

Shakayeva Aizhan

As part of the development of Japanese-Russian cooperation, during the period from January 25 to February 2, 2018, students from Nagasaki University Yumi Saigusa, Hitomi Matsunaga, Nana Sato and Aizhan Shakayeva took part in the seminar "Public Health Protection", which was held at the North West State Medical University (NWSMU) named after M.Mechnikov (St. Petersburg), the main theme of the seminar was Radiation Hygiene and Safety.

On the first day of the seminar, vice-rector, Professor A.V. Meltzer addressed the students with a lecture: "Training of Preventive Medicine specialists", which examined the specifics of training specialists in Russia in the field of preventive medicine, the main functions and prospects. I.K. Romanovich, director of the Research Institute of Radiation Hygiene named after P.V. Ramzaev told in detail how radiation safety in the Russian Federation is provided, and how to analyze radiation risks to the health of the population. The reports were also made by the expert of Federal Supervision Service (Rospotrebnadzor), T.B. Baltrukova, and Professor V.P. Chaschin.

Professor Noboru Takamura (Nagasaki University) also spoke about the activities of Nagasaki University to provide scientific support in the reconstruction of Kawauchi village affected by the accident at the Fukushima nuclear power plant and the return of inhabitants by assessing the radiation impact on the health the local population, measuring the content of radioactive substances in soil and food, as well as providing medical advice based on the obtained data. The reports generated interest among the students and a discussion on the comparison of experience in healthcare organizations of the two countries.

On January 26, Head of the educational department S.L. Plavinsky's prepared "Modern Biostatistical Methods", which are used in their research, examined their advantages and disadvantages. Associate Professor E.A. Abumuslimova made a presentation on "Russia and non-communicable diseases" in which were examined the structure of morbidity in the Russian Federation, the place of NCD in this structure, and what measures are being taken to reduce these indicators, as well as the main prevention strategies.

L.P. Zueva, the Chief Epidemiologist of the St. Petersburg City Health Committee, told the students about the internal hospital infections, the problems of antibiotic resistance and control, about the main functions of the epidemiologist in the hospital. At the end of the lecture, students asked several questions related to fighting the antibiotic resistance of hospital strains.

After the lecture, the students visited the History Museum of the University, whose history originates from the creation of the Clinical Institute of Grand Duchess Elena Pavlovna. The museum's funds number about 3 thousand museum items, especially valuable among them - pre-revolutionary medical publications and signs, military orders and medals, medical instruments, several paintings of famous Soviet artists. Historical expositions tell about all the stages of the development of the predecessors of NWSMU, well-known scientists, the work of institutes during the Great Patriotic War and other notable events in history, photographs, documents, medical instruments and devices that have become a history of medical science, gifts from students and other materials.

January 27-28, a tour of St. Petersburg, visiting the State Hermitage Museum - a museum of fine and decorative art, located in the Winter Palace complex in the Centre of St. Petersburg. Collection of the museum has about three million works of art and monuments of world culture, from the Stone Age to our century. Not far from the Palace Square was an exposition dedicated to lifting the siege of Leningrad. This exposition described the life of people in the siege years. Transfiguration Cathedral, St. Isaac's Cathedral, Savior on Blood - not whole the list of religious buildings visited by students, which amaze with their architectural design.

On January 29, the students visited the Research Institute of Radiation Hygiene named after P.V. Ramzaev whose director I.K. Romanovich conducted a fact-finding excursion around the Institute, told about the main directions of the institute's activities and presented monographs to students. The monograph summarizes the experience of Rospotrebnadzor specialists in carrying out activities aimed at

preventing unjustified irradiation and preserving the health of Russian population in connection with the accident at the Fukushima nuclear power plant. Lectures were presented by Professor Bruk G. "Ensuring radiation safety of the population living on the contaminated area after Chernobyl nuclear power plant accident", V.Repin «Risk Perception and risk communication with people living near nuclear power plants», A. Barkovsky «Radiation-hygienic certification and Unified System of Individual Dose Control of the citizens». The students showed interest in some aspects of the institute's work and the institute's staff proposed to create joint research works within the framework of the Japanese-Russian cooperation.

January 30 was the final day of the educational seminar. E. Abumuslimova and S.L. Plavinsky prepared lectures on the following topics: «Motivation as a way of adherence to a healthy lifestyle», «Analysis, prognosis of the diseases of the population. Database. Development of spatial models.» At the end of the lectures, A. Meltzer, Vice-Rector for Preventive Medicine together with the students summed up the results of the seminar, where students were asked to express their opinion and impression of the seminar.

31st of January students visited the museum complex "The Universe of Water". The exhibits, models, installations, multimedia expositions of the museum complex "Universe of Water" tell about the history, current state and prospects of water supply and sanitation of the city, the use of water in everyday life, the state of water resources.

The seminar was quite interesting, even though some of the information was already known to me. Some aspects of the report have given food for thought. And I would like to note that Krylova Kseniya, a specialist in the International Relations Department and our interpreter, and the students of NWSMU have done an excellent job in organizing this seminar. As for the shortcomings of the seminar, the lack of infographics in some lectures was a little embarrassing, which somewhat complicated the perception of the material. Not all presentations were presented in English, although the material was translated by an interpreter, it was not always possible to follow him. However, since such a seminar was held for the first time, I believe that these shortcomings will be considered in the following seminars.