

THE SYSTEM OF PREVENTION IN THE RUSSIAN FEDERATION

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Preventive direction – is a priority health of the Russian Federation in the present conditions

- Worsening in demographic and health care area, which had occurred over the past decades in the Russian Federation, was due to insufficient preventive measures.
- Given the urgency of the problems expressed above, now is launched searches approaches to organizational support of prevention medicine.

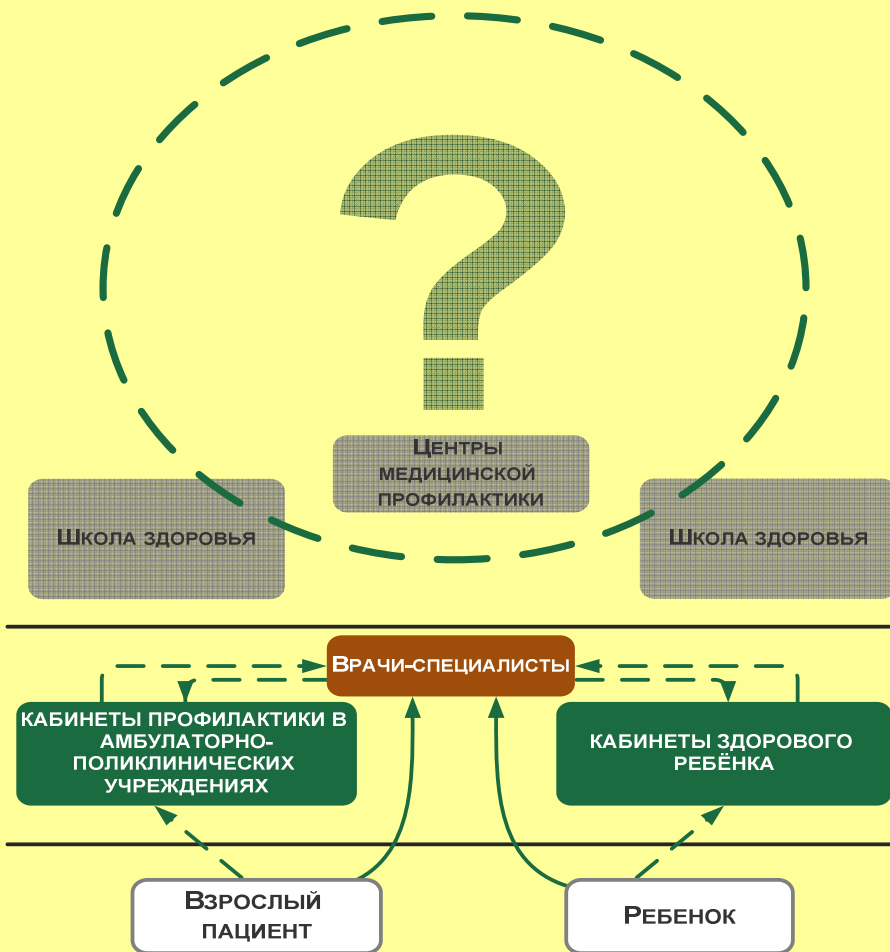


Institutions of Russian Federation, engaged in preventive activities

- **Centers for Medical Prevention (branches / offices of preventive medicine in clinics for adults);**
- **Sports clinics (medical-sports department / offices) in outpatient clinics for adults);**
- **Classrooms of healthy child in Children's Clinic;**
- **School of Health, established on the basis of secondary schools;**
- **Health Centers (new structure created in the Russian Federation with 01.01.2010g.)**

СОДЕРЖАНИЕ ПОДПРОГРАММ: ОРГАНИЗАЦИЯ СИСТЕМЫ ПРОФИЛАКТИКИ

НАСТОЯЩАЯ СТРУКТУРА ПРОФИЛАКТИКИ



ПЛАНИРУЕМАЯ СИСТЕМА ПРОФИЛАКТИКИ





I. Centers for Medical Prevention (branches / offices of preventive medicine in clinics for adults)

The structure of prevention services in the Russian Federation so far amounted to preventive medicine centers (offices / classrooms). National, provincial, district, urban centers of preventive medicine - it is independent specialized health care institutions a special type.

