

Abstract

## Total Health and Total Care

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Over the past few decades, we have witnessed the unsuspected development of personalized medicine, which uses modern knowledge of neuroscience, nanotechnology, modern methods of imaging the human brain, genetics, etc. However, it has also become clear that in the increasing fragmentation of medicine, the holistic approach is increasingly being lost and that the foreground diseased organ or diagnosis is from the person with all his dimensions of health and illness. It is precisely for this reason that the movement of psychiatry and the entire medicine directed towards the person is developing in the world. Person-centered psychiatry is an initiative that places the patient's whole person at the center of mental health care. Its goals are highlighted by the promotion of psychiatry for the person (the overall health of the person, including illness and positive aspects), for the person (help in fulfilling the life goals of each individual), by the person (with clinicians who act as whole beings, scientifically rooted, with high ethical aspirations) and with a person (in cooperation with a person who is a representative of health care based on respect and empowerment). The person is placed in context, in accordance with the words of Ortega y Gasset: "I am me and my circumstances." An approach that connects science as an essential tool, clinical practice and medical ethics is becoming a growingly recognized need in all medicine and care. The goal is to overcome reductionism and accept complexity in clinical practice, as well as to demonstrate empathy, understanding, prudence and intuition that are integrated with scientifically and clinically based therapeutic strategies. The definition of health which originated from prof. dr. sc. Andrija Štampar is gaining more and more importance today, and the concept of total health and total care is slowly being introduced. In her presentation, the author will present these contemporary concepts, with a special emphasis on psychotrauma.

**Keywords:** psychotic disorders, post-traumatic growth, emotional resilience, therapeutic approaches

Sažetak

## Totalno zdravlje i totalna skrb

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Unazad nekoliko desetljeća svjedoci smo neslućenog razvoja personalizirane medicine, koja koristi suvremene spoznaje neuroznanosti, nanotehnologija, suvremenih metoda oslikavanja ljudskog mozga, genetike i dr. Međutim, uvidjelo se i da se u sve većoj rascjepkanosti medicine sve više gubi holistički pristup i da u prvi plan dolazi bolesni organ ili dijagnoza, a ne osoba sa svim svojim dimenzijama zdravlja i bolesti. Upravo zbog toga u svijetu se razvija pokret psihijatrije i cjelokupne medicine usmjerene prema osobi. Psihijatrija usmjerena prema osobi predstavlja inicijativu koja stavlja pacijentovu cijelu osobu u centar skrbi za mentalno zdravlje. Njeni ciljevi istaknuti su promocijom psihijatrije osobe (cjelokupnog zdravlja te osobe, uključujući i bolest i pozitivne aspekte), za osobu (pomoć pri ispunjenju životnih ciljeva svakog pojedinca), od strane osoba (s kliničarima koji djeluju kao cjelokupna bića, znanstveno ukorjenjeni, sa visokim etičkim aspiracijama) i sa osobom (u suradnji s osobom koja je predstavnik zdravstvene skrbi koja počiva na poštovanju i osnaživanju). Osoba se stavlja u kontekst, u skladu s riječima Ortege y Gassetta 'Ja sam ja i moje okolnosti'. Pristup koji povezuje znanost kao esencijalni alat, kliničku praksu i medicinsku etiku postaje rastuće prepoznata potreba u cjelokupnoj medicini i skrbi. Cilj je prevladavanje redukcionizma i prihvaćanje kompleksnosti u kliničkoj praksi, kao i pokazivanje empatije, shvaćanja, razboritosti i intuicije koje su integrirane sa znanstveno i klinički utemeljenim terapijskim strategijama. Definicija zdravlja, koja je potekla od prof.dr.sc. Andrije Štampara, danas dobiva sve više na značenju a polako se uvodi pojam totalnog zdravlja i totalne skrbi. Autorica će u svom izlaganju predstaviti ove suvremene koncepte, s posebnim naglaskom na psihotraumu.

**Ključne riječi:** holistički pristup, empatija, zdravlje