

The 29th Scientific- Expert Meeting of Paediatricians From the North-Eastern Region of Bosnia and Herzegovina: Current Problems in Paediatrics March – 2019

The latest, 29th Scientific Meeting of Paediatricians from the North-Eastern Region of Bosnia and Herzegovina took place in the Congress Hall of Tuzla Hotel on 30th March, 2019. It was attended by more than 90 participants (mostly paediatricians, neurosurgeons and family care practitioners). It was a well-organized meeting, in cooperation with the board of the Central European Journal of Paediatrics, the scientific journal of the University Clinical Centre, Tuzla, and the Department of Neurosurgery, University Clinical Center, Tuzla, Bosnia and Herzegovina, and the Department of Pediatrics, University Clinical Center, Tuzla. The program covered a spectrum of interesting topics from different areas of pediatric medicine (gastroenterology, allergology, nephrology and neurosurgery). The intention of the comprehensive lectures given by clinicians and experts in different topics was not only to present state-of-the-art insights, but also to encourage collaboration amongst clinicians from different centers, and primary, secondary and tertiary pediatric care.

The meeting begun with a word of welcome given by the hosts, Academic Husref Tahirović, emeritus professor of paediatrics, and Primarius Dr. Selma Terzić, a pediatric gastroenterologist from the University Clinical Centre, Tuzla.

The first session started with a lecture dedicated to the use of probiotics in pediatric

gastroenterology, given by myself. Nowadays, there are many papers and studies propagating the use of probiotics in daily practice. Therefore, it is not easy for practitioners to discern which strain should be used in which situation. As a result, my presentation tried to distinguish the current well-defined evidence-based recommendations for use of specific probiotic strains for selected clinical conditions in pediatric gastroenterology from those whose benefits are still in the field of research or are not yet proven. The next presentation by Prof. Marina Atanasković, an expert in the field of allergology, from the Tirsova University Children's Hospital, Belgrade, provided a detailed overview of scientific evidence of the influence of the microbiome in the development of atopic diseases. In her talk, she presented recent studies concerning modification of gut flora through probiotic supplementation during pregnancy and early childhood, for prevention of certain atopic problems. To close, she concluded that the optimal time for beginning and the duration of probiotic administration, as well as the best probiotic strains or blend of them for achieving prevention, are still not well known. Recent key aspects of diagnosing and treating brain tumors in children were presented by Prof. Mirsad Hodžić, a pediatric neurosurgeon from University Clinical Centre, Tuzla. He also reported instructive cases from his own clinical practice. The first block

ended with questions from the audience and a productive discussion.

After a short break, the next session continued with a lecture given by Dr. Iva Palcic, a pediatric nephrologist from the Clinic for Pediatric Medicine Helena, Zagreb. She presented the clinical approach, current therapy and instructions for follow up of a child with nephrotic syndrome. In her talk, she underlined the importance of close cooperation between hospitals and primary care physicians for better compliance with treatment, early recognition of relapse, the possible side effects of medication and, finally, better control of the disease. The last presenter was Dr. Selma Jakupović, a pediatric neurosurgeon from University Clinical Centre, Tuzla. She gave us the opportunity to hear about possible preventive measures for reducing congenital anomalies of the central nervous system in children. She highlighted the importance of primary prevention of neural tube defects by folic acid supplementation, which should be better implemented in routine practice for all women of generative age, as well as the essentiality of accurate prenatal diagnosis for better postnatal outcome. This lecture led to

a fruitful discussion and the idea of creating national strategies for the more successful implementation of these recommendations.

In conclusion, the 29th Scientific Meeting of Pediatricians from the North-Eastern Region of Bosnia and Herzegovina completely fulfilled the intention of the organizer to promote innovations and the exchange of experience in certain pediatric topics with well-conducted lectures, which all contained useful scientific and practical information, followed by dynamic discussions from the audience. The main advantage was that all the lectures were recorded and may be viewed and listened to afterwards on: <https://cme.ba/course/pedprob/>. I may also say that it was a real privilege and pleasure to participate in the meeting, both as a lecturer and as part of the audience. Therefore, I will conclude this report with the wish that the tradition of this meeting will continue in years to come.

Zagreb, August 15, 2019.

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