Options of the Center of Medical Prevention:

Education:

- introduction of educational programs for the population;
- social training program for health care employers;

Coordination:

- coordination of state bodies and institutions, public organizations aimed at supporting public policies to strengthen public health;

Information:

- promoting healthy lifestyles through media channels.



The functioning of the urban center of medical prevention at the example of c.St.-Petersburg



Structure of the Center for preventive medicine represented Divisions:

- Organization and coordination of preventive activities;**
 - Interdepartmental and external relations;**
 - Monitoring of risk factors of noncommunicable diseases;**
 - Publishing;**
 - Organizational and methodical**
 - Consulting and wellness department**
- (Above list of the Centre is not exhaustive).**



Currently, for various reasons, only 34% of the Russian Federation, equipped with a legally independent center of preventive medicine, 22% - combined with sports Clinics, 12% operate in the medical institutions, 9% - operate in the medical information think tanks, and 3% of the regions do not have a center of preventive medicine in general.



II. Sports clinics (medical-sports department / offices) in outpatient clinics for adults)

Until now, Medical - Sports clinic (MSC), as independent medical and prophylactic institutions, provides the prevention and medical care for persons engaged in physical culture and sports.

The structure of the MSC is represented by:

- *organizational-methodological department of Information and Computing Center;*
- *Medical monitoring Department of athletes and persons attending in sports educational institutions;*
- *Medical monitoring Department of children involved in physical culture and sports;*
- *Department of physical culture and sports for adults;*
- *Office of exercise therapy for adults and children;*
- *Department of physiotherapy ;*
- *Hospital;*
- *Cabinets of medical specialists (physicians, surgeons, neurologists, psychologists, gynecologists, orthopedic trauma, otolaryngologist, ophthalmologist, dentist, acupuncture, dermatology, etc.);*
- *Laboratory of functional diagnostics, physiotherapy, x-ray, clinical and biochemical laboratory .*



As an example, presented functioning of Medical-Sports clinic (MSC) in St. Petersburg.

- Clinic was established in 1-st of July, 1947.
- Today, MSC: is a lead agency of sports medicine which:
- provides medical examinations (preventive check-ups), athletes, veterans and disabled sports;
- provides medical services in the areas of prevention and rehabilitation of the population;
- provides methodological support for regional sports Clinics and offices of exercise therapy treatment and prevention institutions.
- Currently, the part of MSC (22%), combined with Centers for Medical Prevention, retaining their official functions.
However, as a result of this association, it was a significant increase in the number of athletes who have received admission to sporting events, from institutions, without state license for this type of medical activity, that often ends in tragedy, especially among children and youth. In general, this has a negative impact on the economic and national security.





- It should be noted that the improvement of demographic indicators in the Russian Federation in 2010 (an increase in fertility and declining infant mortality rates) can not lead to decrease in natural mortality of population.
- Every third child in the neonatal period has various diseases and variations in health status. Every 12-th child is born with low birth weight. The incidence of newborns has increased over the past 5 years by 20%. The prevalence rate among 15-17-year children has increased by 64%, also has been marked the increase in prevalence of chronic diseases.



III. Prevention services in the field of maternal and child health

In this regard, much attention in the Russian Federation is paid to prevention services in the field of maternal and child health, which is represented by following agencies:

❖ **Mothers Schools in antenatal clinics,**

❖ **Classrooms of healthy child in child clinics,**

❖ **Schools of Health, created on the basis of conventional secondary schools.**





IV. Health Center

- Since from starting the Programme of Healthy Lifestyle (in 2009), in every region of Russia, on the basis of health facilities, were opened health centers that perform a coordinating role in the interaction with Centers of preventive medicine, sports Clinics, Schools of motherhood and "School of Health".
- From start of 2010, in Russian Federation was opened 502 Health Center.
- In 2010, are planned to open 193 health centers for children. According to the program, health centers will be located in each clinic (1 center on 40 000 population).

