



ALMA MATER
EUROPAEA
ECM

**IT'S ABOUT PEOPLE 2022:
EMBRACING DIGITAL TRANSFORMATION,
FOR A SUSTAINABLE AND ETHICAL FUTURE**

*The 10th Annual Conference of Europe's Sciences
and Arts Leaders and Scholars*



BOOK OF ABSTRACTS

2nd REVISED EDITION

MARIBOR | 11 - 18 March 2022

conference.almamater.si

the 10th annual conference of europe's sciences and arts leaders and scholars, alma mater europaea annual conference
it's about people 2022: embracing digital transformation for a sustainable and ethical future
book of abstracts, 2nd revised edition

honorary committee

borut rahov, president of the republic of slovenia; uduvk rogjak, president of alma mater europaea – com, hellsounger, honorary president of the european academy of sciences and arts; salzburg: klaus walzner, president of the european academy of sciences and arts; salzburg: ivo klauz, honorary president of the world academy of sciences and arts; san wilmer, president, scotch – deutsche akademie der technischen berufe; orlan norian, secretary for policy and international, royal irish academy; windy chen-wilsham, dean, university of oxford, faculty of law; sabravka bulca, vice-president for democracy and demography, european commission; marcel beffert, vice-president for institutional relations and research, european commission; heide ritzi, president of the slovenian academy of sciences and arts; stando semilar, director of the slovenian quality assurance agency for higher education;

scientific and programme committee:

klaus walzner (president), ziva orlik, david bogataj, iana borlug, rarricja doudar, rajana horvat, edvard jakšič, rener naval eladino, romed eladjnik, rina kovačič, sebastjan krizovčič, jelka mašk, marje marnik, carla mušič, polonica rangrič, mladica kedu(kovič, rener teljak, sabinka semlič majh, slavica stančič, luka martin romačič, jurij rogjak, uduvk rogjak, barbara rogjak ranovič, nastala videnar, klavdija zorec, alma mater europaea – com; barbara bamič, luka mešančič, alma mater europaea – iaw; natana vršnar, svetbor tešič; alma mater europaea – dance academy; katharina rarrigls-wrfl, michella crovet, royal academy of dance, london; ian vinkens, royal conservatoire, the Hague; michael rimo-puzhinsky, british scholar and former cll of rights commissioner; goldfisher toemgall-moh, center of social sciences, institute for legal studies; marlam sold, curacfo; jerry goldfeder, nordham university; david schultz, hamline university; bari vitić, ministry of the environment and spatial planning; radja eurim stanca, science and research centre koper; carla rimer, supervisory board vice-president, telekom slovenija, director general of the internal market directorate, ministry of economic development and technology of the republic of slovenia; borisa andrijač, university of erlangen, science and research centre koper; borisa pardašević, university of zagreb; mark rush, washington state university; sima vanjica, emeritus professor of law, university of warrior; marko mašič, university of ljubljana; iana dijler vrtač, ministry of labour, family, social affairs and equal opportunities, republic of slovenia; mark carl andrijačič, ministry for digital transformation, republic of slovenia; israel boron, university of warts; laurence hevalick, global family business institute, canada; zofie-wary ploroy, european region of the world confederation for physical therapy; macka slavžar, com av. učel (a); esmerle rarrigls-donella, international institute on ageing, united nations – malta; stefan vutby, slovak academy of sciences, slovakia; andrija saja, former european court of human rights judge and vice-president, central european university and facebook oversight board member; carolinet ruth beach, member of house of lords, lead campaigner on non-holo court issues concerning the uk and poland;

organizational board:

jurij rogjak (president), luka martin romačič, marko vitan, rener andrijač ritzi, marje marnik, klavdija zorec, marko bencak, urad kugl, katarina roman, rina kovačič, mladica kedu, iana borlug, rener teljak, sebastjan krizovčič, edvard jakšič, slavica stančič, david bogataj, rener naval eladino, urja halimath krambinger, sanam škar, barbara rogjak ranovič, mladica kedu(kovič, svetbor tešič, danial sloer
editors: dr. jurij rogjak (lead editor), dr. marje marnik, dr. barbara rogjak ranovič, dr. luka martin romačič (co-editors)

technical editor: zala stanovnik

non-press preparation: rjella rogonovic, g.

