



Information about the 29th United Russian Gastroenterology Week

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Информация о 29-й Объединенной Российской гастроэнтерологической неделе и заседании Профильной комиссии по направлению «Гастроэнтерология» Министерства здравоохранения Российской Федерации

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ФГАОУ ВО «Первый Московский государственный медицинский университет им. И.М. Сеченова» Министерства здравоохранения Российской Федерации (Сеченовский университет), Москва, Российская Федерация

From September 26 to 28, 2023 in Moscow under the auspices of the Russian Gastroenterological Association (RGA), the Russian Society of Neurogastroenterology and Motility, the Russian Society for the Study of the Liver (RSSP), the Profile Commission of the Ministry of Health of the Russian Federation in the direction of "Gastroenterology", Department of Medical Sciences of the Russian Academy of Sciences (RAN) at the Congress Center of the World Trade Center, the 29th United Russian Gastroenterological Week (URGW) was held by personal attendance. Nine hundred and fifty doctors of various specialties (gastroenterologists, therapists, general practitioners, pediatricians, surgeons, coloproctologists, endoscopists, oncologists, nutritionists, etc.) from the Russian Federation and CIS countries took part in its work.

Simultaneous meetings were held in four halls. During the URGW, 47 symposia, plenary sessions and sectional sessions were held, 202 oral reports were heard, and 28 poster reports were presented. The sponsors and partners of the 29th URGW were 45 pharmaceutical companies. Information support was provided by 19 publishers and scientific journals, including the *Russian Journal of Gastroenterology, Hepatology, Coloproctology*. As part of the URGW, an exhibition was organized, by visiting which one could obtain information about new drugs and medical equipment.

The plenary sessions discussed current problems of diseases of the stomach and duodenum (in particular, the features of ulcerative lesions in new coronavirus infections), important aspects of eradication therapy for *Helicobacter pylori* infection

(modern approaches to the selection of eradication regimens), issues of experimental pathology, new possibilities for the diagnosis and treatment of inflammatory bowel diseases (in particular, the place of biological therapy), features of the management of patients with constipation, prospects for improving the diagnosis and treatment of diseases of the biliary tract and pancreas, risk factors and issues of early diagnosis of malignant neoplasms of the digestive system (the significance of atrophy and intestinal metaplasia of the mucous membrane in the development stomach cancer, modern possibilities of cancer prevention) current problems of pediatric gastroenterology (features of pathogenesis, diagnosis and treatment of cholestasis syndrome and malabsorption syndrome).

Much attention was paid to the problem of comorbidity in gastroenterology, the combination of diseases of the digestive organs (in particular, functional ones) and diseases of other organs and systems of the body. Issues related to the pathogenesis and clinical features of gastroesophageal reflux disease, its connection with bronchial asthma and diabetes mellitus, and treatment of resistant forms of the disease were discussed in detail. Various aspects of the pathogenesis of irritable bowel syndrome (in particular, the significance of depression in its development), features of the clinical picture of irritable bowel syndrome after COVID-19 infection, and modern approaches to its treatment were considered. The state of the intestinal microbiota, the role of its disorders in the development of various gastroenterological diseases and the possibility of their correction with the use of probiotics were assessed.



Figure 1. At one of the symposiums of the 29th United Russian Gastroenterological Week

Рисунок 1. На одном из симпозиумов 29-й Объединенной Российской гастроэнтерологической недели

Considerable attention in the reports was paid to liver diseases: non-alcoholic fatty liver disease, alcoholic liver disease, steatohepatitis of mixed etiology, drug-induced liver damage, intrahepatic cholestasis, and liver damage after COVID-19 infection. The issues of the development of liver fibrosis in non-alcoholic fatty liver disease, its combination with sarcopenic obesity, modern approaches to its treatment (primarily diet therapy) were considered.

President of the Russian Gastroenterological Association, Academician of the Russian Academy of Sciences **V.T. Ivashkin** (Moscow) gave master class lectures on the basic pathophysiological mechanisms of comorbid pathology and multi-target therapy for irritable bowel syndrome.

