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сестринское дело»

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## СОДЕРЖАНИЕ:

ОТ РЕДАКЦИИ	
Памяти Сперанского.....	3
ПРОФСОЮЗНАЯ ТЕМА	
Медикам необходима страховая защита от профессиональных рисков.....	4–7
УПРАВЛЕНЧЕСКИЕ РЕШЕНИЯ	
Как создать культуру безопасности в медицинской организации.....	8–9
РАБОЧЕЕ ПРОСТРАНСТВО	
Проблема взаимоотношений врача и медсестры: истоки и пути решения .....	10–12
ВЕСТИ СОЮЗА МЕДИЦИНСКИХ ПРОФЕССИОНАЛЬНЫХ ОРГАНИЗАЦИЙ	
Уникальная образовательная программа для уральских фельдшеров .....	13–14
Школа «Забота о близких» для родственников маломобильных граждан .....	14
Республиканское совещание главных медсестер в Башкортостане .....	15
Обеспечение безопасной среды оперблока .....	16–18
Развитие операционного дела — залог качественной медицинской помощи.....	19–20
ПОВЫШЕНИЕ КВАЛИФИКАЦИИ	
Выгорание: надуманная или реальная проблема? .....	21–25
Профессиональное выгорание: у проблемы есть решение .....	25–28
РЕГИОНЫ РОССИИ	
40 лет на сельском ФАПе .....	29–30
Нестандартные практические предложения по снижению смертности.....	30–32
СЕСТРИЧКА .....	33–36
СЕСТРИНСКОЕ ДЕЛО В ОНКОЛОГИИ	
Рак боится счастливых людей .....	37–38
Роль среднего медицинского персонала в лечении рака предстательной железы .....	38–40
СЕСТРИНСКИЙ ПРАКТИКУМ	
Еюностомы и илеостомы: правила ухода и профилактики осложнений.....	41–43
ПРОФЕССИОНАЛЬНАЯ ПОДГОТОВКА	
Применение педагогической технологии «Перевернутое обучение» .....	44–45
ПРОФИЛАКТИКА ИСМП	
Профилактика профессиональных заболеваний. Система экстренных мер при возникновении медицинских аварий и их учет .....	45–48

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## EDITORIAL

**Memory of Speransky**

## LABOUR

### Healthcare Workers Need Insurance Coverage against Occupational Hazards

According to a survey conducted by SuperJob, at least 7% of physicians are concerned about potential risks at work. While this is the highest ratio across occupations, this fact is not surprising given that healthcare workers are facing numerous occupational hazards without adequate legal protection.

## MANAGERIAL SOLUTIONS

### Creating Safety Culture at Healthcare Establishments

The International Medical Cluster Foundation offers a series of webinars on building patient-centred healthcare. The third webinar of the series was held on January 19 and focused on creating a safety culture at healthcare establishments.

## WORKSPACE

### Doctor-Nurse Relations: Challenges, Causes and Solutions

The issue presented in this article is seldom discussed, but the lack of attention does not make it less important. Both healthcare workers and patients are affected by challenging and sometimes toxic relations between nurses and doctors which can cause an adverse workplace atmosphere, staff burnout, and poor treatment outcomes.

## NEWS FROM HEALTH WORKER ORGANIZATIONS UNION

This column is about the work of Russia's largest professional association of nurses. Established in 2015, the Union of Health Worker Organizations is a network of 170,000 healthcare practitioners from 35 professional associations.

### Unique Training Curriculum for Feldshers in Urals

A unique training curriculum for feldshers was launched in the Ural Federal District in 2022. Feldshers are trained in skills necessary for dynamic monitoring of patients with a variety of chronic conditions. The idea behind this innovative approach is to alleviate the need for specialists such as neurologists, cardiologists, otolaryngologists, and others, in rural healthcare.

### Caring for Loved Ones: Training for Caregivers of Limited-Mobility Patients

On February 15, the Integrated Social Services Centre in Moskovsky District of St. Petersburg hosted a hands-on training session as part of its Caring for Loved Ones training course for caregivers of people with limited mobility. This session focused on the assessment of vital functions in emergencies.

### Meeting of Chief Nurses in Bashkortostan

A meeting of nurse administrators was held in Ufa, the capital of the Republic of Bashkortostan, to discuss current regulations governing accreditation procedures, typical errors in the preparation of annual statistical reports, and guidelines for effective appointment scheduling in polyclinics.

### Creating Safe Environment at Surgical Unit

On February 14, St. Petersburg hosted a conference entitled "Safe environment at a surgical unit as an essential part of good healthcare quality." The event was timed to coincide with Operating Room Nurse Day.

### Advancement of Surgery for Quality Healthcare

A conference held in Samara on February 17 discussed the future of surgery, technological innovation in neurosurgery, mentoring, and disinfection and sterilisation of operating room equipment.

## CONTINUING TRAINING

### Burnout: Real or Fake?

Causes of burnout in healthcare workers, ways to recognize burnout in employees and support their psychological well-being, and more are discussed by our columnist Igor SPIVAK, expert in professional communications, stress and burnout management.

### Occupational Burnout: Challenge and Solutions

Participants of the Stop Burnout Project launched in 2021 share their perspectives on what healthcare providers can do to lower burnout rates in their clinics.

## RUSSIAN REGIONS

### Forty Years of Service at Rural Health Post

Larisa Unagaeva, head of the health post in the village of Ureisk in Transbaikalia, discusses the role of a village feldsher and shares her feelings about her job, responsibilities, challenges and victories.

### Unusual but Practical Suggestions for Lowering Mortality

Population decline and high mortality are urgent challenges for Russia. The article examines factors contributing to mortality rates in rural areas, as well as the crucial role that rural feldshers can play in mitigating these negative demographic trends.

## SESTRICHKA

How to properly respond to criticism; ways for a mother of several children to still make time for self-actualisation and personal growth; and trends to consider in choosing your perfume this year.

## NURSING IN ONCOLOGY

### Cancer Avoids Happy People

World Cancer Day marked on February 4 aims to raise awareness of the importance of cancer prevention, early detection and treatment. This article discusses the approach to cancer prevention and care adopted by nurses at Belebeyevskaya Clinical Hospital in Bashkortostan.

### Role of Nurses in Prostate Cancer Care

This article outlines the method of systemic radiation therapy for prostate cancer, as well as the role that nurses at the radionuclide diagnostics department play in administering this type of treatment.

## PRACTICUM FOR NURSES

### Jejunostomy and Ileostomy Care and Prevention of Complications

There are several types of intestinal stomas. An article in our previous issue discussed various types of colostomies. Here, we explain stomas formed within the small bowel.

## PROFESSIONAL TRAINING

### Application of Flipped Learning in Training Healthcare Workers

Flipped learning is a methodology that combines conventional forms of teaching with elements of digital distance learning. Teachers of Krasnodar Regional Medical College share their experience with implementing this methodology in training nurses.

## HAI PREVENTION

### Prevention of Occupational Diseases: Emergency Response System for Medical Accidents and Reporting.

Our previous publication discussed guidelines for supplying healthcare workers with protective clothing and personal protective equipment, training them in safe handling of instruments and medical waste disposal, and more. Here we outline measures to be taken if an accident has occurred.