The psychology of longevity

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The longevity (achievement of age of 90 years and older) is one of most important biological phenomena. The long-livers can be referred to biologic elite. Only one individual out of five thousand becomes a long-lover. The genetic, somatic and psychological examinations of long-livers make it possible to reveal main factors ensuring human longevity significantly exceeding average population indicators. The analysis of the given factors is used as a reference material to develop motivation for longevity first of all among young and middle age people. The psychological factor of longevity is probably the most important one because it belongs to the category of controllable factors. The article presents the most important psychological characteristics of long-livers. This knowledge allows to medical workers to determine the character of relationships with the given category of patients of medical institutions. Besides that, the knowledge of psychological characteristics of long-livers has an important educational impact promoting determination of rational human style of life. The development of adequate relationship in family, staff and social surroundings in general.

Keywords: longevity, long-liver, aging, average life expectancy, health, memory, working capacity, mental and physical activity, habit, temperament, volition qualities, spirituality, self-assessment, communicability

The management of individual health reserves: the new strategy of preventive medicine

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The article presents the organizational functional model of prevention of mortality of main non-infectious diseases in population of able-bodied age. The model is founded on strategy of individual mass prevention based on measurement and correction of personal mortality risk (life expectancy) accounting values of human health reserves.

Keywords: prevention of non-infectious diseases, risk of total death, health reserve, personalized approach, organizational functional model

The need of adult population of Russia in medical rehabilitation in hospital conditions

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In Russia, the rehabilitation care is unavailable to patients with most prevalent and simultaneously incapacitating diseases. The issues of determination of resource support of hospital care concerning medical rehabilitation. The study was implemented to determine the need of adult population of Russia in rehabilitation care in hospital conditions. The expertise of medical documentation of basic territories was applied based on previously developed by physicians-experts indications for rehabilitation care in hospital conditions after treatment of acute states, exacerbation of chronic diseases, aftermath of traumas and surgery. The conclusion was made about necessity and duration of medical rehabilitation. To determine the need of population of the Russian Federation in medical rehabilitation the age indicators derived from data array from three territories were standardized on population in the Russian Federation in 2010. The total calculated need of adult population of the Russian Federation in hospital medical rehabilitation is 433.7 cases of hospitalization per 10 000 of adult population per year. At that, the number of patients standing in need of medical rehabilitation in hospital consists 21.1% of all patients treated in hospital. The article presents the calculated indicators of need of patients in medical rehabilitation in hospital conditions (number of cases of hospitalization, beds, indicators of average length of stay in bed, bed turnover) both by classes of diseases and particular diseases.

The main classes forming contingents of patients standing in need of medical rehabilitation in hospital conditions per 10 000 of population are diseases of circulatory system (242.4), respiratory organs (54.2), musculo-skeletal system and connective tissue (44.8), digestive organs (26.4), traumas, intoxications and other aftermaths of external causes impact (22.9), diseases of endocrine system, nutrition derangements and metabolism disorders (20.3) diseases of nervous system (12.9).

The effective system of medical rehabilitation makes it possible to support the balancedness of volumes of public guarantees of population medical care and to increase effectiveness of using bed fund and also
quality and able-bodied period of life of population of country at the expense of decreasing of disability.

Keywords: medical rehabilitation, need in medical rehabilitation, rehabilitation of adult population, number of cases of hospitalization, number of beds of rehabilitation treatment

