



**IPCRG**  
**FIRST EURO-ASIAN**  
**CONFERENCE**  
BISHKEK, KYRGYZ REPUBLIC | 18-20 OCTOBER 2018



# PROGRAMME

**IPCRG FIRST EURO-ASIAN**  
**CONFERENCE**  
**18-20 OCTOBER 2018**

**Innovations &**  
**New Technologies**  
**in Primary Care**  
**Respiratory Medicine**

**Jannat Regency Hotel**  
**Bishkek, Kyrgyzstan**

**WELCOME TO BISHKEK - Professor Talant Sooronbaev**  
Chief Pulmonologist of Ministry of Health, Kyrgyzstan

**A warm welcome you to Bishkek!**

## Welcome to Bishkek - Dr Ioanna Tsiligianni IPCRG President & Assistant Professor, University of Crete



On behalf of us all at IPCRG, a very warm welcome to Bishkek.



The IPCRG has been working for 20 years to improve the quality of primary care that people with respiratory problems receive. It has built capacity to research what happens in remote, rural and out-of-hospital settings; to test how primary care can best add value and reach all populations. One of its biggest successes is the FRESH AIR programme, that it started in Vietnam, then Uganda, and then, in collaboration with 12 other partners and funded by the European Union Horizon 2020 research and innovation programme under grant agreement No 680997, in Kyrgyzstan. At this conference we are able to share the results of studies that began in 2015, to explore how best to implement affordable and cost-effective interventions for chronic respiratory disease that tackle the causes and consequences of smoke-related illness: both tobacco smoke and indoor smoke.

This conference and our collaboration with the primary care respiratory group in Kyrgyzstan illustrates our mission: **Working locally in primary care and collaborating globally to improve respiratory health.** And this will enable us to collectively meet our Vision: **Breathing and feeling well through universal access to right care.**

The value of primary care is that it improves overall health and reduces differences in health between sub-populations in a country. Many people, due to their circumstances, have a number of inter-related problems. Primary care is one of the few specialties that considers the whole person in their family and community context, and, when done well, provides not just the first contact, but long-term, person centred, comprehensive and coordinated care. In the context of supporting the population with respiratory problems, primary care can vaccinate; advise on the harms of smoke from tobacco (cigarettes and waterpipes), from indoor biomass used for fuel; treat those who have a tobacco dependence; diagnose the problem and offer a management plan including access to a range of pharmacological and rehabilitation therapies; provide palliative and end of life care.

# 18 October

0800–0900 **REGISTRATION | REFRESHMENTS | EXHIBITION** BALLROOM

0900–1100 **1.0 OPENING CEREMONY: Our priorities for change to improve health in Kyrgyzstan & the Commonwealth of Independent States** GRAND HALL

Chairs: Prof Talant Sooronbaev & Prof Jaime Correia de Sousa

- 0900 Welcome to Bishkek, Kyrgyzstan**  
Omurbekova Altynay Seitbekovna, Vice Prime Minister, Kyrgyzstan
- 0915 Our Vision for Health**  
Cholponbaev Kosmosbek Sariievich, Ministry of Health, Kyrgyzstan
- 0930 The importance of Primary Respiratory Care to meet Sustainable Development Goals**  
Siân Williams, IPCRG
- 1000 Overview of the FRESH AIR Project**  
Prof Niels Chavannes, IPCRG, The Netherlands
- 1030 How to tackle the burden of respiratory disease; Our priorities for action**  
Prof Talant Sooronbaev, Kyrgyzstan
- 1045 Recommendations for antibiotic therapy of respiratory infections in Primary Health Care**  
Prof Yakovlev Sergey Vladimirovich, Russia

