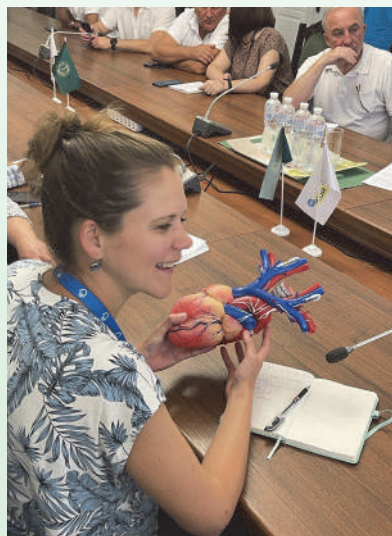




## INTERNATIONAL COOPERATION

### VISIT OF REPRESENTATIVES OF AN INTERNATIONAL COMPANY TO KhNMU

On July 20th, representatives from the French company «Handicap International» visited the Kharkiv National Medical University. The international delegation included project manager Fiona Crook, rehabilitation technical officer Pasala Maneewong, and prosthetics technical officer Labkush Kumar. They were also joined by Maxim Haustov, the Director of the Department of Health Care of the Kharkiv Regional State Administration.



From the University's side, the event was attended by Rector Valeriy Kapustnik, members of the rectorate, directors of various departments, specialists, and staff from the University's 3D Technologies and International Relations departments.

During the meeting, the parties discussed possibilities for cooperation in the field of physical rehabilitation, prosthetics, and orthotics. Additionally, the delegation representatives were introduced to the work of the University, the 3D Technologies Center of the Educational and Research Institute for Quality of Education, Department of Traumatology and Orthopedics, and the Medical Rehabilitation Department of the University Clinic. They also learned about the training of specialists in therapy and rehabilitation.

tional and Research Institute for Quality of Education, Department of Traumatology and Orthopedics, and the Medical Rehabilitation Department of the University Clinic. They also learned about the training of specialists in therapy and rehabilitation.

Throughout the eventful visit, the delegation familiarized themselves with the capabilities of the 3D Technologies Center, its proprietary software developments, and the production of 3D models for both educational purposes and prosthetics. At the University Clinic, the company representatives discussed methods of patient prosthetics and rehabilitation, visited the Department of Orthopedics and Traumatology, and the Medical Rehabilitation Department, and had conversations with leading experts, among other activities.



On the other hand, the guests shared information about their organization's significant potential, extensive experience in prosthetics, and their goal of implementing a high standard of assistance in Ukraine. They also expressed their intention to contribute to the development of rehabilitation, offer training to students and specialists.

Furthermore, the parties discussed the preparation of specialists in physical therapy (rehabilitation) at KhNMU and summarized the outcomes of the visit.

### MEETING WITH REPRESENTATIVES OF CHARITABLE FOUNDATIONS



On July 21st, a meeting with representatives of «The Heracles Group» and «The Charitable Foundation of Yevhen Pivovarov» was held at Kharkiv National Medical University. The American company was represented by its president, Luke Calhoun.

From the University's side, the meeting was attended by representatives of the rectorate, department directors, staff from the 3D Technologies Center, and the International Relations Office. The main topic discussed during the event revolved around opportunities for collaboration in the field of prosthetics.

Luke Calhoun shared insights into the activities of his foundation, which has significant experience in establishing centers for 3D modeling and prosthetics in Syria and Yemen. Currently, they are interested in extending assistance to Ukraine and aim to create a relevant program within its territory. The program consists of several components, with one focused on teaching people to use 3D equipment for medical and general purposes, providing them with training programs involving University and local specialists. Mr. Calhoun's main idea is to establish a technical base at the University, set up its operation, and then hand it over on a free-of-charge basis for further general use. The program is being developed and financed under the auspices of the United Nations.

During the visit, the guests were given a detailed overview of the work of the 3D Technologies Center at the Educational and Research Institute for Quality of Education, and they discussed further cooperation prospects in the field of prosthetics.

*The material was prepared by Viktoriia Zakharevych*

**INTERNATIONAL COOPERATION****DELEGATION FROM THE EMBASSY OF SWITZERLAND IN UKRAINE VISITS KhNMU**

*In the spring, a delegation from the Embassy of Switzerland in Ukraine visited the Kharkiv National Medical University.*



The purpose of the meeting between the esteemed delegation and the University's leadership was to review the results of the University's participation in the first phase of the Ukraine-Switzerland Project «Medical Education Development» and discuss the prospects for further participation in the project.

