

**American International Health Alliance
Tomsk-Bemidji Partnership
Best Practices Dissemination Conference**

**February 16-17, 2004
Tomsk, Russia**

AGENDA

Day 1, February 16, 2004

Plenary Session

- **Sergei Banin**, Deputy Head, Department of Healthcare, Administration of Tomsk Oblast
- **Yuri Sukhikh**, Chief Physician of Tomsk Central Rayon Hospital, Russian partnership coordinator
- **Mary Thompson**, US partnership coordinator

- 10.00-10.20 Opening of the conference. Goals and objectives
- Welcome from Albert Adamyan, Head of Department of Healthcare
 - Welcome from AIHA
 - Welcome from Mary Thompson, US partnership coordinator
- 10.20-10.40 Summarizing the Work of Tomsk-Bemidji Partnership for 2000-2003
Yuri Sukhikh, Chief Physician of Tomsk Central Rayon Hospital
- 10.40-10.50 Nursing as Most Important Fund for Healthcare Development
Tatyana Lozhkina, Chief Specialist on Nursing, Tomsk Oblast Department of Healthcare
- 10.50-11.10 Nursing Leadership as Priority for Tomsk-Bemidji Partnership
Galina Mishenina, Chief Nurse of Tomsk Central Rayon Hospital, Chairwoman of Tomsk Rayon Nursing Association
- 11.10-11.20 Community Health Center: New Form of Prevention
Igor Andreev, Chief Physician of Svetly Rayon Polyclinic #1
- 11.20-11.40 Coffee break
- 11.40-12.00 Prevention through Focus Groups
Olga Kayalova, Deputy Chief Physician, Svetly Rayon Polyclinic #1

- 12.00-12.20 Role of Nurses in the Project on Breastfeeding
*Svetlana Shchirova, Deputy Chief Physician on
Child Health and Delivery, Tomsk Central Rayon
Hospital*
- 12.20-12.40 Role of Learning Resource Center in Improving Healthcare
of Tomsk Rayon
*Yuri Medyantsev, Information Coordinator, Tomsk-
Bemidji Partnership*
- 12.40-13.00 Importance of International Cooperation with Bemidji
Partners in Training Nurses with Higher Education
*Veniamin Volkov, Dean of Nursing Clinical Practice,
Department of Higher Nursing Education, Siberia
State Medical University*

13.00-14.00 Lunch

Plenary Session (continued)

- 14.00-14.20 Health Fair: Effective Form of Disease Prevention and
Healthy Lifestyle Outreach
*Anatoly Frolov, Deputy Chief Physician, Tomsk
Central Rayon Hospital*
- 14.20-15.00 Innovation and Sustaining Ideas
Mary Thompson
- 15.00-17.00 Discussion
- 15.30-15.50 Coffee Break

Day 2, February 16, 2004. Site visit to Molchanovo

- 8.00 Bus leaves from Rubin hotel to Molchanovo
- 12.00-13.00 Meeting at the Rayon Administration. Site visit to
Molchanovo Central Rayon Hospital
- 13.00-13.20 First Steps in Learning and Applying Tomsk-Bemidji
Partnership Experience
*Mikhail Chinyaev, Chief Physician, Molchanovo
Central Rayon Hospital*
- 13.20.-13.50 Role of Municipality Administration in Public Health Issues
*Ivan Prudnikov, Deputy Head of Molchanovo
Rayon Administration*

14.00-14.40 Lunch
14.40-16.00 Discussion and wrap-up

EVENT REPORT

Best Practice Dissemination Event **Tomsk, Russia** **February 16-17, 2004**

Purpose: The Best Practice conference in Tomsk was devoted to sharing the successes of the Tomsk-Bemidji partnership over the last four years with key Oblast healthcare officials and healthcare institutions that were unfamiliar with the partnership's activities. The conference highlighted the partnership's achievements in primary health care, maternal and child health and nursing. The conference was a platform to disseminate information and promote an exchange of ideas in order to create replication strategies for other sites within the Oblast.

Conference Objectives:

- Increase the access to primary health care services for citizens the within the entire oblast as the current partnership and within other AIHA partnership oblasts
- Increase the use of evidence-based practices in maternal and child health care (MCH); including breast feeding, prenatal care, family planning and infection control practices pertinent to MCH facilities
- Increase the demand for preventive health practices by individuals, communities and decision-makers

Participants: The majority of participants were Chief Physicians and Chief Nurses from over 30 healthcare institutions within the Tomsk Oblast including the Chief of the Tomsk Oblast Healthcare Department. Other participants included representatives from AIHA partnerships from Kurgan and Volgograd Oblasts, two U.S. partners from Bemidji, MN and the Acting Coordinator of the State Department's Regional Initiative in Tomsk Oblast. For detailed list of participants, please refer to attachment 1.

