

# The POMOR Program of Primary Health Care Education

Phase I (2008 – 2011) and phase II (2011 – 2014)



Seminar in Arkhangelsk, September 2012.

First row from right: Yri Pankov, Dimitri Bakhatin, Elena Andreeva. Second row: May-Brith Lund, Svein Steinert, Tatanja Baveva, Elena Lobanova, Svetlana Zheravina. Third row: Peter Prydz, Inga Aniskova, Vladimir Popov, Marina Bakurova, Svetland Fesko, Oleg Sidorenkov, Alexei Nikitin, Anton Giæver

## **Background**

The POMOR Program of Primary Health Care Education was developed on the basis of the Russian Health Reform, stating that the new Russian health system should gradually be turned from hospital outpatient clinics into a system based on primary health care outside the old institutions, closer to the people. This reform has many similarities with the Norwegian the Interaction Reform. A systematic educational program for general practitioners (GPs) was initiated to meet the new challenges in Russia. The program has been based on a close cooperation between the Regional Health Ministries of Murmansk and Arkhangelsk, the Northern State Medical University of Arkhangelsk, the University of Tromsø (UiT) and the Norwegian Medical Association.



Russian colleagues and Jon Øivind Odland at Finnes health center in autumn 2008. Photo Svein Steinert

## **Summary**

A pre-project (The POMOR program in Primary Health Care) has been used to develop the comprehensive program with support from the Barents Health Program (B-812). Prof. Jon Øivind Odland, Institute of Community Medicine was responsible for the pre-project.

A steering group was established in 2008, and the POMOR program was developed as an activity under the Norwegian National Centre of Rural Medicine (NCRM) at UiT with Svein Steinert, MD, MPH as responsible person. Two GP tutors were appointed in both Norway and Russia, and the first 8 GP trainees in each county were selected in autumn 2008. The formal education program started in March 2009, leading up to accreditation of the 8 x 2 general practitioners in June 2011. All 16 GPs had completed 20 group meetings, seminars and participated in the 17<sup>th</sup> Nordic Congress of General Practice in Tromsø (Phase I). An important part of the POMOR program phase I was to recruit many of the accredited GPs as local tutors for new groups colleagues from 2012 - 2014 (Phase II). 10 GPs were recruited as local tutors for 5 new groups: 2 groups in Murmansk region and 3 in Arkhangelsk region. The formal education program in phase II started in March 2012 and ended in September 2014. At that point the GPs in all five groups had completed 20 local meetings. They got their accreditation at the final POMOR Conference in Arkhangelsk 13 – 14 September 2014.

The Norwegian Medical Association has participated in the program through education of the Norwegian and Russian tutors. They have also given the POMOR program permission to translate two Norwegian textbooks that are used in the Norwegian GP education program into Russian language. The translation was finished in summer 2012 and 500 copies of each book were printed in September 2012.

Another Norwegian textbook ("Håndbok for spesialistutdanning i allmennmedisin", Getz L, Westin S, 1996) was translated to Russian some years before the POMOR program started. This book includes a lot of important experiences from the Norwegian decentralized specialist education program for GPs since the program started in 1985. It has been very important for the development of the Norwegian GP training program until today, and the textbook has also been used as an important inspiration for the POMOR program.



Training practical skills (Galina Rusanova, Elena Andreeva and Elena Lobanova) Photo: May-Brith Lund

### **Core elements in the POMOR program**

The POMOR program, and the Norwegian education program, is mainly based on selfdirected learning in groups of 8 - 10 trainee GPs and two mentors. It includes 20 meetings of 8 hours within two years. Clinical experiences from the trainees own practices plays an important role in the program. One or two specific topics are selected for each meeting. Some of the GP trainees are responsible for presentations on the chosen topic. Group discussions and consultation of international guidelines often results in improvement of local guidelines. International seminars and participation in the Nordic congresses of General Practice (Tromsø in 2011 and Tampere in 2013) have also been a part of the program to build closer relations between general practice in Northern Russia and the Nordic countries. Partisipation in international meetings has been used as inspiration to improve English language skills among Russian GPs.

## **Phase I**

The first Norwegian tutor in the Murmansk group was Natalia Danielsen who was fluent in Norwegian, English and Russian language. From December 2009 Anton Giæver has taken her position. May-Brith Lund has been the Norwegian tutor in Arkhangelsk group during the whole program. Anton and May-Brith does not speak Russian but are fluent in Norwegian and English.

Inga Aniskova (Murmansk) and Elena Andreeva (Arkhangelsk) have been the main contact persons and tutors on the Russian side. They were responsible for selecting the first eight trainees in both counties. A close cooperation between the Murmansk and Arkhangelsk groups has been crucial for the success of the program. Professor Vladimir Popov at The Northern State Medical University of Arkhangelsk has been involved in the project from 2008, and has played an important role in the program. Elena speaks and writes English very well. She has therefore had a key position in the POMOR-program.

*Attachment 1* includes the names of all Russian participants in Phase I.

The POMOR Program phase I was completed at the Nordic Congress in General Practice in Tromsø 14 - 17 June 2011. The vision for the congress was “Caring for people were they are”. The possibility for the trainees and tutors to participate in this congress has been a great motivation factor for all to prepare and participate actively in the tutorial groups. Two presentations from the POMOR-program were accepted for oral presentation at the congress. One of them was about the core elements in the education program. The other presentation was from a research project about using CPR testing in general practice to improve diagnosing pulmonary infection diseases in Northern Russia. Prof. Hasse Melbye at the Institute of Community Medicine, UiT was responsible for this project, both scientifically and financially, and it included collaboration with all GP trainees in the POMOR project.

## **Phase II of the POMOR program**

In an evaluation meeting in Tromsø in June 2011 the Russian colleagues were very satisfied with what had been achieved in phase I, and they recommended that the collaboration program on education between Norwegian and Russian GPs should continue. They wanted to establish *five new tutorial groups* based on their experiences in the first phase of the POMOR-program. The Norwegian tutors also wanted to continue the collaboration with the colleagues in Northern Russia. Their role in phase II of the program should be as mentors for the *10 new Russian tutors*, and not participate in local group meetings as they did in Phase I. With support from the University of Tromsø and The Norwegian Medical Association they should also arrange seminars for the Russian tutors to strengthen their education skills. The conclusion from all involved, including the persons in the steering group, was to continue “The POMOR Program of Primary Health Care Education” with mentors from Norway, following almost the same program in a new period from January 2012 to June 2014.

The planning of phase II of the POMOR program started already in the beginning of 2011 with translation of two Norwegian education books: "Allmennmedisinsk gruppereise - møteopplegg for veiledningsgrupper" and "To aar sammen". These books have been an important part of Phase II of the program, and will probably also be a part of a new formal specialist education program for GPs in Northern Russia. The Norwegian Medical Association has given permission to translate the books without any fees. The work was completed by the Russian MD, MPH, PhD Oleg Sidorenkov in spring 2012. He speaks Norwegian fluently after many years as a MPH and PhD student at the University of Tromsø. The translation was done in cooperation with professor Vladimir Popov and associate professor Elena Andreeva, Northern State Medical University, Arkhangelsk. Both books were printed in Arkhangelsk in September 2012.

During autumn 2011 ten of the 18 Russian GPs that had completed phase I were recruited as tutors in phase II of the POMOR program.

*Attachment 2* includes the names of Russian tutors.

The Russian mentors, Inga Aniskova in Murmansk and Elena Andreeva in Arkhangelsk, recruited GPs trainees to 5 new tutorial groups, one urban and one rural group in Murmansk oblast, and one urban and two rural groups in Arkhangelsk oblast.

*Attachment 3* includes the names of the trainees in phase II.

