

Osteopathic medicine in the Russian Federation: first results and objectives
development

D.E. Mokhov, E. S. Tregubova

(Institute of Osteopathy, St. Petersburg State University and North-Western State Medical University named after I.I. Mechnikov, St.

Petersburg)

Osteopathic medicine in the Russian Federation:
first results and tasks of development

DE Mokhov, ES Tregubova

Institute of Osteopathy of SPbSU & NWSMU na II Mechnikov (Saint-Petersburg,
Russia)

SUMMARY

The article examines the history of the development of osteopathy in Russia from the 90s of the XX century to the present: key events and organizational forms of this development, the main directions and results of the work of the leaders of Russian osteopathy, which led in 2012–2013. to the official recognition of osteopathic medicine in Russia.

Key words: osteopathy, osteopathic medicine, osteopathic doctor, professional standard of an osteopath, professional osteopathic education.

RESUME

The article discusses the history of osteopathy in Russia since 90-ies of XX century to the present day: the key events and organizational forms of osteopathic development, the main directions and results of the Russianosteopathic leaders working. As a result of this work osteopathic medicine in Russia was officially recognized in 2012–2013.

Keywords: osteopathy, osteopathic medicine, osteopathic physician, professional standard of osteopath, osteopathic professional education.

The development of osteopathy in Russia, which has a history of just over two decades, convincingly testifies to how professionally promising and socially significant the results of the synthesis of a new[1]medical practice that is medically effective and has its own philosophy of health, the objective demand for such an innovative approach in the situation of modernization of Russian healthcare and the interest of the population in receiving such medical care, as well as the professionalism and enthusiasm of the initially small but active community of osteopathic doctors who were able to adequately correlate the above circumstances and propose a program for the development of a new medical direction. The proof of the success of such work was the official recognition of osteopathy as a direction of medicine and a specialty of professional education, approved by the corresponding orders of two

federal ministries. Osteopathy is a holistic system for the prevention, diagnosis and treatment of somatic dysfunctions caused by biomechanical disorders in order to activate the body's resources for self-correction.

The beginning of the development of osteopathy in Russia can be considered the first public lecture of the famous American osteopath V. Fraiman, which took place in the fall of 1991 at the V.I. G.I. Turner (St. Petersburg). The lecture and clinical demonstrations caused a serious resonance in the medical environment of St. Petersburg and Russia. The next decade became a period of familiarizing Russian doctors with the world osteopathic tradition - a period of acquaintance with osteopathic schools and directions, a decade of active practical and theoretical training of our specialists in leading foreign educational institutions of an osteopathic profile.[2] and at seminars held in St. Petersburg under the guidance of reputable foreign osteopaths: V. Fraiman, R. Caporossi, F. Peyralada, R. Molinari, J.-P. Amiga [1].

In parallel, domestic educational and clinical osteopathic institutions are being formed: in 1992, under the leadership of T.I. Kravchenko in St. Petersburg, a Consultative and Rehabilitation Osteopathic Center was established, on the basis of which the first non-state educational institution for osteopathy was opened in 1994 - the Russian Higher School of Osteopathic Medicine (RHSOM). The experience gained by Russian osteopaths was immediately implemented in the scientific-educational and practical-medical direction, opening medical centers and clinics in which osteopathic care was provided to the population.

The next stage in the development of Russian osteopathy is associated with the beginning of the process of its public and official recognition both in the world and in Russia itself. Despite the fact that the term "Osteopathy" appeared in official documents of the Russian Ministry of Health back in 1996.[3] as an addition to the term "manual therapy", practical legitimation happened later and initially took place, so to speak, without prior notice.

In 2000, for the first time, training in osteopathy began at a state medical university - at the St. Petersburg Medical Academy of Postgraduate Education (SPbMAPO), the Educational and Scientific Center for Osteopathic Medicine (headed by D.E. Mokhov) was established and started operating. Both Russian osteopaths who received the appropriate education in Europe and foreign colleagues have become its teachers. In 2004, the first graduation of osteopaths took place. To date, this educational institution, represented by its successors - the Institute of Osteopathic Medicine, St. Petersburg Medical Academy of Postgraduate Education (2004), the Institute of Osteopathy, St. I.I. Mechnikova (since 2013) - has trained more than 400 graduates, leading clinical and research work in many regions of Russia. Employees of the Institute of Osteopathy, St. I.I. Mechnikov, on the basis of international principles and standards for the training of osteopaths, curricula and programs have been developed

various cycles of improvement in osteopathy for doctors of various specialties, a training program in osteopathy was prepared, and a program of professional retraining in osteopathy was prepared and approved in 2012 by the Coordination Council of the Ministry of Health of the Russian Federation. All educational activities are provided with all the necessary educational, educational, methodological and clinical support [2].

