity simulators and models.

On 28–29 April 2025 the Centre trained academic staff as high-fidelity simulation instructors, covering scenario design, operation of simulators and structured debriefing.

Investment in medical education

- **EduMed:** the project (National Recovery Plan, total value PLN 17.4 million, November 2025 – August 2026) is modernising and equipping teaching facilities at two sites in Dąbrowa Górnicza in connection with the increase in admission limits for Medicine. It includes laboratories for anatomy, histology, molecular biology, clinical skills and biomedical sciences, OSCE examination rooms, and new medical simulators and ICT equipment.
- **Total investment:** in the 2025/26 academic year, investments in facilities for medical programmes totalled PLN 33.6 million.

- **EduTrend:** the project (European Funds for Social Development, PLN 18.9 million, 2024–2029) is modernizing the curricula of Medicine, Physiotherapy, Psychology, Nursing and Emergency Medical Services in line with the needs of the health system.

Clinical partnerships

Partner medical institutions form the clinical base of the Medicine programme, providing an extended clinical curriculum in highly specialized hospitals. In 2025 and the 2025/26 academic year this base was strengthened by agreements with:

- the Zagłębie Oncology Centre in Dąbrowa Górnicza;
- the Megrez Provincial Specialist Hospital in Tychy;
- the Provincial Specialist Hospital No. 3 in Rybnik, where three clinical departments were established: Pediatric Surgery with a Burns Unit for Children, Obstetrics, Gynecology and Gynecological Oncology, and Anesthesiology and Intensive Care;
- the Silesian Medical Chamber and the Silesian Pharmaceutical Chamber.

Financial support for health students

Under a Ministry of Health development programme funded by the National Recovery Plan, 30 students, 20 in Nursing and 10 in Emergency Medical Services, receive non-repayable support that offsets their tuition fees. The programme helps to attract candidates to professions in high demand in the public health system.

Health research

Non-communicable diseases

Researchers from Collegium Medicum presented their work at leading European congresses in 2025:

- **Obesity and treatment adherence:** at the conference of the European Association for the Study of Obesity (EASO) in Málaga (11–14 May 2025), Prof. Monika Bąk-Sosnowska presented a study on the relationship between body mass index and medication adherence in chronically ill patients. It showed that patients with obesity are more engaged in their treatment than commonly assumed, a finding that challenges stereotypes and supports efforts against the stigmatization of people living with obesity.
- **Gynaecological oncology:** at the 29th European Congress of Obstetrics and Gynecology (EBCOG) in Frankfurt (5–7 June 2025), two papers were presented. Prof. Beniamin Oskar Grabarek presented microRNAs associated with the PI3K/AKT/mTOR pathway as potential, less toxic therapeutic targets in breast cancer. Prof. Dariusz Boroń presented research on genes associated with epithelial-to-mesenchymal transition in endometrial cancer, which may lead to new biomarkers and personalized therapies.

International recognition in oncology research

On 27 October 2025 WSB awarded the title of Doctor Honoris Causa to Prof. David E. Fisher of Harvard Medical School, an internationally recognized researcher in melanoma and skin cancer. The ceremony was accompanied by a scientific lecture, financed by the GZM Metropolitan Science Fund, which gave

the University community direct contact with research in one of the most important areas of contemporary dermatology and oncology. The relationship builds on existing links: a WSBU-affiliated physician, Konrad Kaminiów, conducts research at the Department of Dermatology of Harvard Medical School and the Cutaneous Biology Research Center.

Patient safety and applied research

Applied research projects in 2025 addressed patient safety and the organization of care:

- **Safety of regional anesthesia:** a project funded by the GZM Metropolitan Science Fund (PLN 34,200, February–December 2025) investigated how injection pressure during peripheral nerve blocks affects tissue. Its aim is a precise measurement system to prevent nerve damage. Research was conducted in anatomical conditions within a body donation programme.
- **Care for patients with overweight and obesity:** within EduLider (Just Transition Fund), a WSBU team developed care procedures for patients with overweight and obesity. Other projects covered breast ultrasound, the use of AI to generate scenarios for medical simulation and new methods of teaching vascular access.

Research capacity

The Biochemistry Laboratory of Collegium Medicum supports research on oxidative stress, inflammation and metabolism and their relationship with age, lifestyle, physical activity and nutrition. In the national evaluation of research for 2022–2025, the Ministry of Science and Higher Education awarded WSBU category A in medical sciences.

Community health and prevention

First aid and emergency preparedness

WSB took patronage of "Your Courage – Their Professionalism", a campaign of the Provincial Ambulance Service in Katowice that promotes bystander first aid and cooperation with emergency teams. Students of Emergency Medical Services deliver workshops on first aid and on assisting paramedics. Their professional training thus becomes a resource for the community. In the 2025/26 academic year the cooperation was formalized in an agreement covering postgraduate programmes, specialist courses and continuing education for emergency medical personnel.

