



PHYSICIANS WITH
HEART™

Tajikistan

2010 Project Report





Dear Friends and Supporters of the Physicians with Heart Project:

Following the completion of another successful project, please find the enclosed report detailing the 2010 Physicians with Heart (PWH) project to Tajikistan.

Each year, the American Academy of Family Physicians Foundation and Heart to Heart International partner with the U.S. State Department to impact lives in one of the republics of the former Soviet Union.

The past 18 years, this annual project has had a three-pronged mission: (1) to procure, deliver and document the distribution of medical aid; (2) to provide medical education to local physicians regarding Family Medicine as a specialty and update them on the use of donated pharmaceutical products and medical instruments; and (3) to improve the quality of life for some of the country's most vulnerable children.

The PWH partnership delivered more than \$1 million (U.S. wholesale) worth of medical aid to hospitals and polyclinics throughout Tajikistan. The PWH Family Medicine education team organized a symposium to nearly 200 medical students, Family Medicine educators, practicing physicians and health officials; interacted with their Tajik counterparts in new, unique ways; and enhanced efforts to make the specialty part of the national health system in Tajikistan.

In addition, the 25 delegation members helped hundreds of children through special projects at three locations in Tajikistan. This year, the PWH Children's Project provided new school desks and chairs for students and teachers, blackboards for teacher use, backpacks, school supplies, hygiene products, clothing items, bed linens, towels, vitamins, and other necessities. The PWH partnership also facilitated the renovation of three classrooms at two boarding schools—one in Dushanbe and the other in Yavan—and enhanced the vocational training at a school for special-needs students in Rudaki by purchasing new sewing machines.

This report gives you a glimpse of those inspiring activities and much more. We hope you will enjoy reading through this report and, more importantly, that you will continue to support us in making a world of difference in the former Soviet Union and beyond. This year will mark our 20th mission to this area of the world. For more information about how you can help, visit aafpfoundation.org or hearttoheart.org.

Sincerely,

Handwritten signature of Richard Roberts in black ink.

Richard Roberts, MD, JD
President
AAFP Foundation

Handwritten signature of Gary Morsch in black ink.

Gary Morsch, MD, MPH
President & Founder
Heart to Heart International

2010 Project Summary

The former Soviet republic of Tajikistan was the destination for the 2010 project of Physicians With Heart (PWH) — a partnership between the American Academy of Family Physicians Foundation and Heart to Heart International. The mission of this year's project was to enhance health in Tajikistan, one of the most underserved countries in Central Asia. It marked the third time that the PWH team had worked in Tajikistan, following previous trips in 2005 and 2007, and allowed the partnership to add momentum to its earlier efforts.

The PWH partnership fulfilled its mission by delivering a humanitarian airlift of medical aid to 15 hospitals and clinics throughout Tajikistan; organizing a medical symposium on topics related to Family Medicine; and improving living conditions at three facilities serving homeless and orphaned children.

DISTRIBUTION OF MEDICAL AID:

This year, the PWH partnership joined forces with Project HOPE to deliver a load of valuable medical aid. The partnership contributed more than \$1 million (U.S. wholesale) worth of antibiotics to the airlift.

The medical aid arrived on October 20 and was loaded onto transport vehicles destined for 15 hospitals in Tajikistan. Project HOPE, led by Colin Credle and Irina Ovezova, expedited the customs clearance, coordinated the distribution to recipient sites, and monitored the use of the donated medical aid. The partnership particularly appreciated the lengths to which Project HOPE went in its intense documentation and follow-up measures to ensure the donated medicines are being used as intended.

The partnership delivered a total of 12 pallets of humanitarian aid, valued at \$1,201,329.44 (U.S. wholesale). The Ministry of Health of the Republic of Tajikistan served as the consignee.

A symbolic hand-over ceremony was held at the Shahrinav Central District Hospital as a gesture of international cooperation—all working together for the benefit of the Tajik people. The ceremony included Nicole Shank of the U.S. State Department; Necia Quast of the U.S. Embassy in Dushanbe; Firuza Magzumova, MD, of the Tajik Ministry of Health; Richard Roberts, MD, JD, of the AAFP Foundation; and Gary Morsch, MD, MPH, of Heart to Heart International.

