

I. B. IamannDESCU:

## Raport na temat działalności Rumuńskiego Stowarzyszenia Stosowanej Medycyny Psychosomatycznej i Behawioralnej

Report about activity of Romanian Society of Applied Psychosomatic and Behavioral Medicine

**Present:** Wolfgang Söllner, Albert Leentjens, Hans-Christian Deter (Nov. 25, only), Gerhard Schuessler, Lisa Albrecht

### Institutional frame

2005: birth of **Romanian Society of Applied Psychosomatics and Behavioral Medicine** (president and founder IB IamannDESCU) with a mixed composition of physicians (general practitioners, psychiatrists) and psychologists (around 50%).

### OBJECTIVES

1. To concentrate psychosomatic approach in the most frequent pathology;
2. To establish a more clear repartition of responsibility in approaching the patients with so-called somatoform disorders;
3. To develop the tendency of research to the study of psycho-neuro-endocrine and immune aspects in psychosomatic patients ;
4. To emphasize the role of behavioral approach of Therapeutic Compliance

5. To encourage the use of EBM for evaluation of results of Psychotherapy of psychosomatic patients ;.
6. An intensive propaganda for the economical (budget) advantages of psychosomatic approach of somatic patients .

### ORGANIZATION

Our society is organized on regional branches: Bucharest, Constanta, Buzau, Dambovita, Oltenia and Neamt, directed by chiefs with rank/function of vice-president of society . The activity of each branch , directed by its chiefs and supervised by one of Executive Comitee members, is carried on 1-2 times sessions in a year as communications about psychosomatic topics.

The main meeting of whole society is represented by National Conferences of RSAPBM .

Till now, there were organized 5 conferences (2 days with 2 topics ) and only plenary

sessions aiming to unify the opinions of different subspecialties –GPs, psychiatrists, internists, endocrinologists, psychologists, antropoogists, etc

The interest, especially in psychologists and young physicians is increasing and there are a lot of reasons for hoping in the future.

The introduction of a compulsory course of PS in curricula of Medicine Faculties is on its way.

The competence in Psychosomatics is also a tentative with real perspectives.

### **SOME PRACTICAL AIMS AND ACHIEVEMENTS OF SOCIETY**

#### **a) Pragmatic (medical assistance)**

It is compulsory to induce in the **professional mentality of each medical student**, inclusively the “fresh” GPs or medical specialists, the bio-psycho-social approach of **all** patients, with an accent on those having “capital” organic (lesional) diseases with a big frequency and severity ( death generating) and also on those with somatoform and functional disorders.

Creating a frame of a **more psychosomatic disease than others (see Sadock words)** and including in it the classical also other modern diseases (after a classification given in Studt and Petzold treaty from 2000), it will be possible to concentrate the preoccupations of the specialists, either physicians or the team formed by physician, psychologists ± psychiatrist, on a **wide basis**: biological but also cognitive-

behavioral and social. The clinical criteria for organic psychosomatic diseases may be these propose by lamannDESCU, 1998:

- 1. the frequent and consistent participation of psycho-social factors** in the evolution of the diseases, together “other organo-specific” causes (physical, chemical, microbiological);
- 2. the double distress vulnerability: organic (genetic and acquired)** and a general psychological **propensity to the distress reaction**. Here could be included the Sivik concept of the poor communication in psychosomatic patients: both between patient and their social milieu and between their bodily systems and organs ;
- 3. the chronic evolution with alternance of “activity” and “free interval”** of the disease ;
- 4. the beneficial effect of psychotherapy or psychotropic drugs** added more frequently to the usual medical treatment (but not replacing it than in functional disorders);

#### **b) Formative (didactic)**

Medical faculties from Bucharest(Carol Davila-Prof. IamannDESCU) and Cluj-Napoca(Iuliu Hateganu-Prof. D.L.Dumitrascu ) have included in their curricula a course of Psychosomatic (1 semester): one Basic Concept (General Psychosomatics)-the second year, and other of Applied psychosomatics (to some specialties as Cardiology, Oncology, Gastro-Enterology, Alergology, etc.) – the last year.

Beginning with 2007 ,under Prof. IamannDESCU direction have obtained title of Doctor in Medical Sciences 5 PhD students ,all in the speciality Medical Psychology ,the first such promotion, and this year there are other 4 candidates able to became PhD.

c) **Research** is linked to the participation to internal and international meetings and publication in different reviews in the fields as psychoallergology(first monograph in the world on this field) ,psycho-oncology, psychodermatology , neurogastrology(an original monograph ed. by D.L.Dumitrascu and L.Nedelcu ) palliative medicine(O.Popa-Velea ),etc Regarding the **psychotherapy in psychosomatic diseases**, it must be mentioned that undersigned Prof IamannDESCU has initiated preoccupations in domain of **music therapy**, coupled with what it is known as” **music diagnosis**”

(analysis of the answers of subjects healthy and with psychosomatic disorders – at listening of some standard music pieces: the **music test**). From our PhD students of Prof IB IamannDESCU, those that have their PhD thesis (Analysis of improvement of cognitive performance in school age and depressive patients, under placebo and baroque music) and Carmen Rapiteanu (The different type of music in hypertensive – Holter – and asthmatic – bodyplethysmograph patients).

We hope to develop more and more our, enough modest, activity with the help of all other

European PS-Societies and wait for their wisdom counsels and support.