

Osteopathy in the healthcare system

In 2015 the “new” medical discipline of osteopathy appeared in Russia. Unlike in other countries, where osteopathy has long been officially recognized, in Russia only doctors with a higher medical education in general medicine or pediatrics can study osteopathy and obtain diplomas and certificates to practise osteopathy professionally.

Below is a timeline of the principal landmarks on osteopathy’s journey to being officially acknowledged as a medical speciality in Russia:

2012

- The medical title of “Osteopathic Physician” is introduced by the Ministry of Health of the Russian Federation (decree №1183n dated 20.12.2012).

*the title
‘osteopathic
physician’*

2013

- Osteopathic consultation is added to the index of medical treatment procedures (decree №794n of the Ministry of Health of the Russian Federation dated 28.10.2013). This decree enables osteopaths to receive and consult patients in medical organizations.

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osteopathic
consultation
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2014

- The Director of the St Petersburg Institute of Osteopathy, Dmitry Mokhov, is appointed as Chief External Specialist in Osteopathy to the Ministry of Health (decree №236 of the Ministry of Health dated 23.05.2014). His main objective is to improve the quality of both osteopathic care provision and training for osteopaths.

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cooperation
with the Ministry
of Health
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2015

- Osteopathy is included in the index of medical specialties (decree №700n of the Ministry of Health of the Russian Federation dated 07.10.2015).
- Qualification standards for osteopaths receive official approval (decree №707n of the Ministry of Health of the Russian Federation dated 08.10.2015). The Ministry of Health decree prescribes who may receive the title of Osteopath as well as setting out training options for osteopaths – in-house training and professional re-training.

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speciality and
qualification
standards
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2016

- Osteopathy is included in the index of medical services subject to licensing (Russian Federation Government Decree №1327 dated 08.12.2016). From this date onwards a license to practise osteopathic care becomes mandatory.

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licensing
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Osteopathy has gained official recognition for two principal reasons: a high demand for osteopathic care and, just as importantly, its proven effectiveness. The initiative and perseverance of Russian osteopaths, along with the efforts of the Chief External Specialist in Osteopathy to the Russian Ministry of Health Dmitry Mokhov and his team, have played a crucial role in this development.

In recent years the Russian healthcare system has undergone a fundamental transition to individual, preventive and predictive medicine. Today's society demands doctors who can not only heal the sick, but who can prevent illness and disease and nurture a universal health culture. Osteopathy can address this issue in ways that no other medical discipline can, and together with the acceptance of osteopathy in Russia at government level, its official definition was granted for the first time.

The official definition of osteopathy:

Osteopathy is a holistic manual medical system of prophylaxis, diagnostics, treatment and rehabilitation of somatic dysfunctions* that adversely affect health, and is aimed at restoring the body's natural ability to self-correct.

**Somatic dysfunction (ICD-10) is a reversible functional alteration which manifests itself through biomechanical, rhythmogenic and neurodynamic constituents.*

In other words:

Osteopathy is a holistic system of manual diagnostics and treatment which sets out to restore the body's neurological regulation, circulation and biomechanics.

This definition clarifies the special nature of osteopathy in comparison to other medical specialities.

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Holism is the science of wholeness
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The official recognition of osteopathy is of huge importance, as it will help to make osteopathic care available to a greater number of patients, and will allow – indeed require – the government to control the quality of provision. The status of medical speciality has given Russian osteopaths the ability to communicate and collaborate with their colleagues from other branches of medicine on equal terms, and thus to improve the quality of medical care in Russia as a whole.

Professionally trained osteopaths can now not only help their patients, but also play an important role in the preservation of the nation's health.

