

TBILISI MEDICAL ACADEMY NEWSLETTER



Dear Reader,

We are pleased to share with you the second edition of the newsletter of the Tbilisi Medical Academy (TMA). In this edition, we would like to share information about the events carried out in TMA from September 2022 to February 2023.

*Sincerely,
Public Relations and Marketing Department*

IN THIS EDITION

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The logo features the number '30' in a large, white, stylized font with a 3D effect. The '3' is a cursive-style '3' and the '0' is a simple circle. Several white stars of varying sizes are scattered around the numbers. Below the '30' is the word 'YEARS' in a bold, white, sans-serif font, flanked by two white stars. Below 'YEARS' is the word 'ANNIVERSARY' in a smaller, white, sans-serif font. The entire graphic is set against a dark blue background with a white banner-like shape at the bottom.

30 YEARS ANNIVERSARY

Petre Shotadze Tbilisi Medical Academy celebrated its 30th anniversary in December of 2022. In connection with the anniversary date, a number of events were held inside and outside the academy, which included events for the students, academic staff and graduates.

TMA'S 30 YEARS ANNIVERSARY

► The Horizon Europe Grant Office was opened at TMA

The first event celebrating the 30th anniversary of Petre Shotadze Tbilisi Medical Academy (TMA), was held at the Academy. The Deputy Minister of Education and Science of Georgia, Nunu Mitskevichi and the Rector of Tbilisi Medical Academy, Irene Shotadze opened the Horizon Europe grant office at TMA.

The main goal of establishing grant offices in higher educational institutions is to promote the preparation of competitive project applications by Georgian scientists, which will contribute to their successful participation in EU grant competitions.

Within the frame of the event, the rector of TMA awarded the Heads of CIMED - Professors Josette Denekens and Herman Van Rossum, with the title of Honorary Professor.



► Easmus+ project SAFEMED+ Results Dissemination

Within the framework of the 30th anniversary week of Tbilisi Medical Academy Easmus+ project, SAFEMED+ Results Dissemination was held at TMA.

The presentation was made by TMA's vice-rector in International Affairs, Ia Avaliani, and head of the One-step Educational Program, Tsisana Lomashvili. The speakers shared the results of the project with the audience. They talked about the results achieved during the implementation of the project.

The three-year project under the acronym 'SAFEMED+' (Simulation in Undergraduate Medical Education for Improvement of Safety and Quality of Patient Care), strives to develop medical simulation tools at the participating institutions by the CBME (Competence Based Medical Education) requirements, which in its turn will facilitate the development of relevant clinical competencies among graduates of partner universities.

The project was created, planned, and implemented directly by TMA, which brought together a consortium of nine universities from Georgia, Armenia, Ukraine, Italy, Spain, and Lithuania.



TMA'S 30 YEARS ANNIVERSARY

► **What? Where? When?**

The second day of the 30th anniversary week of Tbilisi Medical Academy, was dedicated to the intellectual game "What? Where? When?"

More than 60 TMA students took part in the 2022 winter season game.

As a result of a tense and interesting game, the team named "Moriarty" became the winner.



► **Multicultural Event**

TMA's 30th anniversary week continued with a multicultural event.

Students from different countries presented their culture through presentations and national dances.



Medicine and Science

Within the framework of the 30th anniversary week, TMA hosted an International Students Symposium "Medicine and Science 2022". The event aimed to promote student research and scientific cooperation. It was attended by the students of the universities of Georgia (Ilia State University, Ivane Javakhishvili Tbilisi State University, Tbilisi State Medical University, Tbilisi Medical Academy), Hungary (University of Pecs), Poland (Medical University of Lodz) and Ukraine (Tirnopil National Medical University, Taras Shevchenko National University of Kyiv, Paladin Institute of Biochemistry of the National Academy of Sciences of Ukraine). The members of the scientific committee of the event were professors: Andreas Kaufmann (Charité - Universitätsmedizin Berlin, Germany), Mladen Krajcic (University of Zagreb, Croatia), Osvaldas Ruksenas (University of Vilnius, Lithuania).