MEDICAL TRAINING INITIATIVES:

Family Medicine development in Tajikistan received another shot of adrenaline with the third PWH medical symposium in six years. Following in the footsteps of successful medical-education initiatives in 2005 and 2007, the PWH partnership worked closely with the Quality Health Care Project (QHCP) of Tajikistan, the Tajik Family Medicine Association and Tajik State Medical University (TSMU) to organize a full-day symposium on October 29, regarding the development and practice of Family Medicine in Tajikistan. Hosted at Tajik State Medical University, this symposium focused on the importance of Family Medicine in healthcare reforms emerging across Tajikistan.

Special thanks to Ubaidulo Kurbanov, MD, Said Kurbanov, MD, and Nargis Maqsudova of TSMU; and Marian Sheridan and her staff at QHCP, who all had a vital hand in coordinating the onsite logistics of the symposium. Additionally, Zuhra Mirzoeva, MD, Tahmina Jaborova, MD, Firuza Abdullaeva, MD, Farida Asadova, MD, and Eric Van Twillert, MD, all provided significant leadership and guidance on the symposium topics and content.

The morning session of the symposium was hosted by Said Kurbanov, MD, Vice Rector of TSMU. During the plenary session in the morning, approximately 200 Tajik physicians, nurses, physicians-in-training and students participated in presentations on the value of Family Medicine around the world (Dan Ostergaard, MD, presenter); updates on Family Medicine development in Tajikistan (Firuza Magzumova, MD, presenter); and Family Medicine approaches to chronic disease management (Richard Roberts, MD, JD, presenter).

The afternoon session featured several small-group breakout sessions on breast cancer prevention and screening (Firuza Abdullaeva, MD, facilitator); treatment of respiratory illnesses (Mary Jo Welker, MD, and Lisa Gilbert, MD, facilitators); common skin diseases (Rich Bruehlman, MD, and Roseann Gager, MD, facilitators); and diagnostics in otoscopy (Lisa Fleischer, MD, and Rowan Casey-Ford, MD, facilitators). Each afternoon session was repeated four times allowing participants to attend all sessions and maintaining a small-group discussion setting.

The Family Medicine symposium content was developed under the leadership of Dan Ostergaard, MD and a team consisting of Rich Bruehlman, MD, Jane Weida, MD, and Alex Ivanov, MBA, in coordination with Eric van Twillert, MD, of QHCP.

At the advice of the Ministry of Health, Tajik attendees were awarded a Certificate of Attendance. During the otoscopy session, Welch Allyn otoscopes were used to ensure that participants gained hands-on experience in examination, interpretation and diagnostics skills. The otoscopes were part of Welch Allyn's diagnostic equipment donation that also included much-needed stethoscopes, ophthalmoscopes, sphygmomanometers and blood pressure cuffs. Family Medicine-related educational materials valued at \$28,000 donated by the American Academy of Family Physicians were distributed among the TSMU Medical Library, QHCP and Project SINO.

In the post-Symposium correspondence Dr. Firuza Abdullaeva provided information on the extremely positive feedback from Tajik participants, who found the materials presented at the Symposium very important, interesting, understandable and relevant to the needs of Tajik physicians. They especially appreciated the organizational side of the Symposium, high level plenary speakers, availability of hand-outs and hands-on and disease specific sessions.

Prior to the symposium, the family physicians learned more about the state of Family Medicine development and primary care delivery in Tajikistan at the city level through meetings at and visits to the Post Graduate Medical Institute (Dr. Zuhra Mirzoeva) and the National Family Medicine Clinical and Training Center (Dr. Tahmina Jaborova) where they were able to directly interact with Tajik family physicians and physicians-in-training and get involved in the training process as observers and participants. The team also toured Shahrinav Central District Hospital to get a better understanding of hospital patient care in Tajikistan.