Key facts about the St Petersburg Institute of Osteopathy

- 1 • The St Petersburg Institute of Osteopathy was founded in 2000, and in October 2015 it celebrated its 15th anniversary.
- 2 • The Institute is a union of two higher educational institutions: the St Petersburg State University Institute of Osteopathy, and the North-Western State Medical University n.a. I.I. Mechnikov Department of Osteopathy. Additionally, it incorporates the Institute of Osteopathy, an independent and privately funded institution of further professional education.
- 3 • The St Petersburg Institute of Osteopathy is the leading osteopathic school in Russia, with a constantly expanding network of branches currently represented in 7 Russian cities.
- 4 • In March 2016 the Ministry of Health of the Russian Federation elected the North-Western State Medical University n.a. I.I. Mechnikov Department of Osteopathy as a federal methodological centre for osteopathy.
- 5 • The teaching staff of the Institute comprises over 60 specialists – senior medical practitioners, professional lecturers and PhDs.
- 6 • Under current legislation, graduates of the Institute are awarded residency diplomas or diplomas of professional retraining in osteopathy and specialist certificates.
- 7 • Since its foundation, over 700 professionals have graduated from the Institute. Today they work in the leading osteopathic clinics in Russia. In 2017 the institute will produce its 1000th graduate.
- 8 • Together with the Russian Osteopathic Association (ROSA), the Institute of Osteopathy publishes Russia's only scientific and practical osteopathy periodical – the Russian Osteopathic Journal, which is included on the list of peer-reviewed scientific periodicals recommended by the Higher Attestation Commission).
- 9 • The St Petersburg Institute of Osteopathy conducts research to verify the effectiveness of osteopathic treatment, with the participation of leading Russian scientists from a whole range of fields.
- 10 • The Institute takes an active part in the life of the osteopathic community worldwide: it is a member of many international professional organizations, and has signed cooperation agreements with leading schools of osteopathy. Each year it invites the best foreign specialists to scientific events held at the Institute.
- 11 • The Institute has a number of traditions, among the brightest of which is the Osteopathy Open, a congress held in the Institute during the White Nights period which welcomes over 500 Russian and foreign colleagues every year.



St Petersburg State University in figures

- a 292 year history
- 7 Nobel laureates
- 6 institutes and 17 faculties
- 30 000 students and around 6 000 lecturers and researchers
- over 40 academicians and correspondent members of the Russian Academy of Sciences and other academies
- over 240 postgraduate internship programmes 29 residency programmes
- partner universities in 60 countries across the globe
- the status as an academic complex of immense significance for the development of Russian society conferred to the University by the President of the Russian Federation in 2009



The North-Western State Medical University n.a. I.I. Mechnikov in figures

- the St Petersburg Medical Academy of Postgraduate Studies and the I.I. Mechnikov St Petersburg State Medical Academy, which merged on October 12th, 2011
- 8 faculties and 109 departments
- 4300 students
- 25 types of diagnostic and treatment work
- 40 000 patients who annually receive medical care at the University hospital
- 460 postgraduate students and degree candidates
- 2 research institutes and 9 research laboratories
- 30 000 doctors who annually increase their qualification-level at the University

St Petersburg State University and the North-Western State Medical University n. a. I. I. Mechnikov



*Grand Duchess
Elena Pavlovna*



Ilya Mechnikov



Peter the Great



Mikhail Lomonosov



The North-Western State Medical University n.a. I.I. Mechnikov was formed in 2011 as a result of the merger of two major medical educational institutions. In 2015 it took its place on the list of the top 100 educational institutions of our country.

The North-Western State Medical University n.a. I.I. Mechnikov has united two strong medical traditions: on the one hand, the 125-year history of the St Petersburg Medical Academy of Postgraduate Education, dating back to the foundation of the first postgraduate medical institution in Russia, the clinical institute of Grand Duchess Elena Pavlovna, which was granted its Imperial title in 1896, and on the other, the 100-year history of the I.I. Mechnikov St. Petersburg State Medical Academy, founded in 1907 by the famous psychiatrist and academician V. M. Bekhterev.

Founded by Peter the Great in 1724, St Petersburg State University is the oldest higher educational institution in Russia. Its strong scientific foundation was laid down by its first professors, among them outstanding scientists such as the mathematicians Leonhard Euler and Daniel Bernoulli, the historian Gottlieb Bayer, and the scholar and polymath Mikhail Lomonosov. In recent years St Petersburg State University has become one of the top 200 higher educational institutions in the world.

