

First International Congress of the International College of Person-Centered Medicine

Whole Person in Health Education and Training

Summary Report

The First International Congress of the International College of Person-Centered Medicine (ICPCM) was held in Zagreb, Croatia at the Westin Hotel from November 7-10, 2013. The ICPCM emerged from the ongoing annual Geneva Conferences and the aspiration to promote medicine of the person, for the person, by the person, and with the person. The main theme of the First International Congress in Zagreb was the Whole Person in Health Education and Training. Selecting Zagreb was in no small measure connected to the enduring legacy of professor Andrija Stampar, president of the first WHO Assembly, founder of Zagreb University's School of Public Health, and pioneer of person and people-centered care. The congress was held under the auspices of the president of the Republic of Croatia, professor Ivo Josipovic. In his letter of support, he emphasized that he is especially pleased that the first international congress dedicated to promoting health and humanism in medicine and healthcare, with an emphasis on the person as a whole, will be held in Croatia. He also stressed that the congress will undoubtedly contribute to the affirmation and further promotion of personalized healthcare and person-centered medicine.

The first Geneva Conference on Person-Centered Medicine was held in May 2008, under the auspices of ten global institutions, including medical organizations (most prominently the World Medical Association), other international bodies of health professionals, as well as associations of patients and families. This first conference built on the legacy of Paul Tournier followed-up on evolving clinical insights, and extended to general medicine an institutional program on psychiatry for the person initiated in 2005 at the World Psychiatric Association. The Conference has been held annually, always in total or in part at the Geneva University Hospital and in part since its third edition at the World Health Organization Headquarters. Starting with the Fifth Geneva Conference, a *Geneva Declaration* focused on the conference's main theme has been issued and widely distributed. From the Geneva Conferences' process emerged an international network, now the International College of Person-Centered Medicine. The latest and sixth edition of the Geneva Conference on Person-Centered Medicine was held on April 27 - May 1, 2013. At the ICPCM General Assembly during the sixth Geneva Conference on Person-Centered Medicine, an institutional action plan was outlined and accepted by the Assembly, as follows: a) Planning and conduction of the ICPCM First International Congress in Zagreb; b) Organization of the 7th Geneva Conference on Person-centered Medicine; c) Continuing publication of the International Journal of Person-centered Medicine and exploration of new publication ventures; and d) Continued development of ICPCM Workgroups and Projects.

Under the overall theme of the 'Whole Person in Health Education and Training', the congress topics were: person-centered medical education, person-centered interdisciplinary training in medicine and healthcare, patients and family education, stakeholders in health education, students-centered health education, art in health education. Clinical topics included primary care, pediatrics, geriatric medicine, mental health, internal medicine, cancer, circulatory disorders, respiratory disorders, obesity, diabetes, pain management and palliative medicine. Public health topics included prevention, health promotion, services and policies.

The main theme was developed through lectures, symposia, workshops, oral and poster presentations.

The medical journal “Medix” was a sponsor of the congress. Congress Organizing Committee members were: James Appleyard (president, International College of Person-centered Medicine), Juan E. Mezzich (chair, Organizing Committee, Secretary General, ICPCM), Veljko Djordjevi (co-Chair, Organizing Committee), Jon Snaedal, Joanna Groves, Sandra van Dulmen, Michel Botbol, Ihsan Salloum, Tesfamicael Ghebrehiwet, Marijana Bras, and Lovorka Brajkovic.



Congress Organizing Committee members at the opening ceremony

The Opening Session

The opening session took place at the Westin Hotel (Thursday, November 7th, 18.00). The first event held was the performance of the choir of laryngectomized persons, “Optimist“ under the direction of Tamara Zivkovic Ivanovic. The master of ceremony of the opening session was a famous Croatian actress, Ms. Natalija Djordjevic. There were several welcoming remarks, among them remarks from a fellow of the Croatian Academy of Sciences and Arts, Vida Demarin as delegate of the president of the Academy, Zvonko Kusic, a fellow of the academy and Dean of the University of Zagreb School of Medicine, Davor Milicic, and the deans of various other faculties, with special regards to the arts academies of the University of Zagreb, prof Perusko Bogdanic (dean of the Academy of Fine Arts), prof Borna Baletic (dean of the Academy of Dramatic Arts) and prof Dalibor Cikojevic (dean of the Academy of Music). Present at the opening ceremony were also various representatives of religious communities, the diplomatic assembly, directors of health institutions,

representatives of the various patient associations, as well as participants in the congress, representatives of 29 countries from all over the world. President of the Congress, professor James Appleyard, and president of the organizational committee of the congress, professor Juan Mezzich made a few welcoming remarks.