Within the framework of the URGW, a symposium was held dedicated to the 90th anniversary of the birth of the former head of the Department of Propaedeutics of Internal Diseases of the I.M. Sechenov First Moscow State Medical University, Corresponding Member of the Russian Academy of Medical Sciences A.L. Grebenev, during which his students made presentations. Professor **A.A. Sheptulin** (Moscow) spoke about the main stages of A.L. Grebenev's life and scientific activities. Professor **A.S. Trukhmanov** (Moscow) characterized the pioneering research of A.L. Grebenev in the study of the pathogenesis, diagnosis and treatment of diseases of the esophagus

(achalasia cardia, hiatal hernia, gastroesophageal reflux disease). Docent **T.L. Lapina** (Moscow) presented the main results of A.L. Grebenev's research in the field of diseases of the stomach and duodenum (chronic gastritis, peptic ulcer, stomach tumors). Docent **A.V. Okhlobystin** (Moscow) characterized the contribution of A.L. Grebenev in the study of diseases of the pancreas (exocrine pancreatic insufficiency syndrome, chronic pancreatitis).

In addition, a round-table meeting of friends of the *Russian Journal of Gastroenterology, Hepatology, Coloproctology* was held, which celebrated its 30th anniversary in 2023. Docent **T.L. Lapina** (Moscow) spoke about the past, present and future of the *Russian Journal of Gastroenterology, Hepatology, Coloproctology*. Employees of the Department of Propaedeutics of Internal Diseases, Gastroenterology and Hepatology of the I.M. First Moscow State Medical University **V.R. Grechishnikova** (Moscow) and **A.V. Bogacheva** (Moscow) outlined the principles of writing scientific articles, the basics of publication ethics in the world of digital technologies. The information they presented will help the young scientist write a scientific article that will be accepted into a highly rated journal.

On September 27, 2023, a joint meeting of the specialized commission of the Ministry of Health of the Russian Federation in the direction



Figure 2. Discussion of poster presentations

Рисунок 2. Обсуждение стендовых докладов

of “Gastroenterology” and the main gastroenterologists of the constituent entities of the Russian Federation was held. Chief freelance gastroenterologist of the Ministry of Health of the Russian Federation **V.T. Ivashkin** (Moscow) presented a report on its work and outlined the main tasks facing the gastroenterological service of the Russian Federation to reduce mortality from diseases of the digestive system.

In accordance with the instructions of the Russian Ministry of Health, a comparative analysis of the dynamics of mortality from major digestive diseases (peptic ulcers, liver and pancreas diseases) was carried out for the first half of 2023 compared to the same period in 2022 in the following Federal Districts: Ural, Northwestern, Volga, Siberian and Central.

As evidenced by the assessment, in most Federal Districts (with the exception of the Northwestern and Central) in the first half of 2023 compared to the same period last year, there was an increase in overall mortality rates from diseases of the digestive system (from 0.5 % in the Southern Federal District to 6.4 % in the Volga Federal District).

In the Ural and Southern Federal Districts, there was an increase in mortality rates from peptic ulcer disease (from 3.2 % in the Southern

Federal District to 4.3 % in the Ural Federal District). In the Ural, Southern, Volga and Siberian Federal Districts, an increase in the mortality rate from liver diseases was detected (from 2.9 % in the Southern Federal District to 9.4 % in the Ural Federal District). Finally, in the Southern, Central and Volga Federal Districts, an increase in mortality rates from pancreatic diseases was noted (by 2.3 % in the Southern and 20.8 % in the Volga Federal District, respectively).

The reasons for the increase in mortality rates from diseases of the digestive system in the mentioned Federal Districts were: high level of alcohol consumption (in particular, in the Altai Territory and Irkutsk Region); low health literacy of the population; late seeking of medical care by patients; severe concomitant pathology; insufficient coverage of gastroenterological patients (primarily ones with peptic ulcers and liver diseases) with dispensary observation; other organizational problems.