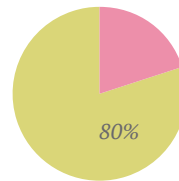
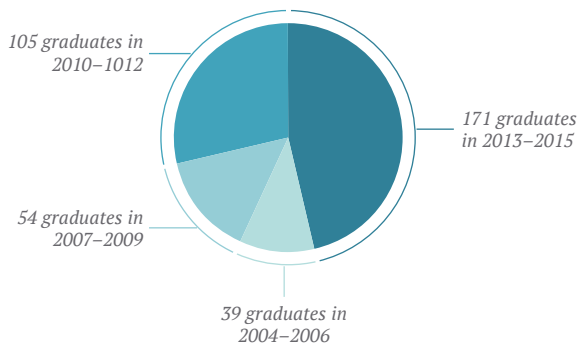
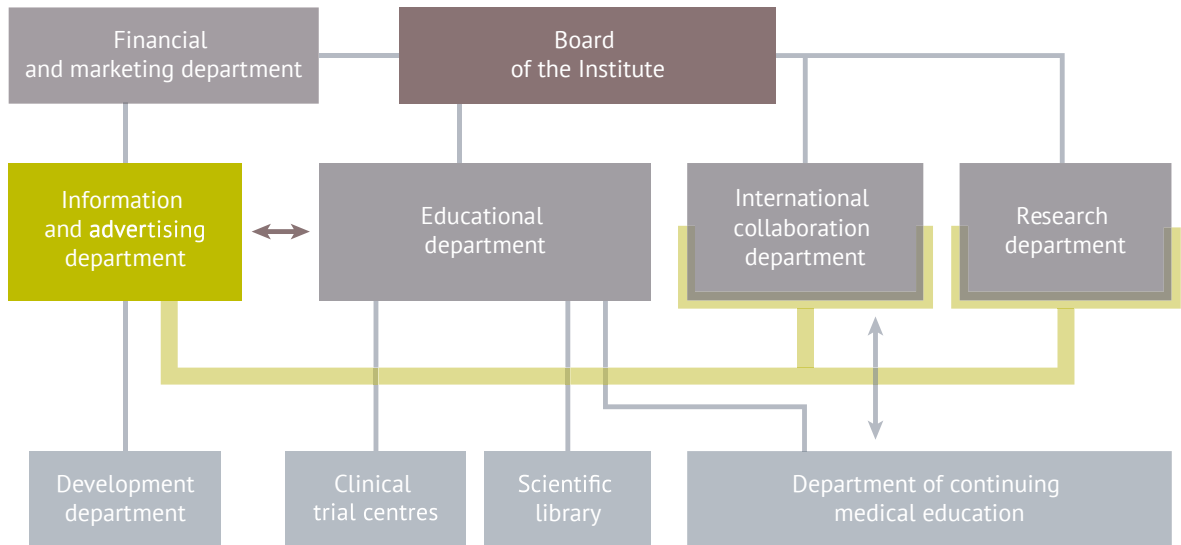
Today, thanks both to their rich historical past and to research activity that meets the demands of modern society, these educational institutions have maintained their leading positions and status in the dynamically developing academic world.

In 2008, St Petersburg State University and the St Petersburg Medical Academy of Postgraduate Education signed an agreement on cooperation in the sphere of osteopathy, allowing them to form a strong teaching staff at the St Petersburg Institute of Osteopathy, comprising over 60 highly skilled lecturer-osteopaths, specialists well-known both in Russia and internationally. Among their number are PhDs and authors of numerous scientific works and books on osteopathy. Working under the wing of the country's oldest higher educational institutions places high demands on the institute's staff for constant development, as well as on setting high standards for themselves and their students.

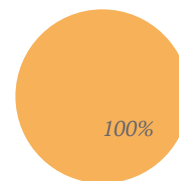




St. Petersburg Institute of Osteopathy



The Institute's students face strict requirements. On average, 80% of the Institute's students pass their final examinations at the first attempt.



All students of the St Petersburg Institute of Osteopathy are medical doctors.