1100–1130 **REFRESHMENTS | POSTER VIEWING | EXHIBITION** BALLROOM

1130–1330 **2.0 FRESH AIR 1: Treatment of Tobacco Dependence** GRAND HALL

Chairs: Mirrakhimov Erkin & Siân Williams

- 1130 Why we call it tobacco dependence, why primary care plays an essential role in smoking cessation**  
Dr Patrick Sandstrom, Finland
- 1210 How we can help smokers quit in a busy primary care clinic, the use of VBA and how to follow up a quit attempt**, Dr Anders Østrem, Norway
- 1250 Discussion & questions. Panel debate -**  
Prof Nurillaeva Nargiza (Usbekistan), Dr Bekbosarova Chinara (Kyrgyzstan), Dr Beishenbekova Alina (Kyrgyzstan), Dr Kalieva Anara (Kyrgyzstan), Dr Abilova Samai (Kyrgyzstan)

1330–1430 **LUNCH | POSTER VIEWING | EXHIBITION** BALLROOM

1430–1630 **3.0 FRESH AIR 2: Spirometry Workshop** GRAND HALL **3.1 Nurse & Feldsher Session** ROYAL HALL

Chairs: Isakova Gulnara & Dr Marianne Stubbe Østergaard

- 1430 Primary care spirometry plenary & practical workshop including case studies**
- Why & how to use spirometry for diagnosis**  
Dr Beraki Ghezai & Dr Anders Østrem, Norway  
Bernard Garbe, Vitalograph

Chairs: Azhimambetova Gulnas & Prof Pam Smith

- 1430 Developing & Maintaining Nurse Leadership**  
Prof Pam Smith, UK
- 1500 Catalogue of Competencies (Nurse's function) for NCDs** Gulnaz Azhimambetova, Kyrgyzstan
- 1530 Standards for Management of COPD/Asthma Patients in Primary Care**, Elmira Aitakunova, Kyrgyzstan
- 1600 Management of COPD & Asthma patients by Nurses**  
**What is needed & wanted in Primary Care?**  
Cynthia Hallensleben, The Netherlands

1600–1630 **REFRESHMENTS | POSTER VIEWING | EXHIBITION** BALLROOM

1630–1800 **4.0 Burden and trends in Pneumococcal Disease & Influenza** GRAND HALL **4.1 Nurse & Feldsher Session** ROYAL HALL

Chairs: Prof Talant Sooronbaev & Aitkuluev Narynbek

- 1630 National clinical protocol for the treatment of respiratory infections for family doctors**  
Prof Talant Sooronbaev, Kyrgyzstan
- 1650 Rational prescribing of antibiotics**  
Thierry Rochat, Switzerland
- 1720 Problems and modern principles of prevention and treatment of influenza in children in Kyrgyzstan**, Kabaeva Dinara, Kyrgyzstan
- 1740 Prevention and treatment of influenza**  
Prof Talant Sooronbaev

Chairs: Aitakunova Elmira & Dr Marje Oona

- 1630 Primary care spirometry & practical workshop including case studies**  
Cynthia Hallensleben, Dr Beraki Ghezai & Dr Anders Østrem, Bernard Garbe
- 1730 Optimising the use of inhalers: How to select inhalers & improve inhaler technique**  
Cynthia Hallensleben

# Abstracts 18 October

## 1.1 YOUNG DOCTOR COMPETITION

JANNAT HALL

Chairs: Abilova Samai, Isakova Gulnara, Osmonova Aliya, Lopatkina Irina

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|--|--|
| <b>0900</b> Time course of pulmonary artery pressure & clinical characteristics in Kyrgyz highlanders<br>Osmonov B. Kyrgyzstan                       | <b>0940</b> Frequency of occurrence, clinical & immunological features & significance of risk factors for bronchiolitis in rheumatoid arthritis Salieva R.Sh., Kyrgyzstan                |
| <b>0910</b> Indoor air pollution and effectiveness new clean cookstoves in south region of Kyrgyzstan<br>Emilov B. Kyrgyzstan                        | <b>0950</b> Feasibility & effectiveness of training program in Very Brief Advice for smoking for GPs & Family doctors in Kyrgyz Republic Beishenbekova A.B. Kyrgyzstan                   |
| <b>0920</b> Peculiarity of cytokine dynamics in patients with bronchial asthma Zakirova U.R. Uzbekistan  | <b>1000</b> Impact of psychological & personal characteristics of patients with chronic diseases on the thromboprofile Abdumalikova F.B., Tashkent Medical Academy, Tashkent, Uzbekistan |
| <b>0930</b> Raising awareness among the rural population about indoor air pollution and the dangers of smoking in Kyrgyzstan Mademilov M. Kyrgyzstan |  |