Practical implications of the next phase of the program were discussed with all mentors and tutors in Arkhangelsk in February 2012. In 2012 the Norwegian mentors arranged three weekend seminars for the Russian tutors (in February, May and September). The seminar in September 2012 was arranged in collaboration with Peter Prydz in The Norwegian Medical Association and focused on teaching techniques, i.e. using reflecting team and triads.



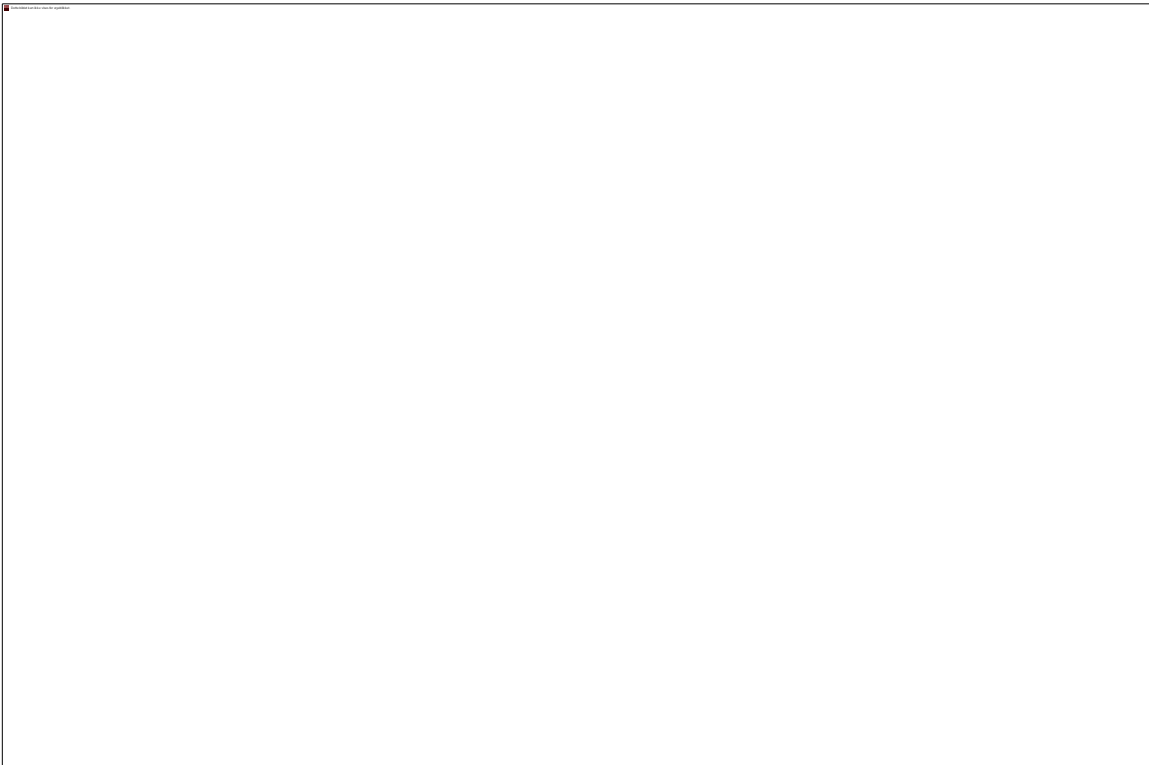
Education Seminar in Arkhangelsk 2012. Peter Prydz in front.

Photo Svein Steinert

In 2013 the Norwegian mentors arranged 3 weekend seminars in Russia (in February, May and November). An abstract from POMOR program was accepted for the 18<sup>th</sup> Nordic Congress in Tampere, and the Russian and Norwegians mentors participated in the congress in August 2013.

The first local group meetings in Phase II started in April 2012, and during 2012 each of the five new groups had completed 5 – 6 tutorial meetings. In 2013 all groups arranged 8 -10 local meetings. In 2014 the all members of the tutorial groups completed the education program, all together 20 meetings with selfdirected learnings.

In *attachmet 5* you find some of group reports from of Phase II that documnts the activities in the local group meeting.



Conference in Arkhangelsk 13 -14 September 2014.

Photo: Svein Steinert



At the end of The POMOR program in September 2014 we arranged a conference in Arkhangelsk for all participations and collaboration partners. The main topic of the congress was: “Training General Practitioners in North West Russia – what have we achieved after 6 years of Norwegian-Russian cooperations, and what are the challenges?”

See the program in *attachment 4*.

The conference was opened by the Vice-Minister of Health in Arkhangelsk, Alexey Kavarin and the principal at Northern State Medical University, Lybov Gorbatov. They gave the participants a good overview of the health challenges in Northwest Russia and the current education program for health professionals. They were very positive to what we had achieved in the POMOR program, and said that the main elements of program should be an integrated part of GP training in Northern Russia.

From the Norwegian side, we believe that there is now a basis for transferring the management and financing of the education program from Norway to Russia. We nevertheless hope it will be possible to maintain contact with our Russian colleagues in the future.

Professor Hasse Melbye, leader of the GP research unit at Institute of Community Medicine, UiT, and Oleg Sidorenkov will probably continue to collaborate with the Northern State Medical University of Arkhangelsk organising new clinical research project on respiratory diseases in general practice. Oleg Siderenkov has been a part of the Norwegian group since 2011. He has plays an import role in Phase II of the POMOR program since he has his medical education from Arkhangelsk and the PhD from Tromsø. He is fluently in Russian, English and Norwegian and knows the differences between the Norwegian and the Russian health care system. In February 2013 Oleg Sidorenkov got a position as assistant professor at the Institute of Comunity Medicine, University of Tromsø.

It has been a great pleasure to be project manager for POMOR program from my first

visit to Arkhangelsk in June 2008. I have learned a lot about Russia and the Russian health care system and become acquainted with many Russian GPs. Thanks to everyone who made this possible.

I hope the POMOR program will contribute to provide residents in Northwest Russia better healthcare, particularly in rural areas.

Tromsø 20.10.2014

Svein Steinert MD, MPH

National Centre of Rural Medicine University of Tromsø

N - 9037 Tromsø

Mobile: +47 913 64 577 Email: [svein.steinert@uit.no](mailto:svein.steinert@uit.no)

Current main working place: Count Governor of Troms

Position: Count Medical Officer

Email: [fmtrsst@fylkesmannen.no](mailto:fmtrsst@fylkesmannen.no)

## **Attachment 1**

Participants in the Arkhangelsk group in phase I (2009 – 2011):

- Vladimir Popov, GP and professor, NSMU
- Elena Andreeva, GP and associate professor, NSMU
- Tatjana Baeva, GP, Arkhangelsk
- Galina Rusanova, GP, Arkhangelsk
- Alexej Nikitin, GP, Severodovinsk
- Svetlana Fesko, GP, Severodovinsk
- Nicolaj Vojtovich, GP, Kotlas
- Elena Zinina, GP, Kotlas
- Nina Sukhikh, GP Vilegodskii district
- Yulia Tenina, GP, Novodvinsk
- Elena Lobanova, GP Velsk

Participants in the Murmansk group in phase I (2009 -2011):

- Inga Aniskova, GP and Chief Medical officer in Murmansk
- Dmitrii Bakhtin GP, Murmansk
- Elena Dolotova, GP Murmansk
- Andreii Evseev; GP Murmansk
- Anton Khismatulin, GP Murmansk
- Irina Komarova, GP, Murmansk
- Natalia Panasiuk, GP, Murmansk
- Yurii Pankov, GP, Murmansk
- Irina Tomareva, GP Murmansk
- Elena Zhuk, GP, Murmansk
- Olga Fedulova, translater, Murmansk

## **Attachment 2**

Russian mentors and tutors in phase II of the POMOR program:

1. Popov Vladimir – GP, Arkhangelsk
2. Andreeva Elena – GP, Arkhangelsk
3. Aniskova Inga – GP, Murmansk
4. Baeva Tatjana – GP, Arkhangelsk
5. Zharavina Svetlana – GP, Arkhangelsk
6. Fesyko Svetlana – GP, Sverodvinsk
7. Nikitin Alexey – GP, Severodvinsk
8. Lobanova Elena – GP, Velsk
9. Pankov Yury – GP, Murmansk
10. Bakhtin Dmitri – GP, Murmansk
11. Panasiuk Natalia – GP, Murmansk
12. Lasynova Raylya – GP, Murmansk

### Attachment 3:

#### List of GPs and tutors who have completed Pomor program phase 2

	Name	City (tutor group)	Will take part in the conference 13-14 <sup>th</sup> September 2014
1.	Aniskova Inga	Murmansk	yes
2.	Fedulova Olga (interpreter)	Murmansk	yes
3.	Pankov Yuri	Murmansk	yes
4.	Panasiuk Natalya	Murmansk	yes
5.	Gomonova Natalya	Murmansk	yes
6.	Gorbunova Yulia	Murmansk	<b>no</b>
7.	Zheleznikiva Ekaterina	Murmansk	<b>no</b>
8.	Usmanova Rimma	Murmansk	yes
9.	Skorodumova Ekaterina	Murmansk	yes
10.	Antropova Dina	Murmansk	yes
11.	Vasiliv Luydmila	Murmansk	yes
12.	Dolotova Elena	Murmansk	yes
13.	Kazaeva Svetlana	Murmansk	yes
14.	Bakhtin Dmitry	Murmansk	yes

15.	Zhuk Elena	Murmansk	yes
16.	Komarova Irina	Murmansk	yes
17.	Lasynova Railya	Murmansk	yes
18.	Glazova Natalya	Murmansk	<b>no</b>
19.	Denisova Olga	Murmansk	<b>no</b>
20.	Surovaya Nadezhda	Murmansk	<b>no</b>
21.	Khismatullin Anton	Murmansk	<b>no</b>
22.	Nikitin Alexey	Severodvinsk	yes
23.	Nikitina Svetlana	Severodvinsk	yes
24.	Fesko Svetlana	Severodvinsk	yes
25.	Efimovsky Pavel	Severodvinsk	yes
26.	Korotkaya Viktoria	Severodvinsk	yes
27.	Ryzhkova Nadezhda	Severodvinsk	yes
28.	Fedorova Anna	Severodvinsk	yes
29.	Tsivareva Marina	Severodvinsk	<b>no</b>
30.	Bakurova Marina	Velsk	yes
31.	Kondratova Tatyana	Velsk	yes
32.	Lobanova Elena	Velsk	yes
33.	Mescherjakov Andrey	Velsk	<b>no</b>

34.	Semenikhina Ekaterina	Velsk	<b>no</b>
35.	Panphilova Elizaveta	Velsk	<b>no</b>
36.	Shadrova Galina	Velsk	<b>no</b>
37.	Turova Tatjana	Velsk	<b>no</b>
38.	Tishkunova Olga	Velsk	<b>no</b>
39.	Potapova Nadezhda	Velsk	<b>no</b>
40.	Zharavina Svetlana	Arkhangelsk	yes
41.	Baeva Tatyana	Arkhangelsk	yes
42.	Kuzmina Ulyana	Arkhangelsk (Naryan-Mar)	yes
43.	Glavinskaya Valentina	Arkhangelsk	yes
44.	Lisitsina Tatyana	Arkhangelsk (Pinega)	yes
45.	Litvyakova Maria	Arkhangelsk	yes
46.	Smetkina Maria	Arkhangelsk	yes
47.	Cherepanova Tatyana	Arkhangelsk	yes
48.	Andreeva Elena	Arkhangelsk	yes
49.	Popov Vladimir	Arkhangelsk	yes

## Attachment 4

# POMOR Conference in Arkhangelsk 13 – 14 September 2014

*Training of General Practitioners in North West Russia –  
what have we achieved after 6 years of Norwegian-Russian cooperation, and what are  
the challenges?*

### Program

#### *Saturday 13 September*

- 09.30 – 10.00 Registration
- 10.00 – 10.15 Opening  
*Alexey Kaverin, Assistant Minister of Health in Arkhangelsk and  
Lybov Gorbatova, Rector of Northern State Medical University (NSMU)*
- 10.15 – 10.30 The main priorities in development of the health care  
system in Arkhangelsk region  
*Alexey Kaverin, Viceminister of Health in Arkhangelsk*
- 10.30 – 10.45 Specialist education of doctors in Northern Russia  
*Lybov Gorbatova, Rector NSMU*
- 10.45 – 11.15 Using technology in training PGs in Northern Russia  
*Vladimir Popov, Prof. in General Practice, NSMU*
- 11.15 – 11.30 Break with coffee and tea
- 11.30 – 12.00 The POMOR-program – background and objectives  
*Svein Steinert, County Medical Officer, County Governor of Troms*
- 12.00 – 12.30 Highlights of Phase 1 and 2 of the POMOR-program  
*Elena Andreeva, assistant prof. in General Practice, NSMU*
- 12.30 – 12.45 The role of the Norwegian Mentors  
*Anton Giæver, supervisor and GP specialist*
- 12.45 – 13.45 Lunch
- 13.45 – 14.15 Interactive teaching methods and the use of video in group meetings  
*Group leaders from Arkhangelsk and Murmansk*
- 14.15 – 14.45 Norwegian-Russian cooperation project on psychiatry in primary care -  
experiences and challenges

*Grigory Rezvy, PhD and specialist in psychiatry*

- 14.45 – 15.00 Break with coffee and tea
- 15.00 – 15.30 Recruit and Retain – how to recruit and retain primary health care workers in rural areas  
*Birgit Abelsen, PhD and research director, National Centre of Rural Medicine*
- 15.30 – 16.00 Trends in continuing education of general practitioners in Norway and the Nordic region  
*Hans Høvik, GP specialist and member of the Specialist Education Board in the Norwegian Medical Association*
- 16.00 – 16.20 The role of Arkhangelsk Regional GPs Association in continuing professional development of medical doctors i primary health care  
*Nadezha Ryzhkova, GP specialist and Head of Arkhangelsk Regional GP Assosiation*
- 16.20 – 16.40 Discussions and distribution of diplomas
20. 00 - Dinner

***Sunday 14 September***

- 10.00 – 10.30 Mental health problems – challenges and opportunities in primary care  
*Tore Sørli, prof. in psychiatry, University of Tromsø*
- 10.30 – 11.00 The POMOR-program as a platform for research in primary health care  
*Hasse Melbye, prof. in general practice, University of Tromsø*
- 11.00 – 11.20 Results from the CRP project  
*Elena Andreeva, assistant prof. NSMU*
- 11.20 – 11.40 Results from the pulse oxymetri project  
*Oleg Sidorenkov, assistant prof. in general practice, University of Tromsø*
- 11.40 – 12.00 Break with coffee and tea
- 12.00 – 12.30 Panel Discussion - How can Norwegian-Russian cooperation in primary medicine developed further?
- 12.30 – 12.40 Closing the conference – *Svein Steinert and Vladimir Popov*
- 12.40 – 13.40 Lunch
- 14.00 – 17.00 Visiting Malye Koreley - an open air museum 25 km from Arkhangelsk with a large collection of traditional wooden houses from Northwest Russia (homes, churches, windmills and more.)