Prof. Juan Mezzich at the opening ceremony

The president of the local organizational group and the vice president of the congress, professor Veljko Djordjevic also addressed the participants of the congress. The musical program was organized by the dean of the Zagreb Academy of Music, professor Dalibor Cikojevic who played the piano and was joined by professor Andjelko Krpan on the violin. They performed Beethoven's *Spring sonata for violin and piano, opus 24 in F major, No. 2* and *Little Vienne March* by Fritz Kreisler. Professor Veljko Djordjevic held a short lecture entitled *From Andrija Stampar to Person-centered Medicine*. The daughter of professor Andrija Stampar, professor Zora Lukovnjak Stampar, also attended the opening session. Professor Veljko Djordjevic presented to the Lukovnjak Stampar family a picture of the painter professor Antun Matesa as a token of our gratitude for everything professor Stampar has done.



Participants at the Opening Session

At the end of the opening ceremony, professor Perusko Bogdanic, dean of the Academy of Fine Arts and Mr. Ivica Lovric, head of the department of Education, Culture and Sport of the City of Zagreb, opened the exhibition of the graphic map "Pain". In each folder of the Graphic map PAIN there are twelve visual expressions of pain by famous Croatian fine artists, and descriptions of pain from twelve patients suffering from different chronic chronic pain syndromes.



Exhibition of the graphic map "Pain"

The Plenary Lectures

The plenary sessions were insightful, rich in discussion, and scientifically grounded. The plenary sessions included preclinical, clinical and public health topics: Person-centered medical interview (Marijana Bras); The development of palliative care in Austria (Rudolf Likar); The development of geriatric medicine in Austria (Georg Pinter); First step of hospice in Rijeka (Danijela Orbanic); Person-centered neurology (Vida Demarin); Person-centered dermatology (Branka Marinovic); Person-oriented medicine in obstetrics and gynecology (Ratko Matijevic); Person-centered cardiology (Davor Milicic); Person-centered education in multi-professional palliative care team (Lovorka Brajkovic); The child as a person - a guide to person-centered pediatric care (James W. Appleyard); Advances in osteogenesis imperfecta: Pathways to personalized medicineinal Program (Dragan Primorac); Tailored e-health interventions integrated in clinical care (Sandra van Dulmen); Multidisciplinary approach in person-centered chronic pain management (Vladimir Romanenko); Atlas of mental health nurses implications for person-centered care (Ghebrehiwet Tesfamichael); Evolving person-

centered approaches to primary care training in the United states (Ted Epperly); Refining our conceptualization of person-centered medicine (Juan E. Mezzich); Paul Tournier and Viktor E. Frankl - two pioneers of person-centered medicine (Hans-Rudolf Pfeifer); University of Zagreb school of medicine longitudinal course in communication skills (Nada Cikes); Person centred education at doctoral studies: Danger and opportunities of bologna third cycle (Zdravko Lackovic); Promoting Health in Croatia - are we ready? (Sanja Music Milanovic); Establishing common ground: The essence of person-centered practice (Neal Adams); What is a healthy personality for modern times? (Robert Cloninger); A focus on the whole person in education: patient perspectives and initiatives (Joanna Groves); Building up person-centred medical education and Training: student and person-centered interactive learning (Salman Rawaf); The place of culture in person-centered medicine (Laurence Kirmayer); Person-centered care and the future of medicine (Jorge Alberto Costa e Silva); Teaching person-centred ethics that stands the tests of treatment non-adherence and idiosyncrasies of patients (Werdie Van Staden); Personhood and healthcare (Ana Borovecki); and Ars medica - science and art in person-centred medicine (Veljko Đorđević); Quantitative methodology and person-centered medicine (Levent Kirisci); Protein glycosylation in personalized medicine (Gordan Lauc); and Subjectivity and inter-subjectivity in person-centered medicine (Michel Botbol).



