



First Russian Gastroenterology Olympiad

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On October 21, 22, 23, 2022, within the framework of the 122nd International Session of the National School of Gastroenterology, Hepatology (NSGH) of the Russian Gastroenterological Association (RGA), the First Russian Gastroenterology Olympiad was held.

The aim of organizing and holding the Olympiad was to increase the interest of young doctors to the current problems of gastroenterology: draw attention to the study of theoretical issues, develop practical skills and competence in clinical examination, as well as in the management of diseases of the gastrointestinal tract.

The Olympic Committee included the main full-time and freelance gastroenterologists of the regions of the Russian Federation. The work of the committee was headed by Academician of the Russian Academy of Sciences Doctor of Medical Sciences Vladimir T. Ivashkin – Chief Freelance Gastroenterologist of the Ministry of Health of

the Russian Federation, Scientific Director of the National School of Gastroenterology, Hepatology of the RGA.

On the recommendation of the main gastroenterologists, we invited to participate in the Olympiad 11 young, certified gastroenterologists from various cities and regions of the Russian Federation: Yekaterinburg, Chelyabinsk, Omsk, Kemerovo, Rostov-on-Don, St. Petersburg, Moscow.

Members of the First Russian Olympic Team of Gastroenterologists:

1. Khlynova Regina, Assistant Professor, Department of Faculty Therapy and Geriatrics, Ural State Medical University, Yekaterinburg.
2. Selyanina Anna, Assistant Professor, Hospital Therapy Department, South Ural State Medical University, Chelyabinsk.
3. Gaus Olga, Associate Professor, Department of Faculty Therapy and Gastroenterology, Omsk State Medical University, Omsk.



Fig. 1. Participants of the First Russian Gastroenterology Olympiad



Fig. 2. Winners of the first Round of the First Russian Gastroenterology Olympiad

4. Krolevets Tatiana, Associate Professor, Department of Faculty Therapy and Gastroenterology, Omsk State Medical University, Omsk.

5. Moses Kira, Assistant Professor, Department of Polyclinic Therapy and Nursing, Kemerovo State Medical University, Chief Regional Specialist-Gastroenterologist of the Ministry of Health of Kuzbass, Kemerovo.

6. Krasner Yakov, Assistant Professor, Department of Propedeutics of internal diseases, Novosibirsk State Medical University, Novosibirsk.

7. Demyanova Alina, Regional Consultative and Diagnostic Center, Therapist and Gastroenterologist, Rostov-on-Don.

8. Topalova Yulia, Clinical Resident, Department of Internal Diseases, Clinical Pharmacology and Nephrology, Mechnikov North-Western State Medical University, St. Petersburg.

9. Fomin Andrey, Clinical Resident, Department of Propedeutics of Internal Diseases, Gastroenterology and Hepatology, Sechenov First Moscow State Medical University (Sechenov University), Moscow.

10. Reshetova Maria, Assistant Professor, Department of Propedeutics of Internal Diseases, Gastroenterology and Hepatology, Sechenov First Moscow State Medical University (Sechenov University), Moscow.

11. Tikhonov Igor, Assistant Professor, Department of Propedeutics of Internal

Diseases, Gastroenterology and Hepatology, Gastroenterologist at the Hepatology Department of Vasilenko Clinic of Propedeutics of Internal Diseases, Gastroenterology and Hepatology, Sechenov First Moscow State Medical University (Sechenov University), Moscow.

It should be especially noted the considerable interest and enthusiasm that the participants demonstrated during their presentation at the opening of the Olympiad towards the Olympic Committee and the audience of the National School of Gastroenterology, Hepatology.

Participants had to go through three Rounds of competitions. During the 1st Round, for 1 hour, they answered 40 questions on gastroenterology in writing. For example, the participants had to answer the following questions: list the indicators that are included in the MELD scale; specify the cells providing immune-mediated bacterial clearance in the small intestine; to determine the signs of atrophic gastritis with a serological diagnostic method.

According to the results of the first Round, 6 doctors passed to the semi-finals.

Winners of the first Round of the Olympiad:

1. Khlynova Regina, Assistant Professor, Department of Faculty Therapy and Geriatrics, Ural State Medical University, Yekaterinburg.

2. Selyanina Anna, Assistant Professor, Hospital Therapy Department, South Ural State Medical University, Chelyabinsk.



Fig. 3. The third Round (simulated patient – Sechenov University student David Egiazaryan) of the First Russian Olympiad in Gastroenterology: clinical examination of the patient

3. Gaus Olga, Associate Professor, Department of Faculty Therapy and Gastroenterology, Omsk State Medical University, Omsk.

4. Krolevets Tatiana, Associate Professor, Department of Faculty Therapy and Gastroenterology, Omsk State Medical University, Omsk.