Description of Event:

Day 1, February 16, 2004

The Tomsk-Bemidji AIHA partners **Sergei Banin, Deputy Chief of Tomsk Oblast Healthcare Department** and **Mary Thompson, US coordinator** welcomed the 94 registered participants and introduced the guests of the conference. Mary Thompson stressed that the conference was about celebrating successes, "This partnership is about change, and our partners are here to discuss successes and we are pleased that you are all here because this is the next level of replication and dissemination."

The first day of the Tomsk Best Practice conference captured many aspects of the partnership's success and presentations summarized the dedicated work of institutions and individuals involved in the project. **Yuri Sukikh, Chief Physician of Tomsk Central Rayon Hospital**, presented an overview of the Tomsk-Bemidji partnership and its successes. Dr. Sukikh reiterated that "only our mutual efforts enable us to achieve these results." In his presentation he highlighted the major events and reflected on the evolution of the partnership:

- opening of LRC in February 2001;
- development of web site for Tomsk Central Rayon Hospital;
- creation of mini-LRCs in 4 sites - Oktyabrskoe, Svetly, Loskutovo and Kislovka;
- opening of Family Practice Center in March 2002;
- total equipment bought for the partnership worth \$1.5 million rubles;
- health fairs conducted in June 2002 in Svetly (about 400 people attended) and in September 2003 in Oktyabrskoe (over 400 people attended);
- two more health fairs are planned this year in the rayon;
- breastfeeding project – development of booklets and posters, training of lactologist in the US who upon her return trained 92 persons;
- nursing leadership, etc.

The remaining presentations at the Best Practices conference focused on these topics in more depth.

A main focus of the Bemidji-Tomsk partnership was nursing. **Tatyana Lozhkina, Chief Specialist on Nursing, Tomsk Oblast Healthcare Department**, gave an overview of the nursing sector within the Oblast. There are over 11,000 nurses in the Tomsk Oblast, 3000 whom work in villages and only 16% of nurse managers have higher nursing education. In December 2003, the Oblast Healthcare Department organized the "alternative nursing service" – the first paid-for service offered by nurses. **Galina Mishenina, Chief Nurse of Tomsk Central Rayon Hospital**, then presented on nursing leadership. She highlighted a survey that was conducted in the hospital, and according to it, 65% of nurses underestimated their role, were physically exhausted and felt shy about doing their work. To enhance the role of nurses, a nursing association of Tomsk rayon was established in June 2000. It consisted of head nurses, chief nurses and representatives of feldshers' stations. Tomsk Oblast Department of Justice registered the association in 2002, and later it joined the All-Russian Nursing Association. The five year workplan focused on drawing attention to nursing and acknowledged that "with AIHA we developed programs of NRP, breastfeeding, nursing leadership, infection control and opened a Community Health Center" As for developments in infection control, "we signed an agreement with SES (Sanitary-Epidemic Station) to find ways to overcome infection within the hospital. At first the nosocomial infection rate was reported at 5% and then decreased to 3% due to prevention strategies. Thus, infection control is the most

cost-effective way of preventing diseases in a hospital.” Among other achievements of the partnership were that two nurses from the Polyclinic developed nursing histories, taught patients, began to document their work; developed new form of testing which is now used and new job descriptions for head and chief nurses were created. Over the history of the partnership nine nurses visited the United States and said: “When I’m asked what the difference is of your nurses with others I say: “We realize the importance of our job”. Another aspect of the nursing component was a presentation from **Veniamin Volkov, Chief of Nursing Practice Chair** of Higher Nursing Education Department at the Tomsk State Medical University. Mr. Volkov discussed the reforms happening in nursing and the importance of training nurses and higher nursing education.

Another component of the Best Practices conference focused on new projects that were developed during the partnership. **Svetlana Shchirova, Deputy Chief Physician of Tomsk Central Rayon Hospital on Maternal and Child Health**, gave a presentation on the breastfeeding project. She emphasized: “We were lucky to start the project with support of our American partners who provided us with educational materials which we are very thankful for.” She also used this as an opportunity to gain further support from chief physicians who were in attendance. Another successful development came from the Tomsk Central Rayon Hospital Health Fairs. **Anatoly Frolov, Deputy Chief Physician of Tomsk Central Rayon Hospital**, presented on how the health fair project was started, the goals and objectives and the difficulties that the hospital faced and how they were overcome. His presentation was followed by a video on a health fair that was held in Oktyabrsky.