The delegation was interested in the current state of the project, its development over the past few months, the challenges the University is currently facing, and the vision for future development of the collaborative relationship within the project.

In turn, Rector Valeriy Kapustnyk welcomed the honored guests within the walls of KhNMU and mentioned that in light of the challenges that have arisen, all University work has been transitioned to on-line mode. Nevertheless, the University's activities continue, including participation in projects where our University is directly involved.

During the meeting, the guests were acquainted with the University's work in implementing the tasks of the Ukraine-Switzerland Project «Medical Education Development» and discussed the issues regarding KhNMU's further participation in this project.

*Based on the materials from the KhNMU website*

**AN AGREEMENT WAS SIGNED WITH PARTNERS OF KhNMU**

*The cooperation of KhNMU with international partners, whose circle is constantly expanding, is gaining momentum. Recently, a bilateral agreement on cooperation was signed between Kharkiv National Medical University represented by Rector Valeriy Kapustnyk and the Royal College of Surgeons of England represented by President Professor Neil Mortenson.*

The responsible parties for implementing the agreement from the University are Professor Vitaliy Makarov and the staff of the Department of Surgery No. 4, who have been working at the North Region Military Clinical Medical Center and city hospitals since the beginning of the full-scale russian invasion.

The contract signing was facilitated by Professor Tetiana Chaichenko, the coordinator of the project and the Head of the Department of Pediatrics No. 1 and Neonatology.

Within the framework of the nearly year-long cooperation, activities have already been established that contribute to the continuous development of specialists and the provision of highly specialized medical care to injured defenders of Ukraine and civilians.

*Based on the materials from the KhNMU website*

**OUR EXPERIENCE****REPRESENTATIVES OF KhNMU IS AN INSTRUCTORS IN AN INTERNATIONAL PROJECT**

*In January, a Memorandum of cooperation was signed between the Department of Health of the Kharkiv Regional Military Administration and the NGO «Mehad (ex-UOSSM France)».*



The aim of the Memorandum is to promote interaction and coordination between the parties, focusing on conducting joint training in providing urgent and emergency medical assistance to Ukrainian citizens and other individuals within its territory, including during emergencies, disaster relief operations, and humanitarian support to those affected by armed aggression against Ukraine.

This project commenced on January 21st Instructors from the Department of Emergency Medicine, Anesthesiology, and Intensive Care of KhNMU, under the guidance of Medical Coordinator Yulia Volkova, conducted a two-day «Tactical Use of Ultrasound Course – TUSC-UA Course», which takes place weekly at the clinical base of

the Department at the Regional Clinical Specialized Dispensary for Radiation Protection of the Population.

The course's program is based on the experience of the developers of «Mehad (ex-UOSSM France)», gained over the last 10 years with the support of doctors and medical service providers in conflict zones and most humanitarian catastrophes in countries such as Iraq, Syria, Turkey, and Lebanon.



We express our gratitude to the entire Mehad's team in Ukraine, especially Pr. Raphaël Pitti (Training Programs Director), Pierre Catoire (TUSC-UA Course Director), Yuriy Stepanovskiy (Strategy Director), Mykola Kopytchak (Medical Coordinator), and Nastia Nazaruk (Project Coordinator) for providing us with the opportunity to learn and teach.

*Based on the materials from the KhNMU website*



## INTERNATIONAL COOPERATION

### REPRESENTATIVES OF KhNMU TOOK PART IN THE SIMS PROJECT

*In May, the head of the Simulation Center, Maryna Dolzhenko, and the acting head of the International Relations Department, Maryna Bilonozhko, participated in a working meeting of the consortium partners at the Aristotle University of Thessaloniki (Greece).*



The event took place as part of the implementation of the international project «Simulation medicine and Scenario-based learning for emergency care» (SimS) within the framework of Erasmus+.

During the first day of the working meeting, partners from the University of Santiago de Compostela conducted training on writing scenarios for emergency care, shared their experience of unexpected actions by students during scenario practice, and shared best practices in scenario development.

On the second day of the working meeting, consortium partners presented their universities. The Ukrainian partners discussed the challenges and opportunities of simulation training during the war, while European universities presented the work of simulation centers and expressed their support for Ukrainian universities in developing and implementing scenario-based learning. Partners were given a tour of the Clinical Skills Laboratory and other parts of the educational simulation campus. They also demonstrated the reception area, where human behavior is studied - there is an intelligent mirror that can tell your age, mood, job, and dominant hand.