Prof. Robert Cloninger at his plenary lecture

Workshops

Eighteen workshops were held throughout the conference consisting of the following topics: The first workshop was on the congress' statement on the guiding principles of person-centered health education. The rest of the topics covered (some of them several times or in several sessions) throughout the weekend include: The role of NGOs in person-centered medicine; ICPCM Workshop on the 2014 Geneva Declaration; Workshop on congress statement on appraisal and prospects for person-centered medicine in Croatia; Workshop on psychodrama and person-centered care for oncologic patients; ICPCM workshop on guiding principles for person-centered clinical care; Person-centered medicine and the challenge of human diversity; ICPCM workshop of the Zagreb statement on person-centered health education; ICPCM workshop workgroup on person-centered integrative diagnosis (PID); The

role of publishing and media in person-centered medicine. The workshops were compelling to the participants because they were grounded in the extensive experience of the presenters.



Professor Jasna Mesaric during one of the workshops

Symposia

Twenty-six symposia were held during the ICPCM conference in Zagreb. The following topics were included: Alternative communication in palliative care (chair: Vida Demarin); The role of personalized medicine in psychiatric hospitals (chair: Branka Restek-Petrovic); Person-centred pulmonology (chair: Sanja Popovic Grle); Person-centered health care (chair: Ranko Stevanovic); Symposium on stakeholders in person-centered medicine (chairs: Juan E. Mezzich, Soren Skovlund); Self harm across the life cycle (chairs: Marijana Bras, Aran Tomac); Palliative medicine in psychiatric hospitals (chair: Marina Kovac); Group psychotherapy in the framework of person-centered care (chairs: Margit Schmolke, Michel Botbol); Quality and patient safety in healthcare (chairs: Jasna Mesaric, Masa Bulajic); Reducing risk for noncommunicable diseases: a person-centered approach (chair: Ghebrehiwet Tesfamicaelinal); The patient as a teacher - learning from the person at the bedside (chair: James Appleyard); Epistemology of medical science in the culture of health instead of in culture of disease (chairs: Slobodan Lang, Slavko Kulic); Pain management and psycho-oncology - person-centered approach (chairs: Lovorka Brajkovic, Marijana Bras); Psychopathology or deja vu? (organizer: Tija Zarkovic Palijan); Person-centered care for children with disabilities (chair: James Appleyard); Art in person-centered education and training (chairs: Veljko Djordjevic, Josip Bace); The role of spirituality in understanding and treating depression (chairs: Djulijano Ljubcic, Marijana Bras); Person-centered medicine - depressive disorder and anorexia nervosa in consultation liaison psychiatry (chair: Dalibor Karlovic); Palliative care and pain management - person-centered approach (chairs: Marijana Bras, Fabrizio Lamura); Person-centered psychiatric cares program in French speaking countries in patient units (ALFAPSY) (chairs: Herve Granier, Michel Botbol); The role of communication skills in person-centered health education and training (chair: Veljko Djordjevic); Symposium on interdisciplinary education for person and family-oriented addiction care (chair: Zoran Zoricic); From competence to performance; what facilitates or hinders to practice what has been taught in medical school? (chairs: Sandra Van Dulmen,

Nada Cikes); Person-centered oncology (chairs: Antonio Juretic, Fedor Santek); Person-centered hematology (chair: Ana Planinc-Peraica). Numerous discussions were held, with such enthusiasm that there was often no time for break.



prof. James Appleyard and Jelena Perkovic at the symposium The patient as a teacher - learning from the person at the bedside

Oral sessions

Brief oral presentations were divided into several sessions: medical education, health promotion & services, interdisciplinary training, primary care, pediatrics and family education, art & medical education and mental health & palliative medicine. The presenters at the medical education session (chairs: Lovorka Brajkovic, Ghebrehiwet Tesfamichael) were: Hana Konecna: how to teach future healthcare professionals to person-centered medicine?; Jasna Karacic: the relationship of psychosocial factors in the development of eating disorders; Catriona Menzies: changing discourses and the use of humour in informing art patients; Anita Verhoeven: teaching reflective learning as a tool for professional development to medical students; Antonio Barbosa: foundational and educational developments of a relational-centered medicine curriculum; Jasna Grkovic: psychoeducation and long-term consequences of psycho-traumatization. The presenters at the health promotion & services session (chairs: Joanna Groves, Slobodan Lang) were: Maggie Pugh: perceptions of homeless, single adults and their access to healthcare services in the community; implications for person-centered care; Esta Susic: education and training needed for person-centered medicine in forensic psychiatry (health professional performing obligatory measurement of psychiatric treatment in prison Hospital in Croatia); Zeljko Metelko: person oriented approach in diabetology; Dinko Lupi: role of pharmaceutical industry for person-oriented medicine; Slobodan Lang: ten steps from war to goodness. The presenters at the interdisciplinary training session (chairs: Vladimir Romanenko, Veljko Djordjevic) were: Rebekah Carey: shoes, shots, and society: preparation for short-term service overseas; Richard Hovey: working through disclosure and apology with the person and family: a humanizing approach to medical error; Elena Gayvoronskaya: effective clinical communication; Richard Hovey: co-creating a community of belonging for enhanced person centred healthcare; Emma Cecelia Bullock: risk perception and medical maternalism; Zdravko Babic: importance of education in

