

Mamak Tahmasebi- Gynecologist- Consultant in Palliative Care

Cancer Institute- Imam Khomeini Hospital-Tehran-Iran

It was my first experience to be in European (actually international) Palliative Care Congress. I have never imagined such a great event. I met those people that I have always praise their articles in palliative care journals.

As I am almost a new member of palliative care's family, I am interested in educational issue in this field. In the first day (7th of May) I attended in a workshop: undergraduate medical seminar in palliative care. I have always believed that palliative care should be part of medical students' curriculum and I understood the developed countries were working on it too.

Some sessions such as, "use of cannabinoids in palliative care", were far beyond my expectations where I am still involved in opiophobia. Introducing a new opioid medication with less GI side effects, Targin, without the price consideration (e.g. in comparison with methadone) was very promising.

The topic of "Palliative Care in Emergencies" reminded me spinal cord compression syndrome or hypocalcaemia at first, but I heard about "new immobility and no further care resources at home" or "sudden death" as emergencies situations.

Looking at cancer cachexia from genetic point of view was very interesting.

The best part of all these was the lecture about Narratives in Palliative Care. That was a powerful motivator for me to start writing my patients' stories.

It was a great chance for me to network with colleagues from other countries. It is not always easy to find the answer of all your questions from journals or other palliative care resources.

I thank the European Association of Palliative Care for their financial support to attend this wonderful congress in Vienna, Austria. And an especial thank for Amelia Giordano for spiritual support.

I hope to have a chance to attend the 12th Congress in Lisbon.