The PWH team especially appreciated the opportunity to observe how Family Medicine is practiced in rural Tajikistan by visiting rural health centers and joining Tajik family doctors in their home visits to remote villages around Shahrinav and Tursunzade. This and the subsequent participation in a peer review group session were arranged by Project SINO's Juan Costa, project manager, and Zulfia Galyamova, project coordinator.

Among the more impressive outcomes of these interactions was the enthusiasm for the speciality of Family Medicine, the growing importance it is having in healthcare delivery, and the role it is playing in the healthcare reform of Tajikistan.

2010 Project Summary *(continued from page 2)*

CHILDREN'S PROJECTS:

Led by Mrs. Ruth Ostergaard, the PWH Children's Project provided significant funding (\$25,000+ USD) and volunteer support to three institutions in Tajikistan in partnership with Counterpart International.

Dushanbe Boarding School #4.

Located 20 minutes from downtown Dushanbe, this educational institution is home to nearly 400 homeless and orphaned children. The PWH Children's Project team (with the help of many donors, see Page 5) furnished two renovated classrooms with blackboards, new desks and chairs for both students and teachers, and coat racks. In addition to the furnishings, the project team provided each student with a hygiene kit, a backpack full of essential school supplies, vitamins, and treats. The project team spent two days at this facility, painting two wall murals that depict international cooperation between the United States and Tajikistan and interacting with the children during recess. The room renovations were funded through a Small Reconstruction Project (SRP) grant from the U.S. Department of State. In commemoration of this project, the school hosted a special ribbon-cutting ceremony. Dignitaries invited to speak at the ceremony included U.S. Ambassador Ken Gross, Jr., Nicole Shank of the U.S. Department of State, Rang-Hee Kim of Counterpart International, and Mrs. Ostergaard of the PWH partnership.

Yavan Boarding School.

Located about an hour outside of Dushanbe, this school has approximately 180 students—with 95-100 of them boarding at the school year-round. The PWH Children's Project furnished the dormitories with 25 lockers, a blackboard, and 12 desks with chairs, and a teacher's desk and chair. New dishes and eating utensils were also donated. The project team also delivered hand-made quilts, backpacks full of essential school supplies, vitamins, hats, mittens, socks and underwear. This school was the recipient of another SRP grant, which helped renovate bathroom and shower facilities. The PWH Children's Project was excited to return to this school! In 2005, the Children's Project provided assistance and painted a mural in the cafeteria.

Rudaki School for the Hearing Impaired.

Located 20 minutes outside of Dushanbe, this school is home to 190 students from the very poor to the very rich of Tajikistan's population. The school provides each student with a quality education and trade skills, so they can get a job after graduating from the school. The PWH Children's Project provided five (5) new sewing machines and two area rugs to enhance the home-economics classroom for girls at the school.

Physicians With Heart Leadership and Support

Leaders who represented the three PWH partner organizations in Tajikistan were Rich Roberts, MD, JD, president of the AAFP Foundation, and Gary Morsch, MD, MPH, president and founder of Heart to Heart International.

Staff leaders within the PWH delegation were Dan Ostergaard, MD, and Alex Ivanov, MBA, of the AAFP; Lori Foley of the AAFP Foundation; and Pete Brumbaugh and Steve Hower of Heart to Heart International.

The U.S. Department of State (DoS) Office for Assistance to Europe and Eurasia was represented onsite by Nicole Shank. This annual project receives significant DoS financial and technical support in transporting the humanitarian aid and mobilizing volunteers to assist in medical education, training and Small Reconstruction Projects.

The U.S. Embassy staff in Dushanbe was also instrumental in helping us achieve our objectives in Tajikistan. U.S. Ambassador Kenneth Gross, Jr., and his staff—Necia

Quast, Deputy Chief of Mission, and Golden Baker, Political-Economic Officer—provided valuable diplomatic support and guidance to the PWH partnership.

Mike Jensen served as the project photographer.

