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UNIVERSITÀ
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OVERCOMING BARRIERS AND BORDERS IN PALLIATIVE CARE: 100-Units OF OPPORTUNITIES

Trieste, 24-25 May 2024

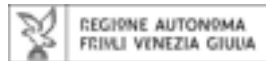
FINAL PROGRAMME



ENDORISING ORGANIZATIONS



CON IL PATROCINIO DI



SCOPE AND PURPOSE

Palliative care (PC) is an approach that improves quality of life of patients and their families facing problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual. Globally, only 14% of patients who need PC receive it and numbers are expected to grow due to ageing populations and chronic diseases.

PC is an ethical responsibility of Health Systems. It is therefore mandatory to strengthen PC networks, also through integration in Primary Health (PHC) and Social Care systems, in the perspective of continuum of care. Also, early delivery of PC is of utmost importance to reduce unnecessary hospital admissions and appropriate use of health services.

Unfortunately, many countries in Europe still lack adequate networks contributing to PC due to lack of awareness among policy-makers and health professionals, cultural barriers, misconceptions, fear of opioid analgesia. Provision of PC remains inequitably distributed, with the majority of services available in Western Europe, with evident discrepancies. Furthermore, in the last decades, society has become multicultural and multi-ethnic as many people are moving and living in foreign countries. Countries have to dispose adequate PC coverage also to foreigners, keeping in mind differences in language, culture, religion. In order to enhance development and amelioration of PC delivery at all levels, it appears mandatory to work on:

- *Health System policies that integrate PC services into the structure and financing of National Health-care Systems at all levels of care*
- *implementation of research and education and training for all health care providers (physicians, nurses, support and social workers, pharmacists, physiotherapists, volunteers)*
- *appropriate use and disposal of essential medicines (such as opioids, paracetamol, steroids, gabapentinoids, haloperidol, benzodiazepines, anticonvulsants), especially in countries that have unnecessarily restrictive regulations for morphine and other essential palliative drugs that help in treating symptoms and all types of pain (neuropathic, treatment-induced, etc)*

It appears therefore of extreme importance that European countries, especially if neighboring, may come together to exchange experiences and best practices, learn models to implement PC services in their area, starting from the institutional and educational level.

The meeting wants to strengthen collaboration between "Alpe Adria Region and Western Balkans", with respect for peculiar priorities, and suggest exchange of knowledge in a logic of implementation of PC services.

Focus will be on:

- *Palliative care networks and models of care*
- *Education for health care providers, with special attention to research*
- *Update on pain and symptom treatment; PC essential medicines*



SCOPE AND PURPOSE

OBJECTIVES

- Exchange of national experiences
- Building and promotion of cooperation networks and communication
- Best clinical practice: update on opioid/essential PC drugs availability and use

PERSPECTIVES

- Key messages from the meeting and potential application to all countries, with possible implementation and reviewing in future venues
- Declaration of interest in cooperation on the topics of the venue. Projects on international and across-borders exchange groups
- International cooperation in the field of foreigners in need of PC in involved countries

PARTNERS AND PARTNERSHIPS

- WHO Europe
- CEI (Central European Initiative)
- Italian Society of Palliative Care (SICP), Slovenian Society of Palliative Care, Croatian Society for Palliative Medicine (CrSPM), Austrian Society of Palliative Care
- University of Trieste (100th Foundation Anniversary)
- University of Graz
- Friuli Venezia Giulia, Veneto, Trentino Alto Adige, Emilia Romagna
- ASUGI, Comune di Trieste

PARTICIPANTS

- CEI representatives
- National/Regional health authorities; University Headquarters
- Key stakeholders responsible for PC and PHC (nominated by public health authorities of each country involved)
- Professors/professionals involved in PC education and research
- Members of scientific societies
- Clinical Experts
- PC health professionals and students



SCIENTIFIC BOARD

Raffaella Antonione (*Italy; Coordinator*)

Maja Ebert (*Slovenia*)

Juliana Franinovic (*Croatia*)

