

## In memoriam

### */Obituary*

Silvana Pleština

Mr. sc., dr. med / MD, MSc



Poštovane kolegice i kolege, dragi prijatelji!

Ovime Vas s tugom obavještavamo da je naša draga kolegica mr. sc. Silvana Pleština, dr.med. dana 14. 4. 2024. blago preminula nakon teške bolesti. Sprovod je bio dana 18.4.2024. u Zagrebu. Već je prošla i godišnjica njezine smrti, koju smo skromno obilježili.

Pišem ove retke u ime nas kolega i prijatelja, sa Klinike za dječju i adolescentnu psihijatriju KBC-a Zagreb, te sa Klinike za psihijatriju i psihološku medicinu, HD društva za dječju i adolescentnu psihijatriju i psihoterapiju pri HLZ-u kojega je bila članica. Baš smo se svi lijepo družili i nadopunjavali! Suradivali smo izvrsno. Ako mogu reći, ono što smo mogli dobiti od Silvane, bila je vizija, pojednostavljenje kompliciranih ideja, požrtvovnost u kliničkom radu s maloljetnim pacijentima, te okušavanje u strateškom razmišljanju. Hvala puno na njezinom doprinosu našem zajedničkom timu!

Dr. Silvana Pleština je imala impresivnu karijeru kao liječnica i pripadala zaista visokoeduciranom kadru. Gotovo je trideset godina

Distinguished colleagues, dear friends!

It is with great sadness that we inform you that our dear colleague Silvana Pleština, MD, MSc, passed away on April 14, 2024, after a serious illness. The funeral was held in Zagreb on April 18, 2024. The first anniversary of her death has already passed, which we modestly commemorated.

I am writing this tribute on behalf of our colleagues and friends, employed at the Department of Child and Adolescent Psychiatry within the University Hospital Centre Zagreb, as well as at the Clinical Department of Psychiatry and Psychological Medicine, and the Croatian Society for Child and Adolescent Psychiatry and Psychotherapy at the Croatian Medical Association, which she was a member of. We all had a wonderful time together and complemented each other very well! Our cooperation was excellent. If I may say, what we gained from Silvana was her vision, simplification of complex ideas, selflessness in clinical work with young patients, and experimentation in strategic thinking. We are extremely grateful for her contribution to our team!

Dr. Silvana Pleština had an impressive career as a doctor and was part of a truly highly educated

radila pri KBC-u Zagreb, na početku u Kliničkom zavodu za laboratorijsku dijagnostiku kao znanstveni novak. Temom iz tog područja je i znanstveno magistrirala, a poslije radila kao specijalizant psihijatrije pri Klinici za psihološku medicinu. Uspješno je završila specijalizaciju iz psihijatrije i vrlo se rano nakon specijalizacije usmjerila u rad u području dječje psihijatrije iz kojega je položila subspecijalistički ispit. Također je stekla titulu subspecijalista iz psihoterapije. Istovremeno je sudjelovala u različitim osobnim edukacijama, iz grupne analize, kao i psihoanalitičke individualne psihoterapije, te supervizijama. Cijeli radni vijek, a posebno u zadnjih petnaestak godina konstruktivno i inovativno sudjeluje uz starije učitelje i kolege u konstruiranju dnevnih bolnica za adolescentne pri KBC-u Zagreb, negdje oko godine 2006., što je bio u to vrijeme kvalitativni iskorak, a kasnije sudjeluje i u reorganizaciji dnevnih bolnica kao i u pionirskom timskom pristupu djevojkama s poremećajima jedenja u KBC-u Zagreb, što također započinje prije petnaestak godina u okvirima dnevnih bolnica ili stacionarnog liječenja. Uz klinički rad uočava se i njena znanstvena aktivnost. Aktivno sudjeluje u kreiranju nove Klinike za dječju i adolescentnu psihijatriju pri KBC-u Zagreb, koja je započela s radom 2024. godine kao prva takve vrste u Hrvatskoj.

Ako bismo izdvojili ono što je bila njena neka-ko najvažnija aktivnost, to je bio klinički rad s pacijentima, i posvećenost i briga usmjereno-sti prema takvom radu, ali i istovremeni rad s roditeljima pacijenata. Pacijenti su voljeli do-laziti kod dr. Silvane, rado su se njoj obraćali, jer su osjećali njezinu genuinu zainteresira-nost i veliku brigu. To su bili vrlo komplicira-ni adolescentni pacijenti kod kojih se nikada ne zna ideš li baš potpuno ispravnim razvo-jnim putem. Često se tu radilo o dugotrajnim zahtjevnim psihoterapijama, koje su trajale i mjesecima i godinama, a što je iscrpljivalo nas terapeute, kao i dr. Silvanu. Često se tu