## 2.1 ACTUAL PROBLEMS OF RESPIRATORY MEDICINE PART I

JANNAT HALL

Chairs: Isakova Gulnara, Krasnikova Elena, Rakhimova Diloram

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|---|--|
| <b>1130</b> The study of the dynamics of functional parameters in patients after surgery extrapleural filling silicone implant about the prevalent pulmonary TB Krasnikova E., Russia | <b>1210</b> Alpha1-antitrypsin deficiency in Kazakh patients with COPD Zhumagaliyeva A., Kazakhstan  |
| <b>1140</b> Retrospective data analysis of CT of the lungs in patients with bronchiectasis Eshenkulova V.S., Kyrgyzstan   | <b>1220</b> Interrelation of the parameters of psychovegetative regulation & variability of heart rhythm in patients with pulmonary hypertension D.A.Rakhimova Uzbekistan, Treatment of ARVI ronkoleykin Kozubayeva D.B., Kazakhstan |
| <b>1150</b> The incidence of atypical infection with pneumonia in the pulmonology department" Kurmanalieva S.E., Kyrgyzstan   | <b>1230</b> Change of genital tract flora in patients with pulmonary TB during chemotherapy monitoring Lulueva Z. S., Russia   |
| <b>1200</b> Association of pulmonary hypertension with parameters of diastolic dysfunction of right heart in patients with COPD Ubaidullaev A.M. Uzbekistan                           |  |

## 3.2 ACTUAL PROBLEMS OF RESPIRATORY MEDICINE PART II

JANNAT HALL

Chairs: Lopatkina Irina, Osmonova Aliya

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| <b>1430</b> Frequency screening in Bishkek & in the Chui region Tabyldieva A., Kyrgyzstan   | <b>1510</b> Prevalence of COPD in Kyrgyzstan Estebesova B.M., Kyrgyzstan   |
| <b>1440</b> A method for increasing the efficiency of the treatment of heavy (refractory) forms of bronchial asthma Maymysheva S.Yu., Republic of Kazakhstan  | <b>1520</b> Experience in the rehabilitation of patients with COPD in Kyrgyzstan Akylbekov A.I., Kyrgyzstan                      |
| <b>1450</b> Non-drug methods of rehabilitation of patients with COPD Tursunalieva U.T., Kyrgyzstan  | <b>1530</b> Evolution of ECG abnormalities in COPD exacerbation patients in southern region Kyrgyzstan Salieva R.Sh., Kyrgyzstan |
| <b>1500</b> Clinical & functional characteristics of COPD with a of concomitant diseases in patients with COPD during short stay in high mountains & approaches to the prevention of exacerbation Marzhapov N.Kh., Kyrgyzstan |  |

## 4.2 ACTUAL PROBLEMS OF RESPIRATORY MEDICINE PART III

JANNAT HALL

Chairs: Abilova Samai, Isakova Gulbara

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| <b>1630</b> Rehabilitation of patients with bronchial asthma at high altitude Rysbek K. Ayday, Kyrgyzstan  | <b>1710</b> Comparative assessment of the impact of new clean stoves & old traditional stoves on the development of respiratory symptoms in residents of Chui Region Tabysheva G., Kyrgyzstan |
| <b>1640</b> Features of remodeling of the right heart & effects of complex therapy in patients with pulmonary hypertension D.A., Rakhimova Uzbekistan                  | <b>1720</b> High COPD prevalence at high altitude: Does household air pollution play a role? Tabyshova A., Kyrgyzstan   |
| <b>1650</b> Antibiotics prescribed by health care workers for children under 5 years with respiratory symptoms in rural areas in Kyrgyz Republic Isaeva E., Kyrgyzstan | <b>1730</b> Estimation of the condition of the thyroid gland in patients of patients with TB of respiratory organs Polyakova A.S., Russia   |
| <b>1700</b> Dancing & singing for lung health in Kyrgyz Republic Stambaeva B., Kyrgyzstan  |   |