At the same time, there was a decrease in the overall mortality rates of the population from diseases of the digestive system, as well as mortality rates from peptic ulcers, liver and pancreas diseases in the Northwestern Federal District. Commenting on the positive dynamics of mortality rates, in



Figure 3. Chief freelance gastroenterologist of the Ministry of Health of the Russian Federation V.T. Ivashkin at a joint meeting of the specialized commission of the Ministry of Health of the Russian Federation in the direction of “Gastroenterology” and the main gastroenterologists of the constituent entities of the Russian Federation

Рисунок 3. Главный внештатный гастроэнтеролог Министерства здравоохранения Российской Федерации В.Т. Ивашкин на объединенном заседании профильной комиссии МЗ РФ по направлению «Гастроэнтерология» и главных гастроэнтерологов субъектов РФ

particular from peptic ulcer disease, the chief gastroenterologist of the Northwestern Federal District, Professor **A.Yu. Baranovsky** (Saint Petersburg) explained this by an increase in the number of educational forums devoted to diseases associated with *Helicobacter pylori* infection, as well as more frequent testing for the presence of *H. pylori* infection during endoscopic examinations with subsequent eradication.

Among the organizational problems that impede the reduction of mortality from diseases of the digestive system, the reports of the main freelance gastroenterologists of the Federal Districts indicated the following: insufficient staffing (in particular, lack of gastroenterologists and endoscopists), especially in the outpatient clinics, insufficient provision of gastroenterological beds, equipment shortage (in particular, of endoscopic profile), not a very high level of training of general practitioners and therapists, who often treat gastroenterological patients (in particular, ones

with peptic ulcer disease), insufficient time allotted by protocols to a gastroenterologist to see one patient.

In 2023, the work was continued on the preparation and revision of clinical guidelines for the diagnosis and treatment of diseases of the digestive system. Currently, clinical guidelines for viral hepatitis C, cirrhosis and fibrosis of the liver, and non-alcoholic fatty liver disease are in effect. Clinical recommendations for the diagnosis and treatment of Crohn’s disease and ulcerative colitis were revised and approved by the Scientific and Practical Council of the Russian Ministry of Health. This year, clinical recommendations for the diagnosis and treatment of gastritis and duodenitis, peptic ulcers, diverticular intestinal disease, irritable bowel syndrome, constipation, chronic pancreatitis, and alcoholic liver disease were revised and submitted for approval to the Russian Ministry of Health. Clinical recommendations on dyspepsia syndrome, gastroesophageal reflux disease, cholelithiasis and cholecystitis have been submitted to the Russian Ministry of Health and are under consideration.

Considerable work over the past period has been carried out by the Russian Gastroenterological Association. In December 2022, the monothematic scientific and practical conference “Intestinum 2022” (671 participants) was held online; in February 2023, a monothematic scientific and practical conference “Stomach 2023. Metabolic organization of stomach functions” was held in person (156 participants); in June 2023, a monothematic scientific and practical conference “Therapeutic biliopancreatology 2023. Metabolism, comorbidity, cancer prevention” (104 participants) was held in person; in September 2023 — monothematic scientific and practical conference “Esophagus 2023. Neurogastroenterology, motility, protection of the mucous membrane” (125 participants).

Much work aimed at improving the quality of care for patients with liver diseases was carried out by the Russian Society for the Study of the Liver (RSSL); it included educational projects, support for young scientists and doctors, interdisciplinary and international projects.

On March 18, 2023, the XXVII International Congress “Hepatology Today” was held in a joint (face-to-face and remote) format. More than 500 people took part in the discussion of complications of liver cirrhosis, kidney damage in liver cirrhosis, new approaches to the treatment of fatty liver disease and viral hepatitis B, conservative management of patients with cholelithiasis, modern possibilities of drug therapy for liver cancer, etc.

On May 27, 2023, a monothematic conference “Liver cirrhosis and its complications. At the



Figure 4. At a joint meeting of the specialized commission of the Ministry of Health of the Russian Federation in the direction of “Gastroenterology” and the main gastroenterologists of the constituent entities of the Russian Federation

Рисунок 4. На объединенном заседании профильной комиссии Минздрава РФ по направлению «Гастроэнтерология» и главных гастроэнтерологов субъектов РФ

cutting edge of the problem” was held in a joint (face-to-face and remote) mode. More than 500 physicians and researchers took part in a discussion of the new consensus on portal hypertension, modern classification of stages of liver cirrhosis, acute and chronic kidney damage, coagulation disorders and ways to correct hyperammonemia in patients with cirrhosis.

