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Global Health Rotation
Caring for Children with Medical Complexity in Russia

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Background
City Children’s Hospital #3
• Modern multi-functional hospital complex in Cheboksary, Russia, serving children 0-18 years
• 840 outpatient clinic visits per shift
• 179 inpatient beds
• Up to 50 admissions per day to General pediatric, Critical Care, ENT, Gastroenterology, Neurology, Pulmonology, and Surgery/Urology units

Objective
• The CMH Pediatric Hospital Medicine fellowship has given me experience caring for hospitalized children with medical complexity (CMC).
• My primary objective was to conduct an in depth investigation of the inpatient services available for CMC in Cheboksary.
• My secondary objective was to “give back” to the hospital where I trained as a medical student by sharing my knowledge of best practices when caring for CMC.

Preparation
• Identified City Children’s Hospital #3 as an ideal site for my rotation and made necessary arrangements
• Conducted preliminary investigation of CMC and pediatric palliative care services available in Chuvash Republic, Russia, through review of online materials
• Practiced oral and written communication in Russian, my native language

Experience
Local Efforts

Reflection
I broadened my insight into the different care models for CMC, such as:
• Designated hospital units for CMC
• Orphanages designed specifically for CMC
• Mobile outreach palliative care service for CMC with a multidisciplinary medical team to provide acute care and well child visits at home

I recognized the urgent need for further financial recourses for CMC in Cheboksary (e.g., Respiratory Ventilator Support at Home currently sponsored solely by charitable foundations).

Future Directions
• I will continue to expand my knowledge in caring for medically complex children.
• I will participate in an ongoing exchange of experiences and ideas with Russian colleagues.
• My main goals are to provide high value care and to improve quality of life for this vulnerable population of children.