The scientific committee nominated the following teams in the category of best presentations

- Mariam Kevkhishvili and Konstantine Gachechiladze (TMA) - From exclusion to avoidance.
- Gyorgy Bokerya (TSU) - Aortic valve neocuspidization with glutaraldehyde-treated autologous pericardium (Ozaki procedure) in Georgia.

The members of the organizing committee of the International Students Symposium "Medicine and Science 2022" were TMA students, they also nominated their favorites:

- Tamar Dandurishvili (TMA) - Amygdala and hippocampal subregions mediate outcomes following trauma during typical development.
- Diana Mamuladze (TMA) - Pros and cons of alternative medicine.



Photo Exhibition "Six Days of Country Doctor"

Within the framework of the 30th anniversary week of Petre Shotadze Tbilisi Medical Academy, a photo exhibition "Six Days of Country Doctor" was held. The goal of the new, transdisciplinary project is to raise the awareness of rural doctors in society and at the same time to instill professionalism in students.

At the photo exhibition, medical students introduced to the public the diverse lives of doctors in the mountainous Adjara and shared with their colleagues and the public the profession of a doctor seen from their perspective. On the other hand, the doctors participating in the project noted that it was important for them to have a relationship with their young future colleagues and emphasized the importance of the project, "It was also nice that a similar project has never been implemented, they were able to show the role and importance of a village doctor with photos" - Shorena Tsinaridze, a family doctor from Khulo.

The magazine was published about the photo project, where the students' impressions are told and the photographs taken by them are presented.

Within the framework of the project, six students of TMA, participating in the expedition organized in Zemo Adjara, observed the daily life and work process of village doctors in Skhalta, Ghorjomi, and Daba Khulo for one week and captured them with a photo camera.

The project received a response from the media as well. The photo project "6 days of the village doctor" was also noticed by the Public Broadcaster.

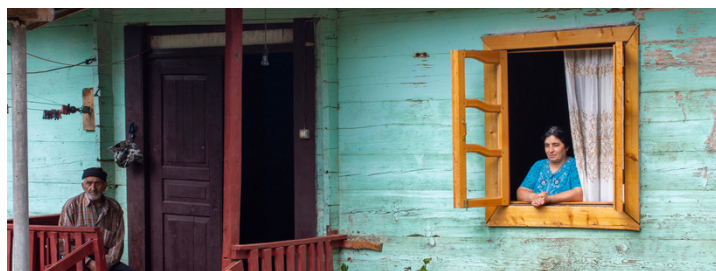
See the story in detail at the link:

<https://www.youtube.com/watch?v=Rs2EdwIwcj8>

TV company Formula also dedicated a story to the exhibition.

Learn more:

<https://www.youtube.com/watch?v=ydvvye-XSUU>



► The final event of the anniversary week

The final event of the 30th anniversary week of TMA was held. The event was attended by graduates of different generations of the academy, also the academic and administrative staff. TMA's Rector Irene Shotadze shared TMA's history, achievements, news, and future plans with the guests.



EDUCATION AND PARTNERSHIP

► **AMEE Conference**

Lyon (France) hosted the Annual Conference of the Association for Medical Education in Europe (AMEE), where TMA participated in two themes:

TMA Vice-Rector in Research - Professor Ekaterine Kldiashvili and Specialist in Medical Education and Research Dea Goderdzishvili participated in the oral presentation "Virtual Patient Simulators as a Pilot of eHealth Introduction in Medical Curricula", while the Head of Faculty Development Department Maka Zarnadze presented an e-Poster - "The impact of the Self-Reflection on the Identification Learning needs of the Medical Students during preclinical years".

The AMEE conference is the most important annual event in the field of medical education. This year, more than 90 medical schools from all over the world participated in the Conference.



► **Medicine and Art 2022**

On September 24th the scientific conference "Medicine and Art 2022" was held within the framework of the project "Medicine – the story presented by art". The event participants presented examples of medicine and art integration and formulated the slogan and the concept of the project continuation during the make-a-thon. Project "Medicine – the story presented by art" has been funded by the LEPL Shota Rustaveli National Science Foundation of Georgia within the targeted calls for proposals of science popularization.