Conference committee: Svein Steinert (leader), Anton Giæver, May-Brith Lund, Oleg Sidorenkov, Elena Adreeva

## Attachment 5

Some reports *in Russian and English* from local tutorial meetings in 2012:

**20.09.12.**

**Отчет о пятой встрече северодвинской группы.**

г.Северодвинск, ул. Юбилейная, 13, офис Светланы Фесько

**Присутствовали:** Светлана Фесько, Алексей Никитин, Виктория Короткая, Павел Ефимовский, Марина Цыварева.

**Ответственный:** Алексей Никитин

**Тема:** компьютер в жизни врача

**Повестка дня:**

1. Алексей Никитин рассказал об устройстве компьютера, показал основные его части.
2. Все присутствующие имели возможность собрать компьютер из отдельных частей (материнская плата, блок питания, память, жесткие диски, дисковод).
3. Алексей Никитин рассказал о разных операционных системах – DOS, Windows, Linux
4. Светлана Фесько показала как работать в программе Power point – создание презентаций.

**Постановили:**

1. Следующую встречу провести 4 октября 2012г. Тема: Миокардиты.
2. Ответственная за встречу Виктория Короткая.

**20.09.2012**

**Report about the 5-th meeting of Severodvinsk group family doctors.**

Severodvinsk, Yubileynaya St., 13, Svetlana Fesko's office

**Were present:** Svetlana Fesko, Alexey Nikitin, Victoria Korotkaya, Pavel Efimovsky, Marina Tsyvareva.

**The responsible:** Alexey Nikitin

**Topic:** computer in life of the doctor

**Agenda:**

1. Alexey Nikitin told about the computer device, showed its main parts.
2. All participants had possibility to build the computer from separate parts (the motherboard, the power unit, program memory, hard disks, the disk drive).

3. Alexey Nikitin told about different operating systems – DOS, Windows, Linux
4. Svetlana Fesko showed how to work in the Power point program – creation of presentations.

**Decided:**

1. The next meeting will be on October 4<sup>th</sup> 2012г. Topic: Myocarditis.
2. Victoria Korotkaya will be responsible person for the meeting.

**4.10.12.**

**Отчет о шестой встрече северодвинской группы.**

г.Северодвинск, ул. Юбилейная, 13, офис Светланы Фесько

**Присутствовали:** Светлана Фесько, Алексей Никитин, Виктория Короткая, Павел Ефимовский, Марина Цыварева, Анна Федорова, Светлана Никитина

**Ответственный:** Виктория Короткая

**Тема:** Миокардиты.

**Повестка дня:**

5. Тьюторы раздали книги «Вместе два года» и «Групповой тур по семейной медицине». Тестирование по анкете в книге. Выявление слабых сторон.
6. Павел Ефимовский сделал обзор журнальной статьи о миокардитах, их распространенности и диагностике.
7. Виктория Короткая рассказала о классификации миокардитов.
8. Марина Цыварева рассказала о критериях диагностики миокардита (анамнез, клиника, лабораторная и ЭКГ диагностика).
9. Марина Цыварева и Светлана Фесько представили клинические случаи пациенток с миокардитом.
10. Светлана Фесько показала ЭКГ пациентки с полной АВ-блокадой (никто из участников не диагностировал, из чего делаем вывод о необходимости занятия по ЭКГ)
11. Отработка практических навыков обследования сердечно-сосудистой системы (аускультация, перкуссия, снятие ЭКГ – диагноз). В качестве пациента – Алексей Никитин.

**Постановили:**

3. Следующую встречу провести 18 октября 2012г. Тема: Работа с психическими больными в практике ВОП.
4. Ответственная за встречу Анна Федорова.

**4.10.2012**

**Report about the 6-th meeting of Severodvinsk group family doctors.**

Severodvinsk, Yubileynaya St., 13, Svetlana Fesko's office

**Were present:** Svetlana Fesko, Alexey Nikitin, Victoria Korotkaya, Pavel Efimovsky, Marina Tsyvareva, Anna Fedorova, Svetlana Nikitina

**The responsible:** Victoria Korotkaya

**Topic:** Miokarditis

**Agenda:**

1. Tutors distributed the books «Two years together» and «Group tour in family medicine». Testing under the questionnaire in the book. Detection of weaknesses.
2. Pavel Efimovsky made the review of journal article about myocardites, their prevalence and diagnostics.
3. Victoria Korotkaya told about a classification of myocardites.
4. Marina Tsyvareva told about criteria of diagnostics of myocarditis (the anamnesis, symptoms, laboratory and an ECG diagnostics)
5. Marina Tsyvareva and Svetlana Fesko presented clinical cases of patients with myocarditis.
6. Svetlana Fesko showed an ECG of the patient with full AV-blockage (anyone didn't diagnose, so we made a conclusion to prepare a meeting how to analyze ECG)
7. Training of practical skills of inspection of cardiovascular system (an auscultation, a percussion, making ECG and how to analyze its). In a role of patient – Alexey Nikitin.

**Decided:**

1. The next meeting will be on October 18th 2012г. Topic: Mental health disorders
2. Anna Fedorova will be responsible person for a meeting.

**18.10.12.**

**Отчет о седьмой встрече северодвинской группы.**

г.Северодвинск, ул. Юбилейная, 13, офис Светланы Фесько

**Присутствовали:** Светлана Фесько, Алексей Никитин, Виктория Короткая, Анна Федорова, Светлана Никитина, Надежда Перминова-Рыжкова, Ирина Малышева

**Ответственный:** Анна Федорова

**Тема:** Работа с психическими больными в практике ВОП.

**Повестка дня:**

1. Участники встречи разделились на триады. Работа в триадах. Каждый рассказал о своей проблеме в работе с больными с нарушением психики.
2. Обсуждение выявленных проблем в общей дискуссии.
3. Психолог Ирина Малышева представила презентацию о шизофрении, особенностях таких больных

**Постановили:**

5. Следующую встречу провести 8 ноября 2012г. Тема: Неотложная помощь. Следующие темы: Лечение беременных, патология щитовидной железы.
6. Ответственный за встречу Павел Ефимовский

**4.10.2012**

**Report about the 6-th meeting of Severodvinsk group family doctors.**

Severodvinsk, Yubileynaya St., 13, Svetlana Fesko's office

**Were present:** Svetlana Fesko, Alexey Nikitin, Victoria Korotkaya, Anna Fedorova, Svetlana Nikitina, Nadezhda Perminova-Ryzhkova, Irina Malysheva

**The responsible:** Anna Fedorova

**Topic:** Mental health disorders

**Agenda:**

1. Participants of a meeting were divided into triads. Work in triads. Everyone told about the problem in work with patients with mental health disorders.
2. Discussion on the detected problems
3. Psychologist Irina Malysheva showed the presentation about schizophrenia, features of such patients

**Decided:**

1. The next meeting will be on November 8<sup>th</sup> 2012г. Topic: emergency
2. Pavel Efimovsky will be responsible person for a meeting.

Встреча 3      27 сентября 2012г    г.Вельск  
Тема: «Психосоматика».

**Присутствовали:**

Тьюторы: Лобанова Елена; Бакурова Марина

Врачи первичного звена: Кондратова Татьяна, Семенихина Екатерина, Панфилова Елизавета, Турова Татьяна, Потапова Надежда, Мещеряков Андрей, Шадрова Галина. Отсутствовали Тышкунова Ольга (в отпуске, находилась в отъезде).

В начале встречи Бакурова Марина рассказывала о своей поездке в Мурманск на встречу тьюторов Поморской программы. Ею были освещены вопросы, обсуждаемые там, а также результаты их рассмотрения.

Семенихина Екатерина выступала в роли докладчика по теме: «Психосоматика». Ею была представлена презентация по вышеуказанной теме. Доклад Екатерины проводился в виде дискуссии, в которой оживленно участвовали все члены группы.

Позже каждый из участников докладывал клинический случай, о встретившемся в его врачебной практике пациенте, страдающим психосоматическим заболеванием. Участники представили разнообразные интересные клинические случаи, каждый из которых после доклада активно обсуждался коллегами.

