

Farewell Visit Report, Mytishchy (Moscow Region)

21 November-2 December 2012

The purpose of this visit was to run a review with DEMMA-Mytishchy members, on past, ongoing and on future projects, in combination with a farewell visit for Guus de Groot and Kees Tuinman.

Both of them will retire from DEMMA as per 01.01.2013

Wednesday 21.11.2012 Aeroflot flight Amsterdam-Moscow SVO. Collected by Valery Yanin, transfer to Podlipky Sanatorium near Mytishchy. Dinner: room service

Thursday 22.11.2012 Breakfast is served in Podlipki dining room. Driver Sacha, who will drive us on our visit, drops us off at the Mytishchy Hospital (MH). MH has undergone huge changes over the years and is still in the process of renewal. Their new Director is Dr. Valery Yanin, who subsequently reports to Wladislav Mirzonov, now head of medical affairs in Mytishchy City Council. MH has 30 departments with a total of 950 beds, 1200 FTE's increasing to 1500 in 2013. Total acreage of the site is 27 ha. MH annual budget is based on two sources; Mytishchy City Council and from a National Medical Insurance Company. As per 01.01.201 it will rely on the latter only. There are 5 additional polyclinics throughout Mytishchy town, and another three dedicated for children. Chief nurse Eilina Iglicyna, who is the guide on our MH tour, knows the organization well and is a potential candidate for a future DEMMA nurses exchange program, with a proviso for her limited knowledge of English. Cardiology Dept.: Fully refurbished and well equipped. We meet again with Dr. Alexander Lebedev, and at the ENT Department with Dr. Ludmilla Sarancha and Dr. Nadjezda Nozdracova, who both have visited the Occupational Health Department of Shell in Assen back in 1994-5, their first visit to The Netherlands. We enjoy their hospitality lunch. Daughter Dr. Elena Sarancha is at the moment in Groningen, Assen and Emmen for an extended ENT project. Pediatrics Dept. Again well equipped, a child-friendly environment and very dedicated staff and nurses. Dr. Galina Fokanova, who is fluent in English, proudly shows us around. Galina will be considered for a Pediatrics Project, possibly within a traditional 2-weeks Dwoika visit with another Russian colleague. On the premises of MH, a new Federal Pediatric-Neurological Centre is considered in the near future. Transfer to Erismani Institute. Here we meet with prof. Lyudmila Saarkoppel we've seen in Drenthe at the 2010 Dwoika and also professor Kyriakov at previous occasions in Mytishchy. Our visit coincides with the presence of two Dutch medical students on the first DEMMA Student Exchange in Mytishchy. Both are very positive about their program hosted by Erismani, with special attendance from Andrei Melenteyev (was in Drenthe in 2011) and Nikolay Polyansky. We meet another, well motivated and excellent English speaking Neurologist Dr Anna Novikova, again a candidate for a future Neurological Exchange program. Transfer to Mytishchy Medical School for Nurses. "Our" students Michele and Kyrill have been asked to prepare a presentation on the professional training of nurses in The Netherlands. The Audience here are trainee students of the last two years of the school and their Head Master Mrs Nina Anatolievna and English Teacher Mrs. Vera Hvatkova. The presentation was a great success; E-mail addresses and facebook details were also part of the exchanges afterwards. Note: there were a few student nurses present, who were fluent in English. To be born in mind when considering a Nurses Exchange program.

23.11.2012 In the evening we pay a visit to the Moscow Stanislavsky Theatre, for a modern ballet performance originated and directed by the Nederlands Dans Theater. On the after party we were invited to meet with the Dutch Ambassador in Moscow, Mr. Ron Keller, a member of DEMMA Committee of Recommendation. Mr Keller showed keen interests in DEMMA

activities, and invited us with the students, now in Mytishchy, to the Dutch Embassy later this week.

Saturday 24.11.2012 Own program: Moscow Underground, Kremlin, Red Square. Meet with the students over a drink.

Sunday 25.11.2012 Social Program with Valery and Xenia. We visit the church of Alexander Nevski near Pavlovskaya Sloboda and a monastery further in Zvenigorod, west of Moscow. Later this afternoon back to Valery's dacha. Good company and good dinner

Monday, 26.11.2012 Svetlana Basalevskaya, who was in Drenthe for a Medical Management programme only a fortnight ago, invited us for a trip to Losina-Petrovsky, to the (hidden in the forest) Airforce museum. With the first snow it was a refreshing and very interesting tour with a Korea Veteran guide. Andrey Sutugin, head of Losino-Petrovski Hospital joined us for lunch.