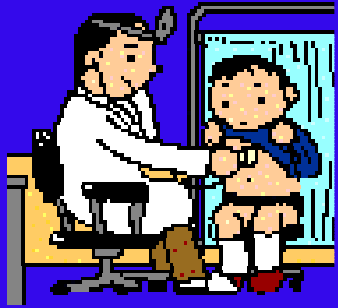
Формирование здорового образа жизни у граждан Российской Федерации, включая сокращение потребления алкоголя и табака

Организация деятельности центров здоровья

- Приказ Минздравсоцразвития России от 10.06.2009г № 302н «О мерах по реализации постановления Правительства Российской Федерации от 18 мая 2009 г. № 413»
- Приказ Минздравсоцразвития России от 19.08.2009 г. № 597н «Об организации деятельности центров здоровья по формированию здорового образа жизни у граждан Российской Федерации, включая сокращение потребления алкоголя и табака»



Оснащение центров осуществляется в соответствии с перечнем оборудования приобретаемого для государственных и муниципальных учреждений, утвержденным приказом Минздравсоцразвития России от 10.06.2009 № 302н



Health Center

On the slide is a list of surveys, guaranteed by the State for citizen:

- measuring height and weight,
- Digital testing of psycho-physiological and somatic health, functional and adaptive reserves of human body, including rapid research on alcohol and nicotine in biological fluids,
- computerized rapid assessment of heart (ECG),
- Vascular screening study with measurement of systolic blood pressure,
- calculation shoulder-ankle index,
- rapid analysis to determine total cholesterol and glucose in blood,
- comprehensive detailed assessment of respiratory system functions,
- Doctor consultation.

Based on the survey results, forming an individual program of a healthy lifestyle with the assessment of risk factors and age characteristics.

To identify additional risk factors it is possible to carry out extra and repetitive research.



- **An important role in Health Care system assigns to coordination of scientific support, which is carried out by leading research institutions.**

We represent The Federal Public Health Institute of Russia (Director, Academician of Russian Academy of Sciences Vladimir I. Starodubov, Deputy Minister of Health of Russia).

STEP 1. 'The School for future parents' Classes with pediatricist and gynecologist

- We have developed a landmark program to prevent deviations in the child development, for the introduction of profile institutions:
- **Step 1:** Given that the prevention of abnormalities in the development of the child should begin before birth, a new model of the "School parents. Classes at the "School" are included in the overall program for pregnant women in antenatal clinics;





The project 'School for future parents' as a link between adult clinics and clinics for children

- *How to open such School ?*
- *To work out the syllabus and information - methodical basis,*
- *To include the attendance of the School in the contract (contract 'keeping pregnancy under medical observation'),*
- *To advertise about such School in the Internet,*
- *To prepare photo albums with advertising photos of the lessons and the information for the branches of the antenatal clinics,*
- *To organize work on informing the future parents about the School (telephone invitations, notices in the registration office, the information appendix about School to the contract 'keeping pregnancy under medical observation', questioning),*
- *To attract the interested firms to School functioning for advertising their production, etc.*

Clinic for children in medical centre in Kolomenskoe



The invitation for future parents

«Школа будущих родителей»

Занятия ведут высококвалифицированные практикующие врачи из ведущих клиник г.Москвы, кандидаты медицинских наук.

Темы лекций и практических занятий по подготовке к родам:

1. Физиология беременности.

- Гигиена и питание беременной, подготовка к грудному вскармливанию и пр.

- Профилактика отклонений в течении беременности, значение самоконтроля и пр.

2. Подготовка к родам.