► **CIMED - The Center of Innovation in Medical Education**

TMA had the pleasure to host the heads of the Center of Innovation in Medical Education (CIMED) Professor Josette Denekens and Professor Herman Van Rossum (Antwerp / Belgium).

Within the five-day working visit, meetings were held with the administration of TMA, academic staff and invited teachers. The teachers presented integrated cases and related integrated assignments, discussed examples of student-centered learning within their courses, organized feedback and team-based learning (TBL), and opportunities for further portfolio development. During the working visit, training was also held for teachers on various topics.



► **Grigore T. Popa University of Medicine and Pharmacy**

TMA has a new partnership with Grigore T. Popa University of Medicine and Pharmacy in Iasi (Romania) within the frames of the Erasmus+ Credit Mobility Project (KA171).

The awarded grant aims to encourage student and staff mobility between both institutions and exchange of best practices and experiences for successive three years.



► Belgian colleagues at TMA

Tbilisi Medical Academy, within the framework of Erasmus staff mobility program, hosted Belgian colleagues. TMA was visited by Nele Michels - the president of THE European Academy of Teachers in General Practice/Family Medicine (EURACT), Professor at the Centre for General Practice & at the Skills Lab, Director of the staff group of General Practitioners trainers (University of Antwerp), as well as Kristin Van den Bogerd - psychologist & co-coordinator communication skills lab at the University of Antwerp, and Katrien Bombeke - Professor, GP & coordinator of communication skills lab at UA. As part of the work visit, clinical and basic subject educators received training on the following topics: How to teach and assess communication skills, how to teach consultation skills, and how to train Simulated Patient (SP).

TMA faculty members and visiting teachers shared their experience in teaching communication skills, assessment, and examples of involvement in a simulation patient education program with their Belgian colleagues. Georgian and Belgian colleagues discussed the results and statistical characteristics of the Objectively Structured Clinical Exam (OSCE) held in the summer in TMA.

► TMA's new partnership with CyberPatient

Tbilisi Medical Academy has a new partnership with CyberPatient. It is a 24/7 virtual hospital. This simulation platform is a safe, pressure-free virtual learning environment, where students can online review 130+ clinical cases.

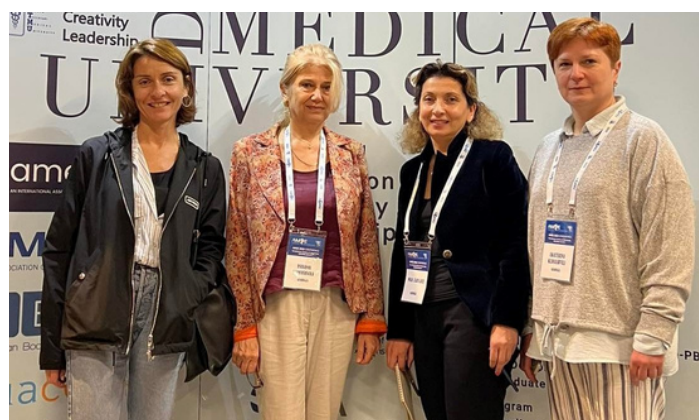
CyberPatient is the ultimate tool to support students, build confidence and enhance the development of clinical competencies and accurate decision-making skills.



► TMA at the AMSE Conference

Georgia hosted the annual conference of the Association of Medical Schools in Europe (AMSE). The event was attended by European and international institutions important for the development of the field, including World Federation for Medical Education (WFME), European University Association - Council for Doctoral Education (EUA-CDE), the Organization for Ph.D. Education in Biomedicine and Health Sciences in the European System (ORPHEUS) and International Federation of Medical Students' Associations (IFMSA). Tbilisi Medical Academy was represented among the participants at the conference. TMA faculty members presented three topics:

- Arts as an effective learning tool of medical education – Maka Zarnadze, Associate Professor, Head of Faculty Development Department;
- Implementation of PSI Curriculum at the preclinical level in Integrated modules – Tsisana Lomashvili, Head of One-step Educational Program;
- Using a clinical reasoning exercise as the start of a course in the research line improves motivation in research of last year students – Ekaterine Kldiashvili, Vice-Rector in Research.



