

Russia

Journal Entry #1 by Erin Muñoz

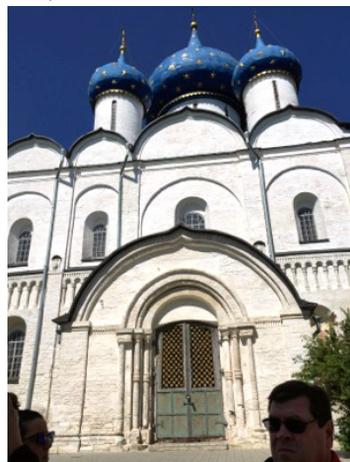
May 11-12

Our adventures quickly began before we even made it to Vladimir; we flew from O'Hare to Paris after having a flight delay, causing us to miss our plane to Moscow. However, our spirits were soon restored upon landing in Moscow and being greeted by two members of the college.

They had prepared sack dinners for us to eat on the way to Vladimir, a smaller city about three hours outside of Moscow. All of us (and almost all our luggage) arrived safely to the Orion Hotel excited and eager for all that was to come.



May 13



ISU President Larry Dietz with MCN-ISU nursing students in Russia.

We started off our time in Russia by visiting Vladimir Medical College; here we were greeted with a very impressive talent show put on by the students who sang and danced to a variety of both popular Russian and American songs. They gave a presentation on their college in addition to a tribute to Florence Nightingale, and we presented a slide show about MCN and our history as a school.

After meeting some more of the faculty and administration the six of us as well as President Dietz and Mrs. Dietz set off for a very scenic 40 minute ride to one of their teacher's country homes for lunch.

They explained to us that it is typical for each family to have a country home to stay at during the summers to relax and spend time with family. Here they had prepared a beautifully set table and an incredible spread of food. We ate and sang songs and in very little time it felt like we had known one another a lot longer than a few hours.



Everyone we had met had been so welcoming and gracious to us, it was an incredible experience to begin sitting at a table of strangers with a language barrier, and leave amongst friends. Today we learned that we are truly so much more alike than we are different.

May 14th

Today, our group from the nursing program as well as the Dietz's met up with the students from the Kinesiology and Recreation program to take a day excursion to the town of Suzdal, an ancient town not very far away from Vladimir. On the way there, we had the chance to learn more about the city of Vladimir as a tour guide on the bus pointed out locations and architecture we passed while as giving us a lot of interesting information about their history. Upon arrival, we walked around hearing about the history and culture of Suzdal, visiting sites such as their town's Kremlin and several beautiful cathedrals.



We learned about how it is Suzdal tradition to have two churches next to one another, a summer church and a winter church- both incredibly beautiful. We walked through an exhibit depicting what a traditional Russian house and family structure would have been like centuries ago. After shopping around some of Suzdal's many markets and shops, we



MCN-ISU Students: Taylor Floyd, Erin Muñoz, student from VMC, Breanna Eastman, Rylee Fullerton, Gianna Capperino

we went to another big and beautiful cathedral where the former Prince of Suzdal had been buried. Here we listened to a man play a series of bells on top of the cathedral as a crowd gathered at the bottom to watch and listen. It was a great tour and we were all very thankful to have had the opportunity to see such a beautiful, historical town. Later on in the evening, we ate dinner at our favorite restaurant in

Vladimir called Krendel. There was a table of women celebrating a birthday there, and as soon as they heard the right song come on, they stood up and started dancing; it did not take long for them to get us up and include us in their celebration. Regardless of any language or cultural differences between us, we danced to the macarena in the middle of the restaurant like old friends. Yet again, I was blown away at how welcoming and kind the people we have met are to us. Russia has such a rich and beautiful history that we all can't wait to experience more of.



