



DEMMA

WORKING VISIT REPORT MYTISHCHY 21-25 AUGUST 2013

Participants: Paul Mulkens and Rutger Hissink

21st August (Wednesday)

After a pleasant journey by train and KLM flight from Schiphol to Sheremetyevo Airport, we were picked up from the airport by Alexey Azarov (interventional cardiologist) in his new, all white Audi A6. Guided by a navigation app on his iPad (“a present from a satisfied patient” – Alexey dixit) we steered past a few of the Wednesday evening propka’s and were taken to Hotel Lecco. We enjoyed a Mytishchi-Italian style pizza outside on de the new veranda of the hotel watching the Mytishchi locals stroll by on Letnaya Street on this pleasant summer evening.



22nd August (Thursday)



At 8:45 we were picked up from the hotel by Sacha, one of the drivers of the hospital director, to meet up with Valery Yanin at the Mytishchy Medical Centre in de director’s office building: corpus nr. 1. We received a warm welcome from Valery and were later joined by Alexey Azarov and Elina Iglitsina (head nurse of the hospital). During the meeting we were told about the administrative changes in governance of the Hospitals and Poliklinika’s in the Mytishchi region, which have lead to the new position that Valery Yanin now holds as director of almost all these locations in the region. Life has not become more easy for Valery lately!

We discussed the attention points as set up beforehand by Paul Mulkens (see attachment below).

Attention points to discuss or to organize:

1. Introduction Rutger Hissink, vascular surgeon.
2. DEMMA-M suggestions & ideas.
3. Preparing Dwoyka 2013 (17/11-1/12) including meeting with the prospected participants: Galina Fokanova (paediatrician) and Natasja Kaira (ophthalmologist). DEMMA WG: Jan Burggraaff (chairman), Edwin Poorts, Kyrill Rykov and Paul Mulkens.
4. DEMMA-M organization (minutes, reports). Invitation to the WV participants to attend a DEMMA-M meeting? Erismani Institute participation within DEMMA-M has been instituted? Last DEMMA-M minutes 16-02-2007.
5. Communication: still a (major?) language barrier?
6. DEMMA-M focal points: still main focal point through the secretary. How can we enlarge.
7. DEMMA website: more input from DEMMA-M?
8. Evaluation DEMMA annual report 2012.
9. Meeting with e.g. Elena/Ludmilla Sarancha, Alexander Lebedev, Alexey Azarov, Andrey Melentev, Ludmilla Saarkoppel and others.
10. Meeting with Elena Toshakova?
11. Idea to found a society for all the previous Dwoyka/Troyka participants to make it function as a brain centre in developing new views. An attachment with all the personal data will follow.
12. A visit to the Dutch embassy has been cancelled due to ambassador change.
13. Continuation: we will proceed in the same way or alternative suggestions?
14. Committee of Recommendation: idea the Mytishchy mayor Azarov will join?

The position of DEMMA-M was mentioned and it was suggested that participation the new generation of Mytishchi doctor's would be welcome. This would also help relieve the language barrier somewhat, as their knowledge of the English language is increasingly improving. The Dwoyka 2013 participants were also confirmed: Galina Fokanova (pediatrician) and Natasha Kaira (ophthalmologist) will be coming to visit Drenthe from 17th November until 1st December. Lastly, to approach Mr. Azarov, mayor of Mytishchy region, as a member of the Committee of Recommendation was found to be a good idea.

After the meeting we made a tour of a few of the hospital buildings with Alexey Azarov and Elina Iglitsina. They showed us where the new Neonatal ICU is situated. We were shown round the surgery building where we met up with Nadjezda Nozdrecheva on the ENT ward. Unfortunately Elena and Ludmilla Sarancha were not there because of illness of Ludmilla, for which she was admitted to another hospital in Moscow, whom Elena was visiting at this time. We were shown round the Vascular Surgery ward by the head of Vascular Surgery, Yurii Debelii. An impressive amount of patients with a diverse selection of vascular pathology was presented.

At lunch time we split up: Rutger went to the Cardiology department and Paul in company of Valery Yanin went to pay a surprise visit to the 46th birthday party lunch of Vladislav Mirzonov, head of the regional health care department, and DEMMA-M chairman (Dwoyka 2009).