EDUCATION AND PARTNERSHIP

► Academic integrity as a component of social responsibility

On October 19th the training “Academic integrity as a component of social responsibility” was held at Petre Shotadze Tbilisi Medical Academy. The event has been performed by Jason Gibson (Senior Professional and Educational Services Consultant, Turnitin). He presented the software Turnitin and reviewed the following themes:

- What is academic integrity and why is it so important
- What can we do to improve levels of integrity and how does Turnitin help?

Specific focus was given to reviewing and understanding document metadata and authorship report interpretation. The training “Academic honesty as a component of social responsibility” was held within the framework of World Bioethics Day 2022, which is dedicated to the theme “Social responsibility for health”.



► Time for action: The challenge of contract cheating

Contract cheating isn't just about education, it's about society and the credibility and trust in academic qualifications. Within the frames of the event “Time for action: the challenge of contract cheating”, Ekaterina Kldiashvili shared an experience of TMA with upholding academic integrity in conversation with Jason Gibson (Senior Professional and Educational Services Consultant, Turnitin).



► Sharing the experience gained at international conferences

TMA hosted the working meetings to share the experience gained in international conferences and summer schools.

Head of Educational Program Tsisana Lomashvili, Vice-Rector in Research Ekaterine Kldiashvili, Head of Faculty Development Department Maka Zarnadze, Head of Quality Assurance Department Nino Sikharulidze, Specialist in Medical Education and Research Dea Goderdzishvili presented to colleagues from the Association for Medical Education in Europe (AMEE) and the experience gained at scientific conferences organized by the Association of Medical Schools in Europe (AMSE) was shared.

International projects coordinator Khatuna Khatiashvili, curator of students' scientific activities Saba Iordanishvili, Head of Institutional Culture Department Maka Maglakelidze and exam center coordinator Vakhtang Deisadze spoke about the experience gained at the summer school in the Netherlands at Radboud University.

Natalia Kotchlashvili, the coordinator of current projects, shared with the audience the history of cooperation with Radboud University within the framework of the Erasmus project, staff mobility program, and plans.

Representatives of the Academy's administration, academic, and invited staff participated in the meeting. Within the framework of the meetings, the participants had the opportunity to discuss and share news, experiences, challenges, and opportunities in terms of the development of medical education, the promotion of the professional development of teachers, and the development of further international relations.



EDUCATION AND PARTNERSHIP

Tbilisi Neurosurgical Symposium

Georgia hosted the "Tbilisi Neurosurgical Symposium". The symposium program included not only neurosurgery but also neurology, neuroradiology, and other related fields.

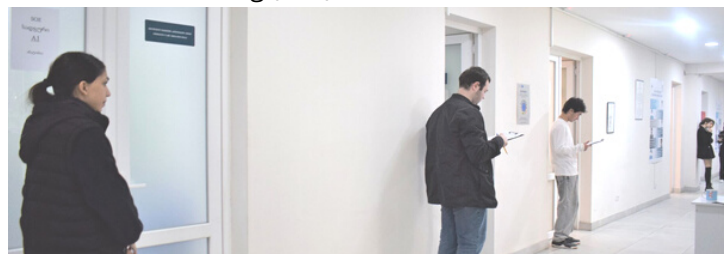
Maka Zarnadze, Associate Professor of the Tbilisi Medical Academy and Head of the Faculty Development Department took part in the panel discussion held within the symposium. The topic of the discussion was "Medical Education and its Challenges in Georgia".

The panelists reviewed such important topics as dealing with mental health problems in medical students, neurosurgery as part of the curriculum, the development of clinical skills in students, challenges in the stage of clinical training, etc. The panelists also answered questions from the audience.



