

THE 25TH SCIENTIFIC MEETING OF PAEDIATRICIANS FROM THE NORTH-EASTERN REGION OF BOSNIA AND HERZEGOVINA: PROBLEMS OF ADOLESCENTS WITH CHRONICAL DISEASES

The jubilee 25th Scientific Meeting of Paediatricians from the North-Eastern Region of Bosnia and Herzegovina was held in Tuzla on 25th March 2017. It was held in the Congress Hall of Tuzla Hotel. This meeting was dedicated to chronically ill adolescents. The audience, about 80 healthcare professionals, was comprised of physicians from the whole of Bosnia and Herzegovina, mainly paediatricians but also some family physicians. The meeting was organized under the auspices of the Central European Journal of Paediatrics, the scientific journal of the University Clinical Centre Tuzla, and the Department of Paediatrics of the same Institution.

The founder of the meeting, Academic Husref Tahirović, Emeritus Professor of Paediatrics and Editor-in-Chief of the Central European Journal of Paediatrics, welcomed the audience and handed over to professor Alma Toromanović from the University Clinical Centre, Tuzla, to lead the meeting.

The increasing burden of chronic diseases among adolescents in our day was stressed, in contrast to historical problems of acute, infectious diseases. The success in the prevention and treatment of acute diseases has brought the chronic diseases into focus. Moreover, the improvement in the treatment of chronic diseases increases the probability of the survival and prolonged life of people with chronic diseases, and today more than ever children with chronic diseases reach adolescent age. In

contemporary society, the number of people with chronic diseases is constantly increasing. The period of adolescence is turbulent, and adolescents are characterized by increasing sensitivity, high expectations from themselves, their families and the whole of society, they prone to risky behaviour and are at high risk of addiction. The whole period is even more challenging for adolescents with a chronic disease. There is no single definition of chronic disease and as a result estimation of the prevalence of the condition is imprecise because it depends on the definition, the purpose of the definition and the availability of data. Chronic diseases and disability are closely connected, and one out of ten citizens of every country is disabled to some extent.

The first presentation under the title "Social Problems of Chronically Ill Adolescents" was given by myself. Professor Amira Peco-Antić from the Tiršova University Children's Hospital, Belgrade, Serbia, presented the problem of chronic kidney disease under the title "How to grow up with chronic kidney disease". The next speaker was Professor Ivan Malčić from the Clinical Hospital Centre, Zagreb, the Paediatric Clinic, Zagreb, Croatia, with the presentation "Congenital Heart Disease from Childhood to Adulthood, The Problem of Adults with Congenital Heart Disease". Professor Osman Sinanović from the University Clinical Centre of Tuzla, Neurology Clinic, presented "The Problems of

Adolescents with a Neurological Disorder". "Medical problems of adolescents and young adults with chronic haemato-oncological disease" was the presentation by Professor Lidija Dokanović from the Tiršova University Paediatric Clinic, Belgrade, Serbia. Professor Alma Toromanović presented "The Problems of Adolescents with Endocrinological Diseases during the Period of Transition to Adulthood". After each presentation there was a short discussion.

The transfer from paediatrician to an adult physician was recognized as a huge problem of adolescents with chronic diseases. This should not be a transfer but a transition over a longer period of several months, sometimes even up to two years. Some prerequisites should be fulfilled before transition. First of all the adolescents themselves need to be ready for the transition. Preparatory activities should be performed long before the transition, with the adolescent, his / her fam-

ily and even the wider surroundings, such as school for example. The transitional period could be risky because of the loss of disease control by a specialist, stopping or uncontrolled taking of the necessary therapy, more frequent hospitalization, worsening of the disease, complications and generally lower psychophysical status. This is why all those involved in the process of transition need to make a significant effort to ensure the most painless transition as possible for the adolescent with a chronic disease from paediatric care to the health service for adults.

The meeting presented to the audience the latest issues regarding the increasing problem of adolescents with chronic disease.

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Professor Aida Mujkić

The President of the Croatian Paediatric Society
University of Zagreb-School of medicine
A. Štampar School of Public Health