- Признаки начала родов, поведение в различные периоды родов.

- Профилактика отклонений в течении родов и послеродового периода.

Темы лекций и практических занятий по педиатрии:

1. Уход и развитие малыша.

- Уход за здоровым малышом: ежедневный утренний туалет (очистка глаз, ушек, глаз, носа, купание, пеленание и пр.).

- Уход за заболевшим ребенком (закапывание капель в ушки, глаза, нос, постановка газоотводной трубки, клизмы и пр.).

2. Вскармливание малыша.

- Грудное вскармливание (прикладывание к груди, сцеживание молока, профилактика мастита, свободное вскармливание и пр.)

- Искусственное вскармливание (рациональный выбор детской смеси, основные правила введения блюд прикорма на первом году жизни и пр.).

3. Профилактика болезней на первом году жизни.

- Заболевания нервной системы, рахит, анемия, дисбактериоз, ОРВИ.

- Вакцинация малыша.
- Гимнастика и массаж.



Руководители Школы:

1. Кандидат медицинских наук, заместитель генерального директора «МЦК» по педиатрии, заведующая детской клиникой «МЦК», Гончарова Ольга Викторовна.

2. Заместитель генерального директора «МЦК» по акушерству и гинекологии, акушер-гинеколог

Матвеевский Николай Анатольевич.

3. Администратор Школы: Корнелиук Людмила Юрьевна

Полный курс обучения в Школе состоит из 4 занятий.

Занятия проводятся 2 раза в месяц в Конференц-зале «МЦК» по

адресу: г.Москва, ул.Высокая, 19 корпус 2.

Длительность каждого занятия - 2 академических часа с перерывом 10 минут.

Первое занятие в Школе состоится _____ в ____.

Для беременных, заключивших контракт на ведение беременности, обучение в Школе бесплатно, в других случаях – занятия платные (стоимость обучения – 4 тысячи рублей).

Слушатели Школы получают подарки

(немецкая лечебная косметика по уходу за кожей малыша, ортодонтические соски)

It was established a practical film-guides for parents "Child Development" and "Allowance for child care", shows how to assess the child development in each month of his life;



"Надеюсь, что фильм и сотрудники нашей Детской клиники станут для Вас надежными помощниками в нелегком деле воспитания здорового ребенка..."

С уважением,

д.м.н., вице-президент Первой общероссийской ассоциации врачей частной практики, генеральный директор "Медицинского центра в Коломенском"

О.П. Кузовлев

Телефон детской клиники "Медицинского центра в Коломенском: 114-58-82

СОДЕРЖАНИЕ

Период новорожденности:

- безусловные рефлексы новорожденных детей;

Оценка нервно-психического развития ребенка в каждый месяц его жизни (от 1 до 6 месяцев) по шкалам:

- зрительные и слуховые реакции;
- эмоции и социальное поведение;
- движения общие;
- движения руки и действия с предметами;
- навыки и умения;
- активная речь

Продолжительность 24 мин.

Прокатное удостоверение № 21619802

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Первая общероссийская ассоциация врачей частной практики и Союз частных клиник России представляют



В фильме показано, как оценивать развитие малыша с периода новорожденности и до 6 месяцев жизни. Даны полезные советы.

РАЗВИТИЕ РЕБЕНКА



Учебный фильм для родителей, врачей и студентов

ПОСОБИЕ ПО УХОДУ ЗА РЕБЁНКОМ



МЕЖДУНАРОДНЫЙ ФОНД ОХРАНЫ ЗДОРОВЬЯ МАТЕРИ И РЕБЁНКА ПРЕДСТАВЛЯЕТ:

ПОСОБИЕ ПО УХОДУ ЗА РЕБЁНКОМ

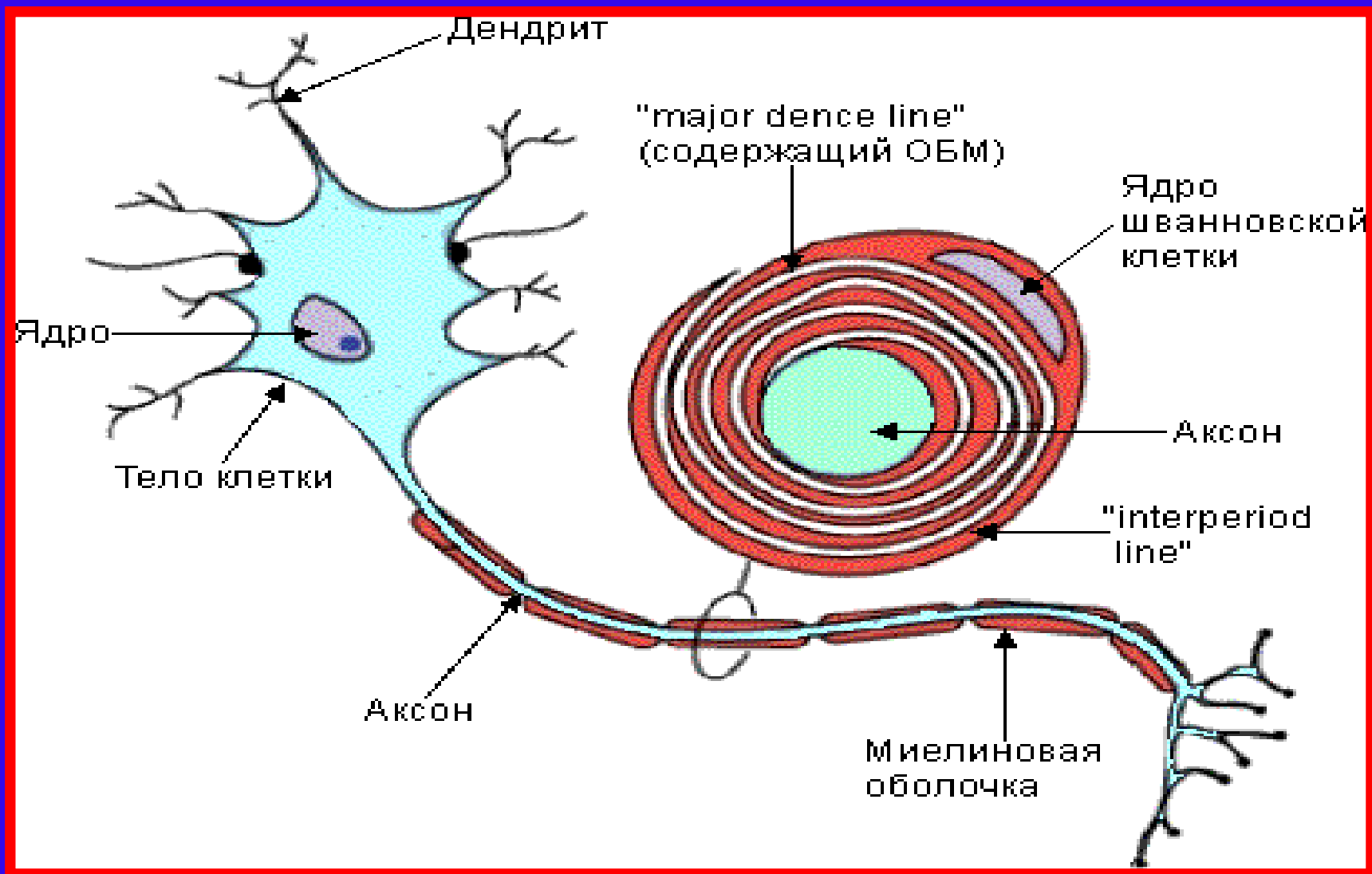




STEP 2.

