

## In memoriam

### Borben Uglešić,

Nestor hrvatske psihijatrije

*/ The Nestor of Croatian Psychiatry*

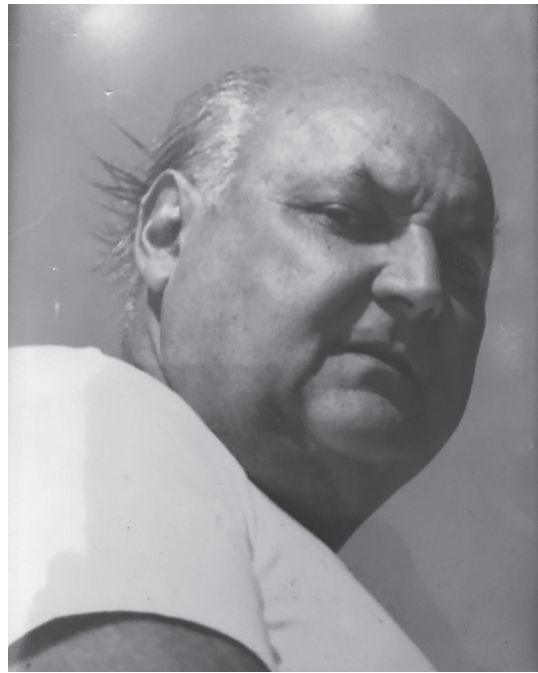
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Treba imati viziju, motivaciju i hrabrost da se ostvari zamišljeno. A zamisao Borbena Uglešića bila je ostvariti vlastitu osobnost i utrti vlastiti put kao liječnik u svome gradu i puno šire.

Rođen kao najmlađe od četvero djece u uglednoj obitelji splitskog odvjetnika, baštinió je kulturu i ambicije prethodnog naraštaja. U splitskom građanskom ozračju između dva svjetskih ratova ključalo je ozračje koje su stvarale kreativne pojave iz svijeta kiparstva, slikarstva, glazbe i pisane riječi, arhitekture i drugih umjetnosti, koje su u spoju s europskim središtima kulture bujale na suncu mediteranskih tradicija i temperamenata. Borben Uglešić izdanak je takvog Splita i dalmatinskih korijena kad se poslije Drugog svjetskog rata našao u Zagrebu kao student medicine. Taj spoj mediteranskog i srednje europskog u pogledima i načinima izdvajao ga je od mnogih drugih kolega po kreativnosti i načinima da inovativne ideje ostvaruje.

Afirmiran kao nestor hrvatske psihijatrije i jedno od prvih imena psihijatrijske znanosti u nas, otpočeo je svoju medicinsku karijeru kao liječnik u Brodograđevnoj industriji u Splitu.



Achieving what one has envisioned requires imagination, motivation, and courage. The vision of Borben Uglešić was to actualize his own personality and pave his own way as a physician in his city and beyond.

Born as the youngest of four children in a prominent family of a Split lawyer, he inherited the culture and ambitions of his forefathers. The civic environment of Split between the two World Wars was fermenting with an atmosphere that engendered creations in the domains of sculpture, painting, music and writing, architecture, and other arts, which, intermingled with other European cultural centers, bloomed in the sunlight of Mediterranean temperament and tradition. As he found himself in Zagreb as a student of medicine after the Second World War, Borben Uglešić was a scion of this era in Split's history and its Dalmatian roots. His merging of Mediterranean and Central European mentality and views distinguished him from many other colleagues both in his creativity and methods of achieving his innovative ideas.

He has been affirmed as the Nestor of Croatian psychiatry and one of the foremost names of

Nakon specijalizacije iz neurologije i psihijatrije daleke 1958. godine vraća se u Split kao neuropsihijatar. Posebnosti neurologije i psihijatrije u to doba još nisu bile dovoljno prepoznate je i naš nestor djelovao kao neuropsihijatar. Prije 50-60 godina u Splitu su bila samo dva psihijatra.