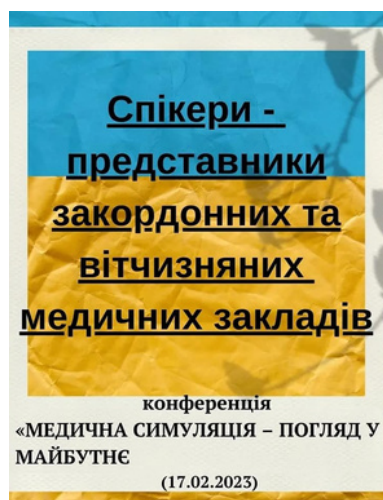
Structured Oral Examination – SOE

With the initiation and support of the Center of Innovation in Medical Education (CIMED), a Structured Oral Examination (SOE) was administered to first-semester students at TMA. Before the exams, training, and workshops were held for teachers and examiners. The purpose of the exam was to assess the student's ability to verbalize the knowledge acquired within the anatomy, physiology, and histology training courses and team-based learning (TBL) sessions.



Conference "Medical Simulations – Look at the Future"

TMA's Vice-Rector in International Affairs and SAFEMED+ project coordinator Ia Avaliani and a head of TMA clinical skills center and SAFEMED+ project Akaki Sepashvili participated in the conference "Medical Simulations – Look at the Future". The online conference was held under the auspices of Bukovin State Medical University (Ukraine). Akaki Sepashvili presented a presentation on the dissemination of SAFEMED+ within the framework of the event. It reviewed the main objectives, results, and challenges of the project.



Akaki SEPASHVILI

Educational Game - Bacteria Game

An innovative educational game Bacteria Game was held as a pilot at TMA. Students of the third, fourth, and fifth semesters and professors of the academy participated in the game.

Bacteria Game is an innovative educational game developed at the Sorbonne University in Paris with the support of the French Association of Microbiologists.

The principle of the game is simple - the players must connect funny pictures of clinically important bacteria with their corresponding characteristics and at the same time, by the same principle, identify the opponent's bacteria.

TMA students and teachers participating in the game also find the game fun and help organize knowledge, discover individual educational needs, and receive feedback.



EDUCATION AND PARTNERSHIP

Delegation of Atatürk University at TMA

Tbilisi Medical Academy hosted the delegation of Atatürk University. Within the framework of the visit, the rector of Atatürk University Ömer Çomaklı, professors of the medical faculty, and representatives of the international office visited TMA.

The purpose of the working visit was to deepen the existing cooperation between TMA and Atatürk University and to discuss future projects. At the same time, the memorandum was updated, which envisages the participation of TMA students, and academic and administrative staff in exchange programs, sharing of theoretical and practical experience, implementation of joint scientific or cultural activities, and participation in conferences and training.

Atatürk University is one of the important partners of TMA. Last year, TMA students completed a summer internship at the Atatürk University Research Clinic.



TMA delegation in Yerevan

The TMA delegation was on a working visit in Yerevan (Armenia). The goal of the visit was to disseminate and implement the results of the Erasmus + project SAFEMED+. The delegation was hosted by Yerevan State Medical University after Mkhitar Heratsi and Haibusak University.

TMA's delegation included TMA's Vice-Rector in International Relations and SAFEMED+ project coordinator Ia Avaliani, head of the Clinical Skills Center Akaki Sepashvili, representative of the financial department Kristine Sakhelashvili and TMA's guest teacher Manana Kutkhashvili.

Within the framework of the workshop, computer-based OSCE training were held, where the development of scenarios for computer OSCE was discussed. In addition, meetings were held for the quality control and financial managers of the consortium. The meeting was widely covered by the local media.

Training for Academic and Invited staff of TMA



TMA hosted training for academic and invited staff of TMA. The topic of the training was the organization of clinical cases for Objective Structured Clinical Examination (OSCE).

The training was prepared based on the international experience gained within the Erasmus + SAFEMED (Simulation in Undergraduate Medical Education for Improvement of Safety and Quality of Patient Care) project and was led by representatives of the TMA academic staff involved in the project, Manana Kutkhashvili and Tsisana Lomashvili.