Over the past months, more than 20 webinars have been held by members of the boards of RSSL and invited lecturers on topics that are relevant in hepatology — complications of liver cirrhosis and portal hypertension, hepatic encephalopathy, fatty liver disease, cholestatic and autoimmune diseases. The lecturers paid special attention to a scientific area that is relevant today — the role of intestinal microbiota in the development and progression of liver diseases and their complications. All participants (from 200 to 500) received a recording of the webinar and points for the continuing medical education system.

A series of webinars “Autumn Hepatology Season” was conducted, consisting of 20 on-line meetings devoted to complications of liver cirrhosis (primarily hepatic encephalopathy), fatty liver

disease, cholelithiasis, correction of metabolic disorders in liver diseases, etc.

A large number of activities have been carried out within the framework of the Scientific Society for the Advancement of the Clinical Study of the Human Microbiome (SSSHM). These included two conferences on the impact of microbiota on quality of life and the clinical significance of microbiota disorders, each attended by more than 1000 people. Under the auspices of SSSHM, two expert councils were held on modern approaches to eradication therapy for *H. pylori* infection, as well as *Clostridium difficile*-associated disease. Nine webinars were conducted covering various pathophysiological and clinical aspects of microbiota disorders.

Much attention was paid to improving the level of professional training of gastroenterologists and primary care doctors, which is a priority of the National College of Gastroenterology and Hepatology. From October 21 to October 23, 2022, the 122nd Autumn International Session of the National College of Gastroenterology and Hepatology of the Russian Gastroenterological Association, entitled “The World of Modern



Figure 5. After the symposium “Clinical kaleidoscope from the Volga Federal District”. In the photo from left to right: T.A. Kolesova (Chief Freelance Specialist Gastroenterologist of the Ministry of Health of the Samara Region), D.I. Abdulganieva (Chief Freelance Therapist of the Ministry of Health of the Republic of Tatarstan), E.A. Podgorodnaya (Chief Freelance Specialist Gastroenterologist of the Ministry of Health of the Orenburg Region), Zh.G. Simonova (Chief Freelance Specialist Gastroenterologist of the Ministry of Health of the Kirov Region), O.P. Alekseeva (Chief Freelance Gastroenterologist of the Volga Federal District), D.L. Varganova (Chief Freelance Gastroenterologist of the Ministry of Health of the Ulyanovsk Region), L.V. Tarasova (Chief Freelance Gastroenterologist of the Ministry of Health of the Chuvash Republic), A.G. Bessonov (Chief Freelance Gastroenterologist of the Ministry of Health of the Udmurt Republic), E.A. Gaisina (Chief Freelance Specialist Gastroenterologist of the Ministry of Health of the Republic of Bashkortostan), A.N. Sundukova (Chief Freelance Gastroenterologist of the Ministry of Health of the Penza Region), O.V. Khlynova (Head of the Department of Hospital Therapy of the Perm State Medical University named after Academician E.A. Wagner, for many years she was the Chief Gastroenterologist of the Ministry of Health of the Perm Region), I.V. Kozlova (Chief Freelance Specialist Gastroenterologist of the Ministry of Health of the Saratov Region)

