

## 20<sup>th</sup> Scientific Conference on Brain Disorders: Vascular Elasticity for Brain Plasticity

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Croatian Society for Vertebratology of the Croatian Medical Association in cooperation with Department of Rheumatology, Physical Medicine and Rehabilitation of University Hospital Center Sestre Milosrdnice in Zagreb organized symposium titled „Proposal of guidelines for low back pain diagnosis and treatment“. The symposium took place on 11th October 2022, as a live event in the National Revival Hall of the the Croatian Academy of Arts and Science in the upper historic city. Chairs and moderators of the event were professor Simeon Grazio, MD, PhD and Darko Perović, MD, PhD. As for many years before, this 19<sup>th</sup> Annual symposium was also held under the high auspices of the Department of Medical Sciences of the Croatian Academy of Arts and Science.

Welcome speech was addressed by academician Prof. Vida Demarin, head of the Department of Medical Sciences of the Croatian Academy of Arts and Science, followed by Ivan Radić, MD, PhD (on behalf of the hospital director) from the University Hospital Center Sestre Milosrdnice Zagreb, and co-chairs, Prof. Simeon Grazio (vice-president of the Croatian Society for Vertebratology) and Prim. Darko Perović (president of the Croatian Society for Vertebratology).

Prof. Simeon Grazio (Department of Rheumatology, Physical Medicine and Rehabilitation, University Hospital Center Sestre Milosrdnice Zagreb) opened symposium with a lecture entitled „Purpose and methodology of low back pain guidelines“ in which he presented mandatory steps when creating this particular type of document (eg. literature search, followed by screening and reviewing of papers, and other activities of various working groups related to important topics (diagnostic algorithm, pharmacological treatment, different non-pharmacological approaches, etc.).

Prof. Simeon Grazio (Department of Rheumatology, Physical Medicine and Rehabilitation, University Hospital Center Sestre Milosrdnice Zagreb) in co-authorship with Prof. Arijana Lovrenčić-Huzjan (Department of Neurology, University Hospital Center Sestre Milosrdnice Zagreb), Marija Ivica, MD (Policlinic Aviva, Zagreb), Rudolf Vukojević, MD (Clinical department for interventional and diagnostic radiology, University Hospital Center Sestre Milosrdnice Zagreb) and Alemka Krajač-Čupić (Medical Health Centre, Zagreb) highlighted the importance of diagnostic screening in order to exclude non-spinal causes of back pain and presented a diagnostic algorithm in patients with back pain.

Assist. Prof. Frane Grubišić, MD, PhD (Department of Rheumatology, Physical Medicine and Rehabilitation, University Hospital Center Sestre Milosrdnice, Zagreb) with his co-authors Assist.



Figure 1. Prim. dr.sc. Darko Perović, dr.sc. Ivan Radić, akademkinja Mirna Šitum, akademkinja Vida Demarin, prof. dr. sc. Simeon Grazio

Prof. Dubravka Bobek (Department of Physical Medicine and Rehabilitation with Rheumatology, Clinical Hospital Dubrava, Zagreb) and Vedran Brnić, MD (Department of Rheumatology, Physical Medicine and Rehabilitation, University Hospital Center Sestre Milosrdnice, Zagreb) showed evidence of efficacy for various groups of drugs used for low back pain treatment.

Prof. Tea Schnurrer Luke Vrbanić (Department of Physical and Rehabilitation Medicine, Clinical Hospital Center Rijeka, Rijeka) together with co-authors Prim. Tomislav Nemčić, MD, PhD and Prim. Diana Balen, MD, PhD (Department of Rheumatology, Physical Medicine and rehabilitation University Hospital Center Sestre Milosrdnice, Zagreb) presented a lecture entitled „Exercise, hydrotherapy and balneotherapy in the treatment of patients with low back pain“.

Prim. Tatjana Nikolić in co-authorship with Dubravka Sajković, MD, Petra Kovačević, MD, PhD (Department of Rheumatology, Physical Medicine and rehabilitation University Hospital Center Sestre Milosrdnice, Zagreb) and Prof. Tonko Vlák (Department of Physical Medicine and Rehabilitation with Rheumatology, University Hospital Center Split, Split) introduced data and evidence on the efficacy of various physical therapy modalities in treatment of patients with low back pain.

Lecture entitled “Other methods of conservative treatment of patients with back pain (manual therapy, decompression therapy, massage, myofascial relaxation, education, kinesiotaping, acupuncture, ergotherapy, orthoses and other devices) was delivered by Prof. Porin Perić (Department for Rheumatic Disease and Rehabilitation, University Hospital Center Zagreb, Zagreb) and Dubravka Šalić Herjavec, MD (Department of Rehabilitation and Orthopaedic Devices, University Hospital Center Zagreb, Zagreb).

Prim. Darko Perović, MD, PhD (Department of Traumatology and Orthopaedics, Surgery Clinic, University Hospital Dubrava, Zagreb) in co-authorship with Assist. Prof. Vide Bilić, MD, PhD, Stjepan Dokuzović, MD and Stipe Čorluka, MD (Department of Traumatology, University Hospital Center Sestre Milosrdnice Zagreb), Dominik Romić, MD (Department of Neurosurgery, University Hospital Dubrava, Zagreb) and Prof. Boris Božić, MD, PhD (University Hospital Center Sestre Milosrdnice, Zagreb) presented a lecture entitled „Surgical treatment of patients with low back pain”.

Since pain is most predominant complaint and in cases when pharmacological treatment is ineffective, various more aggressive approach is necessary. In light of that, Prof. Ivan Radoš, MD, PhD

(Department of Anesthesiology, Reanimatology and Intensive Care, University Hospital Center Osijek, Osijek) in co-authorship with Prof. Karlo Houra, MD, PhD (Special Hospital Aksis, Zagreb) and Dražen Kvesić, MD, MSc (Special Hospital Arithera, Zagreb) presented a lecture entitled “Intervention methods in the treatment of patients with low back pain.

Final lecture entitled „Psychosocial, multidisciplinary and multimodal treatment of patients with low back pain” was presented by Prof. Nadica Laktašić Žerjavić, MD, PhD (Department for Rheumatic Disease and Rehabilitation, University Hospital Center Zagreb, Zagreb) in co-authorship with Assist. Prof. Branka Aukst Margetić, MD, PhD and Prof. Dalibor Karlović, MD, PhD (Department of Psychiatry, University Hospital Center Sestre Milosrdnice, Zagreb).

An interactive discussion followed the lectures, and its most important part was a proposal of diagnostic and therapeutic algorithm for patients with acute and chronic low back pain – from symptoms onset to possible treatment. This year symposium was very well attended, gathering around 150 participants and maintained its traditionally high-quality level.



Figure 2. Akademkinja Vida Demarin pozdravlja učesnike simpozija.