ZD-1401-016
The model of visitor of health centers of Tomsk oblast and prevalence of main risk factors of chronic noninfectious diseases in visitors of health centers
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Nowadays, prevalence of chronic noninfectious diseases reached the epidemic proportions. The mortality because of chronic noninfectious diseases takes the first place all over the world. The most chronic noninfectious diseases are causatively related to behavior characteristics. The problem of decreasing rate of chronic noninfectious diseases was resolved on the public level by organization of health centers. The article analyzes the data concerning 3882 patients (3024 females and 858 males) aged from 18 to 92 years old who visited health centers of Tomsk in 2010-2011. It is established that visitors of heath centers on the territory of Tomsk oblast are predominantly women aged 50 years and older. Practically, 90% of visitors of health centers are urban residents. The working citizens amount to 67.3%, non-working citizens - 21.5%, retired persons - 11.2%. The persons with higher education amount to 39.2%. In connection of said above, the authors assume that the alteration of strategy of engaging residents to visit health centers and coverage of other population groups with health centers activities is actual to choose. The analysis of prevalence of risk factors among visitors of health centers on the territory of Tomsk oblast established that unreasonable nutrition is present in 63.3% of visitors, alcohol consumption - in 60.8% and tobacco smoking - in 19.8%. The engagement in physical activity is revealed in 42.5% of visitors of health centers. The derived results are comparable with international indicators.

Keywords: chronic noninfectious diseases, risk factor, health center

ZD-1401-020
The experience of organization of system of control and management of quality and availability of the specialized medical care in the Ural Fderal okrug
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The article presents the effective system of control and management of medical care based on comparative analysis and ranking of complex of medical, social and economic quality indicators. The implementation of automated information system with integrated indicators of effectiveness and resource capacity of specialized medical care makes it possible to apply in permanent conditions the control of maintenance of its provision according the treatment and diagnostic standards.

Keywords: medical care quality, medical, economic, social, quality indicator

ZD-1401-027
The psycho-hygienic model of prevention of addiction in school children
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The concept of psycho-hygiene model and new group technique of primary prevention of addiction to psycho-active substances are developed. The organizational functional mechanism of primary prevention of addiction to psycho-active substances in schoolchildren is scientifically substantiated. The effectiveness of preventive program was achieved by methodical techniques targeted to awareness and internalization of positive existential values and meanings supporting activation of anti-addictive motivation in schoolchildren. The effectiveness of the developed complex of measures of primary prevention of addiction to psycho-active substances on the basis of the developed psycho-hygienic model is analyzed in dynamics during 12 years. It is demonstrated that effectiveness can be evaluated by the regional narcological service on the basis of phenomenon of “social resistance of positive effect of measures of primary prevention of addiction to psycho-active substances”. The technique to be applied is clinical epidemiological analysis of changes in dynamics of indicators of narcological morbidity on the territories of comparison.

Keywords: psycho-hygiene, prevention, addiction, psycho-active substance, children, adolescents
The organization of counseling phone support of giving up smoking in the Russian Federation
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The article presents the results of the first year of functioning of the All-Russian counseling phone support of giving up tobacco smoking. The counseling targets included increase of awareness of smokers about harmful effect of tobacco smoke on human organism; methods of support of giving up tobacco smoking; increase of motivation to quit smoking; support and education of habits of self-care in case of apparition of symptoms of withdrawal; development of individual measures of prevention of relapse of tobacco smoking. The sample of called persons consisted of 66.8% of males and 33.2% of females. The overwhelming majority of called people (97.3%) wished to quit smoking and had average and high degree of motivation to smoking withdrawal. The leading motivation to smoking withdrawal was health deterioration or care of personal health. The single counseling was applied to 11 873 smokers. The monthly monitoring in case of smoking withdrawal was applied to 6165 smokers. The analysis of effectiveness of phone counseling demonstrated that in a month after single counseling about smoking withdrawal 11.1% quit smoking and after 6 months only 8.1% still smoked. The study established that among smokers to whom was applied monthly monitoring of smoking withdrawal 34.8% quit smoking tobacco, 6.1% decreased number of cigarettes smoked per day more than twice. The results of control survey implemented in 6 months after smoking withdrawal demonstrated that 22.8% of persons who received monthly monitoring of smoking withdrawal did not smoke and 2.7% of smokers decreased number of cigarettes no less than twice.

