



## REPORT FROM THE SCIENTIFIC CONFERENCE “THE ROLE OF PSYCHIATRY IN NEONATAL AND EARLY CHILDHOOD DISORDERS”

Sprawozdanie z konferencji naukowej pt. „Rola psychiatrii w zaburzeniach okresu noworodkowego i wczesnego dzieciństwa”



Joanna Kalicka<sup>1</sup>, Agata Tomaszewska<sup>2</sup>

1. Military Institute of Medicine – National Research Institute, Department of Psychiatry, Combat Stress and Psychotraumatology, Poland
2. Military Institute of Medicine – National Research Institute, Department of Paediatrics, Nephrology and Paediatric Allergology, Poland

### Abstract

On March 15, 2024, a conference devoted to psychological and paediatric problems of mother and child in the neonatal and infancy period, entitled “The role of psychiatry in neonatal and early childhood disorders” was held at the headquarters of the Military Institute of Medicine – National Research Institute in Warsaw.

### Streszczenie

W dniu 15 marca 2024 roku w siedzibie Wojskowego Instytutu Medycznego – Państwowego Instytutu Badaawczego w Warszawie odbyła się konferencja poświęcona problemom psychologiczno-pediatrycznym matki i dziecka w okresie noworodkowym i niemowlęcym pt. „Rola psychiatrii w zaburzeniach okresu noworodkowego i wczesnego dzieciństwa”.

**Keywords:** conference, paediatric care, child psychiatry, neonatology

**Słowa kluczowe:** konferencja, opieka pediatryczna, psychiatria dziecięca, neonatologia

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### Corresponding author:

Joanna Kalicka  
Military Institute of Medicine – National Research Institute, Department of Psychiatry, Combat Stress and Psychotraumatology, Warsaw  
e-mail: jkalicka@wim.mil.pl

On 15 March 2024, a conference on psychological and paediatric problems of mother and child in the neonatal and infant period entitled ‘The role of psychiatry in neonatal and early childhood disorders’ was held at the headquarters of the Military Institute of Medicine – National Research Institute in Warsaw. Paediatricians, child psychiatrists and psychologists were the target audience. The event enjoyed high attendance.

The conference was held under the patronage of the Director of the of the Military Institute of Medicine –National Research Institute in Warsaw, the Ombudsman for Children, the national consultant in child and adolescent psychiatry, as well as provincial consultants in paediatrics and child psychiatry. The event was organised in cooperation with the personnel of the paediatric, neonatology and psychiatry departments. The organisers were:

- Prof. Bolesław Kalicki, MD, PhD, Head of the Department of Paediatrics, Nephrology and Paediatric Allergology, Military Institute of Medicine – National Research Institute in Warsaw;
- Prof. Bożena Kociszewska-Najman, MD, PhD, Head of the Department of Neonatology and Rare Diseases, Medical University of Warsaw;

- Aleksandra Lewandowska, MD, PhD, Head of the Child Psychiatric Ward, Child Psychiatry Ward, Child and Adolescents Psychiatry Day Ward, Head of the Coordinated Care Program for children with holistic developmental disorders (KO-CZR) at the J. Babiński Specialist Psychiatric Healthcare Complex in Łódź;
- Lidia Popek, MD, PhD, Head of the Department of Paediatric Psychiatry in Józefów, Masovian Centre for Neuropsychiatry.

Due to the diversity of topics, the presentations were arranged in three sessions: paediatric, neonatological and psychiatric.

The conference was officially opened by Professor Bolesław Kalicki, MD, PhD, who read out a letter from the Ombudsman for Children, the official patron of the event. He then outlined the subject matter and objectives of the conference and delivered the first lecture of the day, entitled ‘Breast milk - is it just food?’. During the lecture, he discussed the benefits of breastfeeding, including the nutritive and non-nutritive properties of breast milk. He drew particular attention to the presence of immune cells in breast milk, pointing out the potential

for their use in medicine. The presence of HAMLET (human alpha-lactalbumin made lethal to tumour cells) in breast milk, which could potentially be used, for example, in patients with bladder cancer, was an extremely interesting issue raised by the speaker.

Continuing the above topic, Agata Tomaszewska, MD, PhD, who also represented the Department of Paediatrics at the Military Institute of Medicine – National Research Institute, discussed the latest scientific reports on the issue of breastfeeding in her lecture entitled 'Variability in breastmilk composition depending on the child's health'. She pointed out factors that may have an impact on the composition of breast milk, such as the maturity of the newborn, the time of the end of labour, the time of day or the time of feeding. The speaker pointed out possible maternal and infant-related factors that may influence the phenotype of white blood cells present in breast milk. In concluding the presentation, she presented the results of her own study on the immunomodulation of breast milk composition during infant infection.

The paediatric session closed with a lecture 'A mother with postpartum anxiety and depression' by Joanna Kalicka from the Department of Psychiatry and Combat Stress at the Military Institute of Medicine – National Research Institute, holding a master's degree in psychology.

The second part of the conference was devoted to the extremely important topic of the mother-child relationship. The speakers placed particular emphasis on the issue of building a mother-child bond from the earliest moments. This panel was opened by a lecture entitled 'The importance of the parent-child relationship in the perinatal period', by Grażyna Kmita, an associate professor of the Faculty of Psychology at the University of Warsaw and the Early Psychological Intervention Department (Institute of Mother and Child), holding a PhD in social sciences.

In his presentation entitled 'The role of skin-to-skin contact in building the mother-child bond', Professor Milan Stanojevic, MD, PhD, representing the Department of Neonatology and Rare Diseases at the University Clinical Centre of the Medical University of Warsaw, drew attention to the great importance of physical closeness between mother and her newborn, referring to the most up-to-date scientific reports on the subject.

The second part of the conference was closed by Teresa Jadczyk-Szumilo, holding a PhD in social sciences and representing the same institution, who held a lecture with the title 'The mother-newborn bond as a foundation of health', in which she highlighted the role of the nature and quality of mother-child contact.

The final and, at the same time, the most extensive session, was devoted to mental health problems in infancy and early childhood. The first of four lectures, by Aleksandra Lewandowska, MD, PhD, entitled 'Risk factors for mental disorders in children', introduced the audience to the issues of epidemiology and difficulties in implementing mental health programmes in the paediatric population.

The role of unipolar affective disorders in the prenatal period was discussed in a presentation entitled 'The impact of prenatal depression on the mental health of adult offspring' by Professor Piotr Galecki, MD, PhD, the Head of the Department of Adult Psychiatry at the Medical University of Łódź.

The question 'Can an infant have mental health problems?' was discussed together with the conference audience by Julia Szelągowska, MD and Magda Warczyńska, MD from the Department of Child Psychiatry in the Mazovian Neuropsychiatric Centre. The speakers emphasised the specificity of mental health disorders in the early phase of human development, i.e. the infancy.

The final lecture of the conference, 'The role of psychiatry in neonatal and early childhood disorders', was given by Lidia Popek, MD, the Head of the Department of Child Psychiatry in the Mazovian Neuropsychiatric Centre. In her presentation 'A bond that gives security. Psychotherapy for parents and infants', she discussed the fundamentals of psychoanalytic parent-infant psychotherapy (PIPI), its goals and scope, basic therapeutic tools and techniques, as well as the effects of parental attitudes towards the youngest children.

After the final official lecture, the conference was closed by Professor Bolesław Kalicki. Summing up and appreciating the lectures, he expressed his hope for further cooperation and participation in future events devoted to psychological and paediatric issues of children and their mothers.