Lunch in Suzdal

Left to right: Dr. Wendy Woith (MCN faculty) Erin Muñoz, Breanna Eastman, Rylee Fullerton, Taylor Floyd, Gianna Capperino

Journal Entry #2

by Rylee Fullerton

May 16 & 17

The fourth day in Russia was just as magnificent and intriguing as the previous days had been. By this time, we are feeling a little bit less jet lagged and eager to start our daily adventure. We woke up and had our morning breakfast. It has been interesting so far to see the different breakfast items that we have been able to choose from. One of the most interesting things that I have tried was their sausage which you would expect to come out greasy and steaming hot but in here in Vladimir sausages are the American version of hot dogs and are served cold. After we finished breakfast around 0900 we were picked up by Olga Blonde and Olga Black and went on about a 1-and-a-half-hour drive to a camp called Sheredar which is located in Sosnoviy Bor in the Petushinskiy district which is apart of the Vladimir region. This place was simply amazing. Sheredar Charitable Foundation is a program that helps with rehabilitation for children ages 7-17 years who have suffered oncological and/or hematological disease. What is even more amazing is that this camp is run entirely by volunteers who live on base and the whole program is completely free for children and their parents.



Cen Cafeteria in Camp Sheredar



What each cabin bedroom looked like at Sheredar

The only other contingency is that these children have to have been in remission for at least four years. They then help these children overcome the fear of failure, achieve success and help them feel strong and independent. These are all attributes that these kids may have had troubles with adjusting too after overcoming being very very sick. And oftentimes these children are not exactly free of all medication or procedures and they have a special cabin where kids that are needing some medical assistance will come to. While it is necessary for

these kids to keep up with medications and feeling well, one of the main goals they emphasized was that it was important to them that the kids not feel like they are at a hospital. Some examples to make this happen was that the dr's don't wear white coats and they use cheerful and bright colors. We got to see a tour of the main parts of the grounds, since it did cover 15 hecters, it was hard to get to see it all but we got to enjoy the important parts. The cabins that the kids and volunteers stay in are very well designed and are impressive. Each cabin sleeps about 14 kids and 2 counselors and contains a boys and a girls' bathroom. We also got to see a couple of the activity centers where a lot of the plays and music time got centered around as well as their fire pit where if it was nice out at night, they would have activities going on around there as well. Their cafeteria is a hall where all children would come and have breakfast, lunch, and dinner. It is served up, as us Americans would call it, buffet style. They said they did this in order to provide the children with choices so that they were able to decide what they wanted to eat. This is something that isn't as emphasized as much in the U.S. Sure we have rehabilitation programs but not ones that are to this caliber. This program is something I feel like we could learn from and is very unique in terms of healthcare.



Vladimir Medical College Students and MCN Students at Picnic

On Monday, May 16th, we had the opportunity to have a picnic with the students from Vladimir Medical College. Four of the students came and picked us up from the hotel and drove us out into the forest to a nice cabin where they had a whole picnic/barbeque set up for us. Food ranged from different salads, breads, fruits, fresh cumpers and tomatoes, and Shashlik which is like a barbeque shishkabob. Shashlik is a very common meal to

make in Russia when having a cookout with friends and family. All the students cooked for us and made us feel so welcome even if we did have a little bit of a language barrier since not a lot of them spoke much English. Zoya was there who came to ISU last October and was able to help translate for us. One thing I wasn't aware of before coming to Russia was how competitive they are in sports. After lunch was over, all the students wanted us to play games with them. We played Volleyball, tug of war, dodge ball, and we showed them how to play Red Rover, and played a little bit of soccer as well. Everyone was so intrigued by what games we knew and wanted to learn and vice versa. It was here at this picnic where many of us made friends for life. Everyone was so welcoming and generous.

It is hard to believe that we have already been in Vladimir, Russia for about 6 days now. Time is just going by so fast. Today we stayed in Vladimir and got to tour the Children Nursing Home. This facility is a center for children under the age of 4 who are disabled in some way. Most of these children do not have mom's or dad's for multiple reasons, often involving being an alcoholic, being in prison, or having a mental disability of their own. Many different therapies are provided to these sick children in order to rehabilitate them to have as a successful and independent life as they possibly can. Just as the Sheredar center, all of these services are provided



Outside the Children Nursing Home

to these children for free. While most of these children are orphans, these numbers are slowly diminishing so the home is starting to make some beds available for children who do have homes and parents but are still disabled and need the help. These therapies they provide range from speech therapy to physical therapy to social therapy. One unique item we got to see that they used is called a 'space suit' which is used to help the children learn how to sit and stand. It takes children who can only lie down, and puts them vertical by air being blown up into the suit. They said they have seen great



Outside the Children Nursing Home

success with this device in kids who they thought may never walk. This isn't the only device they have to help with mobility but it is by far the most unique and one of the items I think that America's modern medicine could definitely learn from. After the children nursing home, we were off to the Vladimir Medical College. Here we attended a class where we learned a variety of different ways to wrap bandages in order to immobilize affected extremities. These are all very different than what we would think of to use in America. In some sense, they use bandages like we use tape. As we took longer at the nursing home than we planned, our time at VMC was cut a little short. After VMC we got lunch and then began a walking excursion around Vladimir.