5. Krasner Yakov, Assistant Professor, Department of Propedeutics of internal diseases, Novosibirsk State Medical University, Novosibirsk.

6. Demyanova Alina, Regional Consultative and Diagnostic Center, Therapist and Gastroenterologist, Rostov-on-Don.

In the second round (semi-finals), the competitors solved clinical cases related to the diagnosis and treatment of patients with gastrointestinal diseases. An example of one of these tasks is:

A 55-year-old patient with cirrhosis of the liver against the background of HCV infection, class B according to Child-Pugh, achieved a sustained virological response during therapy with direct antiviral drugs and ribavirin. For this patient, the following is true:

1. No follow-up indicated.
2. Further follow-up without screening for hepatocellular carcinoma is indicated.
3. Follow-up with screening for hepatocellular carcinoma.

4. Immediate placement on the liver transplant waiting list.

Three young doctors reached the final.

Winners of the semi-finals:

1. Gaus Olga, Associate Professor, Department of Faculty Therapy and Gastroenterology, Omsk State Medical University, Omsk.

2. Krasner Yakov, Assistant Professor, Department of Propedeutics of internal diseases, Novosibirsk State Medical University, Novosibirsk.

3. Demyanova Alina, Regional Consultative and Diagnostic Center, Therapist and Gastroenterologist, Rostov-on-Don.

The third round (final) consisted of a practical part, during which the participants demonstrated their practical skills in clinical examination of the gastrointestinal tract — they performed inspection, auscultation, percussion, and palpation of the abdomen.

Olga Gaus, Yakov Krasner and Alina Demyanova demonstrate mastery of practical skills in clinical examination of a patient.

Patients: David Egiazaryan and Alimgirey Belalov, 3rd year students of the medical



Fig. 4. The awarding of the Olympiad Winner Olga Vladimirovna Gaus on behalf of the Olympic Committee is carried out by Professor Alexander Vasilyevich Tkachev

faculty of the Sechenov First Moscow State Medical University (Sechenov University)

The final, theoretical part of the third Round included the determination of diagnosis, prognosis, and choice of treatment for the most severe gastroenterological patients with liver cirrhosis, Crohn's disease, etc.

Example of a clinical case in the third Round.

A 45-year-old patient complains of general weakness, fatigue, impotence, thirst, polyuria, and pruritus. An objective examination draws attention to swarthy and dry skin, hyperpigmentation of the palmar folds, deformity, pain and stiffness of the 2nd and 3rd metacarpophalangeal and proximal interphalangeal joints, hepatosplenomegaly.

In blood tests: an increase in ALT activity by 2.5 times, AST by 1.5 times, mixed hyperbilirubinemia, hypoalbuminemia 35 g/l, HbA1c 8.5%. Liver elastometry parameters correspond to stage 3 liver fibrosis.

Questions:

1. *Proposed diagnosis?*
2. *What studies should be done to clarify the diagnosis?*

3. *Patient management and prognosis?*

Olga Gaus became the Champion of the Olympiad, who was unanimously awarded the title of "The Best Young Gastroenterologist of 2022" and an award cup and a medal. All participants

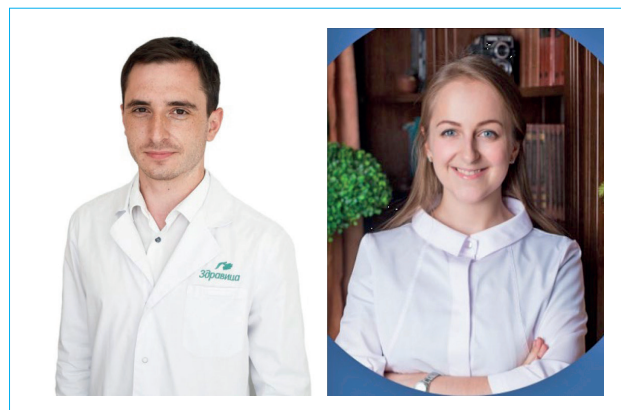


Fig. 5. Krasner Yakov Arkadevich deserved the Audience Choice Award. The special prize of the Olympic Committee was awarded to Demyanova Alina Sergeevna

were awarded with Honorary Diplomas of the First Russian Gastroenterological Olympiad.

In addition, according to the results of the audience's vote, Krasner Yakov Arkadevich was awarded the Audience Choice Award. The special prize of the Olympic Committee was awarded to Demyanova Alina Sergeevna.

First Russian Gastroenterology Olympiad showed that young doctors deserve special attention at the stage of postgraduate improvement, involving in creative work, in new forms of activity, including participation in professional competitions. Such work will maintain interest, commitment, and devotion to the chosen profession.

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