At the Cardiology department Rutger met up with Alexander Lebedev, cardiologist (Dwoyka 2009). A tour of the renovated building (corpus nr. 5) showed that a differentiation of acute and normal pathology was made on the wards, and the coronary care unit was being developed. Alexey Azarov showed the CAT-lab, which was equipped with all the standard modern equipment (such as an intra-aortic balloon pump), and standard catheters and angioplasty balloons. He also performed a coronary angiography procedure (via the radial artery). We understood that the Mytishchi CAT-lab might become a teaching centre for the area in cooperation with Medtronic. The second part of the afternoon we joined up with the girlfriend



of Alexey, Anna Kanavina (studying architecture), to go to Abramtsevo. This is a state historical artistic and literary museum-reserve 50 km north of Mytishchi. Our guide was a nice, well English spoken girl, named Maria, who told us about the artistic commune that settled down here in the second part of the 19th century. We were shown round the estate with its typical and beautiful buildings, except the main building, which was closed for reconstruction (a



good reason for visiting again in the future!). Afterwards we ate a typical Russian meal in the restaurant there.

23rd August (Friday)

In the morning we went to Sofrina (30 km to the north) to visit an Icon factory,



again with Alexey Azarov and Anna Kanavina. We were guided through the showrooms, where all kinds of ornaments of the Orthodox Catholic church were on display, which were all manufactured there. Beautiful craftsmanship, with a lot of gold-plated works. Having to get back in time, Alexey showed us some real Russian driving skills on the way back.

12 o'clock sharp we were back in Mytishchi hospital. Paul went to join up with Elena Sarancha at the ENT department and Rutger went to join the vascular surgeons Yurii Debelii and Michael Pyrla (fellow vascular surgery) to do a carotid endarterectomy in the operating theatre. Although the operating facilities and monitoring are somewhat different from those in Emmen, a skilled and precise procedure was performed, using the eversion technique for removing the carotid plaque.

At 2:30 we joined up with Alexander Lebedev to drive to the Babushkinskaya metro station to take the underground to the Maryina Roshcha station, where we



were met by Elena Toshchakova, ENT specialist (Troyka 2005). She is now working in the Global Medical System private clinic in the centre of Moscow. She gave us a nice tour of the clinic, which offers GP and a wide scope of specialties in an out-patient clinic

setting, and even a small clinic for short hospital stay.

The last part of the afternoon and evening we went to the centre of Moscow and saw the usual sights, such as the Red Square and Kremlin. After a sturdy



were reasonably dry.

walk we arrived at a riverside café by the Krasny Oktyabr Chocolate Factory, named Strelka. We enjoyed the trendy, modern-day culture displayed here (yuppies and iPhones!). Walking back from the café to the Metro station to go home, on the bridge by the Cathedral of Christ the Saviour we were caught in a sudden downpour of heavy rain, with nowhere to run for shelter. We got absolutely soaked to the bone! We were blown dry by the warm metro wind, and by the time we got back to the hotel we

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24th August (Saturday)

At ten the next morning we met up with Natasha Kaira, the ophthalmologist coming to the Netherlands this year as a Dwoyka participant. Keeping the walking distances as short as possible in consideration with Paul's injured knee, we went through a busy programme. Natasha drove us to the Moscow Medical Center, where she had studied herself, a large avenue – the Pirogovskaya Bol'shaya ulitsa - with a separate building for every specialty in Medicine. At the end of this avenue lies the

Novodevichy monastery, which we visited.

After a cup of coffee (with some 'ENT style' strawberry cake for Paul) we went off to the Pushkin Museum of Fine Arts, where we met up with a gynecologist friend of Natasha, Elena Bordakova, who had already bought tickets. No queue for us! A nice collection of arts and statues (for a large part plaster-cast replica's) with exhibitions of Titian, the Italian renaissance artist, and the Pre-Raphaelites.



For dinner we went to a Georgian restaurant, Elarchi, with typical Georgian dishes, very nice. Rutger and the ladies went for a walk down the Arbat, although not so crowded because of the rain. There we bought the usual souvenirs. Satisfied and somewhat exhausted by all day's impressions we went back to the hotel for a cup of coffee to round off the day.



rain.
the
hotel

25th August (Sunday)

The last day of our stay we were collected by Valery Yanin to go the Mytishchi town hall. There is an exhibition centre joined to the town hall, where there were two exhibitions: Seri Kulmanoz, a Russian emigrant to the USA who, despite being almost blind, made beautiful engravings (ex libris) and pictures. The other was an exhibition of modern Contemporary Japanese Crafts. After this we drove out to the home of Valery and his wife Xenia, and not forgetting their newborn boy Valery jr !