В завершении встречи каждый участник имел возможность поделиться впечатлением о проведенной встрече. Семенихина Екатерина рассказала коллегам, с какими трудностями ей пришлось столкнуться при подготовке темы, обсуждаемой на занятии, и как она с ними справилась. Для следующей встречи была выбрана тема: «Особенности заболеваний у беременных женщин», тема была поделена на подтемы, ответственные за подготовку докладов Турова Татьяна, Потапова Надежда.

Следующая встреча предварительно запланирована на 24 октября.

,

Report about 3<sup>th</sup> meeting of general practitioners in the framework of Russian-Norwegian project "Pomor program 2 phase"  
27<sup>th</sup> September 2012  
Topic "Psychosomatic "

Participants:

Tutors: Lobanova Elena, Bakurova Marina;

General practitioners: Semenikhina Ekaterina, Mezcheraykov Andrey, Potapova Nadejda, Shadrova Galina, Panphylova Elisaveta, Tourova Tatjana, Kondratova Tatjana. Was absent: Tishkunova Olga (in vacation).

First Bakurova Marina told about her trip to Murmansk to a meeting for tutors Pomor program.

Semenikhina Ekaterina made a report about "Psychosomatic ". All participants took part in a discussion.

Later on every participant presented a clinical case on psychosomatic disorder. It was very interesting discussion.

At the end of the meeting every participant shared own impressions of this meeting. Semenikhina Ekaterina told colleagues about her challenges to make preparation for the meeting.

Next topic will be «Somatic diseases of pregnant women». The responsible persons for next meeting will be Tourova Tatjana and Potapova Nadejda.

Date of the next meeting: 24th October.

Протокол 9 встречи врачей общей практики на рабочей группе  
российско-норвежского проекта «Поморская программа»

05.12.2012

Тема: «Лимфоаденопатия»

Участники:

Жаравина СЛ, Главинская ВФ, Лисицына ТВ, Литвякова МЛ, Ермолина НЮ, Ермолин С.П.

Отсутствующие: Третьяков Д.В. (был в командировке), Черепанова ТВ (из-за болезни), Сметкина МВ (из-за болезни)

Ответственный Ермолин СП представил доклад о методах обследования пациента с синдромом региональной и генерализованной форм лимфоаденопатии. На примере случая из практики Сергей представил алгоритм диагностики лимфогранулематоза.

Затем группа обсуждала клинические случаи из практики с синдромом лимфоаденопатии.

В конце была определена дата следующей встречи — 22.12.12, принято решение продолжить тему: анализ ЭКГ, ответственная за проведение встречи Лисицына Т.В.

Всем участникам группы предложено подготовить клинические случаи из практики и принести ЭКГ пленки.

Report about the 9-th meeting of general practitioners in the framework of Russian-Norwegian project “Pomor Program”

05.12.2012

Topic: “Lymphadenopathy”.

Participants:

Zharavina Svetlana, Glavinskaya Valentina, Lisicina Tatiana, Litvyakova Maria, Ermolina Nina, Ermolin Sergey were present.

Tretjakov Dmitrii (has been posted to business trip), Cherepanova Tatiana (was ill), Smetkina Maria (was ill) were absent .

The responsible person was Ermolin Sergey .

Sergey presented the report about syndrome of local and generalizing forms of lymphadenopathy, methods of diagnostics. He gave an example of patient with lymphogranulomatosis, told about algorithm of examination. Then participants discussed clinical cases with the lymphadenopathy syndrome.

Further we determined the topic of the next meeting, the date and the speakers, who will be responsible for the next meeting.

The next meeting will take place on the 22.12.2012.

Lisitsyna Tatiana will be the responsible persone. She is going to continue a report about electrocardiogram diagnostics.

All participants have to prepare clinical cases to discuss in the group and to bring electrocardiograms.

Протокол 4 встречи врачей общей практики на рабочей группе  
российско-норвежского проекта «Поморская программа»

27.06.2012

Тема встречи: «Исследование неврологического статуса»

Участники:

Жаравина СЛ, Баева ТА, Ермолина НЮ, Ермолин СП, Главинская ВФ,  
Смирнова АЮ, Черепанова ТВ, Литвякова МЛ

Отсутствовали: Сметкина МВ (была занята на работе), Третьяков ДВ  
(был в командировке)

Встреча была посвящена методам исследования неврологического статуса при различных заболеваниях. Невролог Поскотинова А.В. представила методику проведения неврологического осмотра и его интерпретацию. Также невролог рассказала о наиболее интересных клинических случаях из своей практики. Затем участники встречи отработывали практические навыки.

Дата следующей встречи была намечена на 26.09.12. Выбрана тема: «Боль в нижней части спины». В процессе обсуждения было принято решение, что ответственными за проведение встречи будут все участники. Планируется отработка практических навыков: проведение неврологического осмотра при боли в нижней части спины. Также всем участникам предложено подготовить клинические случаи для обсуждения в группе.

Report about the 4-th meeting of general practitioners in the framework of  
Russian-Norwegian project "Pomor Program"

27.06.2012

Topic: "Investigation of neurological status".

Participants:

Zharavina Svetlana, Baeva Tatiana, Ermolina Nina, Ermolin Sergey, Glavinskaya Valentina, Smirnova Anna, Cherepanova Tatiana, Litvyakova Maria were present.

Smetkina Maria (busy at job), Tretjakov Dmitrii (had been in a business trip) were absent.

The meeting was devoted to the methods of neurological status investigation.

Neurologist Poscotinova Aleftina presented the methods of neurological investigation conduction and interpretation.

Also she has told about the most interesting clinical situations, which have been occurred in her practice.

Further participants were trying the practical skills in neurology.

After that the topic and the date of future discussion were determined.

We decided all the participants will be responsible for the next meeting

The next meeting will take place on the 26.09.2012.

The chosen topic is "The pain in the low back"

We are planning to conduct the discussion of clinical occurs and the methods of investigation and treatment of patients with the pain in the low back.

Протокол 6 встречи врачей общей практики на рабочей группе  
российско-норвежского проекта «Поморская программа»

02.10.2012

Тема: «Головная боль»

Участники:

Жаравина СЛ, Баева ТА, Главинская ВФ, Черепанова ТВ, Лисицына ТВ, Третьяков ДВ, Сметкина МВ, Литвякова МЛ, Ермолин СП, Ермолина НЮ  
Отсутствующих не было.

Тема встречи: головная боль.

Ответственная Ермолина Н.Ю.



В начале Светлана и Татьяна поделились впечатлениями о встрече наставников и координаторов проекта в Малых Карелах.

Ермолина Н.Ю. представила доклад о различных видах головной боли и методах лечения.

Затем наставники провели несколько ролевых игр, где участники играли роль врача и пациента. Основным заданием было — определить вид головной боли, составить план обследования и лечения.

Далее обсуждались сложные и интересные клинические случаи из практики.

В конце была определена дата следующей встречи — 14.11.12, решено обсудить синдром гематурии, ответственной за проведение встречи выбрана Главинская В.Ф.

Report about the 6-th meeting of general practitioners in the framework of Russian-Norwegian project “Pomor Program”

02.10.2012

Topic: “Headache”.

Participants:

Zharavina Svetlana, Baeva Tatiana, Glavinskaya Valentina, Cherepanova Tatiana, Tretjakov Dmitrii, Lisicina Tatiana, Smetkina Maria, Litvyakova Maria, Ermolina Nina, Ermolin Sergey were present.

There were not absent persons.

The responsible person was Ermolina Nina.

At first Svetlana and Tatiana have shared experiences about the meeting of tutors and coordinators in Malue Karelu with the participants of the project .