# 19 October

0800–0900	<b>REGISTRATION   REFRESHMENTS   EXHIBITION</b>		BALLROOM
0900–1100	<b>5.0 e-Health &amp; m-Health</b> GRAND HALL Chairs: Murzakarimova Lorisa & Cynthia Hallensleben 0900 <b>eHealth and mHealth to improve diagnosis &amp; management; Good &amp; bad examples</b> Prof Niels Chavannes, The Netherlands 1000 <b>Assessment of Burden of COPD Development – Evaluation – Implementation</b> Cynthia Hallensleben, The Netherlands	<b>5.1 Teach The Teacher</b> ROYAL HALL <i>By invitation only</i> Chair: Prof Jaime Correia de Sousa 0900 <b>Welcome &amp; opening of the workshop Aims &amp; objectives Introduction of participants</b> Prof Jaime Correia de Sousa, Portugal <b>Group work 1 Case studies on clinical guidelines &amp; personalised care Discussion of pre-course exercises</b>	
1100 –1130	<b>REFRESHMENTS   POSTER VIEWING   EXHIBITION</b>		BALLROOM
1130–13.30	<b>6.0 Management of Cough</b> GRAND HALL Chairs: Prof Rozenson Rafael & Prof Moldobaeva Marina 1130 <b>Management of cough. Introducing the national guideline on cough</b> Prof Talant Sooronbaev, Kyrgyzstan 1200 <b>Allergic rhinitis. Challenges, Innovations and achievements</b> Prof Rozenson Fafael, Kazakhstan 12.30 <b>Check-list in general practice is a way to improve the effectiveness of therapy in bronchial asthma</b> Dr Gamova Irina, Russia	<b>6.1 Teach The Teacher</b> ROYAL HALL <i>By invitation only</i> Chair: Prof Jaime Correia de Sousa 1100 <b>Lecture 1: An introduction to personalised care</b> Dr Anders Østrem & Dr Beraki Ghezai, Norway 1145 <b>Interactive Lecture 2 with Group work 2 Assessing learning needs &amp; setting learning objectives Designing a programme</b> Prof Jaime Correia de Sousa with Group Leaders	
1330–1430	<b>LUNCH   POSTER VIEWING   EXHIBITION</b>		BALLROOM
1430–1630	<b>7.0 Optimising the use of Medicines</b> GRAND HALL Chairs: Prof Zachidova Mashhura & Cynthia Hallensleben 1430 <b>REducing Delay through edUcation on eXacerbations (REDUX) in patients with COPD</b> Cynthia Hallensleben 1510 <b>Digital frontiers in asthma management</b> Prof Niels Chavannes 1550 <b>Optimising the use of inhalers: How to select inhalers &amp; improve inhaler technique</b> Cynthia Hallensleben	<b>7.1 Teach The Teacher</b> ROYAL HALL <i>By invitation only</i> Chair: Prof Jaime Correia de Sousa 1400 <b>Group work 3: Designing a programme 1</b> Group Leaders <b>Interactive Lecture 3 including Group work 4 Preparing and using teaching materials. Teaching methods, working with small groups and distance learning</b> Prof Jaime Correia de Sousa with Group Leaders	
1600–1630	<b>REFRESHMENTS   POSTER VIEWING   EXHIBITION</b>		BALLROOM
1630–1800	<b>8.0 Managing Patients at Home</b> GRAND HALL Chairs: Prof Nurillaeva Nargiza & Assoc. Prof Rupert Jones 1630 <b>Long-term effects of telemonitoring in patients with Heart Failure &amp; COPD</b> Prof Niels Chavannes 1720 <b>Asthma a very common disease. Role of family medicine to decrease its morbidity and mortality</b> Prof Jean-Marie Tschopp, Switzerland	<b>8.1 Teach The Teacher</b> ROYAL HALL <i>By invitation only</i> Chair: Prof Jaime Correia de Sousa 1630 <b>Interactive Lecture 4 including Group work 5 Assessing learning and mentoring. Project planning. Evaluating your programme and impact</b> Prof Jaime Correia de Sousa, Dr Marje Oona with Group Leaders	
1800–1830	<b>REFRESHMENTS   POSTER VIEWING   EXHIBITION</b>		BALLROOM
1830–1900	<b>8.3 ROUND TABLE</b> GRAND HALL Chair: Prof Talant Sooronbaev & Dr Dirk Lourens 1830 <b>The importance of accurate pulse oximetry &amp; capnography in respiratory care</b> Dr Dirk Lourens, USA 1850 <b>Open dialogue with Professor Sooronbaev Talant Maratbekovich and Dirk Lourens</b>		