Andrea Knoflach (*Austria*)

Matthias Huemer (*Austria*)

Philipp Jost (*Austria*)

Simon Spazzapan (*Italy*)

ORGANIZING COMMITTEE

Vlasta Vucevac (*Zagreb, Croatia*)

Massimo Bernardo and Massimo Melo (*Trentino Alto Adige, Italy*)

Giampietro Luisetto, Giovanni Poles, Roberta Perin, Giuliana Menegaldo (*Veneto, Italy*)

Luigi Montanari, Cristina Pittureri (*Emilia Romagna, Italy*)

Mira Matovic (*Friuli Venezia Giulia, Italy*)



GENERAL INFORMATION

VENUE

University of Trieste, Edificio H3, Via Alfonso Valerio 12/2

OFFICIAL LANGUAGE

English (translation available English-Italian/Italian-English)



EARLY Registration (within 15/04/2024) - VAT 22% included

*Physician SICP Member	€ 130,00
Physician Non SICP Member	€ 150,00
*Nurse SICP Member and other healthcare professionals	€ 70,00
**Nurse Non SICP Member and other healthcare professionals	€ 100,00
***Resident in Training	€ 50,00

LATE Registration (after 15/04/2024) - VAT 22% included

*Physician SICP Member	€ 180,00
Physician Non SICP Member	€ 210,00
*Nurse SICP Member and other healthcare professionals	€ 90,00
**Nurse Non SICP Member and other healthcare professionals	€ 120,00
***Resident in Training	€ 70,00

REGISTRATION FEES

SICP MEMBER FEE:

*In good standing with the SICP membership fee at the time of registration.

NURSES AND OTHER HEALTH PROFESSIONALS:

**Proof of status is required to finalize the registration (upload of a professional card issued by the Order/Professional Register or a current valid certification issued by the Institution on letterhead)

RESIDENT IN TRAINING

***Resident students up to 29 years old. A letter from the specialization school or a valid certificate of attendance signed by the secretariat is required.



GENERAL INFORMATION

PROVIDER

MED3

Provider ECM n.34 - www.med3.it

Consorzio Med3 Provider N. 34

Via Massarenti 9

40138 Bologna

Tel. +39 051 2094678

Fax +39 051 2086033

www.med3.it

The congress is accredited by the Italian National Commission with the training objective: Inter-professional and multi-professional, inter-institutional integration; (objective code 8) and obtained 4.9 credits.

Accredited professions/disciplines: All healthcare professions (except veterinary)

ORGANIZING SECRETARIAT



AIM Group International - Milan Office

Milano, Italy

Tel. +39 02.56601.1

palliativecare2024@aimgroup.eu

<https://www.sicp.it/appuntamenti/eventi-sicp/congresso/overcoming-barriers-and-borders-in-palliative-care/>



FINAL PROGRAM

FRIDAY 24TH MAY

09:00 **Registration**

09:30 **Official opening and introductory statements**

RESEARCH SESSION

10:00 **Lecture - Palliative Care as a Human Right in all serious illnesses and chronic conditions**
Gianlorenzo Scaccabarozzi (Lecco, Italy)

10:20 **Lecture - Research in Palliative Care: overcoming barriers to build the future**
Simone Veronese (Torino, Italy)

10:45 **Research in palliative care: state of the art across borders**
Chairmen: *Julie Ling (WHO EUROPE), Carlo Peruselli (Biella, Italy)*

- Matthias Huemer (Graz, Austria)
- Juliana Franinovic (Pula, Croatia)
- Erika Zelko (Maribor, Slovenia)
- Dafina Ademi (Pristina, Kosovo)

Take home messages from Chairmen

12:00 **Clinical session**
Introducing: *Simon Spazzapan (Aviano, Italy)*

12:05 **Lecture - New frontiers in the treatment of palliative care symptoms: overcoming clinical, gender, social and cultural barriers**
Maja Ebert (Ljubljana, Slovenia)