Borben Uglešić izborio se da se u prizemlju „stare bolnice“ u središtu grada dobiju skromne prostorije za psihijatrijske bolesnike, a za neurološke bolesnike bilo je na raspolaganju nekoliko prostorija u prizemlju bolnice na Firulama. Intenzivno se baveći psihijatrijskim bolesnicima i problemima mentalnog zdravlja u Splitu i Dalmaciji postao je sinonimom za psihijatriju. Ta sinergija, uz ne samo organizaciju medicinskih službi nego i širu društvenu afirmaciju pomagala mu je u održavanju širokog kruga poznanstava i prijateljstava. Poznat kao ljubitelj umjetnosti, osoba živa duha, os kojoj su gravitirale mnogobrojne profesionalne i društvene silnice koje je i sam stvarao, rezultirale su na medicinskom polju uređenjem dvaju modernih odjela u novoj bolnici na Firulama, Odjelu za neurologiju i Odjelu za psihijatriju. On se opredijelio za psihijatriju jer to je bila njegova prirodna vokalacija i tu je najbolje i na najpotpuniji način nalazio sebe.

Kao izvrstan organizator okupljao je dobre stručnjake i podigao službu psihijatrije na zavidnu razinu, ne samo u ondašnjim jugoslavenskim okvirima nego i međunarodnim povezivanjem. Nakon Domovinskog rata organizirao je u Splitu Prvi hrvatski psihijatrijski kongres i taj profesionalni događaj ostao je zapamćen kao izvanredan. Naš nestor psihijatrije činio je mnogobrojna istraživanja, a posebno je važno da je na osnovi tih istraživanja uspostavio Registar duševnih bolesnika 1970-tih godina, gdje se prvi put redovito vodila evidencija tih bolesnika.

Psihijatrija se u nas, kao i u svijetu, razvijala stimulirana promjenama u društvu. Uz tradici-

psychiatric science in Croatia, having begun his medical career as a physician in the Shipbuilding Industry in Split. After specialization in neurology and psychiatry in the now distant 1958, he returned to Split as a neuropsychiatrist. The specificities of neurology and psychiatry were not fully recognized at the time, so our Nestor also worked as a neuropsychiatrist. Fifty or sixty years ago, there were just two psychiatrists in Split.

Borben Uglešić managed to arrange modest rooms for psychiatric patients on the ground floor of the “old hospital” in the center of the city, and there were a few rooms on the ground floor of the Firule hospital that were available for neurological patients. His intensive work and efforts with psychiatric patients and mental health issues in Split and Dalmatia made him synonymous with psychiatry in the region. This synergy, along with not only his work in organizing medical services but also wider social affirmation, helped him maintain a wide circle of acquaintances and friends. He was known as an art lover, a person of vivacious spirit, and the axis towards which many professional and social vectors gravitated, some of which he had created himself, which, in the medical field, ultimately resulted in the organization and creation of two modern departments at the new Firule hospital, the Department of Neurology and the Department of Psychiatry. Borben Uglešić chose psychiatry because it was his natural vocation and where could be himself in the best and most complete way.

As an excellent organizer, he attracted competent experts and raised the level of care quality at the psychiatric department to an enviable level, not only within the framework of former Yugoslavia but in the context of international contacts as well. After the Homeland War, he organized the First Croatian Psychiatric Congress in Split, which is remembered as an outstanding professional event. Our Nestor of psychiatry conducted many studies, and it is especially important that he used those studies as a

onalni problem alkoholizma, 1980-tih godina pojavio se problem droga, odnosno ilegalnih psihoaktivnih supstancija. Prof. Uglešić poma- go je liječenje ovisnika i zastupao je mišljenje da takvi bolesnici ovisnici spadaju u posebne terapijske zajednice ili bolničke jedinice zbog karakteristika promjena ličnosti i ponašanja koje te ovisnosti stvaraju. Takvo stajalište po- kazalo se opće prihvaćenim u kasnijem tijeku terapijskih pristupa ovisnicima.

U europskoj psihijatriji poslije Drugog svjet- skog rata prevladavaju ideje socijalne psihijatri- je, što je prof. Uglešić prigrlio. Tako je uz odjel za psihijatriju osnovao i dnevnu bolnicu, što je u to vrijeme bila vrlo napredna ideja. Želio je osnovati i klub liječenih duševnih bolesnika u gradu Splitu, ali nažalost gradski oci zato nisu ni do danas pokazali sluha, a takav je način po- maganja osobama s psihičkim poteškoćama u većini drugih europskih zemalja već dugo uo- bičajena praksa.

