



## Improving Healthcare Outcomes in Chronic Disease – Enhancing the Curriculum at Masters level

*Minutes of the Train the Trainers visit (UPV, Spain)  
Tomsk, Russia, November 25-29, 2019*

### Monday, Day 1.

The meeting with the project team opened at 14.00. Executive manager of the project Regina Malykh welcomed the guest to the university and introduced the project team and participants of Student mobility programs.

New approaches to the educational programs were discussed as well as the most common issues of their implementation.

The necessary changes to Agenda were made due to the fact of illness of the second professor of UPV, who couldn't come to visit SSMU. The direction of future work this week was also discussed.

After the meeting, Anna Kovshirina and Arina Mikhailova showed the city to Professor Carrion.

### Tuesday, Day 2.

The first master-class on "Change management in healthcare" opened at 10.30. The participants were the administration of SSMU and SSMU clinics, as well as professors and PhD students. The total number of participants: 21. Anna Kovshirina introduced Professor Carrion and shared information about the project and SSMU participation in it. After Andres's presentation on the Introduction of Change management the participants were involved in practical work.

Before the lunch, Professor Carrion also met the rector of the SSMU Professor Kobyakova. Rector of SSMU welcomed the guest of the university and introduced the Head of Center for International Development and Partnership Eva Burbo.

Olga Kobyakova demonstrated the video about SSMU and presented the NCD problems in the Tomsk region.

Rector and Professor Carrion shared plans, opinions, and hopes for successful and fruitful work together this week and during the project.

Round table with SAU Integrative Approaches to Public Health and Health Care "Epidemiology and Statistics in Person-Centered Care" started at 17.00. The participants were the members of SAU, medical volunteers, students, and professors. The total number of participants: 20. Regina Malykh introduced Professor Carrion and shared information about the project and SSMU participation in it. Andres Carrion shared his opinion on the problem of the usage of statistical and epidemiological methods in the Person-Centered Care approach. The participants had a fruitful discussion. Anastasia Varlamova, the expert in Lean-technologies, presented the experience of implementing these technologies at SSMU.



### **Wednesday, Day 3.**

The second part of the master-class on “Change management in healthcare” opened at 10.30. The participants were the administration of SSMU and SSMU clinics, as well as professors and PhD students. The total number of participants: 21. Professor Andres Carrion had a more detailed presentation on the Introduction of Change management. Afterward, the participants had a discussion.

After lunch Professor Carrion held the second master-class on “Quality approaches for health sciences”. The participants were the administration of SSMU and SSMU clinics, as well as professors and PhD students. The total number of participants: 22. Regina Malykh introduced Professor Carrion and shared information about the project and SSMU participation in it. After Andres’s presentation on the Introduction of Quality approaches for health sciences the participants had a discussion.

The final part of the program was Open lecture “Quality management: general aspects”. The participants were representatives from Tomsk State University and Siberian State Medical University. The total number of participants: 25. Regina Malykh introduced Professor Carrion and shared information about the project and SSMU participation in it. The text was presented in Russian, Professor Carrion commented on it in English. After the lecture vice-rector of SSMU Alexander Ratkin shared the experience of SSMU in dealing with Quality management as medical university and medical clinics.

### **Thursday, Day 4.**

The second part of the master-class on “Quality approaches for health sciences” opened at 11.00. The participants were the administration of SSMU and SSMU clinics, as well as professors and PhD students. The total number of participants: 22. Professor Andres Carrion had a more detailed presentation on the Introduction of Quality approaches for health sciences. Afterward, the participants had a discussion.

In order of strengthening bilateral communications and common ideas after lunch, Eva Burbo gave a tour of Central Research Lab – the main building for research and statistical methods in science. Andres had a chance to meet a couple of professionals working there. Then Eva and Andres visited SSMU Anatomy Museum.

The final event on the Agenda was Master-class for the students of Honor’s program “Problem-solving techniques” that started at 16.30. Regina Malykh introduced Professor Carrion and shared information about the project and SSMU participation in it. The total number of participants: 20. Professor Carrion introduced the roots and aims of Problem-solving techniques, shared very understandable examples and practice new skills with students. Everybody got very interested in the topic and participated in the discussion. The most common question was: “How to become a professional problem-solver?”.

**Day 1: Monday**  
**November 25, 2019**

**13.30** Meeting in the hotel hall (Anna Kovshirina)

**Siberian State Medical University**  
**2 Moskovskiy Trakt, Main Building, room 8**

14.00-16.00 Meeting with the project team  
(language: **English**)

- Introduction to the project team (Regina Malykh)
- Discussion of the modules preparation process (Regina Malykh)
- Sharing experience, new techniques, tools, and strategies in the higher education programs

(Andres)

16.00-17.30 Tomsk tour (Regina Malykh, Anna Kovshirina)

**Day 2: Tuesday**  
**November 26, 2019**

**10.00** Meeting in the hotel hall (Anna Kovshirina)

**Siberian State Medical University**  
**2 Moskovskiy Trakt, CRL, room 17**

10.30-12.30 Master-class “Change management in healthcare” (Andres)  
(language: **English and Russian**)

**Siberian State Medical University**  
**2 Moskovskiy Trakt, Main Building**

13.00-13.30 Meeting with the rector (Olga Kobyakova, Regina Malykh, Eva Burbo)  
(language: **English**)

14.00-15.00 Lunch

15.00-16.30 Free time

**16.30** Meeting in the hotel hall (Anna Kovshirina)

**Siberian State Medical University**  
**2 Moskovskiy Trakt, CRL, room 17**

17.00-18.30 Round table with SAU Integrative Approaches to Public Health and Health Care “Epidemiology and Statistics in Person-Centered Care” (Andres)  
(language: **English and Russian**)

**Day 3: Wednesday**

**November 27, 2019**

**10.00** Meeting in the hotel hall (Anna Kovshirina)

**Siberian State Medical University  
2 Moskovskiy Trakt, CRL, room 17**

10.30-12.30 Master-class “Change management in healthcare” (Andres)  
(language: **English and Russian**)

13.00-14.00 Lunch (Anna Kovshirina, Regina Malykh)

**Siberian State Medical University  
2 Moskovskiy Trakt, CRL, room 17**

15.00-17.00 Master-class “Quality approaches for health sciences” (Andres)  
(language: **English and Russian**)

**Siberian State Medical University  
2 Moskovskiy Trakt, Main Building, Assembly Hall**

18.00-19.30 Open lecture “Quality management: general aspects” (Andres)  
(language: **Russian + English**)

For representatives from Tomsk State University, Tomsk Polytechnic University, Siberian State Medical University, and Tomsk citizens

**Day 4: Thursday  
November 28, 2019**

**10.30** Meeting in the hotel hall (Anna Kovshirina)

**Siberian State Medical University  
2 Moskovskiy Trakt, CRL, room 17**

11.00-13.00 Master-class “Quality approaches for health sciences” (Andres)  
(language: **English and Russian**)

13.30-14.30 Lunch

14.30-16.00 Visit to the SSMU Anatomy Museum and Central Research Lab  
(language: **English**)

**Siberian State Medical University  
2 Moskovskiy Trakt, Co-working Center**

16.30-18.30 Master-class for the students of Honor’s program “Problem-solving techniques” (Andres)  
(language: **English and Russian**)