

Report of my participation to the EAPC congress in Vienna, May 2009

My name is Marija Inesa Poniskaitiene. I am physician in Palliative Care Department of Kaunas Nursing Hospital. I participated in the 11th Congress of the European Association for Palliative Care since 7th till 9th of May.

I have made the poster presentation N° 830 entitled “The Challenges of Palliative Care Faced in Lithuania“ (poster number S377).

I was interested very much in reports about breakthrough pain. The onset of action of ordinary analgesic drugs sometimes is too slow and intranasal fentanyl spray would be a good measure to help in such cases. Unfortunately it is not legalised in our country at this moment. I suppose that pharmaceutical companies will help to import these drugs. It was interesting to listen reports about sublingual fentanyl citrate tablets too. I understood better the vision and commitment of doctors and nurses, working at the forefront of palliative care development. It was very nice to listen D F Hagen report about interdisciplinary team, reports about spirituality in palliative medicine, clinical supervision and reflective practice. I liked intensely German periodical Hospice journal which was dedicated to spirituality in Hospice and palliative care. There are very little literature on this theme in our country.

The organisation of Congress was good. There were numerous interesting reports, I met many interesting and rewarding people. So I gained more experience and got more useful contacts that will help in my work.

At last one little inconvenience was when we had to live in one room with man. It was very unusual in our culture, but everything was so good that we paid no attention to this little inconvenience.

I presented reports about Vienna Congress in our hospital and in Lithuanian-French Association. Now I continue to study materials that I have got in Vienna.

Sincerely Yours,

M.I. Poniskaitiene