309 doctors completed their studies in accordance with the professional re-training programme for osteopathic school graduates in 2014-2016.



In 2017 the St Petersburg Institute of Osteopathy will produce its 1000th graduate.

Education

Training at the St Petersburg Institute of Osteopathy is crucial for the development of the most important qualities that an osteopath must possess: the concept of the body as an integrated whole, palpation and perception to evaluate and correct the most precise and finely-tuned processes of the human body, and the clinical osteopathic way of thinking.

The St Petersburg Institute of Osteopathy's educational process is organized as follows:

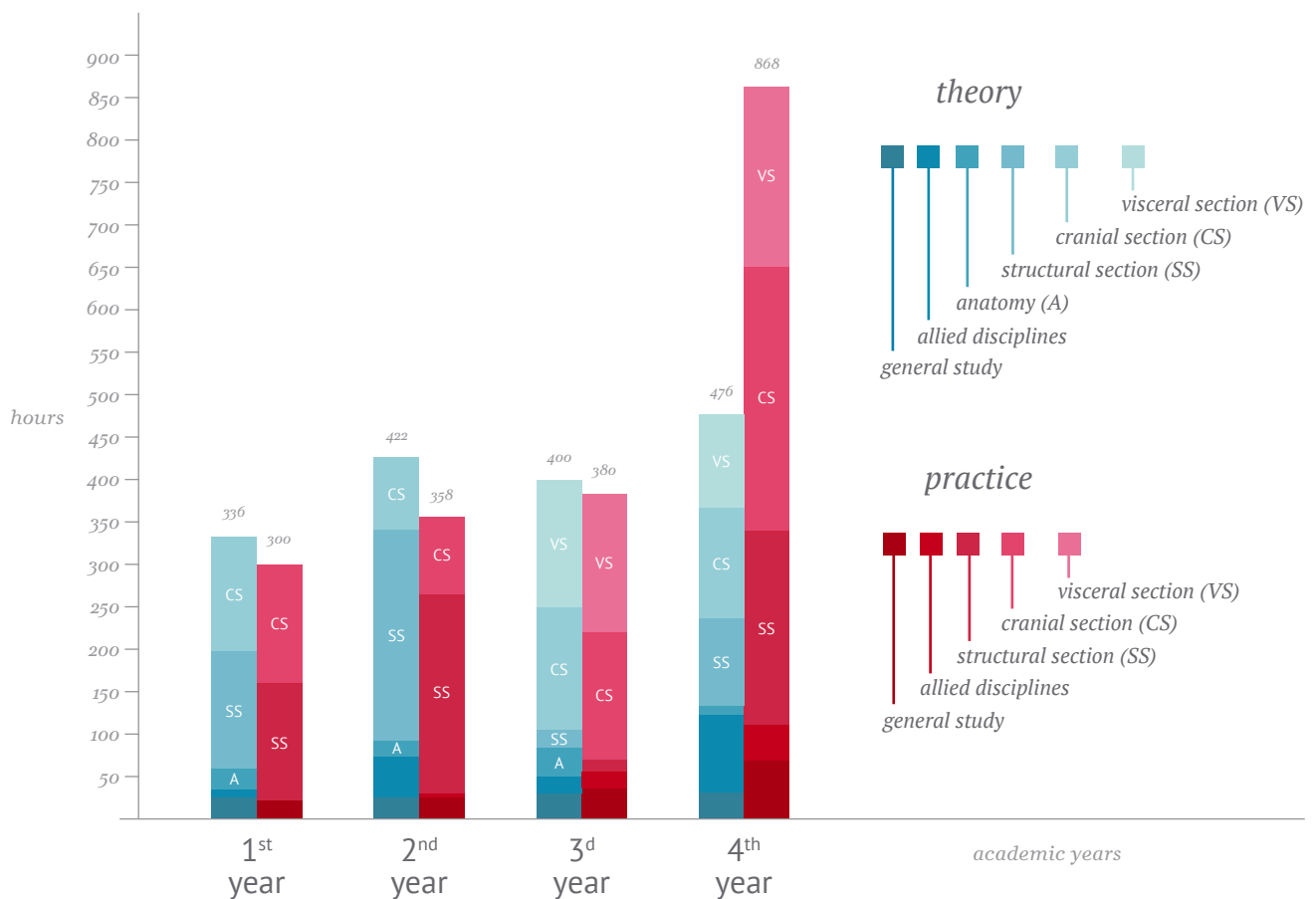
1. For the convenience of our students we run courses beyond our St Petersburg centre. The Institute has branches in 7 Russian cities – Moscow, Kazan', Yekaterinburg, Perm', Ufa, Samara and Makhachkala – and the number is constantly growing.
2. The Institute's educational programme incorporates lectures, practical courses and clinical practice.
3. Particular attention is paid to enhanced study of physiology and anatomy: without this knowledge, it is not possible to formulate the necessary holistic approach to the human body and to master the techniques of osteopathy.
4. An individual approach to each and every student: each practical lesson is attended by an assistant, an experienced teacher in their own right, whose role is to support the lecturer. The assistant observes how the students apply their hands and employ their technique. The teaching staff pay close attention to all of the students.
5. Obligatory clinical practice from the very first year of study allows students to hone their osteopathic technique to perfection and to formulate a clinical way of thinking by the time they graduate. The Institute's clinical trial centres are the leading osteopathic clinics of Moscow, St Petersburg, Kazan', Yekaterinburg, Samara, Tyumen', Perm' and Ufa. As a result, our students from different regions have the opportunity to practise under the guidance of experienced osteopaths.
6. Study resources and library: during their studies, students use modern anatomical models, and are issued text books on each topic authored by the Institute's teachers and lecturers. Our library holds a unique collection of osteopathic books by Russian and international authors, including books published with the assistance of the St Petersburg Institute of Osteopathy.
7. All graduates from the Institute participate in scientific research. In line with international standards in osteopathic study, they defend their final research paper with the support of a scientific tutor. Their research findings are published in the Russian Osteopathic Journal and are presented at conferences both in Russia and abroad.