During the third day of the working meeting, the training was conducted on scenario-based learning and the creation of scenarios on the educational digital platform for virtual scenarios, OpenLabyrinth. Colleagues from Aristotle University provided theoretical and practical training for using the OpenLabyrinth platform, and they shared

their experience of recording videos for medical students based on scenario-based learning.

In June, the second meeting of the Erasmus+ project consortium «Simulation medicine and scenario-based learning» (SimS) took place at the Lithuanian University of Health Sciences in the Republic of Lithuania. During the working meeting, from the consortium partners conducted on scenario-based training in HLab classrooms, practical stations, and simulation classrooms.



Colleagues from the Lithuanian University of Health Sciences gave a lecture on «Basic Principles of Adult Learning,» presented HLab teaching methodologies, and held discussions on topics such as the role of the HLab instructor in the educational process, skills assessment, skill stations evaluation, and creating a positive learning environment. These activities are part of the project's work plan approved by the European Commission. Additionally, representatives from KhNMU, along with other members of the delegation, took first place in the first aid competition among consortium partners.

Participation in this event facilitated further project implementation, exchange of experience and best practices between educators from higher and postgraduate education institutions in Lithuania, Greece, Spain, and Ukraine, and strengthened cooperation and networking.

Sincere thanks to our Greek colleagues from Aristotle University in Thessaloniki and the Lithuanian University of Health Sciences for organizing the event, providing support and incredible hospitality, and to all project partners for their fruitful work during the meeting. We are working together to improve medical education!

*Based on the materials from the International Relations Office of KhNMU*

## PARTNERS OF KhNMU

### VISIT TO THE LIBRARIES OF THE UNIVERSITY OF CAMBRIDGE



*On May 15th, the Director of the Scientific Library, Iryna Kyrychok, visited the Medical Library of the School of Clinical Medicine as part of the cooperation between Kharkiv National Medical Univer-*

*sity and The School of Clinical Medicine at the Chancellor, Masters, and Scholars of the University of Cambridge. Mrs. Iryna met with the Dean of the School of Clinical Medicine, Paul Wilkinson, the Head of the Medical Library, Ayla Kuhn, the Library Manager, Joe Milton, the Head of Collections and Academic Relations, Mel Bach, and a Slavic specialist.*

Mrs. Iryna familiarized herself with the library's space, its collection, and resources, learned about the library's unique work and its team of professionals, and shared information about the Scientific Library of KhNMU and its activities before and during the war in the frontline city.

After the visit to the Medical Library, Iryna Kyrychok also visited the main library of the University of Cambridge – the Cambridge University Library. During the tour of the University Library, Mrs. Iryna learned about its history, explored the reading rooms with open-access collections, and visited the Department of rare books and early manuscripts. In turn, Iryna Kyrychok presented albums about the history and presented of KhNMU, published for its 2015 anniversary, as well as souvenirs with the university's symbols, to the collections of both libraries.

The meeting with British colleagues was interesting and took place in a warm and friendly atmosphere. Mrs. Iryna expressed gratitude for the support of the Ukrainian people during this difficult time. In turn, colleagues from the University of Cambridge expressed readiness to cooperate and support us in the future.

*Based on the materials from the Scientific Library of KhNMU*

**INTERNATIONAL COOPERATION****REPRESENTATIVES OF KhNMU UNDERWENT AN INTERNSHIP IN GERMANY**

From November 12-26, representatives of KhNMU underwent an internship for teachers of medical faculties «Ukraine digital – Clinical reasoning in medical education» with the support of Deutscher Akademischer Austausch Dienst (DAAD) in Germany.

Maria Oliynyk and Volodymyr Fedorov, Associate Professors of the Department of Internal Medicine No.3 and Endocrinology, as well as Victoria Koval, a postgraduate student of the Department of Pediatrics No.2 become the representatives of KhNMU.

During the first part of the program, employees of the Institute for Research in Medical Didactics and Education at Ludwig-Maximilians University in Munich (Institut für Didaktik und Ausbildungsforschung der LMU München) conducted trainings in medical didactics and



themselves with the cultural and historical heritage of such iconic cities as Munich and Berlin.

