



Editorial

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We continue to live through a long period of emotional suffering that unites us with the whole world through feelings of fear and uncertainty, but also distances us through the unequal conditions of its occurrence, its impact on daily life and the resources needed to face it. And yet, under these conditions, or precisely because of them, the efforts and contributions of our profession must be highlighted in order to adapt to the new situation and even broaden the scope of our tasks and field of action in general, without neglecting normal activities.

In this setting, the Asociación Colombiana de Psiquiatría (ACP) [Colombian Association of Psychiatry] has played an important role, and has remained a tool for national and international scientific dissemination. We have continued to publish our *Revista Colombiana de Psiquiatría* [Colombian Journal of Psychiatry], which in its latest issue focused on matters related to the current pandemic, and we have also organised webinars to provide knowledge and training for psychiatrists, specialists and general practitioners, health personnel and the community. The ACP has supported the review and preparation of measures and different official documents and has consistently disseminated information aimed at the community and certain vulnerable groups. It has kept up the work of the committees and subcommittees, the campaigns, already commonplace, that seek the destigmatisation of mental disorders, the prevention of suicide and – with a special interest this year – the detection, diagnosis and adequate management of depression, with the aim of creating a new toolbox, open and accessible to all.

Likewise, the ACP has insisted on the need to vaccinate psychiatrists, residents and other members of mental health teams, as well as patients with mental illnesses, and has shared the pain caused by the disease and the death of colleagues, acknowledging their human and professional qualities. I reiterate my condolences to their families, colleagues, students and patients.

Undoubtedly, none of the above would have been possible without the experience accumulated over the 60 years that our Association has been running. As a psychiatrist and psychogeriatrician, I recognise that this entry into old age

leads to the years of greatest productivity, since a great “cognitive reserve” and seniority have been acquired, through overcoming moments of crisis, learning from mistakes and also enjoying many successes.

In summary, the pandemic, together with the psychological havoc that we still do not fully understand (and in the face of which we emphasise the need to continue investigating, to permanently monitor its evolution and, especially, to create new alternatives to prevent and reduce its consequences, and to respond to the predictable increase in demand for care), has tested our ability to manage pressure in a balanced way and our persistence to overcome adversity, proving in practice what we offer to those who ask for our help.

And now a magnificent opportunity arises to make those achievements public, dispel doubts and expose ourselves to new learning that allows us to continue to overcome the crisis that we know will be with us for a long time. I am referring to an event that will soon involve us actively. Namely, our next national and global psychiatry congress — a space for celebration, sharing, exchanging ideas and also teaching, but above all an opportunity to show the world a part of that accumulated knowledge from so many years of practising psychiatry in Colombia, which after 60 years has enabled us to be a solid, recognised and constantly growing Association, representing more and more psychiatrists in our country, understanding that the ACP is all of us!

I restate the invitation to participate in the congress, share, teach and learn with others, so that knowledge and hope, and not just suffering, unites us with the world. We will continue working together to celebrate this ACP anniversary. Congratulations to all!

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