

Clinical Psychoneuroendocrinoimmunology in praxis

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The educational course “Clinical Psychoneuroendocrinoimmunology in praxis” was organized by Department of Medical Sciences of Croatian Academy of Sciences and Arts and Orlando Polyclinic, led by Vida Demarin and Sanja Toljan.

The intention of the course is translation of scientific discoveries into clinical practice. There is vast amount of discoveries in human physiology and pathophysiology in last 4 decades. Advancement of technology brought us insight into new molecular functioning and understanding complex processes, not only in human cells, but in molecules within it. If we incorporate this knowledge in modern medicine, there is supposed to happen a new paradigm shift. As we witness in medicine, this process is very slow and needs meticulous preparation.

After the release of a new book “Clinical psychoneuroendocrinoimmunology”, edited by Vida Demarin and Sanja Toljan, practitioners were exposed to medical discoveries that laid foundations to new clinical decisions. Neuroendocrine research yielded many new discoveries that need to be implemented in everyday clinical work.

To enhance the process of acquiring new medical knowledge, creation of educational course was the next logical step. In order to make it happen, the editors of Clinical psychoneuroendocrinoimmunology created a curriculum and set a goal to spread knowledge among medical practitioners, all healthcare providers.

Such great goal was achieved in January 2022, when the 1. Course in clinical PNEI was held. Participants were taught about circadian rhythm and its impact on human health, about neuroendocrine axis and its bidirectional effect, the human microbiome, physical activity as a new therapeutic agent, Chrono pharmacology and Chrono nutrition and techniques to improve stress resilience in health and disease.

Such new approach is followed by new diagnostic tools, and we are proud to announce that we are the only medical course that teaches how to use cortisol diurnal curve in assessing circadian rhythmicity and neuroendocrine axis. It is essential diagnostic criterion in medicine which enables clinician to obtain the circadian rhythm of patient’s organism and therapeutically manipulate it. The consequence of synchronizing central and periferal clocks is normal functioning of many homeostatic processes in the body. The 2nd course was held in May 2022 and brought together medical doctors, pharmacist, psychologists, nutritionists and kinesiologists, with the aim to teach them new human physiology and how to incorporate it in everyday practice. They all get the same knowledge, what is real revolution. Teaching the same knowledge to different medical specialties bring them together and ensures that medicine is practiced everywhere where there is medical issue.

Bearing in mind the PNEI approach, all caregivers set the same goal, to heal the person, not the disease itself.

The course lasts for 5 days, but our participants are encouraged to ask for assistance in future, with no time limits.

The course is limited to 8 participants, thus providing more individual training and more chance to ask and participate actively. Croatian Medical Chamber and Croatian Psychological Chamber validate the course with CME points.