*Based on the materials from the KhNMU website*

**STAFF MEMBERS OF KhNMU COMPLETED INTERNSHIP IN POLAND**

The staff members of the Educational and Research Medical Center «University Clinic» at Kharkiv National Medical University, Psychiatrist, Professor Volodymyr Korostiy and Psychologist of the Medical Rehabilitation Department Oksana Zhelanova, completed an internship in the Republic of Poland for Ukrainian specialists in mental health and physical rehabilitation as part of an initiative by the First

Lady of Ukraine, Mrs. Olena Zelenska, and the First Lady of the Republic of Poland, Mrs. Agata Kornhauser-Duda.

The internship program included a detailed introduction to the work of the Psychiatry Clinic for Combat Stress and Psychotraumatology at the Military Institute of Medicine – National Research Institute in Warsaw. The training was conducted by experienced Polish specialists: clinical psychologist and group leader of the psychologists at the clinic, Michał Kuroń, and psychologist, certified in CPT and EMDR therapy, Paulina Szymanik.

Polish colleagues have many years of experience working with servicemen, veterans of various military missions, and actively assisting Ukrainian military psychologists and psychiatrists since 2014. The knowledge, skills, and advanced experience gained from the Combat Stress Clinic will be implemented in the practical activities of the Mental Health Center and the Medical Rehabilitation Department at the University Clinic of KhNMU, as well as in the educational process of the Department of Psychiatry, Narcology, Medical Psychology, and Social Work. Particularly valuable is the opportunity for scientific cooperation to adapt the new PTSD diagnostic methods to the modern conditions of Ukraine. Moreover, valuable contacts with colleagues from other regions of Ukraine are important for exchanging experiences. We hope for further fruitful cooperation with Ukrainian and Polish colleagues!

*Based on the materials from the KhNMU website*

**PROFESSOR OF KhNMU GAVE A LECTURE IN VILNIUS**

Medical University, Kharkiv National University of Radio Electronics, and Otto von Guericke University of Magdeburg (Germany).

According to the Professor, employee burnout statistics indicate that chronic stress at work often results in mental health problems, regardless of the job type. Referring to the World Health Organization, the professor excluded some characteristics from professional burn-

out: energy depletion or exhaustion, increased mental distance from one's job, and negativity or cynicism related to one's job.

Professor Zavgorodnii concluded his lecture by stating that the proposed methodological (mathematical) approach makes it possible to purposefully work with the group of pre-pathology persons. As he noted, the establishment of early diagnostic criteria for the pre-pathological states of professional burnout syndrome in healthcare professions should be considered a necessary stage in the development of preventive measures, namely the optimisation of the labour process and the availability of psychological assistance for employees.

The professor expressed his gratitude to the Faculty of Medicine of Vilnius University for the invitation to give a guest lecture, as well as to his colleagues from Kharkiv and Magdeburg: well as to his colleagues from Kharkiv and Magdeburg: Professor Valeriy Andriyovych Kapustnyk, Olena Leonidivna Litovchenko, Ph.D., assistant in the Department of Hygiene and Ecology No.2 of Kharkiv National Medical University; M.D., professor; Irina Perova, Ph.D., from Kharkiv National University of Radio Electronics; and Professor Irina Böckelmann from the Department of Occupational Medicine at the Medical Faculty of the Otto von Guericke University of Magdeburg.

*The material was prepared by Iryna Blynkova*



## ACADEMIC MOBILITY

### STUDENTS' PRACTICE IN CAMBRIDGE



From July 17 to September 1, 2023, 21 students of medical faculties will undergo practical training at the clinical facilities of the School of Clinical Medicine at the Chancellor, Masters, and Scholars of the University of Cambridge.

Thanks to the initiative of the Cormack Consultancy Group, as part of the Twinning project, for the second year our students are hosted by our twin university – the University of Cambridge School of Clinical Medicine. All accommodation, food, insurance, visa, transport and additional expenses are covered by the University of Cambridge.

The academic mobility of students will last 7 weeks, the first of which will be an introductory one, the other 6 will be devoted to practical training and acquisition of skills in various areas, in particular, surgery, pediatrics, gastroenterology, radiology, ophthalmology, etc.

In addition to practical training, students will have excursions and entertainments.

We thank our partners for such important support for us!

**Maryna Bohdan**

## 3D TECHNOLOGIES

### MODERN INNOVATIONS IN THE EDUCATIONAL PROCESS



On May 11th, the Ukrainian-American company «KODA» handed over the state-of-the-art mobile 3D scanner Leo to Kharkiv National Medical University. This company is the sole representative of the European company 3D Artec (Luxembourg) in Ukraine, which develops modern 3D scanners and software for them. By the way, KhNMU is

the first higher education institution in Ukraine to receive this type of equipment.