Within the framework of the training, the participants learned the basic principles of clinical case organization for an Objective Structured Clinical Examination. During the process, the participants were divided into groups and created both clinical case scenarios for standardized patients and student evaluation forms in working groups. In addition, the training series covered how to create a standard MCQ (Multiple Choice Question). The training was conducted by the head of the TMA examination center Vakhtang Deisadze and the participants of the meeting were introduced to the recommendations developed based on international experience for creating a standard questionnaire and the importance of a unified vision in the TMA about the standard MCQ test.



TMA'S SOCIAL RESPONSIBILITY

► Six Days of Country Doctor

Does the connection between medicine and art allow us to understand complex issues such as medical professionalism? To answer this question, TMA implemented a new, completely different, trans-disciplinary student photo project.

Within the framework of the project, six students of TMA, participating in the expedition organized in the Adjara region, observed the daily life and work process of country doctors in Skhalta, Ghorjomi, and Khulo for one week and captured them with a photo camera.

The uniqueness of this initiative lies in the fact that future doctors had the opportunity to see the work of a country doctor from the side, imagine their role and record the work process on tape. The project, which echoes the institutional culture and mission of the Tbilisi Medical Academy, aims, on the one hand, to raise awareness of doctors living in mountainous regions, and on the other hand, to promote the motivation for employment of young doctors in rural areas.

At the first stage of the photo project, the students learned the basics of photography, went through a two-month preparatory stage with the photographer and co-author of the project, Leli Blagonravova, and also mastered the techniques of storytelling and writing.

At the final stage of the project, a photo exhibition and magazine presentation will be held, in which the impressions of the students and the photos taken by them will be presented.



► Mental Health Awareness Day

Mental health plays no less important role in human well-being than physical health. In recent decades, information available about mental illnesses has increased significantly, but these illnesses are still shrouded in mystery for many people and associated with many stigmas.

A discussion on this issue was organized by the Science Club. TMA students gave presentations on mental health, covering a variety of topics, including eating disorder issues, depression, Hoarding's disease, treatment methods, etc. The invited speaker, psychiatrist Diana Verdadze, talked about the stigmas associated with mental health in Georgia. Discussed specific examples, reviewed the current situation in Georgia and the world in general, well-known and lesser-known mental diseases, their causative factors, treatment methods, and modern research related to them.



► Discussion on Mental Health Issues

The discussion about mental health issues in TMA continues. TMA psychologist Ani Rainauli spoke to the students about depression and stress management in an interactive meeting. Also, she provided information about the counseling service that TMA offers to its students.

Student counseling service includes psycho-counseling, which can be used by any student of TMA. As part of the consultation, the psychologist talks to the student individually and reacts according to the situation.

In addition, two TMA students presented a thematic presentation at the meeting. Lizi Mokvanidze presented to the audience "Mental disorders in painting" and gave a detailed overview of how depression, bipolar disorder, and anxiety disorder were reflected in the works of famous artists. Medea Kusiani discussed nervous and mental disorders in art. Both in painting and architecture, literature, and cinematography.



TMA'S SOCIAL RESPONSIBILITY

▶ Alzheimer's Awareness Day

Alzheimer's Awareness Day was celebrated at TMA. The event was organized by the Dandy TMA local club and in cooperation with the Alzheimer's Association of Georgia. TMA students reviewed issues related to the disease: clinical signs of the disease, its diagnosis, differential diagnosis, treatment methods, the latest research in this direction, etc. The representatives of the Alzheimer's Association, project coordinator/assistant to the president of the association Ana Kiknadze and project manager Luka Diasamidze also participated in the event. They focused on the problems, stigma, and challenges associated with Alzheimer's disease.

TMA student Saba Chikobava presented to the audience the study "A-251 A Community-Based Longitudinal Study of Mild Cognitive Impairment (MCI) in Georgia". Other TMA students were also involved in the implementation of the study. The study dealt with such an important issue as dementia. Dementia is a progressive disorder associated with the decline of cognitive function and the ability to carry out daily activities.

The study is published in the Oxford Journal of Clinical Neuropsychology -

<https://academic.oup.com/acn/article-abstract/37/6/1395/6669008>
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▶ Podcast "Pink October"

As part of the "Pink October" campaign, to raise awareness about breast cancer TMA podcast visited Eter Kiguradze - Director of the National Screening Center, TMA Alumni and Ana Mazanishvili - President of Europa Donna Georgia, founder of the Caucasus Cancer Society H.O.P.E.