Dimitry Cathedral

Olga Blonde and Nina were kind enough to show us around the historical sites of Vladimir and tell us the history behind them and what it meant to their town. We were able to get up close to see some of the beautiful cathedrals of Vladimir called the Uspansky and the Dimitry cathedrals. They were both absolutely stunning buildings. It was particularly interesting to learn about the Dimitry



Rozhetchiniki Folk group

cathedral's history and how when entering the door with the dove above, the dove (holy spirit) will descend and fill you. There is so much history behind such significant buildings. It is so intriguing to hear all about it. Later that night, we went and saw a folk concert by the Rozhetchiniki group. This concert was absolutely amazing. The talent that all of these performers have was truly jaw dropping to watch. So far, our trip has been amazing.

Having centers dedicated to such diverse situations isn't very prevalent or widely known in the United States and I think that by recognizing the differences and benefits of some of these things, we could learn greatly and improve the healthcare in America even more. Being able to see differences in the way American healthcare and Russian healthcare do things and recognizing different ways of thinking of different cultures will help us all become more culturally sensitive nurses.

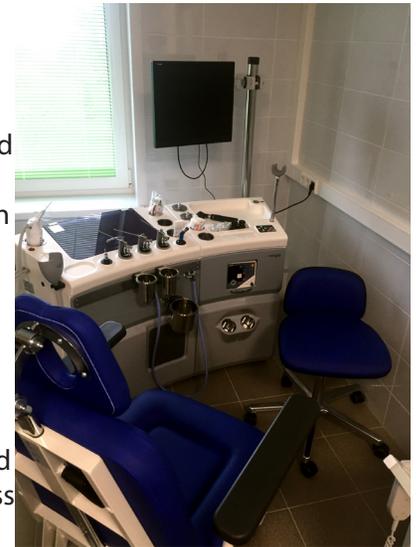
Journal Entry #3

by Taylor Floyd

5/18/16

Oncology center, rescue services, lunch, dentist clinic

Today we started off by visiting the oncology center in Vladimir. It was really neat to visit the center and see what kind of technology & treatment is used to fight cancer. We were greeted by Mikael, the chief physician of diagnostic testing and other physicians from the oncology dispensary. We got to see a lot of neat technology to both diagnose and treat cancer including an MRI, linear accelerators, and radiation beam therapy. They have a separate building for radiation therapy, and have a machine that can detect the amount of radiation a patient has received and if they can spread the radiation to others. We also got to visit the sterilization unit, where we learned how they sterilize their medical equipment. After our tour of the oncology center, we went to the rescue services. It was really neat to learn how they fight fires and what they use. We saw a truck that could hold 30 tons of water, a ladder truck that is 50 meters, and other trucks as well. We also got to witness firefighters putting on their gear; it only took them 21 seconds!! We also got to go to the museum of firefighting. We learned a lot about how they would put out fires way back in the day and how much they have advanced since then. When we were finished with our tour of the rescue services, we were invited to lunch by a student of the medical college, Natasha Rebrova. However,