During the meeting, the participants discussed the prospects of cooperation and the use of the 3D scanner in the educational process. Additionally, our University expressed the desire to join the project on prosthetics for military and civilian individuals using 3D technologies. This project is currently being implemented in Ukraine by 3D Artec. Considering this, Volodymyr Markovskiy, Vice-Rector for Research and Education, emphasized the importance of supporting our military personnel who have suffered combat injuries or lost limbs on the frontlines, especially during wartime.

As part of the live demonstration, the Head of the service group from «KODA» showcased the operation of the 3D scanner Artec LEO, which is perfectly suited for rapidly obtaining accurate mathematical models of objects. The scanning process itself does not require placing markers on the surface of the object. Additionally, due to its high shooting speed and ability to capture information about surfaces with undercuts, the scanner has virtually unlimited capabilities.

We are sincerely grateful to our international partners for providing the most advanced technical support to KhNMU. Together to Victory!

**Viktoriia Zakharevych**

## THE VOLUNTEER MOVEMENT

### THE «MUSIC MORNING BEATS» EVENT FOR THE INTERNATIONAL VOLUNTEER DAY

On December 5, the team of the community education and volunteering sector, together with the student council of the First Medical Faculty of the Student Government of KhNMU, visited the Kharkiv City Children's Clinical Hospital No. 16 in honor of the organization of the «Music morning beats» event, which was held on the occasion of the International Volunteer Day.



The world-famous composer and neuromusicologist Nigel Osborne was invited to this event. He is the author of the method of music therapy for children who survived the military conflict. The purpose of the event is to use musical art as psychological therapy.

Professor Nigel Osborne pioneered methods of using music and art to support children who have been traumatized by war. This method was developed during the war in Bosnia and Herzegovina (1992–1995), and was later widely implemented in the Balkans, the Caucasus, the Middle East, East Africa, Southeast Asia, and India. For his methodology, Nigel was awarded the Freedom Prize of the Peace Institute in Sarajevo, in particular for his work with Bosnian children during the siege of the city.

Together with the children at the event, a number of compositions were created, symbolizing the indomitability of the children who survived hard times during the full-scale invasion. An example of one of the songs was a song called «Mriya» – an analogy to a Ukrainian plane. The children independently sang the melody, and the artist created a new song from the provided sound suggestions.

Also, at the event, all those present could familiarize themselves with the main symbol of Hibuki therapy – a toy that has the property of helping a child to get out of a state of psychological depression with the help of its correct use. Hibuki (hug dog) is a soft toy from Israel that helps our children survive traumatic events thanks to the hugs it simulates thanks to its special manufacture.

Volunteers of the KhNMU agreed with the administration and psychologists of the Kharkiv City Children's Clinical Hospital No. 16 regarding weekly visits to children and holding activities related to Hibuki therapy and other holidays.

*According to the information of the Student Self government*

**GRADUATION OF KHNMU DOCTORS**

## LET US REMEMBER THE POWER OF CREATIVITY



*Today, I stand before you with a profound sense of pride and gratitude as I have been nominated for the esteemed Best Creative Youth Award. It is a tremendous honor to be recognized for the creative endeavors shown. This is both humbling and inspiring.*

But today, as we celebrate our accomplishments, we are also burdened with a heavy heart. The dark cloud of the Russian invasion of our beloved Ukraine, casting a shadow of uncertainty and concern. In the face of this overwhelming adversity, the oppressor has been put at bay, ready to be downtrodden, as we unite in prayer and settle for peace and victory, for a resolution that will restore tranquility and allow our nation to heal.

Creativity has emerged as a powerful tool – a beacon of light cutting through the darkness. It is through creative expression that we find solace, inspiration, and a means to channel our emotions, thoughts, and aspirations. Whether it be through art, music, literature, or any other form of creative endeavor, we have discovered a source of strength and resilience.

To be nominated for the Best Creative Youth Award is a testament to the power of imagination, innovation, and the capacity to create positive change even in the face of uncertainty. Your recognition fuels my determination to continue pursuing my creative passions and utilizing them as a force for good.

I am also indebted to the 7th faculty and staff of Kharkiv National Medical University who have nurtured my academic growth and supported my creative pursuits. In person of Dean Oksana Vasylieva, your guidance, mentorship, and encouragement have played an instrumental role in shaping my journey as a medical student and a creative individual.