cardiology - examples of acute myocardial infarction. The presenters at the primary care, pediatrics & family education session (chairs: Ted Epperly, Dubravka Kocijan Hercigonja) were: Dilermando Sobral: computer use in primary care consultations and doctor-patient communication; Mitsuko Kansaki: causal relationships between parenting self efficacy, depression and family function of expectant mother in Japan; Azijada Beganlic: patient oriented medical care; Sanda Kreitmayer Pestic: empathy - how can it be promoted during daily work of family medicine doctors?; Sanda Kreitmayer Pestic: prevention of falls in older people in family medicine; Drina Podobnik: hagiotherapy in prevention and treatment of children's mental disorders in foster homes. The presenters at the art & medical education session (chairs: Robert Cloninger, Veljko Djordjevic) were: Sanela Jankovic Marusic: dance movement psychotherapy (DMP) with cancer affected women: preliminary results; Elena Gayvoronskaya: personality dynamics as a regulator of the person's adaptive behavior; Daniel Atkinson: intuitive eating and positive health: a paradigm fit for general consumption? Presenters at the mental health & palliative medicine session (Kresimir Cosic, Sladjana Strkalj Ivezic) were: Kresimir Cosic: big data approach to assessment of soldier stress resilience; Eulon Taylor: the move to person-centered care at austin state hospital; Sladjhana Strkalj Ivezic: the role of NGOs in comprehensive care of people with mental disorder; Natasa Klepac: person oriented approach to person with dementia; Igor Filipcic: psychiatric comorbidity in neurological diseases and vice versa; Tomislav Peharda: Psychiatrists in mobile palliative team.

At the conclusion of each session, rich in the clinical experience and scientific knowledge of its participants, we demonstrated that we can learn most from one another and thus enrich not only our own but each others' practice.

Young psychiatrists' program

A distinct part of the congress was dedicated to early- career psychiatrists. The co-organizer of these sessions was the Croatian Branch of Young Psychiatrists and Trainees of Croatian Psychiatric Association. Their program consisted of the following topics: Round table: the implementation of psychotherapy in the formal training for adult psychiatrists (chairs: Nikolina Jovanovic, Sladjana Strkalj Ivezic); Symposium: how to organize person-centered education in the psychiatric curriculum? (chairs: Nikolina Jovanoviê, Sandra Mihelcic); Meet the expert session (chairs: Branka Aukst Margetic, Nenad Jaksic); Conversation with Robert Cloninger: personality disorders: Genes or environment?



Dean of Zagreb University School of Medicine, Davor Milicic with young psychiatrist

The Poster Sessions

During the second day of the congress poster presentations, chaired by Lovorka Brajkovic (Croatia) and Michael Botbol (France), were held. There were fifteen participants who presented their professional and scientific work in the form of an electronic poster. All of the presenters highlighted the importance of the person-centered approach, stressing the necessity of observing the patient as a person rather than a mere diagnosis. Poster presentations demonstrated the importance of the nutritional team in treating patients, how to work with patients with Addison disease, the importance of the psychotherapeutic approach when working with bereaved mothers, the importance of a comprehensive approach to people suffering from Alzheimer disease, the importance of medical education of patients and family members, and how to work with patients with lung and pulmonary disease. The organizing committee decided to award the best poster presentation to a participant from Brazil, Simone Carolina Martins Frattini (The old person with Alzheimer's in the family context: a bio psycho social perspective). Her poster demonstrated the importance of the family within the context of health and illness and pointed to all the difficulties that family members carry.

