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## **THE ACHIEVEMENTS AND VISION OF THE EUROPEAN CONGRESS OF INTEGRATIVE MEDICINE ECIM 2018, ORGANIZED BY ALMA MATER EUROPAEA ECM IN SLOVENIA**

*The 11<sup>th</sup> European Congress for Integrative Medicine, "The Future of Comprehensive Patient Care" (ECIM) will be held in Slovenia at the end of September 2018.*

*Aim:*

*The aim of the congress is to promote health and develop integrated and sustainable treatment for acute and chronic diseases. Health is not just the absence of disease; it is a state of physical, mental, emotional spiritual and social wellbeing.*

*The only way to achieve this strategy is to move the boundaries of the existing field of medicine towards including the wisdom inherent in healing the whole person – mind, body and spirit. This can be done only through Integrative medicine that makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing and where the patient is the centre of all activities.*

*The participants of ECIM 2018 will recognize the importance of defining the mission and vision of applying the experience, expertise and valuable methods of Integrative Medicine in order to improve the health of patients around the Europe.*

*The congress will contribute to improving the quality of medical care by preserving and advancing the principles and practices of integrative healthcare within academic institutions, health service, governments and other relevant regulatory institutions worldwide Europe.*

*The program of ECIM 2018 will allow participants to understand the value and integrate into their clinical practice the time-proven methods of Integrative medicine. This is particularly important because the European aging population requires an integrated approach to effectively treat their many chronic diseases and to improve their quality of life. The plan is to achieve this goal by establishing coordinated educational and training efforts. The goal is to engage the finest international experts in the field of Integrative medicine and to task them with developing the best training and educational materials.*

*These experts on the ECIM 2018 will work in a collaborative manner. They will adhere to the highest ethical standards and work steadfast to bring this mission to fruition. Also, they will respect any regional, cultural and ethnic differences.*

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## **SCIENTIFIC RESEARCH AND EVIDENCE-BASED MEDICINE: THE BASIS OF INTEGRATIVE MEDICINE AT THE EUROPEAN CONGRESS ECIM 2018 IN SLOVENIA**

### **ABSTRACT**

*Integrative medicine is based on a number of its principles. The principle of accessibility is achieved by providing health care to the citizens, which is physically, geographically and economically but also culturally acceptable. The principle of universality is achieved by involving all citizens and implementing integrated measures and procedures, health promotion, disease prevention at all levels, early diagnosis, treatment and rehabilitation. The principle of continuous quality improvement is realized through measures and activities that are in line with modern achievements of medical science and practice, increasing the possibility of a favourable outcome.*

*Evidence-based medicine is the careful, thoughtful use of the best evidence from the medical literature in the decision to treat a particular patient. This means that the individual clinical experience must be integrated with the results of clinical studies that are well-placed methodologically, and the results have clinical significance.*

*Evidence-based medicine is the integration of clinical experience, the value system of the patient and the best evidence in the literature. The evidence does not by itself lead to conclusions, but it assists in determining the best treatment of the patient.*

*Integrative medicine based on the evidence includes an extended application of the principles of evidence-based medicine in the whole health care system, i.e. all professionals involved in the provision of health care.*

*Key words: health care, medical science, evidence-based medicine, quality of professional work*