Thank you once again for this nomination, for believing in the power of creativity, and for recognizing its significance in our lives.

May peace prevail in Ukraine, and may our creative endeavors continue to shine light upon the world.

**Osobu Daniel**, 7th Faculty, Nigeria

## THE BRAVE CITY HAS A SPECIAL PLACE IN ALL OUR HEARTS!



*I started my beautiful journey in the field of medicine in 2017 at KhNMU. These 6 years have been a wonderful experience.*

I would love to express my gratitude to the Dean's office and everyone working with them during the tough times. They have worked tirelessly to make the lives of students easier and bring out the best in us. The credit for why our University produces some of the best doctors around the world definitely goes to them.

Since 2017, I have been the monitor of my group of future doctors. They have been absolute gems to me, both as my groupmates and as doctors. Together, we have evolved over these 6 years, becoming better friends, better doctors, and a helpful force to the world. Cheers to the diverse friendships we have formed outside of our group.

I must not forget to mention each of the faculty and teachers who have played the most significant role in shaping me as a future doctor. Without them, I would be like a library without books, and a human with no purpose. Thank you for guiding and supporting me throughout this journey, which would have been so difficult without you. I wish I could write the names of each of my teachers, but rest assured, you are all in my prayers.

Kharkiv (The Brave City) has a special place in all our hearts. The comfort of this city provided when we were new to it and the country is unparalleled. Undoubtedly, it is the favorite corner of the world for all the students who have been a part of this amazing city.

To sum up my journey, I came in as a teenager and turned into a grown-up here. But that's not all. I feel blessed, like any other KhNMU student. I admire the bravery of the people of Ukraine, and I con-

sider myself fortunate to be a part of this country.

Times have been tough lately, and we have all been through a lot of trauma. But that's what makes us who we are. We are the people who will end suffering, and we will do it together.

So, I would like to dedicate this nomination to all the people I mentioned above. Without all of you, I would not be the person I am today, and I would not become the doctor I aspire to be tomorrow. Thank you for bringing out the best in me.

Slava Ukraini, Glory to Ukraine!

Forever blessed. **Saswat Sasmal**, 7th Faculty, India

## UKRAINE IS NOT MY MOTHERLAND BUT IT'S MY HOMELAND



*They say that if you have to take revenge on someone, just pull them out of their daily life routine; that is what Putin did with everyone who was in touch with Ukraine. It's been 10 months already since I slept peacefully. I had been to several countries in Europe, but I didn't get the vibes I get in Ukraine. Well, while sitting as a refugee in Europe, I just decided all of a sudden to go back to Ukraine. Without even telling my family, I booked a ticket and came back to Kharkiv.*

On my way, I met several people who advised me not to go back to Kharkiv as it's still dangerous over there, but I had already decided, so I came back. I got nostalgic when I returned. Ukraine gave me a feeling of home. I lived for around 4 years in Kharkiv, I wasn't born here, but I matured here. I faced a lot of failures and successes in Ukraine. Ukraine made me a dentist and an artist. If I ever lost, people laughed at me, but I drew motivation from the Ukrainian flag. War made me run away, but Ukraine called me back. So, now I will be chasing endless paths in soft snow. People called me silly while I was coming back, but we will rise again.

**Chaudhary Abdul Manan**, dentistry, 5th faculty, Pakistan



## MY OWN JOURNEY IN KHARKIV NATIONAL MEDICAL UNIVERSITY

*I am truly honored to receive this recognition and would like to express my heartfelt thanks to those who have played a remarkable role in my journey. First and foremost, I am grateful to my teachers and professors who have imparted knowledge, challenged me to grow, and inspired me to reach my full potential.*



Embarking on the path of medical education is a life-altering endeavor that presents individuals with academic and personal challenges, fostering personal growth and intellectual development. My own journey at Kharkiv National Medical University in Ukraine has been a time of growth, self-discovery, and profound learning.

One of the prominent aspects of studying medicine at KhNMU is the opportunity to engage oneself in a culturally diverse environ-

ment. Interaction with students from various backgrounds and nationalities has enhanced not only my academic learning but also fostered a deeper understanding and appreciation of different cultures. Embracing the diversity around me has expanded my viewpoints and nurtured cultural awareness, qualities that are crucial for aspiring healthcare professionals.

