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# The POMOR Program - specialist training in general practice in Northern Russia

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# Aims and goals

- Aims - a collaboration project (Norway – Arkhangelsk - Murmansk)
- The primary goal: to establish tutorial groups for a two year specialist training program for GPs in Northern Russia
- The secondary goal: to engage Russian GPs in primary health care research

# Arkhangelsk and Murmansk Regions

## **Arkhangelsk region:**

Population – 1 280 187

Area - 589 900 km<sup>2</sup>

Urban population – 73%,

Density of population – 2,2  
person/km<sup>2</sup>

## **Murmansk region:**

Population – 836 700

Area – 144 900 km<sup>2</sup>

Urban population – 91%

Density of population – 5,8  
person/km<sup>2</sup>

# Method

- 20 small group meetings for exchange of clinical experiences and practical training
- Each group is supervised by one Russian and one Norwegian tutor

# Results

- Implementation - in April 2009 with 8 GPs in Arkhangelsk and 8 GPs in Murmansk
- 19 meetings during 2-years training
- Norwegian tutors have participated in about every second meeting
- Focus on a theoretical topic and training of practical clinical skills
- A list of practical skills from the Norwegian specialist training program has been translated into Russian
- Some of these skills have been implemented in the GP's daily practice

# Two groups together

- Two seminars - one in Arkhangelsk and one in Murmansk

## Main topics:

- Respiratory tract infections (December 2009, Arkhangelsk)
- Emergency medicine (September 2010, Murmansk)

# The research project – CRP study

- The clinical utility of C-reactive protein (CRP) testing in lower respiratory tract infections in GP settings
- **Baseline study:** 98 patients from Arkhangelsk and Murmansk above the age of 18.
- **Clinical trial:** Intervention group: 101 patients (with CRP). Control group: 99 patients (without CRP).
- All GPs completed the study according to the protocol

# Main results of the CRP-study

	Baseline	Clinical with CRP	Clinical without CRP
<b>X-ray</b>	<b>69%</b>	<b>55%</b>	<b>72%</b>
<b>Antibiotics</b>	<b>72%</b>	<b>41%</b>	<b>66%</b>
Reconsultations: Patient consultations with the GP within 2 weeks	3.61	3.38	3.63
Complications: need of hospitalization, or the condition is the same or worse after 2 weeks.	6%	2%	-
Rate of recovery: the percentage who state recovery or almost recovery after 2 weeks.	88%	93%	94%



Textbooks for GPs. New ones?

# What's more?

- Two GPs became the best GPs of Arkhangelsk region
- Participation in international courses and schools (summer school in Finland, ISPHA)
- Project Management (project on the interaction of physicians and psychiatrists in the primary care)
- Teaching experience (Prevention course in the working places), teaching of medical residents, training of nurses (in college)
- Marriage 😊 twins 😊

# Summary and conclusion

- The goals for the program have been met
- International and cross cultural collaboration on specialist training
- Feasible and sustainable

# Evaluation - some opinions of GPs:

- I began use the medical literature
- To me became more frequent contact colleagues for advice, asking what we were doing at the meetings, what's new in treatment
- I learned more critical view of my work
- Significantly increased self-confidence
- Opportunity to discuss problems in a team, do not hesitate to make a mistake, seem incompetent
- Self-esteem
- Working in accordance with EBM
- Began to take part in research
- I learned to speak before an audience (previously experienced great difficulty)

”More that you thought possible”