edition: 2nd revised edition

place: warfbor

publisher: sccc – com, alma mater press

for the publisher: uduvk rogjak

year of publishing: 2022

available at: <http://press.almamater.si/index.php/amp>

alma mater europaea is known for its world-class conferences, among the leading scholars who have spoken at alma mater conferences are renowned economist Jeffrey Sachs of columbia university, harvard law school professor mark rushmer, oxford professor jacob koubakov, german political scientist werner weidenfeld, who is also the rector of alma mater europaea, the alma mater president and cardiac surgeon hellsounger, the facebook and instagram oversight board member and former european court of human rights vice-president andrija saja, david ordoz of cambridge, the constitutional court judge elmer jakšič, who lectured at harvard for seven years before joining alma mater, and philosophers olav hadlou, jean-luc Nancy, and erika harvat.

com - karlačič rogjak o publikacij
universityna ke/šnica warfbor

sccc/s/scc/s

previous conference of europe's sciences and arts leaders and scholars (to ; 2022 ; warfbor)

the 10th annual conference of europe's sciences and arts leaders and scholars, alma mater europaea annual conference
[členomski vr]: it's about people 2022: embracing digital transformation for a sustainable and ethical future (book of abstracts; warfbor, 22-24 march 2022 / [edtors]jurij rogjak ... et al.); organized by alma mater europaea - com & european academy of sciences and arts under the auspice of the president of the republic of slovenia, mr. borut rahov, - and revised ed. - o-donnik, - warfbor: sccc - com, alma mater press, 2022

naštn dozaga (ura):<http://press.almamater.si/index.php/amp>

com.almater.com.com

INTEGRATIVE MEDICINE IN THE TREATMENT OF POST COVID SYNDROME AND CHRONIC FATIGUE SYNDROME

Stanišić Slaviša, PhD, Prof.
Alma Mater Europaea - ECM

ABSTRACT

Integrative medicine includes the use of the best possible treatment and procedures of science, allopathic medicine in combination with the best methods of complementary and alternative medicine (CAM) and is based on the individual needs of the patient.

Coronavirus disease of 2019 (COVID-19), the disease caused by the Novel SARS-coronavirus-2 (SARS-CoV-2), was first described in Wuhan, China in December 2019. SARS-CoV-2 is a large RNA virus of the coronavirus family. Its route of infection mimics other members of the Coronaviridae family, which are responsible for many common upper respiratory infections.

Viral infection of mucosal epithelial cells occurs and may be followed by aggressive replication that spreads the virus down the respiratory tree to the upper and lower lungs.

Most people who have COVID-19 recover completely within a few weeks, but some people continue to experience symptoms after their initial recovery.

These health issues are sometimes referred to as „post-COVID-19 syndrome“ or chronic fatigue syndrome. They last from four weeks to six months and more after people have been diagnosed with COVID-19.

Common signs and symptoms include: Fatigue, Shortness of breath or difficulty breathing, Cough, Joint pain, Chest pain, concentration or sleep problems, muscle pain or headache, fast or pounding heartbeat, loss of smell or taste, Depression or anxiety, Fever, Dizziness when standing. Worsened symptoms after physical or mental activities.

Integrative medicine is defined as healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies. Integrative approaches are likely to remain critically important in re-establishing well-being.

IM approaches that can be used to combat inflammation, repair lung injury or dysfunction, replete nutritional deficiencies, reduce chronic stress, and mitigate fatigue. In addition, IM may empower the patient to aid their recovery.

Keywords: integrative medicine, COVID-19, Post covid-19, Prevention, therapy, recovery.

CONTRIBUTION OF COMPLEMENTARY AND INTEGRATIVE MEDICINE IN COVID PANDEMIC

Maruša Hribar, Student
Alma Mater Europaea - ECM

Slaviša Stanišić, PhD, Prof.
Alma Mater Europaea - ECM

ABSTRACT

Complementary and Integrative Medicine (CIM) offers a variety of preventive, therapeutic options and convalescence during current COVID-19 pandemic. People are facing risks of adverse health effects due to the restrictions implemented such as quarantine measures, reduced social contact, and self-isolation and benefits of Complementary and Integrative Medicine (CIM) might be useful and scientifically proven during the COVID-19 pandemic. Complementary and Integrative Medicine include specific food supplements, homeopathy, traditional chinese medicine, ayurvedic medicine, phytomedicine, aromatherapy, therapeutic oils... With purpose to strenghten immune homeostasis there are also available natural immune-stimulating and antiviral agents.

Keywords: COVID-19, SARS-CoV-2, complementary and integrative medicine, homeopathy