



March 3rd to 6th Euganean Thermae and Padua, Italy

PADUA DAYS ON MUSCLE AND MOBILITY MEDICINE 2026

ABSTRACT N. 092

EUROPEAN MEDICAL THERMALISM AND THE WORLD FEDERATION OF HYDROTHERAPY AND CLIMATOTHERAPY (FEMTEC)

SIMULATION OF ESTABLISHMENT OF A CENTER FOR TRADITIONAL MEDICINE ON THE PREMISES OF THE NATIONAL MEDICAL RESEARCH CENTER FOR REHABILITATION AND BALNEOLOGY OF THE MINISTRY OF HEALTH OF THE RUSSIAN FEDERATION

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Traditional medicine methods are of significant importance in the contemporary Russian healthcare system. In particular, the concept of traditional medicine is defined in part 1 of Article 50 of Federal Law No. 323-FZ of 21.11.2011 "On the Fundamentals of Health Protection of Citizens in the Russian Federation", and the Coordination Council for the improvement of legal and regulatory framework for traditional medicine has been established under the Ministry of Health of Russia. Russia has a National Professional Association of Traditional and Complementary Medicine, whose members belong to the emerging National Register of Traditional (Complementary) Medicine Experts. In Russia some TM methods are licensed and used in clinical practice, such as homeopathy, manual therapy, hirudotherapy, medical massage, reflexotherapy, traditional diagnostics, traditional systems of recover [1,2]. Integration of complementary and traditional medicine (TM) into the healthcare system of different countries in accordance with national priorities, including Russia, is one of the main strategies of the World Health Organization (WHO) for 2025-2034 [3, 4]. Our aim was to simulating the establishment of a center for traditional medicine (CTM) on the premises of the National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of Russia. The product of the model is a CTM operating on the premises of the National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of Russia - the leading research and practice institution of Russia in the field of medical rehabilitation and spa treatment, which combines three major areas of activity: medical, scientific and educational. The simulation methods were: SWOT-analysis, economic and mathematical as well as system analysis, calculation of material and technical conditions and staff supply for the creation of CTM, as well as the risks of the project implementation. The conducted SWOT-analysis showed that the strengths of the National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of Russia are many years of experience in conducting scientific research in the field of TM (reflexotherapy, manual therapy), the presence of existing clinical departments working in the field of rehabilitation and spa treatment, research department and educational center that provides training of doc-

tors in reflexotherapy and manual therapy. The weak point is the absence of "TM doctor" specialty in the nomenclature of medical workers. Support from the Ministry of Health of the Russian Federation in the field of TM opens opportunities for the project implementation. A threat is the low level of training of TM specialists by private training centers. We have identified 3 main areas of CTM activity. The research area includes conducting fundamental and applied scientific research with the purpose of scientific substantiation of TM methods application in patients with different groups of diseases; integration of the obtained results of scientific research into clinical recommendations and practical healthcare, and development of unique therapy programs combining the main TM methods differentially, depending on the stage of the disease and the focus of the therapeutic effect: prevention, treatment or rehabilitation. The clinical area involves creation of clinical CTM based on the branch of the National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of Russia. The new center will extend the use of various Traditional Medicine (TM) technologies in programmes of medical rehabilitation and spa treatment of patients, as well as the adoption of unique treatment programmes developed on the basis of TM methods. The educational domain encompasses professional retraining and supplementary professional education for doctors and nursing personnel in TM, the implementation of international internship programmes, and the conduction of advanced training cycles in TM within the framework of the fundamental clinical speciality. The material and technical conditions for establishing CTM entail the organization of offices and essential services within the existing medical building. The personnel potential of the center will consist of 17 specialists, including 2 therapists, 2 reflexologists, 1 doctor of manual therapy, 1 doctor of psychotherapy and 9 nurses. The risks associated with implementing the project include the complex nature of the evidence and the likelihood that the applied TM methods will not be included in clinical recommendations. There are also reputational risks associated with the use of TM methods by third parties who are not medical professionals or who actually provide services that substitute for TM principles, and the lack of partners to implement the project



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activities. In conclusion, the developed model of CMT on the grounds of the National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of Russia can serve as a basis for the introduction of TM methods in the Russian healthcare system. Integration of academic and TM by creating appropriate regulatory, research and educa-

tional, organizational, financial and economic, personnel, material and technical conditions, wider use of TM methods in treatment, rehabilitation and spa treatment programs for patients will make a certain contribution to the achievement of the national goal of health protection of the nation and to the increase in life expectancy of the population up to 78 years by 2030.

Keywords: center of traditional medicine, integration, product models, health care, reflexology, manual therapy.