The two Zagreb Declarations

Two declarations were formulated during several workshops: the Zagreb Declaration on Person-centered Health Professional Education and the Zagreb declaration on the appraisal and prospects for person-centered medicine in Croatia. In the Zagreb Declaration on Person-centered Health Professional Education, the participants of the First International Congress of Person-centered Medicine and the Board of the ICPCM call for action to promote person-centered health for all through transformative educational concepts, programs and actions. The Declaration consists of eight recommendations. The ICPCM is committed to these recommendations and calls on governmental, intergovernmental and non-governmental organizations to collaborate on the advancement of these educational efforts towards the promotion of person-centered medicine and health. In the Zagreb Declaration on the appraisal and prospects for person-centered medicine in Croatia, formulated by local participants and local organizing group, it was emphasized that Croatia can contribute significantly to the development of person-centered medicine and people-centered healthcare, within Croatia and abroad.

The Cultural Program

The entire cultural program of the congress was organized in collaboration with arts academies of the University of Zagreb (the Academy of Fine Arts, the Academy of Dramatic Arts and the Academy of Music). We would like to emphasize the performance of the English-language theatre play *Silent Screams*, on Friday November 8th at the Westin Hotel. The play is part of the *Communication Against Pain* project.

Art can be one of the most powerful tools in the education of healthcare professionals and the general public about the importance of multidisciplinary pain management. Among the complex medical issues connected to pain, self harm is especially interesting. In the verbatim theatre monodrama *Silent Screams*, based on the true story of one of our patients, we shed some light on the internal experiences of a person dealing with self-harm. The performance of this monodrama was a good way for the audience to view the patient as a person, and not merely as the sum of his/her symptoms. Project directors were Veljko Djordjevic and Marijana Bras. The play was directed by Boris Svrtnan and starred Natalija Djordjevic. The author of the text was literature student Maja Cerneli, and language adviser was medical student, Nadja Komnencic. In this manner we didn't simply bring our participants to the theatre, rather we brought the theatre to them.

During the entire congress, dozens of patient groups presented their activities in a separate exhibition area. It was very stimulating experience for all the participants of the congress.



Actress Natalija Djordjevic starring in Silent Screams

The Closing Session

The Closing Session offered an opportunity to reflect on the success of the First International Congress of the International College of Person-centered Medicine with its significant number of participants from 29 countries and the high level scientific presentations. During the closing remarks, the Zagreb Declaration on Person-centered Health Professional Education was adopted, along with the Zagreb Declaration on the appraisal and prospects for person-centered medicine in Croatia. Plans were put forth for the organization of the Second International Congress of Person-centered Medicine in November 2014 in Buenos Aires and for the 7th Geneva Conference in April 2014.



Assoc.prof. Marijana Bras and prof. Veljko Djordjevic at the Closing Session

Concluding Remarks

This first international congress on person-centered medicine was a great success, and we believe that it will have a significant and long-standing impact on the future of person-centered medicine. Gathering more than 260 participants from 29 countries, the congress was a true example of interdisciplinary collaboration. The link was shown between those dealing with science, clinical work, and art in medicine. Additionally, the connection between experts and patient groups (and patients themselves along with their families) was highlighted. According to the main theme of the congress, students had an important role in each of the proceedings, and contemporary teaching methods were used, including the use of trained actors as simulated patients, and patients as teachers. The conference was extremely significant for the stimulation of further related activities in Croatia, as well as around the world. Also highlighted was the importance of the integration of all fields of healthcare when working with a patient and his/her family, a relationship which must truly be a collaborative partnership, with the patient and his/her family at the centre of the care. The congress showed how education in medicine must be interdisciplinary and directed towards the person and not the symptom, diagnosis, or disease, while emphasizing experiential learning. It also showed the strength of the ICPCM network. We can say that the congress is proof that we have come a long way, with a long way yet to go. The richness of the exchange of various experiences from around the world was displayed, along with the importance of the appreciation of various perspectives and transcultural differences. Regardless of their primary profession, many of the participants emphasized that they had not, until now, participated in such a conference with an emphasis on the patient as a person. The power of the media was also displayed, along with the power of patient groups, various foundations, and the financial support of various donors. In a community, whether local, national or international, we must work together hand-in-hand toward the same goal: a culture of person-centered medicine, and public-centered healthcare. The movement of person-centered medicine and public centered healthcare as a system is as strong as its weakest link. The next step is to strengthen the weakest link in the system in order to be even more successful in the future.

**professor Veljko Djordjevic & assoc. prof. Marijana Bras
on behalf of Local Organizing Group**