8. In line with current legislation, students who have successfully completed their studies obtain their residency diplomas or diplomas of professional retraining in osteopathy.
9. Traditionally, the graduation ceremony takes place in the ceremonial halls of St Petersburg State University and the I.I. Mechnikov North-Western State Medical Institute.

3588 academic hours



Stringent educational demands, the requirement to defend final research papers, and participation in scientific research produces highly skilled specialists, medical professionals who are valued by their employers and patients alike.

Scientific work

Work on confirming the effectiveness of osteopathic treatment with facts and figures commenced at our Institute in 2006, with the establishment of a scientific laboratory that united osteopaths, physiologists, physicists and engineers. The researchers focused their efforts on the verification of the effectiveness of osteopathic treatment and on the study of the endogenous rhythms of the body. Over the course of this work, several patents have been awarded for techniques and breakthroughs which have allowed science to corroborate and measure what osteopaths feel with their hands.

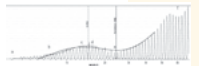
Today, thanks to the status and influence of St Petersburg State University and the North-Western State Medical University n.a. I.I. Mechnikov as top medical schools, this scientific work is conducted with the participation of leading scientists from different branches of medicine. Our research activity is focused on:

- verifying the results of osteopathic treatment of different diseases, studying the influence of osteopathic treatment on symptoms and syndromes, and benchmarking of clinical, instrumental and laboratory research;
- developing algorithms for osteopathic evaluation and treatment under different classifications of disease, together with other methods of diagnostics and treatment;
- organizing osteopathic care for the public.