12:30 **Essential Medicines in palliative care: use, misuse and non-use**
Chairmen: *Irena Laska (Korce, Albania), Gino Gobber (Trento, Italy)*

- *Katja Čulav (Zagreb, Croatia): Opioids: boon and bane in Palliative care*
- *Sanja Golubic (Skopje, Macedonia):*
- *Nena Golob (Ljubljana, Slovenia): Steroids: pros and cons in Palliative care*
- *Guenter Hofmann (Austria): Benzodiazepines: Use and Misuse*
- *Matteo Moroni (Ravenna, Italy): Remodulation and deprescribing: the essence of palliative care*

Take home messages from Chairmen

13:30 *Light Lunch*



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15:00 WHO Western Balkan Session at: Overcoming barriers and borders in palliative care: 100-UNITs of Opportunities

15.00 Welcome

Chairmen: *Julie Ling & Matteo Apuzzo, WHO Europe*

15.10 An overview of palliative care in Europe

Dr Julie Ling, Consultant Technical Advisor, WHO EURO

15.30 Models of palliative care in the Western Balkans:

15.30 **Albania** - *Irena Laska, Drejtore Exzekutive, Qendra E Kujdesit Paliativ 'Mary Potter' Korce.*

15.45 **Bosnia and Herzegovina** - *Emina Drkić, Palliative Care nurse, Health Care Center Canton of Sarajevo.*

16.00 **Macedonia** - *Sanja Golubic, Anesthesiologist and Intensive Care Specialist, with a special interest in palliative care. University Hospital for Pediatric Surgery, Skopje North Macedonia*

16.15 **Serbia** - *Mijodrag Bogicevic, Bel Hospice, Beograd.*

16.45 **Kosovo^[1]** - *Dafina Ademi, Chief of the Oncology Hospital, Pristina.*

17.00 **Discussion and questions** - *speaker panel*

17.15 WHO palliative care tools and guidelines

Nahla Gafer, Consultant Technical Officer Palliative Care, WHO EMRO

17.35 Final discussion

Julie Ling & Nahla Gafer

18.00 Conclusions: Palliative Care in the WHO Western Balkans Roadmap for Health and Wellbeing

Gian Matteo Apuzzo, Technical Officer WHO European Center for Primary Health Care

^[1] All references to Kosovo in this document should be understood to be in the context of the United Nations Security Council resolution 1244 (1999).



FINAL PROGRAM

SATURDAY 25TH MAY

CLINICAL SESSION

Chairmen: *Raffaella Antonione (Trieste Italy), Andrea Knoflach (Innsbruck, Austria)*

09:00 **Update on best practices in opioid use**

Katja Čulav (Zagreb, Croatia)

09:20 **Opioids, gut and immune system**

Daniela Jahn-Kuch (Austria)

09:40 **Treating adverse effects**

Nevenka Krčevski Skvarč (Maribor, Slovenia)

10:00 **New perspectives in treatment of neuropathic pain**

Mirko Riolfi (Verona, Italy)

10:20 **Discussion**

10:45 *Break*

11:15 Educational session

Introducing: *Grazia Di Silvestre (Palermo, Italy)*

11:20 Lecture - Palliative, social and cultural care: a human right

Danila Valenti (Bologna, Italy)

11:50 Education in PC for health care professionals

Chairmen: *Rudolf Likar (Klagenfurt, Austria); Giorgio Trizzino (Palermo, Italy)*

- *Matthias Huemer (Graz, Austria)*
- *Juliana Franinovic (Pula, Croatia)*
- *Marjana Bernot (Ljubljana, Slovenia)*
- *Raffaella Antonione (Trieste, Italy)*
- *Emina Drkić (Sarajevo, Bosnia and Herzegovina)*

Take home messages from Chairmen

13:15 Closure and take-home messages

Scientific Board



Con il supporto non condizionante di:



ALEA SRL Medical and Diagnostic Solutions

Angelini Pharma S.p.A.

CANÈ S.p.A. Medical Technology

Molteni

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