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Preface

Dear Readers,

It is our great pleasure to present the Proceedings of the 5th International Scientific Conference titled *"Knowledge for Health – SANUS 2026"*, held from September 17 to 19, 2026, in Prijedor. The event was organized by the PI College of Health Sciences Prijedor, in cooperation with the Academy of Vocational Studies Belgrade – Department of Higher School of Health Studies Zemun, the University of Ljubljana – Faculty of Health Sciences, Consulting and Training Center KEY Skopje, Association of Laboratory and Sanitary Health Professionals in Bosnia and Herzegovina, Graduate Nurses Association of the Republic of Srpska, Association of Occupational Therapists of Bosnia and Herzegovina, and the Association of Physiotherapists of the Republic of Srpska.

This year's conference brought together researchers, educators, healthcare professionals, practitioners, and students from various countries, with the goal of exchanging up-to-date scientific knowledge, examples of best practices, and innovative approaches to improving health and quality of life.

The conference focused on interdisciplinary topics of importance to the modern healthcare system, with presentations organized into four thematic sessions:

- **Laboratory Medicine, Diagnostics, and Nursing Care**
  This session covered the latest developments in laboratory diagnostics, the application of new technologies in medicine, and the improvement of nursing care processes. The papers emphasize the importance of integrating diagnostic methods with quality nursing care to achieve more effective patient treatment.
- **Rehabilitation, Physical and Mental Health**
  Participants presented research and models of rehabilitation procedures, modern approaches in physical therapy, and trends in preserving and improving mental health. A special focus was placed on the multidisciplinary approach in rehabilitation and psychological support.
- **External Factors and Prevention of Health Risks**
  This section addressed the impact of the environment, workplace conditions, and social factors on public health, as well as preventive strategies to reduce risks. The importance of public health interventions and monitoring of key health determinants, including food safety, was highlighted.
- **Student Papers**
  A dedicated session featured student work, demonstrating an impressive level of research maturity, creativity, and dedication. Their contributions underscore the importance of the continuous development of young researchers and their role in shaping future health policies and practices.

The structure of the conference included 3 plenary lectures, 3 sectional lectures, and 70 oral and poster presentations, with the participation of 186 authors and co-authors from both domestic and international institutions. Out of a total of 76 presented papers, 45 were accepted through a rigorous peer-review process, covering a variety of approaches and methods: theoretical, empirical, and case studies.

We would like to thank the members of the Scientific and Organizing Committees for their dedicated work, all authors whose papers are published in these Proceedings, and the reviewers whose critiques and suggestions enhanced the quality of the content. Special thanks go to the organizers, sponsors, and institutions that supported the realization of this event.

We hope that these Proceedings will serve as a valuable resource in the field of health and related sciences, inspire future research, and foster collaboration among institutions in the region and beyond. We wish you inspiring reading and many new ideas.

October 2026, Prijedor The Editorial Board

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