Pursuing a medical degree involves rigorous academic requirements. The extensive curriculum encompasses numerous subjects and clinical rotations, laying a strong groundwork of medical knowledge and practical expertise. Accompanied by highly experienced faculty members and advanced facilities, my learning experience was enriched, equipping me with the essential resources to excel in my forthcoming medical profession. The workload is demanding, cultural adjustments can be challenging, and being away from home can feel overwhelming at times. Nonetheless, these hurdles create an environment conducive to personal growth and resilience.

Beyond the realm of academics, Ukraine has displayed remarkable resilience in the face of challenging circumstances, particularly on the warfront. The country has been confronting conflicts and territorial challenges, yet its people have shown incredible strength, unity, and determination.

Furthermore, the spirit of unity among Ukrainians during these turbulent times is noteworthy. Communities have come together to support those affected by the conflict, providing aid, comfort, and solidarity. The resilience and determination of the Ukrainian people to overcome challenges and rebuild their lives are a testament to their indomitable spirit.

As I continue my journey in the medical field, I carry with me the indispensable experiences and life lessons learned during my time in Ukraine. The combination of academic excellence and Ukraine's remarkable strength on the warfront has made my experience truly unforgettable, shaping me into a more empathetic, resilient, and compassionate individual.

*Dr. Inayat Mor, 7th Faculty, India*

## LETTERS TO THE TEACHER



## WE ARE WAITING FOR THE VICTORY OF UKRAINE

*One year ago, our lives were forever altered by the Russian aggression towards Ukraine. The pain and suffering that has been inflicted upon the people of Ukraine, and those who have made it their home, including us students, is immeasurable. But in the midst of all the chaos and uncertainty, there is still hope.*

I want to express my heartfelt gratitude to the school authorities for their unwavering commitment to ensuring that our learning continues, despite the challenges we have faced. It has not been easy, but their persistence and dedication have made a world of difference. And to our beloved teacher who has gone above and beyond to keep us learning, even in the face of danger, we are forever indebted to you.

It breaks my heart to think of the times when the siren would go off and our teachers would have to excuse themselves. The trauma we have experienced is real, but we are stronger than ever before. As one of our teachers said this morning, «I hope this year will be the end

of the war». This sentiment echoes in the hearts of so many, and we pray that it will become a reality.

As we wait for the events to unfold and the victory of Ukraine over the enemy force, I urge the school authorities to keep up the good work and improve communication gaps. We need each other now more than ever, and together, we will overcome this.

Thank you for all that you do.

## YOUR GUIDANCE AND SUPPORT HELPED ME GROW

*Dear Teacher,*

I wanted to take a moment to express my sincere gratitude for all of the hard work and dedication you have put into teaching me this 5th Course. Your passion for the subject and your commitment to ensuring that every one of your students had a clear understanding of the material were genuinely inspiring.

Your guidance and support have been invaluable to me and helped me grow academically and personally. The knowledge and skills I have gained in your class will stay with me for the rest of my life, and I am grateful for the opportunity to have had you as my professor.

Thank you, sir.

*Kuye Adesegun Jacobs, VI faculty*

## THANK YOU FOR ALL YOUR HELP!

*Good afternoon,*

I would like to start by saying a big thank you, for all your help during this year studies. I mean all your follow up, your corrections, complains that stimulate us, and sharing your clinical knowledge and experience with us.

During this complicated time, Ukrainian army is showing a great defense and you show us and to the whole world that defense is not only on the fire line, defense is the history, the knowledge and the health.

Thank you so much, from a proud student of you and proud student of KhNMU.

Best regards, Respects!

*Bachir Almoghrabi, VI faculty*

## ACADEMIC MOBILITY

## A STUDENT FROM KHNMU HAS COMPLETED HER STUDIES IN WROCLAW



Despite the state of war in the country, Kharkiv National Medical University continues to seek new opportunities for academic mobility to support the development and enrichment of educational experiences for students beyond Ukraine's borders.

Thanks to our international partner, Wrocław Medical University (Republic of Poland), under the EU Erasmus+ program, Sofia Kachailo, a dentistry faculty student, successfully completed a semester of studies at the partner university and shared her feedback.

«The semester of studying in Wrocław will remain one of the most vivid memories of my student life. I had the chance to meet and interact with dentists from different countries of the world, observe fascinating clinical cases, and enhance my practical skills.

All practical sessions were conducted in the student dental clinic, where always many patients with various dental issues were. During this time, I learned to quickly and accurately identify different levels of tooth damage, improved my scaling techniques, and gained valuable insights into endodontic tooth treatments.

Moreover, I had the opportunity to enjoy all the benefits of this city: attending various interesting dental student conferences and making new acquaintances.