Then Ermolina Nina presented the report about different types of headache, methods of diagnostics and treatment.

Tutors Zharavina Svetlana and Baeva Tatiana have prepared and conducted some role-playing games, where the participants appeared as doctors and patients with headache. The primary task was to determine the type of headache and planing treatment.

Further participants discussed complicated and interesting clinical cases. We had very interesting discussions in every clinical occurs. Then participants decided the topic of the next meeting, the date and the speakers, who will be responsible for the next meeting.

The next meeting will take place on the 14.11.2012. Glavinskaya Valentina is going to present a report about hematuria syndrome.

Протокол 7 встречи врачей общей практики на рабочей группе  
российско-норвежского проекта «Поморская программа»

14.11.2012

Тема: «Синдром гематурии»

Участники:

Жаравина СЛ, Баева ТА, Главинская ВФ, Черепанова ТВ, Лисицына ТВ,  
Сметкина МВ, Литвякова МЛ, Ермолина НЮ

Отсутствующие: Третьяков Д.В. (был в командировке), Ермолин С.П.  
(был в командировке)

Ответственная Главинская В.Ф. представила доклад о гематурическом синдроме, алгоритме диагностики при гематурии, дифференциальной диагностике при нозологиях, сопровождающихся этим синдромом.

Далее участники обсуждали клинические случаи из практики с синдромом гематурии.

В конце была определена дата следующей встречи — 01.12.12, принято решение повторить анализ ЭКГ, ответственная за проведение встречи Лисицына Т.В.

Всем участникам группы предложено подготовить клинические случаи из практики и принести ЭКГ пленки.

Report about the 7-th meeting of general practitioners in the framework of Russian-Norwegian project "Pomor Program"

14.11.2012

Topic: "Syndrome of hematuria".

Participants:

Zharavina Svetlana, Baeva Tatiana, Glavinskaya Valentina, Cherepanova Tatiana, Tretjakov Dmitrii, Lisicina Tatiana, Smetkina Maria, Litvyakova Maria, Ermolina Nina, Ermolin Sergey were present.

Tretjakov Dmitrii, Ermolin Sergey were absent (has been posted to business trip).

The responsible person was Glavinskaya Valentina.

Valentina presented the report about syndrome of hematuria, methods of diagnostics and treatment.

Further participants discussed clinical cases with the hematuria syndrome.

We had very interesting discussions in every clinical case.

Then participants decided the topic of the next meeting, the date and the speakers, who will be responsible for the next meeting.

The next meeting will take place on the 01.12.2012.

Lisitsyna Tatiana will be the responsible person. She is going to present a report about electrocardiogram diagnostic.

All participants have to prepare clinical cases to discuss in the group and to bring electrocardiograms.

Протокол 8 встречи врачей общей практики на рабочей группе  
российско-норвежского проекта «Поморская программа»

01.12.2012

Тема: «ЭКГ диагностика»

Участники:

Жаравина СЛ, Баева ТА, Главинская ВФ, Черепанова ТВ, Лисицына ТВ,  
Сметкина МВ, Литвякова МЛ, Ермолин СП

Отсутствующие: Третьяков Д.В. (был в командировке), Ермолина НЮ  
(болезнь ребенка)

Ответственная Лисицына ТВ представила методы анализа ЭКГ.

Участники повторили параметры нормальной ЭКГ, а затем рассмотрели изменения на ЭКГ при различных патологических состояниях: нарушениях сердечного ритма, нарушениях проводимости, гипертрофии миокарда.

Затем участникам были представлены электрокардиограммы по соответствующим патологиям.

Далее Сметкина МВ представила для обсуждения в группе сложный клинический случай. Была активная дискуссия.

В конце была определена дата следующей встречи — 05.12.12, выбрана тема для обсуждения: лимфаденопатия, ответственный за проведение встречи Ермолин СП.

Всем участникам группы предложено подготовить клинические случаи из практики .

Report about the 8-th meeting of general practitioners in the framework of Russian-Norwegian project “Pomor Program”

01.12.2012

Topic: “Electrocardiogram diagnostics”.

Participants:

Zharavina Svetlana, Baeva Tatiana, Glavinskaya Valentina, Cherepanova Tatiana, Lisitsyna Tatiana, Smetkina Maria, Litvyakova Maria, Ermolin Sergey were present.

Tretjakov Dmitrii (has been posted to business trip), Ermolin Nina ((child illness) were absent.

The responsible person was Lisitsyna Tatiana.

Tatiana presented the scheme of electrocardiogram interpretation.

Participations have repeated the normal electrocardiogram. Then electrocardiograms with different pathologies: rhythm disturbances, asequence, myocardium hypertrophy were discussed. The electrocardiograms with suitable pathology were ordered to interpret for participants.

Further Mariya Smetkina presented the difficult clinical case to the group. We had very interesting and active discussion.

Then participants decided the topic of the next meeting, the date and the speakers, who will be responsible for the next meeting.

The next meeting will take place on the 05.12.2012.

Ermolin Sergey will be the responsible persone. He is going to present a report about lymphoadenopathy.

All participants have to prepare clinical cases to discuss in the group.

Протокол 10 встречи врачей общей практики на рабочей группе  
российско-норвежского проекта «Поморская программа»

22.12.2012

Тема: «ЭКГ диагностика»

Участники:

Жаравина СЛ, Баева ТА, Главинская ВФ, Черепанова ТВ, Лисицына ТВ,  
Литвякова МЛ, Третьяков ДВ

Отсутствующие: Ермолина НЮ, Ермолин СП, Сметкина МВ (из-за  
болезни)

Ответственная Лисицына ТВ.

В начале встречи Третьяков Дмитрий, который в течение 2-х месяцев работал в деревне Архангельской области, представил несколько интересных клинических случаев из своей практики.

Затем Лисицына Татьяна представила методы анализа ЭКГ. Участники рассмотрели изменения на ЭКГ при ишемии миокарда, остром инфаркте миокарда, некоторых других патологических состояниях.

Далее участникам были предложены ситуационные задачи с данными анамнеза, электрокардиограмм по соответствующим патологиям.

Затем Сметкина МВ представила для обсуждения в группе сложный клинический случай пациента с преходящими синкопальными состояниями. Была активная дискуссия.

В конце была определена дата следующей встречи — 19.01.13, принято решение встречаться 1 раз в месяц по 6 часов. Темы для обсуждения: отечный синдром, ответственный Третьяков Д.В, заболевания сосудов нижних конечностей, ответственная Литвякова М.Л.

Всем участникам группы предложено подготовить клинические случаи из практики .

Report about the 10-th meeting of general practitioners in the framework of Russian-Norwegian project “Pomor Program”

22.12.2012

Topic: “Electrocardiogram diagnostics”.

Participants:

Zharavina Svetlana, Baeva Tatiana, Glavinskaya Valentina, Cherepanova Tatiana, Lisitsyna Tatiana, Litvyakova Maria, Tretjakov Dmitrii were present.

Ermolinf Nina ((child illness), Ermolin Sergey, Smetkina Mariya (were ill) were absent.

The responsible person was Lisitsyna Tatiana.

At first Dmitrii, who was working during of 2 monthes in the Arkhangelsk region, presented some interesting clinical cases from his practice.

Then Tatiana presented the scheme of electrocardiogram interpretation with myocardial ischemia, heart attack and other pathologies. The electrocardiograms with suitable pathology were ordered to interpret for participants.

Further Mariya Smetkina presented the difficult clinical case about patient with transient syncope. We had very interesting and active discussion.

Then participants decided to meet once a month during 6 houres.

The topics of the next meeting will be oedematic syndrome and vessel diseases of extremities.

The next meeting will take place on the 19.01.2013.

Mariya Smetkina and Dmitrii Tretjakov will be the responsible persones.