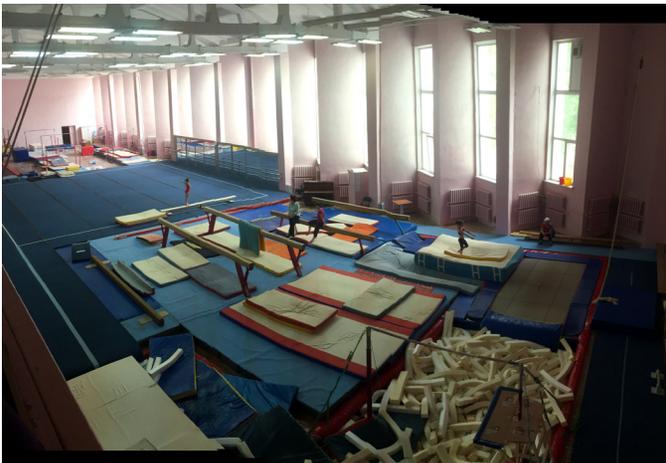


before we could go to our reservation, we stopped at a center for families with low-incomes. It was such a neat place that offered haircuts and meals at low prices, as well as free movies and much more. It was nicely decorated and very beautiful. When we finally arrived to lunch, I got the pasta with ham and mushrooms and it was very tasty! After our lunch, Natasha took us to her dental clinic, where we got to see what an assessment looks like and what else she can do in her scope of practice. When we finished at the dental clinic, we headed back to our hotel, had a meal at Krendel, and relaxed for the rest of the night.

5/19/16

Sports rehabilitation center, artistic gymnastics center, excursion of Vladimir, dinner with medical college teacher

Today we started off by visiting the sports rehabilitation center of Vladimir. It is available to the people of Vladimir or athletes from other regions. They explained what they do, including preventative and rehabilitation treatments. They have all sorts of really cool equipment that can help to heal the body, including specialized pressure showers and baths, oxygen therapy, mud therapy, and much more. They walked us through the process from registration, assessment, and what goes on from there. We also got to visit a sauna, respiratory therapy room, and a salt room! After our visit there, we went to the artistic gymnastics center,



where Nikolai Andrianov trained! We got to tour the facility and even try out some of the equipment ourselves. We then ate lunch at the gymnastic center, then we headed back to the hotel, then headed on a little excursion of Vladimir. We got to visit the crystal museum which had absolutely beautiful pieces of crystal and so much more art. We then did some shopping outside

of the crystal museum and headed back to our hotel. Around 6, we were picked up by our host for dinner and a few of his friends. They took us to an amazing café that had such good food. We got to try lamb, other meats, and so much more good food! We finished dinner, walked around Vladimir with our dinner hosts for a bit, then headed back to the hotel to rest for the next day.

5/20/16

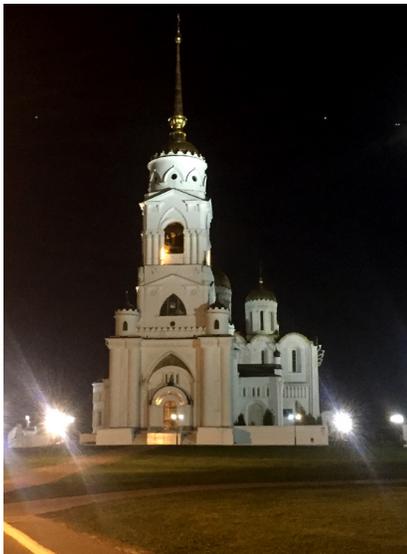
Blood transfusion center, private clinic, Suzdal, and dinner with a Russian Family

Today was an interesting day to say the least. First off, before we even left the hotel, one of our drivers got into an accident and had to have an ambulance called on her. We got to witness first hand just how their first responders go to work. It was neat to see how their equipment differed from ours in America. After they took her to the hospital, we went off to our first tour of the day, the blood transfusion center. We were shown the process for donating blood, including admission and how they actually get blood from the person. However, during our tour upstairs, one of the girls in our group passed out. After getting her up and to her feet again, that's when I started to feel weak and dizzy. That's when I headed outside to get some fresh air before our next visit. When the others finished up at the blood transfusion center, we headed to the private clinic. This place is not funded by the federal government, but by the people who seek treatment themselves. This place was very nice and had state of the art equipment. While going to the different floors and seeing what each room does, I started to not feel well again. Luckily, we were at a private clinic so they assessed my symptoms and got a physician to examine me. Upon palpation of my stomach, she felt fullness, so she prescribed me a laxative and also wanted me to get an IM injection of a smooth muscle relaxer. It was pretty neat to get to experience the Russian medical system first hand, they were very nice and took good care of me. After we finished our tour of the private clinic, we were invited to Suzdal, a town outside of Vladimir, for lunch by a dentist and father of a medical student. He showed us around his dentist clinic and then we headed to a





small café for lunch. although I didn't feel well enough to eat, I got to try some of the food, which was as usual, amazing. After lunch, we shopped around Suzdal and then went to one of the hair salons there and got our hair braided as well! After we finished in Suzdal, we headed back to Vladimir and had dinner with an amazing family. They were so kind, treated us too well, sang to us, showed us their flat, and made us feel at home. They had such a close family unit and their love just surrounded you. They fed us amazing food and I truly enjoyed my time with them. We had to leave the family so we could get up early for Moscow in the morning, but the time spent with them was priceless!