The doctors were very polite and attentive to us. They always answered any dentistry-related questions we had. This semester was incredibly interesting and beneficial for me. I want to express my gratitude to KhNMU for providing me with this opportunity!».

## UNIVERSITY'S EVERYDAY LIFE

## FOREIGN STUDENTS PASSED «KROK 2» EXAM AND ATTENDED A SEMINAR

In May, 32 foreign students from the 6th year of VI-VII faculties took the «KROK 2» integrated exam in Medicine in English. Some students arrived in Kharkiv from western regions of Ukraine, while others expressed their desire to take the exam abroad.



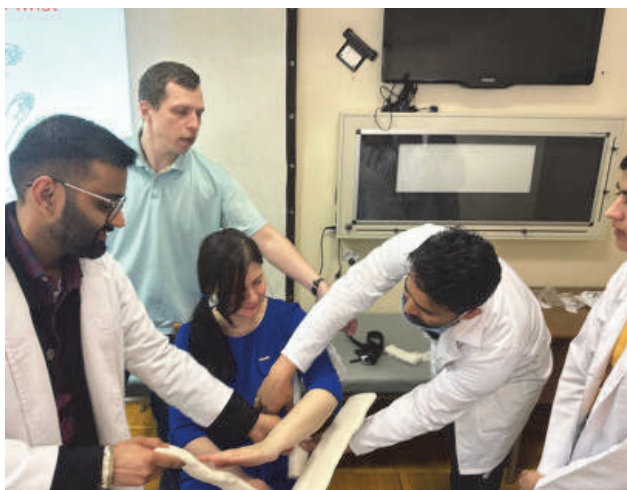
The next day, upon the initiative of the Department of Surgery No. 4, a practical seminar was organized and conducted for them at Clinical Hospital No. 5 on the topic of providing first aid for injuries in wartime conditions and basic skills of tactical medicine.

The seminar was attended by the Dean of the VII faculty for foreign students' training, Oksana Vasyliieva, who welcomed all the attendees and thanked the students for their courage and determination to complete their education at KhNMU under the conditions of a military state in Ukraine, as evidenced by their choice to take the «KROK 2» exam in our city.

Professor Rostyslav Shevchenko reminded the students of certain theoretical aspects of providing first medical aid to the injured, citing anatomical and physiological justifications for applying assess-

ment techniques of patients' condition and using various methods of first aid. Special attention was given to methods of stopping external bleeding, immobilization of fractures, transportation immobilization, and aid for penetrating and non-penetrating gunshot wounds in different locations.

During the practical part of the seminar, Associate Professors Dmytro Priymenko and Ostap Brek demonstrated to the students the methods of providing first medical aid for traumatic injuries using standard and improvised means in wartime conditions: application of tourniquets to stop arterial and venous bleeding, transportation immobilization for fractures using splints, applying bandages to various parts of the body, and more.



The students had the opportunity to practice all the skills hands-on and gain valuable practical experience while being in Kharkiv during the final days of their studies at our University before taking the OSCE exam.

**Galina Poluektova**, Leading specialist of the 7th faculty

## «Medical University»

Registration certificate HK No. 2098 839 of 05.03.2014

**Founder** – Academic community of Kharkiv National Medical University.

Issued twice a year

**Editorial office:** 4, Nauky Avenue, Kharkiv, 61022

Main building, 5th floor, phone 707–73–60

e mail: [info@knnmu.edu.ua](mailto:info@knnmu.edu.ua)

[knnmu.edu.ua](http://knnmu.edu.ua)

Certificate of Registration №178 dated September 15, 2000

Approved for print 24.07.2023. Format 60 x 90/4.

Offset paper. Font Pragmatica. Offset printing.

Conventional print sheets 3. Publisher's sheet 4.

Circulation 500 copies. Order №7/24 1.

Printed at «Kontrast» Publishing and Printing Enterprise. Nauky Avenue 40, app. 504b, Kharkiv, 61166, Ukraine

[www.kontrast.kh.ua](http://www.kontrast.kh.ua)



The editorial office holds no responsibility for information accuracy. Original manuscripts are not revised or returned. The opinions expressed are those of the writers and are not necessarily the official view of Kharkiv National Medical University.

**Editor in Chief** V. Zakharevych

**In charge of the issue the Acting Head of the International Relations Office** Maryna Bilonozhko  
**Translators** Maryna Bilonozhko, Maryna Bohdan, Iryna Blynkova.