All participants have to prepare clinical cases to discuss in the group.

Протокол 5 встречи врачей общей практики на рабочей группе  
российско-норвежского проекта «Поморская программа»

26.09.2012

Тема: «Боль в нижней части спины»

Участники:

Жаравина СЛ, Баева ТА, Главинская ВФ, Черепанова ТВ, Лисицына ТВ, Третьяков ДВ.

Отсутствовали: Сметкина МВ, Литвякова МЛ (были заняты на работе), Ермолин СП (был в командировке), Ермолина НЮ из-за болезни ребенка.

Смирнова АЮ выбыла из проекта в связи с переездом на новое место жительства.

В начале встречи Лисицына Татьяна – новый участник проекта была представлена группе.

Затем участники обсудили основные синдромы при болях в нижней части спины, интерпретацию неврологического статуса, а также современные методы лечения.

Наставники Жаравина СЛ и Баева ТА подготовили и провели несколько ролевых игр, где участники выступали как врачи и пациенты с синдромом боли в нижней части спины. В процессе происходило активное обсуждение в группе по каждой клинической ситуации.

Затем участники представили клинические случаи из своей практики, каждый из которых сопровождался интересной дискуссией.

Дата следующей встречи была определена на 02.10.12. Выбрана тема: «Головная боль». Ответственной за теоретическую часть выбрана Ермолина НЮ. Участникам предложено подготовить клинические случаи для обсуждения в группе.

Report about the 5-th meeting of general practitioners in the framework of Russian-Norwegian project “Pomor Program”

26.09.2012

Topic: “The pain in the low back”.

Participants:

Zharavina Svetlana, Baeva Tatiana, Glavinskaya Valentina, Cherepanova Tatiana, Tretjakov Dmitrii, Lisicina Tatiana were present.





- 3.
- 4.
- 5.
- 6.

18.10.2012

Report on the meeting of the group 1 in the framework of the Russian-Norwegian project "Pomor development program of primary health care"

Place: Murmansk, city hospital 3

Date of meeting: 18.10.2012

Present were:

Coordinators: Aniskova Inga, Shiray George.

Mentors: Bakhtin Dmitri, Khismatulin Anton.

Members: Streltsova Anastasia, Glazova Natalia, Olga Denisova, Elena Zhuk, Komarova Irina, Lysanova Ravil, Skorodumova Catherine, Surovaya Natalia, Kasyanova Tatiana.

1. Free discussion participants. Each team member talks about himself, his practice, the problems that arose in the past month.
2. Clinical meeting on the topic: Principles of diagnosis and treatment of acute coronary syndrome. Skorodumova Catherine informs about the signs of normal electrocardiograms. Khismatulin Anton makes a report on the ECG diagnosis of myocardial infarction. Streltsova Anastasia is a presentation on the diagnosis of silent myocardial ischemia. Surovaya Natalia makes message to the tactics of a GP in identifying patients with acute coronary syndrome.
3. Clinical decision ends meet situational problems.
4. Practical skills on electrocardiography at one of the group members.
5. Practical skills on interpretation of electrocardiograms of patients with heart disease together with a physician diagnosis of functional diagnostics Ushakova Ludmilla.
6. Summing up the meeting. A plan for the next meeting. Distribution of reports by the participants.

18.10.2012

Bakhtin

Dmitry



A report on the meeting of groups 1,2 in the framework of the Russian-Norwegian project "Pomor development program of primary health care"

Place: Murmansk, Murmansk Regional Consultative and Diagnostic Center

Date of meeting: 05.22.2012

Present were:

Coordinators: Aniskova Inga, Shiray George

Mentors: Yuri Pan'kov, Panasyuk Natalia, Bakhtin Dmitri, Khismatulin Anton.

Members: Gomonova Natalia, Gorbunova Julia, Zheleznikova Catherine, Kazaeva Svetlana, Antropova Dina, Vasiliv Lyudmila, Dolotova Elena, Usmanova Rima, Streltsov Anastasia, Glazova Natalia, Olga Denisova, Elena Zhuk, Irina Komarova, Lysanova Ravil, Skorodumova Catherine, Surovaya Natalia, Kasyanova Tatiana.

1. Familiarity of participants of the project
2. Introduction to the project: "Pomor development program of primary health care." Purposes, tasks of the project. (Aniskova Inga).
3. Possibility of primary care physicians in the early diagnosis and treatment of chronic obstructive pulmonary disease (Elena Andreeva)
4. Medical prevention in primary health care (Dvornikov Vladislav, Akimova Natalia)
5. Medical-social expert examination for cardiovascular diseases (Zakharova Olga).
6. Organization of dynamic monitoring of patients with acute cerebrovascular accident. Experience complex neurological rehabilitation team in a inpatient clinics (Uspenskaya Nina).
7. Organization of dynamic monitoring of patient gastrointestinal profile. Developing of an inpatient technology for rehabilitation of patients (Delyaeva Elena).
8. Mechanisms of pain in the back (Vasilenko Elena).
9. Summary (Aniskova Inga).

22.05.2012

Aniskova Inga

1

«

»

: . , «  
»



Report on the meeting of the group 1 in the framework of the Russian-Norwegian project "Pomor development program of primary health care"

Place: Murmansk, GOBUZ "Murmansk regional center of medical prevention"

Date of meeting: 10.25.2012

Present were:

Coordinators: Aniskova Inga

Mentors: Yuri Pan'kov, Panasyuk Natalia.

Members: Gomonova Natalia, Gorbunova Julia, Zheleznikova Catherine, Kazaeva Svetlana, Antropova Dina, Vasiliv Lyudmila, Dolotova Elena, Usmanov Rimma.

**Theme of the meeting:** "Hypertension".

1. Participants say about the work in their practices in the past month, discuss problems encountered in the field, suggest solutions, talk about interesting cases in their clinical practice for the past.

2. Hypertension and its associated conditions in general practice.

Panasyuk Natalia tells incidence of arterial hypertension (AH) in the world, Russia and the Murmansk region, the dynamics in recent years, the risk factors hypertension, classification, diagnosis, prevention and treatment of hypertension in general practice, hospital characteristics and treatment of hypertension in pregnant women, the elderly and young people, talks to colleagues.

3. Secondary hypertension in the practice of family physicians and general practitioners.

Zheleznikova Catherine tells of diseases accompanied by a rise in blood pressure, a classification of secondary hypertension, says the methods of diagnostic criteria for the diagnosis, treatment, and prevention of secondary hypertension causes practical cases, answers questions from colleagues.

4. The role of general practice in the fight against nicotine addiction.

Yuri Pankov said the prevalence of smoking in the world, the Nordic countries, Russia and the Murmansk region, the dangers of tobacco and smoking-associated diseases, methods to combat smoking and treatment of tobacco dependence, the role of nurses and general practitioners in the fight against nicotine addiction, the role of the general practitioner training in nursing skills psycho conversations with smokers, talks to colleagues.

5. Analysis of clinical cases.

Participants represent a variety of clinical cases from his practice for the management of patients with hypertension, discuss problems encountered in the field during the examination and treatment of patients with hypertension, and exchange of experiences.

6. Summary, discussion topics and dates of upcoming workshops.

Summing up the results of the meetings, exchange of experiences with the participants of the plan and discuss topics of the next meeting, the distribution of those reports among participants for the upcoming meeting.



5.

6.

18.09.2012

Report on the meeting of the group 1 in the framework of the Russian-Norwegian project "Pomor development program of primary health care"

Place: Murmansk, Murmansk regional center of medical prevention

Date of meeting: 18.09.2012

Present were:

Coordinators: Aniskova Inga, Shiray George

Mentors: Yuri Pan'kov, Panasyuk Natalia.

