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MEDICAL PROFESSIONS

Act on the Profession of a Psychologist adopted by the Parliament

On 26 January 2026, **the Act on the Profession of a Psychologist and the Professional Association of Psychologists** was submitted to the President of Poland for his signature. The Act aims to regulate the profession of psychologists. The Act sets out the rules for:

- how to obtain **the right to practice as a psychologist**,
- **the practice of the psychologist profession**,
- the organization and operation of **the professional self-government of psychologists**, and
- **the disciplinary responsibility** of psychologists.

The entire Act can be found here: [link](#).



Further work on the Act on the profession of a dietitian?

On 9 January 2026, a meeting of the Parliamentary Committee for the statutory regulation of the profession of a dietitian and the creation of a professional association of dietitians was held. The meeting focused on **discussing the draft act on the profession of a dietitian and the professional association of dietitians** prepared by the Polish Society of Dietetics and the Polish Trade Union of Dietitians. This is another step towards the statutory regulation of this profession.

The draft act provides, i.a., for the introduction of provisions:

- **regulating the rules for practicing the profession of a dietitian** (according to the current wording of the draft, a dietitian practices their profession with due diligence, in accordance with the principles of professional ethics, respecting the rights of the patient, caring for their safety and using the latest medical knowledge, and the practice of their profession consists in providing health services),
- concerning **the right to practice the profession of a dietitian**,
- concerning **the National Register of Dietitians**, and
- regulating **the professional association of dietitians**.

The entire draft act (in its current form) can be found here: [link](#).

HEALTHCARE ENTITIES

Amendments to the delivery rooms regulations

On 31 January 2026, the Regulation of the Minister of Health of 15 January 2026 amending the regulation on guaranteed hospital treatment services came into force. Under the Regulation, a new service, **"Care for pregnant women or women in labor provided by a midwife"** was added to the list of guaranteed hospital treatment services. In practice, this means that separate rooms ("delivery rooms") can be created where (under certain conditions) a midwife will be able to provide care for a pregnant woman who reports to the emergency room or hospital emergency department.

These facilities will be able to operate, among other things, if **the distance from the nearest healthcare provider offering obstetric and gynecological services on an inpatient basis is more than 25 km away and a 24-hour access to an appropriately equipped transport vehicle is ensured, which enables travel from the location of the facility to the healthcare provider in less than 15 minutes.** In addition, the aforementioned service may only be provided if a midwife and paramedic staff are available.

All of the above changes in the provision of healthcare services can be found here: [link](#).

Planned inspections by UODO in healthcare entities

At the beginning of January 2026, the Personal Data Protection Office (Polish: "UODO") published its sectoral inspection plan for 2026. The plan covers five sectors, one of which is **healthcare entities which are to be inspected in terms of the processing of personal data using video surveillance, in particular concerning children, including in hospital pediatric wards and children's clinics/health centers.** According to information provided by UODO, the inspection plan covers areas where incidents related to personal data protection were reported last year and which the President of UODO considered particularly problematic.

The full UODO communication is available here: [link](#).

PATIENT RIGHTS

Activities of the Patient Ombudsman in 2025

At the beginning of January 2026, information summarizing the activities of the Patient Ombudsman (Polish: *Rzecznik Praw Pacjenta*, "**RPP**") in 2025 was published on the RPP's website. The information was divided into three areas:

- i. the Medical Events Compensation Fund,
- ii. the protection of collective patient rights, and
- iii. investigation proceedings regarding individual patient cases.

The summary indicated, among other things, that last year:

- the RPP office received **2,500 applications for benefits from the Medical Events Compensation Fund**, of which, **586 decisions** were issued granting compensation benefits for a total amount of **PLN 34 million**,
- **429 collective proceedings** were initiated and **419 decisions** were issued concerning **practices violating collective patient rights**,
- **28 decisions** were issued recognizing practices violating collective patient rights in the case of **prescription machines** (so called "*receptomaty*") and access to narcotic drugs (medical marijuana), and
- in terms of explanatory proceedings in individual patient cases, **the Mental Health Department initiated 8,133 cases**, including 2,475 on its own initiative.

The full text of the RPP communication is available here: [link](#).



FOOD

Dairy products and spreads – IJHARS inspections

In January 2026, the Agricultural and Food Quality Inspection Authority (Polish: "IJHARS") published two **announcements concerning the results of inspections** carried out in the area of:

- i. **dairy products**, and
- ii. **spreadable fats**.

According to the announcements:

- in the area **of dairy products**, **127 entities** were inspected throughout the country, with irregularities found in as many as **1/3 of the inspected entities**. The most irregularities (15.1% of the batches inspected) were found in product labelling, and
- in the area **of spreadable fats**, **73 entities** were inspected, of which irregularities were found in less than **18% of the entities**. The irregularities detected concerned the physicochemical parameters of the products and their labelling.

All IJHARS post-inspection reports are available here: [link](#) and [link](#).

ALCOHOLIC BEVERAGES

Parliamentary act amending the Act on Upbringing in Sobriety and Counteracting Alcoholism

On 26 January 2026, the Sejm received yet another **draft act amending the Act on Upbringing in Sobriety and Counteracting Alcoholism**, authored by the parliamentary caucus PSL-Trzecia Droga.

The draft act aims to **clarify the scope of advertising and promotional bans** and to create rules enabling **information, cultural, wine tourism, and culinary activities related to wine products**, while maintaining the existing rules for the protection of public health. The authors of the draft act also propose the introduction of regulations on **the distance selling of alcoholic beverages**.

The entire draft act can be found here: [link](#).



TOBACCO AND NICOTINE PRODUCTS

End of transitional periods for nicotine pouches

On 5 January 2026, the transition period for adapting nicotine pouches to the Act of 21 May 2025 amending the Act on the Protection of Health Against the Consequences of Using Tobacco and Tobacco Products (which entered into force on 5 July 2025) **came to an end**.

The Act introduced changes to the nicotine pouches and nicotine-free e-cigarettes market, including:

- i. setting the maximum nicotine content in nicotine pouches at 20 mg/g,
- ii. introducing a ban on the use of ingredients that increase nicotine addiction in the production process, and
- iii. requiring the appropriate labelling of product packaging, including the placement of appropriate health warnings.

We wrote about the most important provisions of the Act in a previous issue of the Life Sciences Monitor [\[link\]](#).

The full text of the Act is available here: [link](#).



PRODUCT SAFETY

The Act on General Product Safety Supervision came into force

On 3 January 2026, the Act of 7 November 2025 on General Product Safety Supervision came into force.

The Act implements Regulation (EU) 2023/988 of the European Parliament and of the Council of 10 May 2023 on general product safety, and introduces **rules and procedures for the supervision of general product safety**. The Act specifies, among other things, **the tasks of the President of the Office of Competition and Consumer Protection**, the rules for conducting **product inspections** in terms of compliance with general safety requirements at business entities, and **the inspection of products offered for distance selling**.

The entire Act can be found here: [link](#).

Further changes in the cosmetics market

On 13 January 2026, the Commission Regulation (EU) 2026/78 of 12 January 2026 amending Regulation (EC) No 1223/2009 of the European Parliament and of the Council as regards the use in cosmetic products of certain substances classified as carcinogenic, mutagenic, or toxic for reproduction was published.

The Regulation amends the rules on the use of cosmetic ingredients such as:

- i. hexyl salicylate, and
- ii. silver - for which conditions restricting their use in cosmetic products have been specified.

The Regulation applies from **1 May 2026**.

The full text of the Regulation can be found here: [link](#).



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