



5. SLOVENIAN CONGRESS OF PALLIATIVE CARE

with international participation

»To Live without fear«

Date: **13. – 14. October 2023**
A hybrid event

Place: **Domus medica,
Dunajska 162, 1000 Ljubljana**

Registration: **application form at www.szpho.si**

Palliative care is an approach that improves the quality of life of patients and their families who are facing life-threatening illness which interferes with all areas of their lives. The disease itself and also its treatment can cause significant changes in the life of the patient and his/her family they may not be prepared for. At a time when the body is deteriorating significantly, the patient is becoming increasingly dependent on the help of others and patient starts to face the questions of the meaningfulness of life, his own passing, dying and death. The attitude towards oneself and the internal experience and understanding of oneself during illness affects the general well-being of each individual. The relationship between the patient, family and rest of social world can dramatically change. Patient can feel vulnerability, sadness, fear or face more serious problems such as anxiety, depression, panic, social and spiritual isolation. The boundaries of psychological, social and spiritual care are often blurred.

This unpleasant emotional, psychological, social and spiritual experience hinders the ability to cope not only with the disease itself but also with its treatment and deteriorates the quality of patient's life. The fragility of the patient, mental, social and spiritual distress are often unrecognised and disapproved.

This year's congress will address exactly these problems in the lives of patients in palliative care.

THE PROGRAMME:

- Palliative care in clinical practice
- Ethical dilemmas in palliative care
- Psycho-social and spiritual needs in palliative care
- Support for caregivers of patients in palliative care
- Caring for yourself
- Palliative care in our society

Main organizer:

- **Slovenian Association of Palliative and Hospice Care**

Co-organisers:

- **Institute of Palliative Medicine and Care,
Faculty of Medicine, University of Maribor**
- **Institute of Oncology Ljubljana**



Slovenian association
of palliative and hospice care



ONKOLOŠKI INŠTITUT
INSTITUTE OF ONCOLOGY
LJUBLJANA



University of Maribor
Faculty of Medicine



We invite you to participate actively and present your work in the field of palliative care. Your contributions can be presented in the form of posters, and the three best will also be able to present their work in the form of a lecture at the congress.

Deadline for submission: 1st August 2023

Send abstracts to e-mail address: prispevek@szpho.si

Doctors of all specialties, nurses, social workers, psychologists, spiritual counsellor or all who take care of patients with incurable diseases are invited.

Language: Slovenian/English

Registration fee:

The number of places is limited, so we advise you to hurry up with your application. Applications will be accepted according to the time order of the applications.

Prijave do 15. Septembra:

Doctors, SMS/ZT, DMS/VMS	250 €
Pharmacists, psychologists, social workers,...	200 €
Members of the SZPHO (Become a new member: www.szpho.si)	150 €
Students, retired health professionals*	Free

Applications until 15 September:

All	300 €
-----------	-------

(Price does not include VAT)

* number of places is limited

Included:

- lectures attendance
- E-abstract book
- drinks/snack during breaks
- lunch during lectures
- certificate of attendance

Website: www.szpho.si



President of the Slovenian Congress of Palliative Care:

Maja Ebert Moltara, *President of the Slovenian Association of Palliative and Hospice Care, Department of Acute Palliative Care, Institute of Oncology Ljubljana*

Organizing Committee:

Marjana Bernot, *Institute of Oncology Ljubljana*
Nena Golob, *Institute of Oncology Ljubljana*
Maja Ivanetič Pantar, *Institute of Oncology Ljubljana*
Jure Levart, *St. Joseph Home*
Ana Jurčič, *Retirement home Koper*
Maja Kolšek Šušteršič, *Clinic Kus d.o.o.*
Stanislav Malačič, *Community Health Centre Gornja Radgona*
Srđan Mančić, *Community Health Centre Vrhnika*
Vesna Papuga, *General Hospital Celje*
Anita Riđič, *Institute of Oncology Ljubljana, Community Health Centre Ljubljana*
Meta Rus, *Institute of Oncology Ljubljana*
Ines Sever, *Community Health Centre Gornja Radgona*
Andreja Ciril Smrdel, *Institute of Oncology Ljubljana*
Irena Švab Kavčič, *St. Joseph Home*
Erika Zelko, *JKU Linz, Institute for General Practice*
Andrej Žist, *University Medical Centre Maribor*

Expert Committee:

Nevenka Krčevski Škvarč, *University Medical Centre Maribor*
Blaž Koritnik, *Clinic of Neurology, University Medical Centre Ljubljana*
Maja Ebert Moltara, *Institute of Oncology Ljubljana*

Content: Slovenian Association of Palliative and Hospice Care
Photos: Freepik, **Design:** Petra Turk, **Printing:** Hermes oprema d.o.o.