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EDITORIAL In the capital and regions

ANNIVERSARY OF THE ASSOCIATION 25 Years: More Than Just a Date

In an interview marking the 25th anniversary of the Transbaikal Regional Organization of Medical Professionals, its president Valentina Vishnyakova shares the day-to-day life of this health worker association, one of the oldest and most numerous in Russia, and speaks more broadly about the situation with nursing care in her region.

LABOUR UNIONS Primary Health Care Needs a Reboot

Attending a meeting with government officials on primary healthcare modernization on August 20, President Vladimir Putin pointed out its unsatisfactory situation, including low access, shortage of human resources, long waiting times, substandard service quality and low pay of healthcare workers.

MANAGEMENT SOLUTIONS It's Human to Err, but Medical Errors Carry High Costs

In healthcare, human errors such as careless interventions and hasty conclusions can carry high costs both for the patient and the healthcare worker. However, medics operate as part of a system, and all too often, their errors are caused by the system's shortcomings. This article discusses ways to improve health worker performance and lower the risk of medical errors.

NEWS FROM HEALTH WORKER ORGANISATIONS UNION
The article starts a new column covering Russia's largest professional association of nurses. Established in 2015, the Union of Health Worker Organizations (UHWO) brings together 170,000 medics from 35 professional associations.

Novosibirsk Professional Association of Nursing Specialists: from Establishment to Present
This article describes some of the landmarks in the development of the Novosibirsk Association of Nurses.

Tradition and Innovations in Clinical Laboratory Diagnostics
On August 14, the city of Cheboksary in the Chuvash Republic hosted a republic-wide Nursing Conference to address the role of nurses in maintaining high quality of laboratory tests and to discuss innovations in this area.

Best Dental Practices
More than 100 specialists attended a conference in Chuvashia to discuss best practices in dental care.

CONTINUING TRAINING Causes and Prevention of Falls in Long-term Care Facilities

The article is based on findings from studies conducted in nursing homes and mental health institutions in a number of Russian regions. The researchers assessed fall risk levels and severity of injuries, performed case studies, and identified fall prevention measures.

RUSSIAN REGIONS Towards Professional Excellence

In Transbaikalia, regional and sub-regional conferences featuring professional excellence competitions across the range of medical specialties have been found highly popular with nurses, particularly as an opportunity to access state-of-the-art expertise in their specialist areas.

VOCATIONAL TRAINING What Nurses Think of Nursing Pedagogy

The article examines the findings from a study conducted by students of Penza Medical College focusing on the role of nursing pedagogy and its impact on nurses' performance.

SESTRICHKA
In this issue, our readers will learn about innovative approaches to some women's health issues, autumn fashion trends, how our intestines control our emotions, and factors contributing to effective teamwork.

NURSE MIDWIFE HANDS-ON TRAINING Postpartum Period

This is one in a series of publications on key aspects of healthy motherhood. This information prepared by Ob/Gyn Dr. Shalimova, Ph.D., can be helpful in furthering patient education and counseling.

PREVENTION OF HEALTHCARE-ASSOCIATED INFECTIONS Safety Is Everyone's Concern, but Effective Solutions Exist!

According to statistics, HCAs are particularly common in surgery. Therefore, high-quality medical clothing and textiles are perhaps the most important safety factor in this field of medicine. This article discusses some of the features making these medical textiles both reliable and comfortable.

LESSONS LEARNED Today's Approaches to Pain Management: What Nurses Need to Know

On 15 August, a conference «The Role of Nurses in Managing Pain of Various Etiologies» was held in Moscow to discuss how pain affects one's quality of life and mental state as well as key aspects of pain assessment and management.

NURSING IN PEDIATRICS Health Education for Children with Chronic Non-communicable Conditions

Outpatient Department No. 5 of the Pediatric Clinical Center in Chita hosts health education schools for children with bronchial asthma and diabetes and for home carers of children with serious medical conditions. The classes are taught jointly by pediatricians and nurses.

Vegetovascular Dystonia: Disease of Many Faces
Recently, the proportion of disease-free school-age children has significantly decreased: an estimated 25%-30% of students have functional abnormalities and 70%-75% have been diagnosed with chronic conditions of varying severity. A recent study detected vegetovascular disorders in more than 80% of children during a medical check-up. Our regular author, pediatrician Natalia Artemenkova explains what exactly is vegetovascular dystonia and how it is addressed in today's healthcare.