With the support of the Institute of Osteopathy, St. I.I. Mechnikov, the training of osteopaths began in other cities of Russia: Moscow, Kazan, Samara, Vladivostok, Krasnodar, Anapa, Perm, which also involves other educational osteopathic centers of various organizational and legal forms [3].

An indicator of the growing international authority of Russian osteopathy has been the holding in St. foreign experts of the international level consider fundamental, clinical and organizational problems of osteopathic medicine. Since 2007, the first peer-reviewed professional scientific and practical publication in Russia, the Russian Osteopathic Journal, has been published with a frequency of 4 issues a year (editor-in-chief - DE Mokhov). In addition, articles by Russian authors on osteopathic issues are regularly published in the journals Manual Therapy, Reflexotherapy, Traditional Medicine, Vestnik St. Petersburg State University: Series 11. Medicine "and other scientific medical journals in Russia and abroad. Osteopaths of Russia, realizing the commonality of their professional interests, problems and tasks with which they have to deal in practice, create their own professional associations. The leading organization, which aims to "promote the development of highly competent osteopathic medicine to preserve the health of citizens" is the "Register of Osteopaths of Russia" (ROP, President - K.V. Mazalsky), which began its activities in 1997 in St. Petersburg, and since 2008 it has become an All-Russian public organization. Today the Register has branches in 45 constituent entities of the Russian Federation and has more than 250 members - osteopathic doctors [4]. problems and tasks with which they have to deal in practice, create their own professional associations. The leading organization, which aims to "promote the development of highly competent osteopathic medicine to preserve the health of citizens" is the "Register of Osteopaths of Russia" (ROP, President - K.V. Mazalsky), which began its activities in 1997 in St. Petersburg, and since 2008 it has become an All-Russian public organization. Today the Register has branches in 45 constituent entities of the Russian Federation and has more than 250 members - osteopathic doctors [4]. is the "Register of Osteopaths of Russia" (ROP, President - K.V. Mazalsky), which began its activities in 1997 in St. Petersburg, and since 2008 has become an All-Russian public organization. Today the Register has branches in 45 constituent entities of the Russian Federation and has more than 250 members - osteopathic doctors [4]. is the "Register of Osteopaths of Russia" (ROP, President - K.V. Mazalsky), which began its activities in 1997 in St. Petersburg, and since 2008 has become an All-Russian public organization. Today the Register has branches in 45 constituent entities of the Russian Federation and has more than 250 members - osteopathic doctors [4].

"Promoting the development of osteopathy on the territory of the Russian Federation" sets as its goal the "Unified National Register of Osteopaths" (ENRO), which unites both individuals and legal entities. Members of the "Russian Osteopathic Association" (ROA, President - TI Kravchenko), created in 1997, are more than 150 doctors of osteopathy and scientists from different regions of Russia, the association cooperates with the European Federation of Osteopaths, the French Osteopathic Association. The Union of Osteopathic Clinics of Russia unites medical institutions that provide osteopathic care to the population, its members are legal entities - more than 30 osteopathic clinics in Russia.

All these processes, so to speak, of internal professional self-determination of osteopathy are taking place against the background of growing interest and recognition.

the values of osteopathic care from the population. Currently, osteopathic doctors and osteopathic institutions work in 48 regions of the country, i.e. in more than half of the constituent entities of the Russian Federation. At the beginning of 2011, 1223 osteopaths were employed in the country (1996 - 9 specialists, a numerical increase of almost 136 times!), Of which 10.2% - in state and municipal medical institutions, 31.4% - in non-governmental medical organizations, and 58.4% were in private practice. Despite the fact that osteopathic treatment is carried out on a paid basis, the estimated number of patients resorting to osteopathic care in Russia is 300 thousand people per year, and the number of sessions annually exceeds 1.5 million [1].[4] [5].