The partnership could not have achieved its objectives without the key onsite support from the following:

- Nusuratullo Salimov, MD, Minister of Health for the Republic of Tajikistan; Sohibnazar Rahmonov, MD, Deputy Minister; and Firuza Magzumova, MD, Head of the Primary Healthcare Department, who each provided approval and oversight of the medical-aid distribution and medical-education initiatives in general.

- Colin Credle, Irina Ovezova and the rest of the Project HOPE humanitarian-assistance staff in Dushanbe, who led the procurement and distribution efforts for the airlift and allowed us to participate in building a healthier Tajikistan.

- Marian Sheridan, Eric van Twillert, MD, Alisher Mahmudov, and the entire team at Quality Health Care Project (QHCP), who provided critical support for the Family Medicine symposium in Dushanbe.

- Zuhra Mirzoeva, MD, Chair of the Tajik Family Medicine Association and Post-Graduate Medical Institute; and Tahmina Jaborova, MD, of the Republican Family Medicine Training Center in Dushanbe; and Firuza Abdullaeva, of the Dushanbe Family Medicine Training Center, who each provided significant input in the development of the medical symposium program.

- Juan Costa, Zulfia Galyamova, and the Project SINO team, who coordinated an incredible experience for the Family Medicine team in western Tajikistan.

- Ubaidulo Kurbanov, MD, Rector; Said Kurbanov, MD, Vice Rector; and Nargis

Maqsdova of the Tajik State Medical University, who graciously offered their facilities to the PWH partnership free of charge for the medical symposium.

- Mumin Sidikshoev and the Counterpart International team in Tajikistan, who provided leadership on two Small Reconstruction Projects—Dushanbe Boarding School #4 and Yavan Boarding School.

- Munavara Rahmanova and Nazar Mamadov, who served as onsite project assistants to Pete Brumbaugh and Steve Hower; and Isroil Odinaev, who served as transportation coordinator.

Advance planning for the 2010 Physicians With Heart project was completed by the PWH steering committee. The Executive Committee was comprised of Craig Doane and Lori Foley of the AAFP Foundation; Dan Ostergaard, MD, of the AAFP; and Jon North and André Butler of Heart to Heart International. The Committee at Large included: Alex Ivanov of the AAFP; Brenda Cherpitel of the AAFP Foundation; and Pete Brumbaugh, Steve Hower, and Ginny Stehle of Heart to Heart International; and Ruth Ostergaard. The Children's Project Committee was chaired by Ruth Ostergaard and included Lori Foley, Brenda Cherpitel, and Marlena Mason of the AAFP Foundation; Pete Brumbaugh and Steve Hower of Heart to Heart International; and Janet Kellerman.

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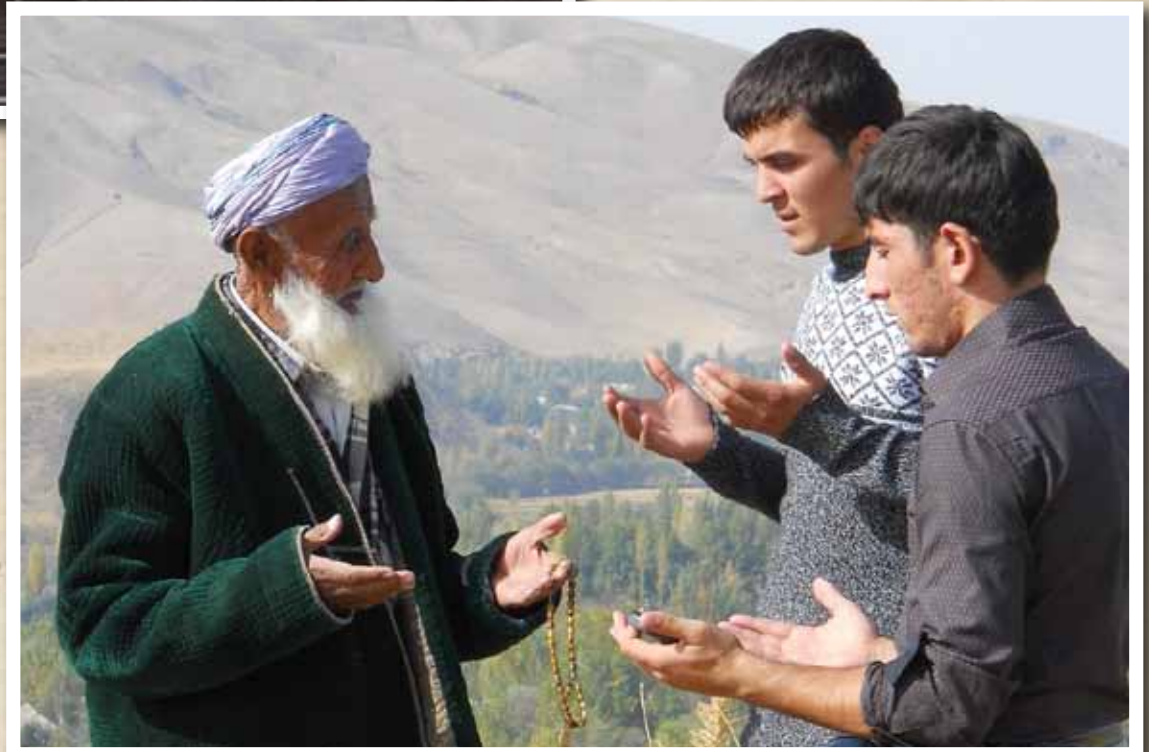
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Tajikistan Photo Journal



