

# ***The Sao Paulo agreement on integrative pediatrics: A consensus-based document fostering integrative health of children and adolescents globally***

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## ***Abstract:***

São Paulo agreement on integrative pediatrics November 23, 2019. We, the participants of the 1st International Symposium on Integrative Pediatrics taking place in São Paulo from 22 to 23 November 2019, with representation from ten different countries - Argentina, Brazil, Canada, Chile, Colombia, Germany, Israel, Netherlands, Switzerland and USA -, adopted this declaration. Good pediatric practice supports the healthy development of the child from the antenatal period through adulthood in the context of the family, larger community and the environment. Good pediatric practice covers the entire spectrum from prevention and treatment to end-of-life care. It is built on shared decision making, empowering children and families by respecting their values and goals. Good pediatric practice includes multidisciplinary and interdisciplinary collaboration among health care practitioners and educators to foster the development of the child to become a healthy individual. Good pediatric practice further includes the preservation of the natural environment as health of individuals is inextricably linked to the health of the planet and children need contact with nature for healthy development, nourishment and healing. Child health and development under threat Child health and development is under threat by a multitude of factors, ranging from trauma, poverty, social inequity and neglect, to the influences of unhealthy diet,

environmental hazards and inappropriate media exposure. Integrative pediatrics enhances good pediatric practice by integrating conventional biopsychosocial medicine with complementary and traditional health approaches, informed by evidence and best practice. Appropriate therapeutic approaches and healthcare disciplines are used to achieve optimal health and healing, while recognizing and respecting the unique contribution from different medical systems.

## ***Biography:***

Dr. Ricardo Ghelman, MD, PhD. Physician (UFRJ, Brazil, 1986), general practitioner and specialist in Pediatrics (UERJ, Brazil, 1988) and in Pediatric Oncology (UNICAMP, Brazil, 1991); Master in Embryology and Anatomy (FMVZ-USP, Brazil, 1998); PhD in Reproductive Toxicology with phytotherapeutic *Viscum album* by the Obstetrics Department (UNIFESP, Brazil, 2003); Post Doctor in Neurosciences by the Dept of Neurology, in the area of Pain and Anthroposophic Medicine (UNIFESP, Brazil, 2018). Founder and President of the Brazilian Academic Consortium for Integrative Health(CABSIN).

World Congress on Pediatric Research; Webinar – May 10-11, 2021.