Members: Gomonova Natalia, Gorbunova Julia, Zheleznikova Catherine, Kazaeva Svetlana, Antropova Dina, Vasiliv Lyudmila, Dolotova Elena, Usmanova Rimma.

**Theme of the meeting:** "Management of patients with cardiovascular disease in general practice."

1. Acquaintance's contact information.

Participants in pairs interviewing each other and in turn are each other's group, then each additional talks about himself, his practice, the problems encountered in their daily work, making a list of the detailed contact information about the participants.

2. Introduction to the international Russian-Norwegian project "Pomor development program of primary health care." Organization of primary health and social care in Norway.

Yuri Pan'kov told about the history, development stages, goals, objectives and prospects of development of the project, especially the primary health and social care in Norway, answered questions from colleagues

3. The role of cardiovascular disease (CVD) and associated states in general practice.

Panasyuk Natalia described the incidence and mortality from cardiovascular disease in the world, Russia and the Murmansk region, cardiovascular risk factors, methods of diagnosis, prevention and medical treatment of cardiovascular diseases.

4. Surgical treatment of cardiovascular diseases. Experience of surgeons and radiologists  
Department of Cardiovascular Surgery of the Murmansk Regional Hospital

Shiray George described the organization of specialized care for patients with vascular disease in the Murmansk region, indications and contraindications, features techniques angiography, balloon angioplasty, stenting of the coronary and cerebral arteries, led case studies demonstrating the visual aids (X-ray images, videos), responded questions of colleagues.

5. Analysis of clinical cases.

Participants present clinical cases of practice on the management of patients with diseases of the arteries and veins, discuss treatment options, the amount of patients with vascular disease at a GP practice in various areas of the region and the regional center.

6. Summing up, the exchange of experiences, discussion topics, and dates of upcoming seminars, distribution of those reports among participants

18.09.2012

Yuri Pan'kov

2

« - »  
: . , «  
»  
: 22.11.2012  
:  
:  
:  
:  
: « . . ».

- 6. , . ,
- 7. ,
- 8. .



9.

10.

11.

12.

7.

22.11.2012

Report on the meeting of 4 Murmansk 11.22.2012  
international project  
"Pomor development program of primary health care"

Meeting Place: Murmansk, Murmansk regional center of medical prevention

Date of meeting: 22.11.2012

Present were:

Coordinators: Aniskova Inga, Shiray George.

Tutors: Bakhtin Dmitri, Khismatulin Anton.

Members: Streltsov A.A., Glazov N.V., Gorokhova M.A., Denisova O.A., Komarova I.V.,  
Lysanova R.R., Skorodumova E.V., Surovaya N.V., Kasyanova T.M.

Theme of the meeting: "Principles of diagnosis and treatment of pneumonia, COPD and asthma. Clinical management in GP. "

1. Free discussion participants. Each team member talks about himself, his practice, the problems that arose in the past month.
2. Lysanova Raylya reported problems examination of the patient with prolonged cough, is a clinical case study on the example of a patient with pertussis.
3. Streltsova Anastasia is a presentation on spirometry.
4. Discussion of differential diagnosis of COPD and asthma with a review of the case.
5. Irina Komarova reports characteristics of patients with community-acquired pneumonia in general practice.
6. Lunch.
7. Discussion of therapeutic and diagnostic errors in outpatients with pulmonologist from Murmansk Regional Hospital Lyakina Olesya
7. Summing up the meeting. A plan for the next meeting. Distribution of reports by the participants.

22.11.2012

Bakhtin

D.P



Report about the meeting of the group 2  
in the framework of the Russian-Norwegian project  
"Pomor development program of primary health care"

Place of meeting: Murmansk, city polyclinic 3

Date of meeting: 27.09.2012

Present were:

Coordinators: Aniskova I.V, Shiray G.A.

Mentors: Bakhtin D.P, Hismatulin A.K.

Members: Streltsova A.A., Glazova N.V., Denisova O.A., Dolotova E.V., Komarova I.V., Mukhortova O.V., Skorodumova E.V., Surovaya N.V., Kazaeva S.I., Kasyanova T.M.

1. Introduction of participants. Each member of the group told about himself, his practice, the problems, encountered in daily work.
2. Bakhtin Dmitry submitted a report "Pomor program"
3. Discussion with participants teaching techniques of GP in Russia and Norway. Every doctor was suggested to reflect on problematic issues in daily practice (lack of knowledge, lack of skills).
4. Dinner.
5. Shiray George reported about the organization of specialized medical aid to the patients with vascular disease:
  - The technique of coronary angiography,
  - The technique of balloon angioplasty of coronary artery,
  - The technique of coronary artery stenting,
  - A panel discussion of management of arterial diseases.
6. Discussion of clinical case studies of patients with diseases of the arteries and veins. Discussion the possibilities of medical treatment of vascular disease by GP.
7. Summing up the meeting. Making of the schedule for the next meeting. Distribution of reports by the participants.

27.09.2012

Bakhtin D.P.

**Встреча 5      27 ноября 2012г   г.Вельск**  
**Тема: «Цефалгии»**

Присутствовали:

Тьюторы: Лобанова Елена; Бакурова Марина

Врачи первичного звена: Кондратова Татьяна, Семенихина Екатерина, Панфилова Елизавета, Турова Татьяна, Потапова Надежда, Шадрова Галина,

Тышкунова Ольга. Отсутствовали: Мещеряков Андрей (находилась в командировке).

Ответственным за подготовку темы занятия был Андрей Мещеряков, он подготовил презентацию на тему «Цефалгии». Но в связи с его отсутствием по уважительным причинам презентацию озвучивала Лобанова Елена. На встречу была приглашена врач-невролог Пестерева Евгения, которая поясняла по ходу разбора презентации непонятные для участников моменты. Презентация разбиралась в виде дискуссии, в которой оживленно участвовали все члены группы.

Во второй половине встречи Пестерева Евгения продемонстрировала неврологический осмотр пациента. Для этого на встречу был приглашен молодой человек не имеющий неврологических заболеваний. Позже каждый участник смог самостоятельно попробовать отработать неврологические навыки на пациенте.

В завершении встречи каждый участник имел возможность поделиться впечатлением о проведенной встрече. Для следующей встречи была выбрана тема: «Грипп и ОРВИ. Современные противовирусные препараты», ответственный за подготовку доклада Шадрова Г.П.

Следующая встреча предварительно запланирована на 27 декабря.

## **5 Meeting of Tutoring Pomor Programme on November, 27th 2012, Velsk The subject: «Cephalgia»**

Were present:

Tutors: Lobanova Elena; Bakurova Marina

Doctors of a primary link: Kondratova Tatyana, Semenikhin Ekaterina, Panfilova Elizabeth, Turova Tatyana, Potapova Nadezhda, Shadrova Galina, Tyshkunova Olga.

Were absent: Meshcherjakov Andrey (was in business trip).

For preparation of a subject of employment Andrey Meshchjarjakov was responsible, it has prepared presentation on a theme «Cephalgia». But in connection with its absence on good reasons the presentation was sounded by Lobanova Elena. Doctor-neurologist Pestereva Evgenie who explained on a course of analysis of presentation not clear moments for participants has been invited to a meeting. The presentation understood a discussion kind in which all members of group briskly participated.

In second half of meeting of Pestereva Evgenie has shown neurologic survey of the patient. For this purpose the young man has been invited to a meeting not having neurologic diseases. Later each participant could independently try to fulfil neurologic skills on the patient.

In meeting end each participant had possibility will share impression about the spent meeting. For the following meeting the theme has been chosen: «The flu and

sharp respiratory virus- diseases. The modern anti-virus medicines», Galina Shadrova will prepare this presentation/

The following meeting is preliminary planned for December, 27th.

This report prepared Lobanova Elena.