- For wide application in maternity homes (for newborns) was introduced a method of early detection of abnormalities in the nervous system in newborn infants with perinatal lesions of the CNS and children at risk, with the following parameters: a neuron-specific enolase, myelin basic protein, interleukin- 6, neopterin.

The Structure of Myelin



“Diagnostic and Prognostic Value of the Neuroimmunological Rates in Newborns with Perinatal Pathology of the Central Nervous System”



O. Goncharova, MD

**Research Centre of Children' s
Health**

Moscow, Russia

Following results were obtained (data are presented on the slide):

- Immediately after birth the most valuable criteria for perinatal CNS disorders diagnosis are considered to be NSE and IL-6 levels of the umbilical blood. But for all that, the NSE level depends on the degree of brain pathology and concomitant infection diseases in newborns.**
- At the age of 3 weeks the most important diagnostic criteria in newborns with perinatal pathology was found out to be the serum levels of Neopterin, that is in comparison to IL-6 more biologically inert substance. Above that, Neopterin could reflect the synergetic effects of different types of cytokines. Neopterin levels are significantly higher in newborns with mild to severe brain pathology, in premature newborns and children with concomitant infection pathology (pneumonia, sepsis). It could confirm the high value of Neopterin test for the cell immunity analysis.**
- Neopterin and MBP serum increased levels could be appreciated as a risk factor of the sensoneural hearing loss development in newborns, that needs early diagnosis for further correction to prevent mental and speech retardation and childhood disability.**

STEP 3.

Educational programs for parents at this stage are presented training programs on massage and swimming.



Parents become active participants in the process of preventive and restorative treatment of children.



STEP 4.

For children's polyclinics proposed method of estimating the neuro-psychological development of children with KID-questionnaire.

We are currently being tested children in the first year of life of Moscow.

The test result after the computer processing looks like this:

Evaluation of child development on a scale KID

Victoria S. (informant - Mother)

Date of Birth 12/27/2004 (30 th week of pregnancy)

Date of testing 17.11.05 (age 10.7 months)

Region	Estimate the age of development (months)
Cognitive	4.0
Movement	3.7
Language	5.7
Ability to self-service	5.3
Social	4.6

**Full scale: 4.2 (lagging behind the 99% of healthy peers)
(Adjusted for prematurity backlog remains)**

Conclusion:

Victoria S. lags behind in development. Administrator of the test will give advice to which professionals need to apply.



1. This study reveals children with developmental disabilities.

In addition, the obtained differences on individual scales are important in the development of government priority programs, as well as the choice of models of health and social development.

2. Approach "Parents + computer" can be used in screening studies and to create the database.

3. In the process of database creating, Russian Federation will participate in a comparative analysis of the development of children from Russia and other countries.



- In order to involve the whole family in the process of prevention of abnormalities in the development of children, drug addiction and alcoholism, we created the information section “Healthy Lifestyle” on the institute site (site address: www.mednet.ru.)
- The section has sub-sections for the public and for physicians. Information Section carries out functions as the focal point between the institutions of preventive profile. Soon the whole place information will be available in English, then we will be able to share with you useful information and experience in sphere of healthy lifestyles.



- Currently, Dr. Leonid Roshal created the National Medical Chamber in Moscow.
- Following the talks, he actively supported the establishment of the Union (Association) of Women Doctors in Russian Federation.

Russia consists of 89 subjects of the Federation. Joined the All-Russian association or union implies the existence of regional offices at least in half of subjects (ie, not less than 42). Work in this direction is carried out and we hope to continue the research begun in field of maternal and child health, within the Russian public Organization of women physicians and in collaboration with other countries as well as improving the health system of any country requires close international cooperation.



УЧАСТИЕ В РАБОТЕ 110 ФОРУМА ВРАЧЕБНОЙ ПАЛАТЫ ГЕРМАНИИ, 2007 ГОД (ПО ПРИГЛАШЕНИЮ ПАЛАТЫ)



Thank you very much for your attention!

Olga V. Goncharova

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