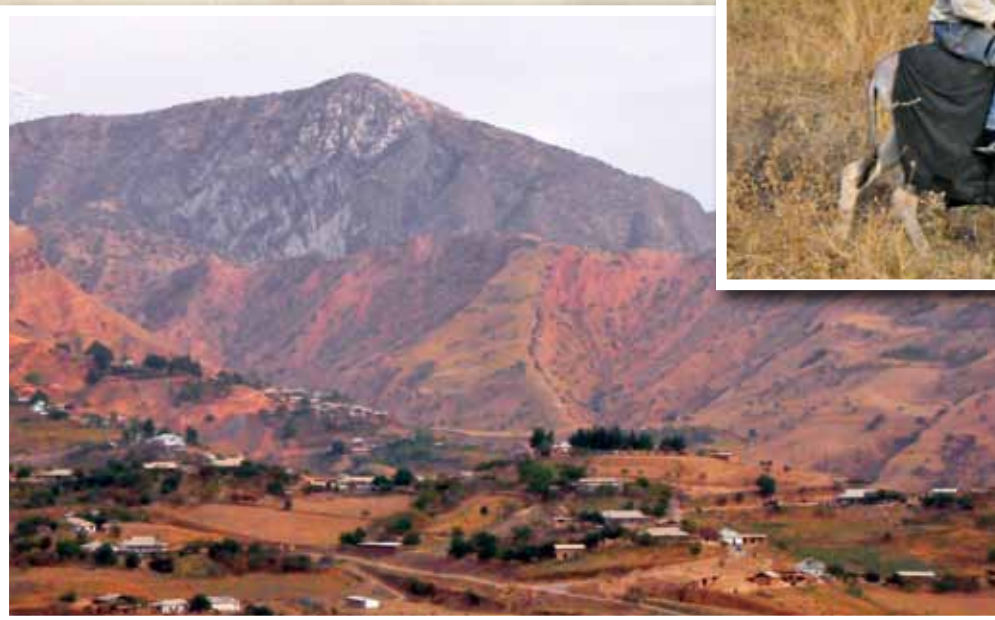
LEFT: A monument of King Somoni, the legendary founder of Tajikistan. The Tajik currency also bears his name. **BELOW:** Boys in school uniforms sing a patriotic song. **BOTTOM:** Tajikistan is a mostly Muslim nation. Here, a village elder leads young men in an afternoon prayer.



RIGHT: Making fun out of the simplest things, this boy plays with an inner tube. **BELOW:** The edifice of the Hissar Castle in western Tajikistan.