The inclusion of osteopathy in the index of official medical disciplines has allowed Russian osteopathic physicians to conduct serious research in full compliance with the criteria of evidence-based medicine in Russia's leading scientific research centres. The Institute's lecturers conduct research and write dissertations, work which affords the opportunity to evaluate the effectiveness of osteopathy in treating different pathologies:

osteopathic treatment methods in preparation for labour and in the elimination of neonatal complications

- together with the department of propedeutics of internal diseases of the North-Western State Medical University n.a. I.I. Mechnikov, research has been conducted into the possibility of using osteopathy in the treatment of patients presenting disorders in the biliary system;
- at the Russian Scientific Centre for Medical Rehabilitation and Balneology, dissertations have been prepared on the use of osteopathy in the treatment of neurological pathologies (vertebral artery complications, headache);
- at the G.I. Turner Children's Orthopedic Scientific Research Centre, osteopathic techniques have been applied successfully to the correction of somatic dysfunctions in children presenting orthopedic pathologies;
- at the North-Western State Medical University n.a. I.I. Mechnikov, scientific and methodological approaches have been formulated for the organization of osteopathic care in different categories of patients;



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*obstetrics and
gynaecology*

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*internal
diseases*

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neurology

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orthopaedics



- at the Kazan' branch of the St Petersburg Institute of Osteopathy, research has been conducted into the effectiveness of osteopathic physicians working in combination with neurologists and orthodontists with the support and assistance of specialists from the Kazan' State Medical Academy.

The aim of these projects is not only the accumulation of scientific information to demonstrate the effectiveness of osteopathic treatment, but also the integration of osteopathy into the wider system of medical and preventive measures for the treatment of a whole range of diseases.

Since 2007, the results of scientific work undertaken by the Institute's lecturers and students, as well as by our Russian and international colleagues, have been published in the Russian Osteopathic Journal – the only scientific periodical in Russia dedicated to osteopathy. The journal allows Russian osteopaths to publish and discuss the results of osteopathic research, as well as to get acquainted with the unique practical experience of their international counterparts. In 2016 the journal was entered on the list of publications recommended by the Higher Attestation Commission.

Cooperation

The St Petersburg Institute of Osteopathy works with leading representatives of the osteopathic community both in Russia and abroad, as well as with our colleagues from different branches of medicine.

International collaboration. The Institute has continually developed international relationships since the date of its foundation. This work is aimed at sharing scientific and educational experience with international colleagues and at underscoring the status and position of Russian osteopathy worldwide. The Institute is a member of the International Osteopathic Alliance (OIA), and has cooperation agreements with osteopathic schools in France (IdHEO, Nantes; Eurosteo, Aix-en-Provence; College S.F.E.R.E., Aix-en-Provence; ESO, Paris) and Israel (ICON, Jerusalem). A number of our lecturers are members of the American Academy of Osteopathy, and our teachers take part in international forums and publish the results of their research in international scientific periodicals. Leading international lecturers regularly visit the St Petersburg Institute of Osteopathy to run courses based on their authorial programmes, and our lecturers also go abroad to teach in the world's leading osteopathic schools. Since 2002 the Institute has annually organized the International Osteopathy Open Congress. Leading osteopaths, including Roger Caporossi, Serge Paoletti, Jean-Pierre Amigues, Robert Rousse, Jean-Pierre Guiliani, Michael Kuchera, as well as representatives of international osteopathic schools and professional societies take part in the Congress.



EUROSTEO



Scientific cooperation. Osteopathy holds significant potential for the development of cooperation with many other medical disciplines. Today, collaborative scientific research is ongoing with neurologists, orthopaedists, paediatricians, neonatologists, gynaecologists, and even orthodontists. The Institute's professors write thesis works in leading research establishments, hospitals and higher medical educational institutions, and the growth of interdisciplinary links is one of the primary objectives of the Institute's research work.

Collaboration with hospitals. The number of the Institute's clinical trial centres is constantly growing, with cooperation agreements already signed with leading osteopathic schools in Moscow, Kazan, Yekaterinburg, Samara, Perm, Tyumen and Ufa. Our principal clinical trial centre in St Petersburg is the Mokhov Institute of Osteopathy, the city's largest state-of-the-art osteopathic clinic. As a result, our students can practise and conduct research in leading medical institutions under the guidance of experienced specialists. We are open for collaboration with osteopathic clinics and other private and state medical institutions.

Participation in the work of the professional community. The St Petersburg Institute of Osteopathy's lecturers and employees are members of the Russian Osteopathic Association (ROsA) – the largest professional community of osteopaths in Russia.

