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Sofica C Bistriceanu

Academic Medical Unit,
Romania

Biography

Sofica Bistriceanu, studied in Romania at the 'Gr. T. Popa' Iasi University, and graduated as MD in 1984, research in family medicine, Maastricht University, 2000, Ph.D. in 2009, Iasi, at the same institution. She joined the European, American, Asian Primary Care Research Group, American Academy on Communication in Healthcare, APTR, IHI, NICHQ, EPCCS, EURACT, WONCA Meetings. Dr Sofica Bistriceanu is the author of more than 80 research studies shared abroad and received awards for some of them. She is a member of Academy for Professionalism in Health Care, a member of The Journal of Patient Experience (JPX) Editorial Review Board, and an Associate Editor of PriMera Scientific Publication. Dr. Sofica Bistriceanu is the representative of the Academic Medical Unit located in NT, ROU. She is the author of seven volumes of poems published by Chronica Iasi Publishing House, and Time, Iasi Publishing House.

Disregard For An Individual's Accomplishments Undermines Their Well-Being

Abstract:

People continuously interact, online or in person, to exchange goods, services, or ideas as needed for themselves and their loved ones, since no one can know or produce everything. How they do so influences their life path, including their health. Being honest, respectful, kind, and, when possible, generous in relationships with others ensures balance among all parties involved. The quality of information exchange affects their inner world. The best products, goods, or ideas, fair prices, and respectful communication ensure both buyers' and sellers' satisfaction with their work. Recognition of achievements is required, as it ensures societal progress and brings pleasure to the producers of their work. Disregarding an individual's achievements disappoints the recipient. Negative thoughts stemming from underestimated work success adversely affect bodily functioning, especially in vulnerable areas. Sleep disturbances, heart health issues, eating disorders, and drinking are some of the disorders immediately observed in individuals who are overlooked by their partners/ collaborators. Recognizing an individual's value is essential to the group's effective functioning and ultimately benefits societal advancement. Neglecting their merits leads to group dysfunction, which negatively affects the personal, professional, and social lives of its contributors. Promoting healthy behavior within the group ensures a successful, healthy life.