Рисунок 5. После симпозиума «Клинический калейдоскоп из Приволжского федерального округа». На фото слева направо: Т.А. Колесова (главный внештатный специалист-гастроэнтеролог МЗ Самарской области), Д.И. Абдулганиева (главный внештатный терапевт МЗ Республики Татарстан), Е.А. Подгороднева (главный внештатный специалист-гастроэнтеролог МЗ Оренбургской области), Ж.Г. Симонова (главный внештатный специалист-гастроэнтеролог МЗ Кировской области), О.П. Алексеева (главный внештатный специалист-гастроэнтеролог Приволжского федерального округа), Д.Л. Варганова (главный внештатный гастроэнтеролог МЗ Ульяновской области), Л.В. Тарасова (главный внештатный гастроэнтеролог МЗ Чувашской Республики), А.Г. Бессонов (главный внештатный гастроэнтеролог МЗ Удмуртской Республики), Э.А. Гайсина (главный внештатный специалист-гастроэнтеролог МЗ Республики Башкортостан), А.Н. Сундукова (главный внештатный гастроэнтеролог МЗ Пензенской области), О.В. Хлынова (заведующая кафедрой госпитальной терапии ФГБОУ ВО «Пермский государственный медицинский университет имени академика Е.А. Вагнера» МЗ РФ, много лет была главным гастроэнтерологом МЗ Пермского края), И.В. Козлова (главный внештатный специалист-гастроэнтеролог МЗ Саратовской области)

Gastroenterology,” was held in a mixed format. Much attention was paid to modern approaches to the treatment of the most common gastroenterological diseases, evidence-based physical diagnosis of diseases of the digestive system, and the current state of scientific research in gastroenterology.

From April 21 to April 23, 2023, the 123rd Spring Session of the National College of Gastroenterologists and Hepatologists was held.

It was held only in person, and more than 400 listeners took part in it. The main topics of the Spring Session were clinical discussions and increasing the effectiveness of treatment of diseases of the digestive system.

All lectures of the College sessions were held with interactive control of the acquired knowledge necessary to prepare for the certification exam in gastroenterology. From November 3 to



Figure 6. Chief Freelance Gastroenterologist of the Ministry of Health of the Kirov Region Zh.G. Simonova — Best Gastroenterologist of 2023

Рисунок 6. Главный внештатный гастроэнтеролог МЗ Кировской области Ж.Г. Симонова — лучший гастроэнтеролог 2023 г.

November 5, 2023, the 125th Autumn Session of the National College of Gastroenterology and Hepatology is planned to be held in Moscow.

In addition, in order to improve the professional training of doctors in the field of gastroenterology, within the framework of the Russian Gastroenterological Association, webinars on the most pressing problems of gastroenterology are held on-line twice a week (Tuesday and Thursday, at 15.00), which are attended by an average of 450 people.

The primary tasks facing gastroenterologists at present are the following: examination and treatment of patients with diseases of the digestive system in accordance with clinical recommendations prepared under the auspices of the Russian

Gastroenterological Association and approved by the Ministry of Health of Russia; conducting preventive endoscopic examination of the upper and lower parts of the gastrointestinal tract in people over 45 years of age for the purpose of cancer prevention and detection of malignant tumors in the early stages; improving remote consultation by gastroenterologists of patients with diseases of the digestive system in regions with low availability of specialized gastroenterological care; intensification of educational work among the population, together with the media, on maintaining a healthy lifestyle and about the dangers of drinking alcohol; raising the professional level of gastroenterologists, therapists, and general practitioners within the framework of educational programs and events of the Russian Ministry of Health and the Russian Gastroenterological Association.

In conclusion, the Chief Freelance Gastroenterologist of the Russian Ministry of Health, Academician of the Russian Academy of Sciences **V.T. Ivashkin** (Moscow) noted that the Profile Commission of the Ministry of Health of Russia in the direction of “Gastroenterology” is doing a lot of work aimed at early detection and successful treatment of diseases of the digestive system (primarily oncological), improving the educational level and professional qualifications of gastroenterologists, as well as primary care doctors health care units involved in providing medical care to patients with gastroenterological diseases. There is every reason to believe that this work will help reduce the morbidity and mortality of the population of the Russian Federation from diseases of the digestive system.

At the section led by the Chief Freelance Gastroenterologist of the Volga Federal District, Professor O.P. Alekseeva clinical observations were presented that demonstrated diagnostic skill and modern treatment capabilities for gastroenterological patients. Of particular note is the report of Zhanna Georgievna Simonova (Chief Freelance Specialist of the Ministry of Health of the Kirov Region), who was recognized as the Best Gastroenterologist of 2023.

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