0900-1100

**5.2 High Altitude Challenges - Pulmonary Hypertension**

Chairs: Prof Rakhimova Dilarom &amp; Prof Mamatov Sagyn

- 0900 High Altitude Pulmonary Hypertension**  
Prof Talant Sooronbaev, Kyrgyzstan
- 0920 Diagnosing & treating Pulmonary Hypertension**  
Prof Silvia Ulrich, Switzerland (videopresentation)
- 0945 Pulmonary Hypertension in lung diseases**  
Dr Mona Lichtblau, Switzerland (videopresentation)
- 1010 Chronic thromboembolic pulmonary hypertension**  
Dr. Laura Mayer, Germany (videopresentation)
- 1035 Peculiarities of remodeling of the right core departments and effects of complex therapy in patients with pulmonary hypertension,**  
Rakhimova Dilarom, Uzbekistan

1130-1330

**6.2 FRESH AIR 3: Rehabilitation of patients with respiratory diseases**

Chairs: Mambetalieva Anara &amp; Assoc. Prof Rupert Jones

- 1130 What is Pulmonary Rehabilitation & why is it needed?**  
Assoc. Prof Rupert Jones, UK
- 1155 Film: Implementing rehabilitation in Kyrgyz Republic**
- 1210 PR in Kyrgyzstan & Central Asia – Future Plans**  
Prof Talant Sooronbaev, Kyrgyzstan
- 1230 Results of implementing PR in Kyrgyzstan in FRESH AIR**  
Dr Azamat Akyzbekov & Dr Bermet Stambaeva, Kyrgyzstan
- 1300 The role & potential of a nurse for the rehabilitation of asthma patients. First experience, lessons & problems**  
Rysbek Kyzy Aidai & Narmaat Kyzy Cholpon, Kyrgyzstan

1430-1630

**7.2 FRESH AIR 4: Asthma in the under 5s**

Chair: Ashyraliev Muchtar &amp; Dr Marianne Stubbe Østergaard

- 1430 How to diagnose & manage childhood asthma in low & middle-income countries,** Dr Anders Østrem, Norway
- 1500 Why is asthma under-diagnosed in children under-5 years in Kyrgyzstan?** Dr Marianne Stubbe Østergaard, Denmark
- 1530 Why is there overuse of antibiotics in children with respiratory diseases?** Elvira Isaeva, Akyzbekov Azamat
- 1600 How are the present evaluation/diagnostics of children with respiratory diseases in Crete, Kyrgyzstan, Vietnam & Uganda & its effect of training on management of asthma in children,** Anja Poulsen & Thomas Nørrelykke

1630-1830

**8.2 POLICY ROUND TABLE *By Invitation only***

Facilitator: Siân Williams, IPCRG

**How can we sustain & scale up the partnership initiatives in vaccination, treating tobacco dependence, improved diagnosis with spirometry, pulmonary rehabilitation to meet the UN Sustainable Development Goals?**