ABOVE: Living in a mostly agrarian society, these children ride the family donkey to their work in the fields. **LEFT:** Mountains cover 90 percent of Tajikistan's landscape.





ABOVE: One of the traditions of each PWH trip is the sharing of a project pin with a person of the recipient country who made a special impact on the delegate's life. Mary Jo Simmons found her person while working on the Children's Project at Dushanbe School #4. The elderly woman works at the school, which is home to nearly 400 orphans and homeless children. **RIGHT:** Families must sometimes walk miles for clean drinking water. Here, children roll their daily supply home on a makeshift wagon.



LEFT: The PWH delegation discovered a Tajik tradition of taking a hike in picturesque Varzob Mountains outside Dushanbe and decided to participate. Several volunteers joined other expatriates and their families for a Sunday hike. AAFP staffer Alex Ivanov being under the weather that day was assigned to a "kindergarten" group where he made friends with Tibor, a youngster from Switzerland traveling with his Mom. **ABOVE:** For the first time in PWH history, we had three Family Medicine residents on the team: (L-R) Roseann Gager, MD; Gwen Casey-Ford, MD; and Lisa Gilbert, MD. Drs. Casey-Ford and Gilbert were recipients of the AAFP Foundation's Resident Scholarship, which provides financial support and an advocacy platform for future family physicians interested in global medicine.



FAR-LEFT: Nicole Shank of the U.S. State Department helped distribute new backpacks full of essential school supplies to more than 400 students at Dushanbe School #4. **ABOVE:** Gary Morsch, MD, MPH, President & Founder of Heart to Heart International; Dan Ostergaard, MD, AAFP Vice President for the Health of the Public and Interprofessional Activities; Mary Jo Welker, MD, AAFP Foundation Vice President; and Rich Roberts, MD, JD, AAFP Foundation President, represent the PWH partnership at a hand-over ceremony in Shakhriyav District Central Hospital. The partnership contributed more than \$1 million worth of medical aid to the Project HOPE airlift, which helped people with health needs throughout Tajikistan.

ABOVE: Ken Gross Jr., U.S. Ambassador to Tajikistan, spoke during a ribbon-cutting ceremony at Dushanbe School #4. The school was the recipient of a Small Reconstruction Project grant, which renovated two classrooms at the school. The PWH Children's Project provided financial support that purchased new furniture for the classrooms. **RIGHT:** One of the by-products of bringing American volunteers halfway around the world is that local people have an opportunity to form their opinions of the United States by interacting cross-culturally with our delegation.





LEFT: In 2009, Tajikistan experienced an outbreak of polio. For most of the doctors on the PWH delegation, this child was the first case of polio they had seen in their entire careers. **BELOW:** Dr. Gary Morsch examined a patient during a home visit in western Tajikistan.



ABOVE: The medical-education team traveled in small groups with local family physicians to visit patients in their homes and observed the specialty of Family Medicine being practiced in rural Tajikistan. **RIGHT:** A local family physician shares the story of this newborn baby, whom she delivered only a few days earlier. In Tajikistan, family physicians will make home visits 3-4 times a day to check up on patients.





ABOVE: Nearly 250 Family Medicine educators, clinicians and residents from Dushanbe and regions throughout Tajikistan packed the assembly hall of Tajik State Medical University for the Family Medicine symposium. The morning session featured broad topics from U.S. and Tajik presenters, while the afternoon focused on practical issues facing clinicians. **LEFT:** Rich Roberts, MD, JD, presented during the plenary session in the morning. Not only is Dr. Roberts a past AAFP President and current President of the AAFP Foundation, but he is also the current President of the World Organization of Family Doctors (Wonca).



ABOVE: David Allyn of Welch Allyn Inc. participates in the workshop on otoscopy. Welch Allyn donated hundreds of medical instruments, which will be used in preparing family physicians for medical practice. **LEFT:** Family Medicine leaders from Tajikistan and the United States convene to discuss ways to strengthen the development of Family Medicine in the former Soviet republic.