The aforementioned cumulative productivity of the Russian osteopathic community and the great organizational work of its leaders, sooner or later, should have led to the recognition of osteopathy on the part of the state and its bodies, primarily the relevant ministries. The first sign was the document approved by the Ministry of Health of Russia on October 27, 2003 - "Osteopathy. Methodical recommendations No. 2003/74 ", which outlined" the main provisions, principles, techniques, indications and contraindications for the use in clinical practice of osteopathy - one of the most common and effective methods of traditional medicine. " These guidelines are intended for physicians of all medical specialties, for experts of licensing commissions, were developed at the Federal Scientific Clinical and Experimental Center for Traditional Methods of Diagnostics and Treatment of the Ministry of Health of Russia, at St. the procedure for training the relevant medical personnel. It took a decade to resolve these issues, during which practical work, both clinical and scientific and educational, of existing and newly created osteopathic centers did not stop in Russia. At the same time, the leaders of the Russian osteopathic community are doing a lot of organizational and educational work to familiarize the general medical community with the history of osteopathy, with the philosophical and methodological principles of its founders - E.T. Still, D.M. Littlejohn, W.G. Sutherland [6, 8, 9], with the development of the fundamental provisions of osteopathy by modern foreign scientists - G. Magun, V. Fraiman, F. Peyralad, R. Caporossi and others [1, 8]. Also, Russian osteopaths are increasingly positioning themselves in relation to foreign osteopathic directions: sharing the general fundamental principles of osteopathy, they develop original concepts and methods, analyze the specifics of the problems and tasks of osteopathy in modern Russia [10], develop a professional standard [11] and normative documents regulating Caporossi and others [1, 8]. Also, Russian osteopaths are increasingly positioning themselves in relation to foreign osteopathic directions: sharing the general fundamental principles of osteopathy, they develop original concepts and methods, analyze the specifics of the problems and tasks of osteopathy in modern Russia [10], develop a professional standard [11] and normative documents regulating

activities of osteopathic specialists.

Finally, on December 20, 2012, by order of the Ministry of Health of Russia No. 1183n "On Approval of the Nomenclature of Positions of Medical Workers and Pharmaceutical Workers", the position of "osteopathic doctor" was included in the nomenclature of positions of specialists with higher professional (medical) education, which can be considered an official statement of professional status osteopathy as a medical activity. On September 12, 2013, by order of the Ministry of Education and Science of the Russian Federation No. 1061 "On the approval of the lists of specialties and areas of training for higher education", the specialty on August 31, 52 "Osteopathy" was included in the list of higher education specialties - training of highly qualified personnel under residency programs. Thus, the state recognized the scientific and educational activities of osteopathic centers,

Thus, osteopathy today is already included in the health care system and its professional support, has become a part of official medicine. The leaders of the osteopathic movement in Russia responded to this long-awaited event immediately and in a businesslike manner.

On 02.12.2013, the first organizational meeting of the Coordination Council for Osteopathy, a professional public association of leaders of the Russian osteopathic community, took place in St. Petersburg. The meeting was attended by the heads of all osteopathic educational and professional public organizations from different cities of Russia - Moscow, St. Petersburg, Kazan, Samara, Yekaterinburg, Tyumen, Vladivostok, Krasnodar. At the meeting, the Regulation on the Coordination Council for Osteopathy was adopted, its composition was approved, and the leadership of the association was elected: Chairman of the Council - D.Ye. Mokhov (Institute of Osteopathy, St. Petersburg State University and North-Western State Medical University named after II Mechnikov, St. Petersburg), vice-chairmen - T.I. Kravchenko (Russian Higher School of Osteopathic Medicine, St. Petersburg) and A.F.

The purpose of the Council's work is to coordinate activities on the formation of a modern effective system of continuous training of osteopathic doctors, on the development of a regulatory framework for the provision of osteopathic care to ensure the health of the population of Russia. Tasks of the Council:

Elaboration of unified strategic decisions for the development of osteopathy in Russia; Coordination of the development and harmonization of the regulatory and legal framework for osteopathy; Creation and support of a single professional community; Development of a mechanism for professional accreditation of osteopathic doctors; Development of a mechanism for ensuring high quality training of osteopathic doctors by: - applying uniform methodological approaches, educational standards, a glossary, training procedure and educational and methodological base in organizing the training of osteopathic specialists; - Conducting public and professional accreditation of educational programs and educational institutions providing training in osteopathy. Coordination of scientific projects in osteopathy, namely: - carrying out complex scientific

research works, assistance in the implementation of their results in practice; - organization of major scientific and representative events (symposia, forums, conferences) at regional, national and international levels; - organizing the release of a regular specialized scientific information publication.