<https://www.youtube.com/watch?v=3rzdC1Guggc>



▶ We Won This Battle – "Pink October" Campaign

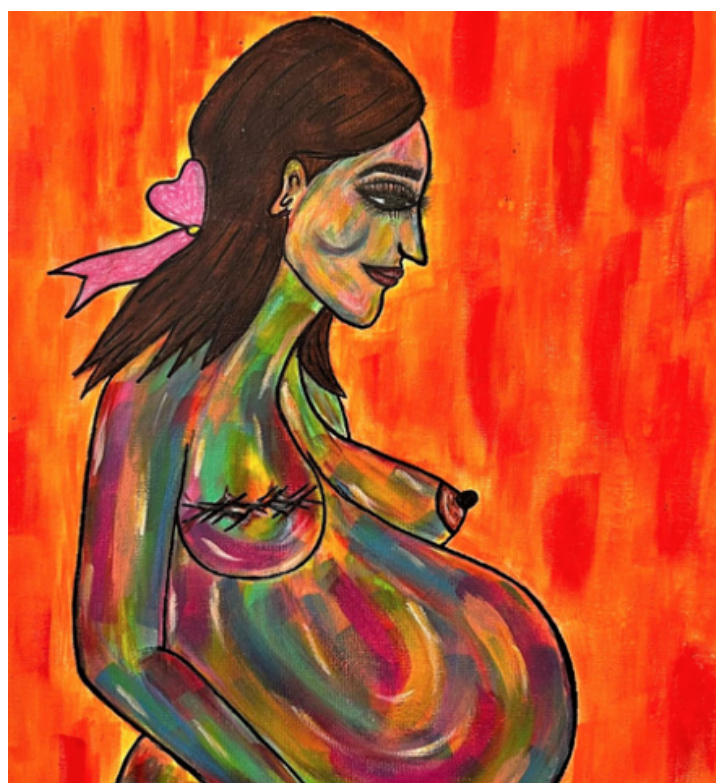
The month of October is dedicated to raising awareness about breast cancer. Within the framework of the "Pink October" campaign, TMA students met cancer patients, women who have overcome breast cancer, or are now going through this path, in the space of "Europa Donna Georgia".

The purpose of the meeting was to hear real stories from real patients, to further understand the role and importance of the doctor, and to see the need for the bond that is so important between the doctor and the patient.



▶ Painting Contest "Pink October"

New knowledge and creative thinking are born through the unification of medicine and art. For this purpose, TMA announced for the second time a painting contest for students, which was held within the framework of the "Pink October" campaign and was dedicated to raising awareness about breast cancer. The students themselves revealed the best work and the author was awarded.



TMA'S SOCIAL RESPONSIBILITY

Six Days of the Country Doctor - Panel Discussion



"Six Days of Country Doctor" - a project of a trans-disciplinary nature, which echoes the institutional culture and mission of the Tbilisi Medical Academy, aims, on the one hand, to raise awareness of doctors living in mountainous regions, and on the other hand, to promote the employment motivation of young doctors in villages. Students participating in the photo project held a panel discussion. TMA students Nino Gagua, Mariam Mamisashvili, Elene Gubeladze, Nanuka Katchiuri, Mariam Jorbenadze, and Irinka Isiani shared their experiences and impressions during the implementation of the project with their peers.

The main time of the conversation was devoted to the expedition of the students participating in the project to the villages of the mountainous Adjara, Skhalta, Khulo, and Ghorchomi. The girls introduced the audience to the varied life of doctors in the Adjara region and shared with their peers the profession of a doctor seen from their own perspective. Students lived with local country doctors for a week and observed the daily life and work process of country doctors and captured them with a photo camera. They also took notes.

At the final stage of the project, a photo exhibition was held and a magazine was published, which combined the photos taken by the students participating in the project and their notes.