Return trip by train with more snow to come.

Tuesday, 27.11.2012 Sacha brings us safely over the snowy roads to Mytishchy Hospital Pediatric Polyclinic, head Dr.Svetlana Stepanova. Svetlana gives us a full tour through the beautiful and well-organized clinic, additionally we visit a nearby periferal and smaller unit for children where fysiotherapists and logopedists have visiting hours. We've tried to ring Dr. Valentina Korshikova , but she is enjoying a holiday.

Wednesday 28.11.2012 Departure from Podlipki, to the medical school for nurses to collect the students and then to Medvedkovo Metrostation. Exit at Bibliitheka Imini Lenina and on foot to the Dutch Embassy. Mr.Keller is a good host and very interested in the activities of the students. He offers us to write a letter of recommendation to Groningen Teaching Hospital to emphasis the importance of a regular student exchange between Russia and The Netherlands. Demma in a liaising role. We receive a exclusive tour through the Embassy, a building with a rich history. Mr.Keller is offered a copy of our DEMMA annual report 2011, he wants to be kept updated on DEMMA activities. At our return trip to Podlipki, snowfall becomes more intensive and we hit Moscow heavy traffic propka's. The two GPs, Coen and Edwin, who have both arrived at SVO this evening, have spend more time to travel from SVO to Podlipki than getting from Amsterdam to Moscow. We are now with four DEMMA-ers at Podlipki Sanatorium.

Thursday 29.11.2012 Because of the severe snowfall both the program for the GP's and our program had to be reviewed. The four of us will travel to Moscow, Moniki. Dr.Nadjezda Chirokova (also a DEMMA veteran) and GP Ekaterina Suslova, guide us via the Sputnik fast train to Moscow and the Metro Network to the surface to Moscow in white. At Moniki we are welcomed by Georgy Maltzin, our Russian founder of DEMMA and by professors Agafonov and his deputy Natalia Shevtsova both from Stupina. The latter two are very interested in aspects of management of GP practices in The Netherlands; Edwin and Coen provide the answers, Guus translates. A very informative meeting facilitated by Georgy Maltzin. There are considerations to move the GP training centre from Stupina to the more centrally localaized Mytishchy. All will meet again tomorrow at the GP conference organized in Mytishchy. We enjoy an informal dinner with Nadjezda and Ekaterina.

Friday 30.11 2012 Due to the weather conditions the GP meeting at Policlinica building no.V in Mytischchy was slightly delayed. Host of the meeting is Nadjezda Chirokova, invited speakers are Professor Agafonov, Wladislav Mirzonov, Natalia Shvetsova, Coen Holzhauser and Edwin Poorts and a GP from the region. With great respect for the interpreters, a passionate discussion followed between speakers and audience i.e. Valery Yanin, Georgy Maltzin and Elena Bikova. The plea was to make the audience aware of the need to improve

the quality of GP training in Russia in view of the expected rise in costs of medical specialist help, as is seen presently in Western Europe. Professor Agafonov was very keen in establishing a liaison between Groningen University and Mytishchy on the issue of GP training. Dr. Bikova closed off the morning and hosted a tour around the facilities of the clinic.

Saturday 01.12.2012 Wladislav Mirzonov is taking the four of us on a “surprise” tour through Moscow. Most of the snow on the roads have been cleared now, and we are heading to Panorama Museum in Moscow where a display painting of 50 feet high and 360 degrees around, can be seen on the Battle of Borodino against Napoleon in August 1812. Although almost 200 years in the past now, our guide Wladislav explains every detail to us of the siege and battle by the hour. Very interesting piece of history, not known to us. A” light” lunch is taken in an Azerbeidzjan restaurant, after which we head for Podlipki, where a farewell dinner is prepared.

Sunday 02.12.2012 Students arrive at Podlipki. Transfer of 6 DEMMA guests to SVO Airport.

By KLM to Schiphol Airport and further by rail back to Drenthe.

We are grateful and say farewell to so many good friends after 20 years in DEMMA and thank them for the warm and sincere contacts we have had over the various projects and visits.

Kees Tuinman, secretary (1994-2012)

Guus de Groot, corresponding member (1993-2012)

