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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

- Palliative care unit at City Children's Hospital #3 opened in May 2014 to provide palliative care to children in Chuvash Republic.
- Team of physicians, nurses, social workers, and psychologists work closely to deliver comprehensive, high quality care to CMC.
- Hospital joined the Russian Ministry of Health pilot project “Respiratory Ventilator Support at Home” for CMC in April 2017.



My Activities

- Participated in family-centered, interdisciplinary rounds for CMC with nurses, psychologists, and subspecialists
- Accompanied the palliative care team on home visits for CMC
- Helped develop a list of medical necessities when caring for CMC at home
- Delivered Grand Rounds presentation on similarities and differences in care for CMC between Russia and United States



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.