# 20 October

0800–0900	<b>REGISTRATION   REFRESHMENTS   EXHIBITION</b>		BALLROOM
0900-1100	<b>9.0 FRESH AIR 3</b> GRAND HALL Chairs: Prof Tologonov Talant & Dr Marianne Stubbe Østergaard 0900 <b>Indoor Air Pollution and COPD in rural areas of Kyrgyzstan (FRESH AIR study)</b> , Tabyshova Aizhamal, Kyrgyzstan 0930 <b>Effectiveness of implementing an awareness program for Indoor air pollution in Kyrgyzstan (FRESH AIR study)</b> , Mademilov Maamed, Kyrgyzstan 1000 <b>Impact of new models of clean stoves on Indoor air pollution and Lung health in high altitude regions of Kyrgyzstan (FRESH AIR study)</b> , Emilov Berik, Kyrgyzstan 1030 <b>Efficient and clean stoves in Kyrgyzstan (Pilot project of World Bank)</b> , Zhumashev Murat, Kyrgyzstan	<b>9.1 Teach The Teacher</b> <i>By invitation only</i> Chair: Prof Jaime Correia de Sousa 0900 <b>Short progression report on the activities from each working group</b> Group Presentations 0930 <b>Group work 6</b> <b>Designing a programme 2</b> Group Leaders 1045 <b>Break</b>	ROYAL HALL
1100–1130	<b>REFRESHMENTS   POSTER VIEWING   EXHIBITION</b>		BALLROOM
1130-1330	<b>10 Management of TB</b> GRAND HALL Chairs: Dr Turdumambetova Gulnura & Dr Thomas Nørrelykke 1130 <b>Management of TB patients at a Primary Health Care level</b> , Dr Dushembekova Kaldygul, Kyrgyzstan 1150 <b>Modern aspects of non-tuberculous mycobacteriosis of the lungs</b> , Prof Bobohodzhaev Oktam, Tajikistan 1210 <b>MDR TB in Kyrgyz Republic</b> , Dr Zhdanova Elena, Kyrgyzstan 1230 <b>Latent tuberculosis infection in the Kyrgyz Republic</b> Dr Baytelieva Altynai 1300 <b>HIV infection &amp; TB in the Kyrgyz Republic</b> Dr Achmetova Ramilija, Kyrgyzstan	<b>10.1 Teach The Teacher</b> <i>By invitation only</i> Chair: Prof Jaime Correia de Sousa 1100 <b>Group work 7</b> <b>Designing a programme 3</b> <b>Preparing the teaching module / final presentation</b> Group Leaders 1145 <b>Presentation of modules &amp; discussion</b> 1245 <b>Close &amp; Final Remarks</b> Prof Jaime Correia de Sousa	ROYAL HALL
1330-1430	<b>LUNCH   POSTER VIEWING   EXHIBITION</b>		BALLROOM



# Masterclasses 20 October

0800–0900 REGISTRATION | REFRESHMENTS | EXHIBITION

0900–1100

**9.2**

JANNAT HALL

Chair:

**0900 Masterclass Session 1**

1100–1130 REFRESHMENTS | POSTER VIEWING

1130–1330

**10.2**

JANNAT HALL

Chair:

**1130 Masterclass Session 2**

1330–1430 LUNCH | EXHIBITION | POSTER VIEWING

## The Lancet Global Health

### How could health care be anything other than high quality?

Dr Tedros Adhanom Ghebreyesus, Director General of WHO

**Poor care** not only jeopardises the health of individuals; it erodes trust and puts entire health systems and populations at risk. By contrast, high-quality health systems earn the trust of the people they serve and deliver better results. In addition to the classic definition of quality care as being safe, effective, and people-centred, high-quality care is underpinned by four essential values: timeliness, equity, integration, and efficiency.

**Without quality, universal health coverage (UHC) remains an empty promise.**

....The same nurse who vaccinates children and cares for new mothers will also need to detect an unusual communicable disease.

.....All of this requires attention to developing **active learning systems**. ..... We must go deep into the **messy realities** of health services to understand local problems, find **innovative** solutions, **learn** from mistakes, **scale up** what works, and **share** experiences.

**Local learning needs to be prioritised**, but local lessons must also be shared nationally and with the world—we need a global learning laboratory for quality.

.....Quality is not a given. It takes **vision, planning, investment, compassion, meticulous execution, and rigorous monitoring, from the national level to the smallest, remotest clinic**

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