Naš je nestor kao neuropsihijatar uvijek više bio naklonjen psihofarmakoterapiji te je posje- ćivao mnogobrojne svjetske skupove i donosio novosti u području psihofarmakoloških otkrića i napredovanja. Volio je uvijek široke zamahe s obilnom socijalnom jekom.

Posebno duboku brazdu zaorao je u području forenzičke psihijatrije. Napisao je nevjerojatan broj, više od 17.000 sudskih psihijatrijskih vje- štačenja.

Kad govorimo o znanstvenoj produkciji prof. Uglešića treba istaknuti da je napisao više od 220 stručnih radova od kojih su mnogi objavl- jeni i prevedeni na druge svjetske jezike. Velik interes za širenje profesionalnih znanja i isku- stava očituje se i u njegovu bogatom nastav- ničkom iskustvu, i to od nastavnih aktivnosti u školama za sestrinstvo do implantacije medi- cinskog studija u Splitu Medicinskog fakulteta u Zagrebu, te osnivanja Katedre za psihijatriju na Medicinskom fakultetu u Splitu. Uz to treba istaknuti da je od početka aktivnosti Pravnog

basis to form the Registry of Mental Patients in the 1970s, where such patients were officially listed and documented for the first time.

Both globally and in Croatia, the development of psychiatry was stimulated by societal chang- es. In addition to the traditional issue of alco- holism, the 1980s saw the rise of drug abuse, i.e. abuse of illegal psychoactive substances. Prof. Uglešić took part in the treatment of addicts and held the opinion that such patients should be treated in special therapy communities or hospital units due to the characteristic person- ality and behavioral changes that these addic- tions create. This view became generally accept- ed in later therapeutic approaches to addicts.

European psychiatry after World War Two was dominated by ideas coming from social psy- chiatry, which were embraced by Prof. Uglešić. In addition to the Psychiatry Department, he therefore also founded a day hospital for psy- chiatric patients, which was a very advanced idea at the time. He also wanted to form a club for treated mental patients in the city of Split, but unfortunately the city authorities frowned on that approach and still do so today, despite it being long-standing standard practice in most other European countries.

As a neuropsychiatrist, our Nestor was always much more inclined towards psychopharma- cological therapy and attended many interna- tional congresses, bringing back news on psy- chopharmacological discoveries and advance- ments. He always loved making wide moves with sweeping social impact.

He left an especially deep mark in the field of forensic psychiatry. He wrote an incredible number – over 17,000 – expert court opinions in forensic psychiatry.

Regarding Prof. Uglešić's scientific work, it must be emphasized that he published more than 220 professional articles, many of which have been published and translated to other languages. His great interest is sharing profes-

fakulteta u Splitu predavao i vodio kolegij sud-ske psihijatrije.

Prof. Uglešić, dugogodišnji istaknuti član Akademije medicinskih znanosti Hrvatske i Zbora liječnika Hrvatske te drugih profesionalnih organizacija, čovjek bogata duha i širokih pogleda, ne samo u profesionalnom nego i općenito u kulturnom smislu, bio je duhovita osoba, volio je šalu, ironiju, uvijek je bio spreman na duhovite primjedbe, pa i na svoj račun.

Sačuvat ćemo u trajnoj uspomeni njegovu osobnost, profesionalnost i kolegijalnost.

Slava mu!

Split, listopada 2020.

Ivan Urlić

sional knowledge and experience is also evident from his extensive teaching experience, ranging from lectures in nursing school to implanting the medical school in Split from the Zagreb Medical School, and forming the Psychiatry Department at the Split Medical School. It should also be noted that he taught and chaired the forensic psychiatry course since the foundation of the University of Split Faculty of Law.

Prof. Uglešić was a long-standing and distinguished member of the Croatian Academy of Medical Sciences and the Croatian Physicians Association as well as other professional organization, and was a man rich in spirit and broad in his views, not just in the professional but also in the cultural sense, a man of humor who loved jokes and irony, who was always ready for witty comments even at his own expense.

We will always remember his personality, his professionalism, and his collegiality.

May he rest in peace!

Split, October 2020

Ivan Urlić