Assistance in the formation and development of regional osteopathic clusters, including scientific, educational, clinical and other relevant structures. Thus, today Russian osteopathy is entering a new period in its history - the stage of its institutionalization as one of the modern state resources of the nation's health care. For osteopathic medicine, this is a time of great opportunities and serious obligations to the state, society and the medical community, a time for a thorough assessment of the results achieved and a deeply thought-out definition of goals and objectives, directions and forms of further development, a time for balanced decisions, accurate and effective actions.

Literature

1. Mokhov D.Ye., Mikirtichan G.L., Likhtshangof A.Z., Malkov S.S. Manual medicine, osteopathy: history, current state, development prospects. - SPb., 2011. -- 220 p.
2.<http://www.osteopathie.ru/>
3. Belyaev A.F., Shiryaeva E.E. Development of osteopathy in the Far East Russia // The role of the medical community in the development of osteopathic activity in the Russian Federation: Proceedings of the conference. St. Petersburg, April 22, 2010 - SPb., 2010. - pp. 39-43.
4.<http://www.osteopathy.ru/>
5. Malkov S.S. On the state of osteopathy in a large metropolis as an example Petersburg // The role of the medical community in the development of osteopathic activity in the Russian Federation: Proceedings of the conference. St. Petersburg, April 22, 2010 - SPb., 2010. - P.44-51.
6. Mazalsky K.V. John Littlejohn's Principles of Osteopathy - Relevance in the 21st century // Russian Osteopathic Journal. - 2007. - No. 1.
7. Mokhov D.E., Egorova I.A., Trofimova. The principles of osteopathy. - SPb. : Publishing house. house SPbMAPO, 2004. -- 78 p.
8. Novoseltsev S.V., Mokhov D.E. History and philosophy of osteopathy. - SPb. : Ed. House of St. Petersburg State University, 2010. -- 44 p.
9. Chokashvili V.G., Parfenov V.M., Chokashvili M.V. On the question of osteopathy. - SPb., 2000. -- 80 p.
10. Mokhov D.E., Novoseltsev S.V., Malinovsky E.L. The development of osteopathy in Russia: theory and practice (response to the article by J.-P. Amiga "Is osteopathy losing itself?" // Russian Osteopathic Journal. - 2011. - No. 3-4 (14-15). - pp. 3-9.
11. Mokhov D.E., Tregubova E.S. Professional competence of a doctor osteopath as the basis of professional standard // Traditional medicine. - 2011. - No. 1 (24). - P.35-41.

Author's address

Dr. med. Mokhov D.E., Associate Professor, Doctor of Osteopathy in Europe, Member of the Board of the Register of Osteopaths of Russia (ROP), Member of the American Academy of Osteopathy (AAO) and the World Osteopathic Health Organization (WOHO), Vice President of the International Osteopathic Foundation (WOF).

osteopathie@mail.ru

[1] Osteopathy, which began with the practical, research and educational activities of E.T. Still (1874-1917), which began in 1874, is really young in terms of world history.

[2] See: Order of the Ministry of Health of the Russian Federation No. 1183n dated 12/20/2012 "On the approval of the Nomenclature of positions of medical workers and pharmaceutical workers", order of the Ministry of Education and Science of the Russian Federation No. 1061 dated 09/12/2013 "On the approval of the lists of specialties and areas of training for higher education".

[3] Here we should mention, first of all, the Osteopathic College of Pomona (USA) and the Higher School of Osteopathy in Paris (France). In the latter, in 1997, the first graduation of Russian certified osteopaths took place.

[4] Among these are the International Academy of Osteopathy - PFUR (Moscow), the Russian Academy of Osteopathic Medicine (St. Petersburg), the Department of Restorative Medicine and Osteopathy, Institute of Postgraduate Education, Novgorod State University Yaroslav the Wise, Department of Neurology, Reflexology and Osteopathy, Kazan State Medical Academy, Department of Medical Rehabilitation and Sports Medicine, Vladivostok / Pacific State Medical University, Institute of Vertebroneurology and Manual Medicine (Vladivostok).

Mokhov, D.E. Osteopathic medicine in the Russian Federation: first results and development objectives / D.E. Mokhov, E.S. Tregubova // Traditional medicine. - 2013. - No. 4 (35). - S.20-24.

[To favorites](#)