We ate a lovely meal (also prepared by the mother of Xenia, who was also there). We discussed some more on the topic of DEMMA. Valery suggested a possible delegation of the Mayor and the department of health commissioner of Mytishchi and Valery perhaps paying a visit to Emmen to meet with the mayor Bijl (who is a member of the Committee of Recommendation) and director of the Hospital.

We were driven to the airport and were well in time for the plane back. The journey back was uneventful, everything was on time, even early.



Abstract

First objective in this visit was the introduction of Rutger Hissink (as a new DEMMA member), vascular surgeon in Emmen and at the Cardiology department he met up with Alexander Lebedev, cardiologist . A tour of the renovated building showed that a differentiation of acute and normal pathology was made on the wards, and the coronary care unit was being developed. Alexey Azarov, intervention cardiologist (guest in Emmen in 2012) showed the CAT-lab, which was equipped with all the standard modern equipment (such as an intra-aortic balloon pump), and standard catheters and angioplasty balloons. He also performed a coronary angiography procedure (via the radial artery). We understood that the Mytishchi CAT-lab might become a teaching centre for the area in cooperation with Medtronic. In addition we were shown round the Vascular Surgery ward by the head of Vascular Surgery, Yurii Debelii. An impressive amount of patients with a diverse selection of vascular pathology was presented. In the end Rutger went to join the vascular surgeons Yurii Debelii and Michael Pyrla (fellow vascular surgery) to do a carotid endarterectomy in the operating theatre. Although the operating facilities and monitoring are somewhat different from those in Emmen, a skilled and precise procedure was performed, using the eversion technique for removing the carotid plaque. In a concluding evaluation the topic one might work out in the future a special vascular surgery exchange project was discussed.

Second objective was a fine tuning and evaluation on the topic of DEMMA organizational business during a meeting with dr. Valery Yanin, head of the Mytishchy hospital. Information was provided about the administrative changes in governance of the Hospitals and Poliklinika's in the Mytishchi region, which have lead to the new position that Valery Yanin now holds as director of almost all these locations in the region. In continuation list of attention points as set up beforehand discussed . The position of DEMMA-Myt. was mentioned and it was suggested that participation the new generation of Mytishchi doctor's would be welcome. This would also help relieve the language barrier somewhat, as their knowledge of the English language is increasingly improving. Dr. Yanin suggested a possible delegation of the Mayor of Mytishchy, the health commissioner of Mytishchy and dr. Yanin himself perhaps paying a visit to Emmen in 2014 to meet with the mayor Bijl (who is a member of the Committee of Recommendation) and director of the Hospital. In another issue the Dwoyka 2013 participants were also confirmed: Galina Fokanova (pediatrician) and Natasha Kaira (ophthalmologist) will be coming to visit Drenthe from 17th November until 1st December. Last topic, to approach Mr. Azarov, mayor of Mytishchy region, as a member of the Committee of Recommendation was found to be a good idea.

In order to enlarge the DEMMA scope a tour to Moscow city was scheduled to meet dr. Elena Toshchakova, ENT specialist She is now working in the Global Medical System private clinic in the centre of Moscow. She provided with a nice tour through the clinic, which offers GP and a wide scope of

specialties in an out-patient clinic setting, and even a small clinic for short hospital stay.

Along all these professional items also social events were organized as a visit to the historical site Abramtsevo, a state historical artistic and literary museum-reserve 50 km north of Mytishchi. Also a trip to Sofrina (30 km to the north) to visit an Icon factory with a guided tour through the showrooms, where all kinds of ornaments of the Orthodox Catholic church were on display, which were all manufactured there. Beautiful craftsmanship, with a lot of gold-plated works. On top of that a visit to the centre of Moscow including the Red Square, the Kremlin and the Pushkin Museum of Fine Arts was paid, concluded by a dinner at a riverside restaurant named Strelka to enjoy the trendy, modern-day culture displayed here (yuppies and iPhones!). And last but not least was passed a large avenue – the Pirogovskaya Bol'shaya ulitsa - with a separate building for every specialty in Medicine. At the end of this avenue lies the Novodevichy monastery, which was worth a short stay.