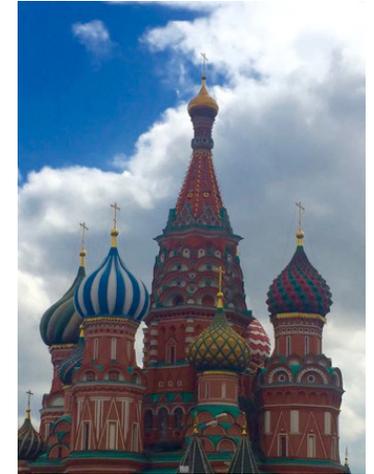


Journal Entry #4

by Brianna Eastman

Saturday, May 21

Today we left at 6:30 in the morning and headed to Moscow. Nina our translator, and Tamara one of the faculty members of the Vladimir Medical College picked us up in the bus. Taylor wasn't feeling good today so she and Wendy stayed behind. Our 3-4 hour bus ride was mostly spent sleeping by all of us since we had gotten up so early. Once we got to Moscow I was amazed by how beautiful the city was. The architecture and colors of the buildings are so different than anything we have in the U.S. We were able to walk around the city seeing iconic sites such as the Red Square, Saint Basil's Cathedral (the picture below), the Moscow Kremlin, GUM, and so much more. Since it was a Saturday it was interesting to see how not busy the city was. In Russian culture it is common for families to have weekend or summer houses called a Dacha. You could tell many people weren't in Moscow because they are at these homes for the weekend. Walking around the city made me think of Moscow being like Chicago in the way that it is very touristy. After a few hours of walking around and doing some shopping we got on the bus and headed back to Vladimir. When we returned we had dinner at Krendel, the restaurant the college had set us up to eat at frequently. The rest of the night was spent relaxing due to us having a long day of traveling and walking.



Today wasn't spent learning about the healthcare as much as our other days have been. It was more of learning about Russia and the famous city of Moscow. Something I did find interesting was how many pharmacies were in the city. The word "anteka" in Russian is "pharmacy" in English. Since it is one the few words I know in Russian I was surprised at how often I saw it. At least every street had one or two on it. I guess this is something visited by the public frequently since there seems to be so many available.

Sunday, May 22

In the morning, we were picked up by Nina, Olga, and Nicholas and taken to Gus Chrystal. This is a factory and market place for crystal products and other famous Russian gifts. Our morning was spent shopping and walking around looking at all there was to offer. Because of how well priced everything was, every one of us left with at least one purchase. In the afternoon we went to the Tishkevich family house for a late lunch/early dinner. They graciously welcomed us to their lovely home. Living there was Helen and Victor, their daughter Sasha, her son Gleb, and Helen's mother. They first gave us a tour of their home, which was one of the nicer houses that Vladimir had. We then had a nice afternoon talking with them and learning all about their family. Of course we had tea, because that is one of the popular things most meals consist of in Russia.



It was another day that we didn't learn about the healthcare system, but more focused on the culture. It was interesting to be able to see how this family interacts and comparing it to how other families we socialized with throughout the trip. For example, one family we visited that didn't have a lot of money enjoyed showing us the homemade gifts and talents their children had to offer. Whereas the family today enjoyed showing us their

favorite things they bought and the places they have traveled. I thought the schedule the college had made for us was very well done in the aspect of not only incorporating the healthcare system of Russia, but for a few days here and there showing us their culture a well.

Journal Entry #5 by Gianna Capperino

May 23rd:

The day was planned for us to go to the TB clinic and cardiac hospital. The hospitals are a few minutes' walk of each other. The two hospitals serve a region of around 1,400,000 people, or 1 percent of Russia's population. The hospitals are privately owned and there are no costs for residents of Russia.