team. She worked at the University Hospital Centre Zagreb for almost thirty years, starting out as a research fellow at the Department of Laboratory Diagnostics. After completing her master's degree in the same field, she later worked as a psychiatry resident at the Department of Psychological Medicine. She successfully completed her psychiatry residency and very early on focused on the field of child psychiatry, for which she passed her subspecialty exam. She also acquired the title of subspecialist in psychotherapy. At the same time, she participated in numerous personal educations and trainings, both in group analysis, psychoanalytic individual psychotherapy, and supervisions. Throughout her entire career, and especially during the last fifteen years, together with her older teachers and colleagues she constructively and innovatively participated in the formation of day hospitals for adolescents at the University Hospital Centre Zagreb. These efforts took place around 2006, and at the time represented a qualitative leap forward. She later participated in the reorganization of day hospitals, and in the formation of the pioneering team approach to the treatment of girls with eating disorders at the University Hospital Centre Zagreb, which was also initiated fifteen years ago within the scope of day hospitals or in-patient treatment. In addition to her clinical work, she was also active in scientific research. She actively participated in the creation of the new Department of Child and Adolescent Psychiatry within the University Hospital Centre Zagreb, which started its operation in 2024 as the first of its kind in Croatia.

If we were to single out what was in a way her most important activity, it was clinical work with her patients, along with the dedication and caring orientation to such work, in addition to simultaneously working with the parents of her patients. The patients loved visiting Dr. Silvana, they liked talking to her because they could feel her genuine interest and great care. These were very complicated adolescent patients, with whom one could never know if they were following the correct developmental path. It also often involved long-term demanding psychotherapy sessions that would take months or years, which was exhausting both for us ther-

terapeut i sam osjeća nesigurno, bespomoćno, konfuzno, u nemogućnosti da se nekako izrazi. Često smo u zajedničkim trenucima jednostavno razgovarali, požalili se jedni drugima, slično supervizijskim i intervizijskim aktivnostima, pa je nekada teret rada bio barem malo olakšan. Kakva je bila posvećenost Silvane, govori i podatak, da je negdje prije godinu dana, prije dijagnosticiranja njezine teške bolesti, u ponedjeljak s nejasnim bolovima radila kao terapeut, sa svojim pacijentima, a isti se tjedan u četvrtak saznalo da Silvana ima tešku bolest. Pacijenti su zapitkivali tijekom bolesti kada će se dr. Silvana vratiti, a ona je tijekom svoje bolesti i dalje pitala za neke svoje pacijente, pa smo se opet zajednički nekako međusobno nadopunjavali.

Dr. Silvana Pleština bila je omiljena i među različitim članovima tima, a tu su bili osim liječnika i medicinske sestre, defektolozi, psiholozi, učitelji u bolnici, socijalni radnici, administratori, kao i drugi djelatnici. Nije se libila sudjelovati u našim zajedničkim druženjima i izvan bolnice. Također se istaknula kao važan sugovornik specijalizantima dječje i adolescentne psihijatrije odnosno aktivno je sudjelovala u edukaciji specijalizanata, kao i edukaciji putem vježbi studenata medicine. Dr. Silvana je bila primjer kliničkog liječnika koji u tišini, i konstantno radi na boljitak svojih pacijenata, uz dobru suradnju s kolegama.

Osim kliničkog liječničkog rada bila je vrlo posvećena svojoj obitelji, a posebno svom sinu. Uvijek smo na poslu dijelili svoje male i velike obiteljske brige i međusobno se podupirali.

Što ćemo mi sada, ostaje nam praznina, tuga i nevjerica. Međutim, Silvana je bila i borac, fajter, nije se ona tako lako predavala u stručnom radu ni u svojim zadnjim danima. Zapamtit ćemo Te kao takvu, hvala Ti Silvana!

Neka ti je laka hrvatska zemlja!

U travnju 2025.

Ivan Begovac

apists, and for Dr. Silvana. In such situations, the therapist often feels insecure, helpless, confused and unable to express themselves. In our moments together, we often simply talked, complained to each other, similar to supervisory and intervision activities, which would sometimes make the workload at least a little lighter. Silvana's dedication is evident in the fact that, sometime a year ago and before she was diagnosed with her severe illness, on Monday she was working as a therapist with her patients and experiencing vague pain, while on Thursday of the same week it was discovered that she was severely ill. During her illness, the patients asked about Dr. Silvana's return, and she inquired about some of her patients as well, so we all complemented each other in some ways again.

Dr. Silvana Pleština was beloved among the various members of our team, which alongside doctors and nurses also includes special education teachers, psychologists, teachers at the hospital, social workers, administrators and other employees. She did not hesitate to participate in our social gatherings outside the hospital either. She was also a prominent advisor to child and adolescent psychiatry residents, actively participating in the education of residents, as well as in medical students' training practice. Dr. Silvana was an exemplary clinician who silently, but constantly, worked for the wellbeing of her patients, maintaining good cooperation with her colleagues.

In addition to her clinical medical work, she was very dedicated to her family, particularly to her son. We would always share our little and big family worries at work, providing support to each other.

We wonder what we will do now that we are faced with a void, sadness and disbelief. Nevertheless, Silvana was a strong fighter, who refused to give up easily in her professional work even in her last days. We will remember You this way, Silvana. Thank you!

May you rest in peace!

In April 2025,

Ivan Begovac