RIGHT: Children from Dushanbe School #4 participate in a traditional Tajik dance prior to the start of the ribbon-cutting ceremony at the school. **TOP LEFT:** Ruth Ostergaard, Chair of the PWH Children's Project, addressed the crowd, thanking the many individuals and companies who supported the project and sharing her hope that the children would become world learners in their new classrooms.

BOTTOM LEFT: Classroom after renovations. **INSET:** A picture of the classroom prior to renovation. **BELOW:** Lloyd Welker distributes backpacks full of school supplies at Dushanbe School #4.





RIGHT: The Children's Project team (Front: Nazar Mamadov, Paula Johnson, Lloyd Welker, Debbie Edwards; Back: Ruth Ostergaard, Mary Jo Simmons, Gwen Young, Rachel Ostergaard, Lori Foley, Dawn Johnson, and Munavara Rahmanova) painted two murals at Dushanbe School #4, both of which depicted friendship between the Tajik and American people. **ABOVE:** Gwen Young put the finishing touches on King Somoni.



ABOVE: Making an impression on the future of Tajikistan! **RIGHT:** Students at the Rudaki School for the Hearing Impaired examine their new sewing machines, which were provided by the PWH Children's Project.



INSET: An example of one of the old sewing machines at the Rudaki school.



Recipient Sites

Recipient sites were located throughout Tajikistan and all sites were requested and approved to receive medical aid by the Tajik Ministry of Health prior to the arrival of the cargo plane:

- City Clinical Infectious Diseases Hospital
- Farkhor Central District Hospital
- Government Institution of Oncology & Scientific Center
- Khamadoni Central District Hospital
- Kolkhozobad Central District Hospital
- National Medical Center
- Republican Clinical Center of Cardiology
- Republican Clinical Center of Endocrinology
- Republican Clinical Ophthalmology Hospital
- Republican Clinical Psychiatry Hospital
- Republican Clinical Scientific Center of Cardiovascular Surgery
- Rogun Central District Hospital
- Shahrinav Central District Hospital
- Vakhsh Central District Hospital
- Vose Central District Hospital

Tajikistan Map



2010 PWH Tajikistan Delegation



| Name | Occupation | Hometown |
|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| David Allyn | Director, Corporate Social Responsibility, Welch Allyn Inc. | Skaneateles, NY |
| Farida Asadova, MD | Medical Training Consultant | Arlington, VA |
| Richard Bruehlman, MD | Family Physician, Renaissance Family Practice; Faculty, UPMC-St. Margaret Family Practice Residency | Allison Park, PA |
| Pete Brumbaugh | V.P., Planning & Performance, Heart to Heart International | Olathe, KS |
| Rowan Casey-Ford, MD | Resident Physician, Oregon Health & Science University | Portland, OR |
| Debbie Edwards | Senior Vice President, Docs Who Care | Olathe, KS |
| Lori Foley | Director of Strategic Partnerships, AAFP Foundation | Leawood, KS |
| Lisa Fleischer, MD | Family Physician, Big Sky Family Practice | Kalispell, MT |
| Roseann Gager, MD | Chief Resident Physician, Cook County-Loyola Provident Family Medicine Residency Program | Aurora, IL |
| Lisa Gilbert, MD | Resident Physician, University of Kansas Medical Center | Wichita, KS |
| Steve Hower | Director of Operations, Heart to Heart International | Olathe, KS |
| Alex Ivanov, MBA | International Activities Manager, AAFP | Leawood, KS |
| Mike Jensen | Private Contractor; Team Photographer | Olathe, KS |
| Dawn Johnson, RN | Retired Nurse | Roseau, MN |
| Paula Johnson | Executive Assistant | Gardner, KS |
| Gary Morsch, MD, MPH | Family Physician; President & Founder, Heart to Heart International | Bucyrus, KS |
| Dan Ostergaard, MD | V.P., Health of the Public and Interprofessional Activities, AAFP | Olathe, KS |
| Rachel Ostergaard | Youth Counselor | Chicago, IL |
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Visit www.aafp.org/physicianswithheart or www.hearttoheart.org for more information about the Physicians With Heart Project.