The hospitals either have or are currently undergoing remodeling. Although the funding is federal, there must be a growing desire to properly supply and aid in providing healthcare. Upon touring the TB hospital, the building is still used even during construction and the remodeling is done in parts. The TB hospital functions in small units that display in Russian if a respirator is required or not. Multiple corridors or little rooms function as a place to put on a respirator before entering. The respirators given to us were standard N-95 ones that were explained to be expensive.



In the cardiac center, the hospital was newly renovated and included various services. The hospital was able to accept ambulances and provided emergency treatment when needed. The services included an area that we toured that provided services like the catheter lab. The group was able to tour the observation room of a patient that was undergoing a stent placement and angioplasty. The patient was able to be treated with x-ray placement of the stent. This was an emergency procedure used for someone in their emergency room.

The TB clinic's regional head physician gave an overview presentation regarding the issues of TB in the country. TB is an underestimated issue throughout the region. On the contrary, the cardiac clinic was completely renovated and had a surplus of resources. In Russia, cardiac disorders are a major source of mortality. Thus, more attention is based in the cardiac hospital.

The technology seen in the cardiac hospital is similar to the United States. Our group was able to see a cardiac catheter being inserted into a patient using x-ray technology to guide insertion.

The facility of both the TB hospital and the cardiac center bought pizza for us from Papa John's—amazing to find this in Vladimir! Afterwards, we attended a master craft class that featured how to make dolls. The dolls were mostly crafted of fabric, stuffing, and string. The dolls were very easy to make and each came out a little differently. The dolls were supposed



to be given to someone at home to signify friendship. The dolls were all female and the craft workshop was decorated with other handmade items such as male dolls and quilts.

The Russian dolls have a long history. The dolls were originally made of wood and decorated with fabric for an easy and quick way to calm children down. Dolls could essentially be made with anything coated with fabric. The dolls were very fun to make and there were multiple options for personalization.

After the class, we had some free time until we had dinner with one of the professors of the college. Before dinner began, students picked us up in two cars. We parked by the "I love Vladimir" sign and walked along the landmarks of Vladimir. Various churches and landscapes were pointed out to us.

The professor, whose name is Sarjay, lives in a one bedroom apartment, which is common for citizens of the Russian cities. He had a study where we ate appetizers that were prepared by Sarjay. We also visited with the other professors of Vladimir Medical College (VMC).

Afterwards, the students took us out for pizza. The pizza was very natural in terms of ingredients and not as heavy. The pizza used tomato slices instead of sauce, common in other parts of Europe. The students took us to see the fortress at the beginning of the city that serves as the entrance.

May 24th

The day began with an anatomy class taught by one of our drivers, Nickoli. Nickoli or "Nick" was younger when in comparison to the older professors of Russia and the United States. The anatomy classes that he taught were for all levels of nursing and the medical college. This particular class was centered specifically on the brain.

Nick is acquainted with people at the pathology lab in Vladimir and was able to acquire a real human brain. It was said that it is often hard to find a real human brain without pathology because most of the human brains in the pathology lab have head trauma, strokes, or dementia-related damage. The brain that was used in class had been harvested three days ago. The class went over the major parts of the brain from the outside, then followed with the inner structures. Nick would go over a certain structure, explain



what it regulates, and oftentimes would explain that if damage would occur, certain signs and symptoms would be present. A lot of information was given on not only the location, but the physiology. The students were invited to touch and examine the brain more closely.

The lab lasted around an hour and a half. The environment was small with only about 7 students and the professor. In lecture, there are about 60 students. The class sizes are small and it was possible to get a good look at the models that Nick used.

After the class, we had lunch at Krendal, a restaurant right across from our hotel.

Our farewell dinner was also there. All of the professors involved in our stay were at the dinner. The dinner had three course, and various toasts were given. A few of the students that had hosted us while here were also present. The Vladimir Medical College presented us with various gifts such as magnets with Vladimir's landmarks. We also received certificates from the college explaining our experience with them. After the dinner, we left to pack.

May 25th

This day we had to wake up at 1 am in order to get to the airport. The flight left around 8 am and we lounged around the airport until we could check in. A few of us had not gone to bed and saved sleep for the plane ride.

We flew into Paris and had a four hour layover until the plane to Chicago. Upon getting onto the plane for Chicago, a one hour delay occurred. However, we were home only a few minutes after the scheduled time to land. We were thankful for a safe journey and will always remember this incredible experience.