The opening of the Community Health Center in Svetly was another marked achievement of partnership activity and representatives from Svetly presented on the process of opening the center and its role in the community. **Andreev, Chief Physician of Community Health Center in Svetly**, began with explaining the name of the center, “Because health is not only the concern of medical workers, but the goal of the whole community.” A main goal of the center was to engage the community and promote health as an individual responsibility. The Community Health Center conducted surveys which revealed the community’s concerns such as poor ecology, high rates of cancer diabetes and alcohol consumption. His presentation ended with a video film about Svetly Community Health Center. Another important aspect in starting and maintaining the Svetly Community Health Center has been the usage of focus groups. **Olga Kayalova, Deputy Chief Physician of Community Health Center in Svetly**, gave a specific presentation on the relevance of focus groups to the center and the impact they have had on the center’s success. Ms. Kayalova discussed the meaning of a focus group, methods of conducting focus groups and gave examples of different questionnaires that the center has used in conducting groups on such topics as caries, thoracic diseases and coronary diseases.

The Tomsk Learning Resource Center (LRC) was an essential component to the Bemidji-Tomsk partnership and served as support to all of the partnership activities. **Yuri Medyantsev, Information Coordinator, Learning Resource Project** presented on the functions of the LRC, “education, informational searches, evidence-based medicine, and communication with partners” and discussed the steps in creating an LRC which included equipment, goals and objectives and training. In the Tomsk Oblast 4 mini-LRCs were established with 150 persons trained.

The first day of the Best Practices conference was concluded by **Mary Thompson, US partnership coordinator**, who presented on Innovation and Replication of new ideas.

Day 2, February 17, 2004

The group of participants arrived to Molchanovo Rayon administration (200 km from Tomsk) and was greeted by **Dmitry Kostarev, Head of the Molchanovo Rayon**. He gave a brief description of the rayon and welcomed the guests.

Ivan Prudnikov, Deputy Head of Rayon Administration, then discussed the priority programs for the rayon administration which included their plan to open a Community Health Center in March 2004. Mr. Prudnikov is an Open World Community Leadership Development Program (CLDP) alumnus and spoke about the importance of community involvement in the center. “Our trip to the US made us think about where our community is headed. And we realized that the problems in our rayon are similar to those in the US. Alcohol and tobacco programs have been successful in the U.S. while we thought there was not much we could do about it. Our observations of successful programs taught us that we can take measures to regulate the sales of alcohol and tobacco. I am very thankful that you found time today to visit us and I hope our collaboration will continue. We have a broad vision and with the help of Oblast departments we will be able to complete a lot.”

The group was then taken to the Molchanovo House of Leisure time where children greeted us with songs and dances. The next stop was at Molchanovo Secondary School and a meeting with schoolchildren who communicated in English with US partners about healthy lifestyle. Their meeting was ended with a question and answer session.

The highlight of the day was a visit to Molchanovo Central Rayon Hospital, a replication site for the Community Health Center. **Chief Physician, Dr. Chinyaev**, greeted the participants and discussed how seven people from Molchanovo visited Bemidji, MN in October-November 2003. “We learned about

new methods of working with children and the community. Our action planned was based on creating a Community Health Center and two months ago we visited Timiryazev CRH, Community Health Center in Svetly. What we observed in Svetly exceeded our expectations and it strengthened our belief in the project and solidified the direction we want to take.” Dr. Chinyaev mentioned a Resolution by the Head of the Rayon to create a coordination council on public health for the rayon that would include different sectors. The second Resolution accepted by the Head of the Rayon is to create the Community Health Center on the basis of Central Rayon Hospital. The staff and equipment have been approved. “Why was this done by the Head of rayon? Because this is the problem of the community and it will be financed by the municipality. We provided the building for the Center and identified a Chief of the center. It will be a nurse who is graduating in April from the department of higher nursing education whose thesis is on community health centers.” The future Community Health Center will have 20-22 staff members.

The main issues that Community Health Center will be working with are as follows:

- Prevention among children:
 - o Schools
 - o Public health center – together with narcologists and other specialists they plan to invite groups of 8 teenagers.
 - o Medical check-ups found that 16.9% of children of the rayon suffer from muscular and bone system problems, mainly spinal problems, thus educational programs for exercise are planned.
 - o During the summer time 90-100 children from remote villages undergo health improvement in the hospital and by working with children they are expecting better results.
- Working with teenagers:
 - o The problem is that many teenagers don't take health seriously. We plan to collaborate with a committee on physical culture and sports.
- Working with adults:
 - o Working with healthy people; and developing physical activity programs.
 - o Plan to organize diabetes and asthma schools. “We have schools of young mothers, schools for pregnant women but we want to bring all groups together under the roof of one Community Health Center.”

Dr. Chinyaev concluded by saying, “having heard yesterday's presentations on nursing, I see that we can incorporate further the role of nurses. In order to positively advocate healthy lifestyle we need to select people who can communicate in small groups. Nurses have extremely high potential for this, and I think 60-70% of the work at the Community Health Center can be done by nurses”.

Outcomes

Participants at the BP conference gained knowledge through presentations and observed how projects could be scaled-up and effectively replicated in similar settings with existing resources. Since the participants were health professionals from a variety of institutions they had the opportunity to network and engage in dialogue about how similar programs could apply elsewhere in the Oblast.