In October 2015 the Institute subscribed to the Association's memorandum on the creation of a Council of the heads of osteopathic educational institutions, in order to unify the requirements and standards to train osteopathic physicians.

The St Petersburg Institute of Osteopathy is also, in collaboration with the Russian Osteopathic Association, co-organizer of the International Osteopathy Open Symposium (now Congress), which is dedicated to contemporary issues affecting osteopathy.



Mokhov
Institute of
Osteopathy




All-Russian Public Organization
RUSSIAN OSTEOPATHIC
ASSOCIATION







Continuous Medical Education



The St Petersburg Institute of Osteopathy provides those who have already completed their basic training and received the documents entitling them to work as osteopaths with the opportunity to improve their professional competency. Every year the Institute organizes continuing professional development courses covering a wide range of topics, so every specialist will certainly find something interesting and relevant. These seminars are held by leading Russian osteopaths, including the Institute's own lecturers, and a number of educational programmes are developed by well-known international experts.



Osteopaths can either attend a complete course of seminars, or participate in individual seminars on any topic that interests them. For several years the Institute has organized courses on the biodynamic concept in osteopathy as well as on pediatric osteopathy. Since 2012, our Institute has organized seminars on traditional Chinese medicine and energy techniques in osteopathy in collaboration with the French college S.F.E.R.E.



The Institute provides postgraduate training not only in St Petersburg, but also in Moscow, Kazan, Yekaterinburg and other cities across Russia.

Another option to improve professional skills is the International Osteopathy Open Congress, where osteopaths can participate in workshops and familiarize themselves with scientific research papers produced by their Russian and international colleagues.

Since 2016 Russian healthcare has moved to a system of professional accreditation that incorporates a new procedure for admission to professional activity. This means that each doctor has to constantly improve his professional skill-level and earn educational credits in order to confirm his qualifications. By organizing the process of postgraduate training, we provide osteopaths with the possibility to obtain the necessary credits to pass accreditation

Informational work

We strive to create a welcoming atmosphere for our students and colleagues so that the educational process not only nurtures professional growth, but also brings happiness and personal fulfilment.

Annually our Institute carries out a range of activities for our teachers, employees, partners, students and graduates. Among them is the New Year Osteopathy Party, where guests entertain and delight each other with original holiday-themed fancy dress. The International Osteopathy Open Congress is a traditional meeting place for our graduates, an opportunity to reminisce about their student days and talk to classmates and teachers.

For the convenience of our students and indeed anyone interested in osteopathy, the Institute's website contains announcements of events and relevant information on the development of osteopathy. For informal discussion we have created groups on Facebook and VKontakte, as well as the Alumni Club of St. Petersburg Institute of Osteopathy.

Another focus of our work is publishing. With the assistance of our Institute, a number of books by famous international osteopaths have been published in Russian for the first time. The Institute is also involved in the publication of the Russian Osteopathic Journal for osteopathic doctors, which provides a platform for scientific discussion and debate.

In addition to informational support for all the Institute's projects, we endeavour to promote osteopathy to anybody who is interested in this discipline. Our audience comprises not only doctors from other fields of medicine, but also potential patients and anyone who wants to learn more about the nature of osteopathic medicine, its possibilities, benefits and applications. We also actively cooperate with the media: the Institute's Board and lecturers participate in TV programmes and give interviews to the print media. Together with the executive office of the Chief Specialist in Osteopathy of the Ministry of Health of the Russian Federation, our Institute organizes press conferences with the participation of representatives of medical periodical as well as publications for the general readership. In collaboration with the Russian Osteopathic Association (ROsA), we hold webinars for osteopaths and specialists from other fields of medicine, in order to keep the medical community aware of the achievements of Russian osteopathy. Additionally, the Institute organizes informational webinars dedicated to osteopathy as a new medical discipline, runs seminars in other cities in Russia, and publishes information booklets.



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osteorussia.com
osteorussie.fr



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osteopathy
from
«A»
to
«Z»
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