On 31 January 2025 WSB held its Security Day for secondary-school students, presenting the work of the uniformed and rescue services in the protection of health and life. The University also co-organized a national training on civil protection and civil defense at TAURON Arena Kraków on 27 November 2025.

Prevention and health promotion

- **Health screening:** at the 1st Silesian Conference of Pharmaceutical Technicians, Collegium Medicum offered participants blood glucose and blood pressure measurements, skin assessments and relaxation massage. Expert lectures covered skin care for oncology patients, the treatment of difficult wounds and patient prehabilitation in pharmacies.

- **Disability and quality of life:** the 4th interdisciplinary conference "Quality of life conditioned by disability" (5 December 2025) included preventive examinations and consultations, among them blood pressure and glucose measurement, body composition analysis and skin assessment.

Healthy ageing

The Third Age University network comprised eleven branches and almost 3,500 learners in 2024/25. Its activities include:

- regular physical activity classes, among them fitness, swimming, yoga and Nordic walking;
- a seniors' cycling rally under the patronage of the Rector;
- the Patient Club, run with the "Z sercem do Pacjenta" Foundation, which offers health-promoting lectures and stands on disease prevention.

The network was awarded the "Senior-Friendly Place" certificate by the City of Dąbrowa Górnicza.

Safety of vulnerable groups and young people

- **RESCUER** (Erasmus+, EUR 250,000) developed a virtual-reality training course preparing older people and people with disabilities for safe hiking in mountain areas. Older participants tested the application in Oščadnica (8–10 April 2025) and Čadca (13–17 July 2025), Slovakia.
- **JUDO** (Erasmus+, EUR 250,000) uses judo training to shape pro-health and pro-social attitudes among young people, particularly in smaller communities.

Health policy and patient rights

- **Humanization of medicine:** on 13 October 2025 WSB took part in a conference on the humanization of medicine held at the Ministry of Health in Warsaw.
- **Law and Medicine:** on 11 December 2025 the University hosted the 1st scientific conference "Law and Medicine". It addressed the professional liability of medical staff, the role of expert witnesses, mediation in cases of medical error and patient safety.

Mental health and well-being

Support for students

The Centre for People with Special Needs (COSP) provides psychological crisis support, Social Skills Training and specialist support for students with learning difficulties, free of charge. The project "Development, Education, Learning Without Barriers" (European Funds for Social Development, PLN 8.3 million, 2025–2028) extends this support into a permanent, institution-wide model. It includes psychological and advisory assistance for students, staff and doctoral candidates.

Mental health of young people affected by war

The Erasmus+ project mentUwell, "Preserving Youth Mental Wellbeing in Wartime Migration Crisis" (EUR 400,000, April 2023 – December 2025), brought together experts from countries with long experience of migration. It produced a methodology and a universal toolkit for educators, non-governmental organizations and volunteers working with young war migrants. The materials are published in eight languages on the project website.

Mental health education for children

In March 2025 the Children's University held a conference for pupils in grades 4 to 7 under the title "Siła umysłu" (The Power of the Mind), devoted to coping with everyday challenges.

Physical activity and academic sport

The University Sports Association (AZS) of WSBU offers training in more than twenty disciplines. In the 2024/25 season WSBU ranked first in sport among non-public universities in the Silesian Voivodeship and fourth among all universities in the region. Its achievements were honoured at the Gala of Silesian Academic Sport 2025.

Health and safety at work

The University's postgraduate programme Occupational Health and Safety Management – Green Competences trains specialists who create safe workplaces. In the 2025/26 academic year WSBU concluded a cooperation agreement with the Katowice branch of the National Association of Occupational Health and Safety Workers, covering education, research and professional development in workplace safety. For its own staff, WSBU applies work-life balance measures, including parental leave, care support, flexible working hours and onboarding after long absences.

Continuing activities in 2026

The developments of 2025 set the direction for the University's health activity in 2026:

- **EduMed:** the project completes the modernization of laboratories, OSCE rooms and simulation equipment by August 2026, supporting the increased intake of medical students.
- **New Master's programmes:** the second-cycle programmes in Nursing and Emergency Medical Services complete their first full year.
- **Clinical base:** the new clinical departments in Rybnik and the partnership with the Megrez hospital in Tychy expand clinical education for students of Medicine, Nursing and Emergency Medical Services.
- **Oncology research:** Dr Marcin Miszczyk of Collegium Medicum was selected, as one of 40 among 120 applicants, for the EORTC Early Career Investigator Programme, which prepares future leaders of European clinical trials in oncology.
- **Simulation research:** Dr Karol Jędrasiak represents Poland on the management committee of the new COST Action SEARCH (Simulation Education And Research Collaborative in Healthcare).
- **Accessibility and well-being:** "Development, Education, Learning Without Barriers" continues to build permanent support for people with special needs until 2028.