Keywords: tobacco smoking, quitting smoking, phone support of smoking withdrawal

The issues of expertise of medical care quality in the light of changes in legislation and development of standardization of public health of the Russian Federation
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The article considers main issues and problems related to the evaluation of medical care quality. The well-known criteria of quality of medical care are analyzed accepted at the legal level. The main issues of standardization of public health of the Russian Federation are determined. The main legal risks of medical care and ways of their prevention are indicated.

Keywords: medical care, quality of medical care, standard of treatment, expertise of quality of medical care

The population morbidity in conditions of lasting moderate application of pesticides
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The article presents the results of study of morbidity of children population (0-14 years) and adult population of medium town with neighboring rural settlements according data of appealability to curative preventive institutions. The amount of emission of contaminants in atmosphere, gross consumption, territorial loads, surfaces of ploughlands worked by chemical pesticides and mineral fertilizers using techniques of evaluation of stability of tendencies, cluster and correlation analysis were analyzed too. The detection of patterns of morbidity of scanty children population and especially of particular classes of diseases in such territories is only possible under lasting periods of monitoring.

Keywords: population morbidity, chemical pesticides, characteristics of analysis of morbidity of small municipalities

The relationship of character of course of pregnancy and presence of somatic and stomatological pathology in anamnesis
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The interaction and close relationship of oral cavity conditions and human inner organs is proved by many researchers. However, pathognomonicity of alterations of solid tissues of teeth to somatic alterations is not established. The study established that stomatologic and somatic status and character of course of pregnancy are affected by central factors with general regulation of processes in organism as a common denominator.

Keywords: oral cavity, teeth caries, health, pregnancy
K.E. Tziolkovskiy and Russian eugenics
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The article considers philosophical concepts of K.E. Tziolkovskiy, including an important idea of eugenics as a transformation of quality of human nature itself in the perspective of cosmic future of humankind. The actuality of study of philosophical estate of great researcher is emphasized in connection with actual biomedical revolution with achievements of genetics playing a leading role in it. In the context of history of eugenics the concept of transformation of human into certain “autotrophic entity” is valued as a next “utopia project” of future humankind.
Keywords: eugenics, biomedical revolution, science, philosophy, ethics, astronautics, utopia, scientism

A.G. Svatikova: the first woman in the world elected as the head of chair of eye diseases
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The article is dedicated to the first woman in the world elected as the head of chair of eye diseases and the first female head of chair at medical faculty of Tomsk university in 1932. The disciple of professor Orlov, A.G. Svatikova was a competent clinician, experienced ophthalmologic surgeon, prominent public health organizer (the chief ophthalmologist of Tomskaya oblast, chairman of public health commission of the Council of deputies of working people of several convocations, etc.), excellent pedagogue and research leader. With her name are directly related the liquidation of trachoma in Tomskaya oblast, rehabilitation of blind military servicemen, dispensarization of patients with glaucoma, organization of school for blind and visually impaired children. A.G. Svatrikova and her collective body made a significant input into ophthalmology through studies of schoolchildren vision and measures of prevention of short-sightedness, changes of organ of vision under different types of pathology (infectious diseases and diseases with natural nidality, epilepsy, diseases of cardiovascular system, etc.).
Keywords: history of medicine, ophthalmology, trachoma, Tomsk university (medical institute), Tomsk, Siberia

The problems of modernization of public health in the Russian Federation (according to results of survey of specialists-public health organizers)
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The implemented course of modernization of public health of the Russian Federation inputs new requirements to the level of knowledge and awareness of specialists-public health organizers concerning main directions of modernization. The survey of 142 specialists in the field public health organization, mandatory medical insurance and clinical practice was organized and implemented in four cities of the Russian Federation. The results of survey demonstrated presence of number of problems concerning information support. The results can be used in education activities, implementation of programs of professional retraining and advanced training of specialists.
Keywords: modernization, mandatory medical insurance, financing, quality management, standardization, informatization, computerization.