Art as a Therapy

TMA hosted an exhibition "Art as a Therapy" which was dedicated to World Cancer Day. The Academy has been cooperating with Onco Society "Hope" for two years in the direction of raising awareness about breast cancer in society, and this day was celebrated with an exhibition in the context of institutional partnership.

Within the framework of the meeting, the students personally talked to women cancer patients, got to know their personal stories, and learned about the challenges and victories of their daily lives. Each woman told the audience about her own transition, and how she went through or is currently going through this path.

Within the framework of the meeting, a memorandum of cooperation was also signed between the Tbilisi Medical Academy and the Caucasus Oncology Society "Hope". The memorandum envisages the development

and promotion of medicine and public health in Georgia, in particular, the promotion of social integration of people with oncological diseases; In accordance with the educational program of the TMA, to introduce the biopsychosocial context of oncology patients to the students of the TMA and deepen their professional knowledge, etc.



TMA Alumni Club

Tbilisi Medical Academy formed an Alumni Club. The purpose of the club is to bring together TMA students, alumni, and administrative staff, to form and develop social and professional connections among club members, and to conduct activities focused on a variety of topics using evidence-based knowledge. Also, promote alumni stories through blogs and other social media channels.

Within the framework of the meeting, TMA graduates of different generations shared their experiences with the audience - Eter Kiguradze, director of the National Screening Center, and Zviad Kereselidze, interventional cardiologist, head of the cardio-intensive department of the Tbilisi Heart Center. Both of them emphasized the importance of establishing the Alumni Club and mentioned that they wish to cooperate with their future colleagues through mentoring programs, lectures, and workshops.



STUDENT LIFE

Exchange Programs

From September 2022 to February 2023, students were on bilateral exchange programs at the Czech Republic and Vilnius University. Exchange programs give students the opportunity to do internships in leading foreign universities and clinics and get practical experience from an early learning stage.



Welcome Party 2022

TMA hosted a welcome party in 2022. For the 2022-2023 academic year, TMA accepted 45 students for the program of Medicine in Georgian and 30 students for the program of Medicine in English. The event was held at Turtle Lake.



Rugby Sevens

Upon the initiative of the TMA student sports club, rugby Sevens friendly's matches were organized. The TMA sports club hosted the teams of "Tsikara" and "Sokhumi".



STUDENT LIFE

► **Graduation Ceremony**

TMA hosted the graduation ceremony of the program Medicine, class of 2023!

28 graduates will be awarded the qualification of Medical Doctor!

During the event, a special award was given to Professor Lasha Gulbani, who was named by the students as their best teacher.

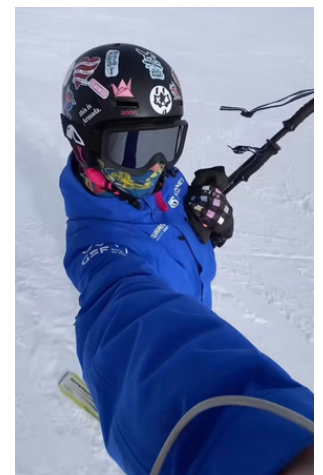
Also, was awarded the honors student Sharon Maria Joy.



► **World Championship in Bakuriani**

TMA students were volunteering in Bakuriani, which was hosting the World Championships in Freestyle, Snowboard, and Freeski. Our students were distributed on the ski slopes and supervised the athletes.

The championship was held under the auspices of the International Ski Federation (FIS) and about 700 athletes from 42 countries (Austria, Switzerland, France, Germany, Italy, Netherlands, Australia, South Africa, China, Japan, Canada, USA, etc.) participated in it.



BLOGS

► Amongst the Warriors

Tony Varghese, TMA Student

Venue – Europa Donna Georgia, the pink space

Situation- Students of TMA meeting up with Breast Cancer Patients in Georgia

You are Beautiful, you are Strong, and You can do whatever you want!

I was a little bit late that day, due to the heavy traffic in Samgori, as always, The PR of TMA was waiting for me in front of the LC Waikiki Store in Pekini, we walked up to the office of Europa Donna Georgia, where I was expecting, weak, heartbroken, desperate people looking for help.

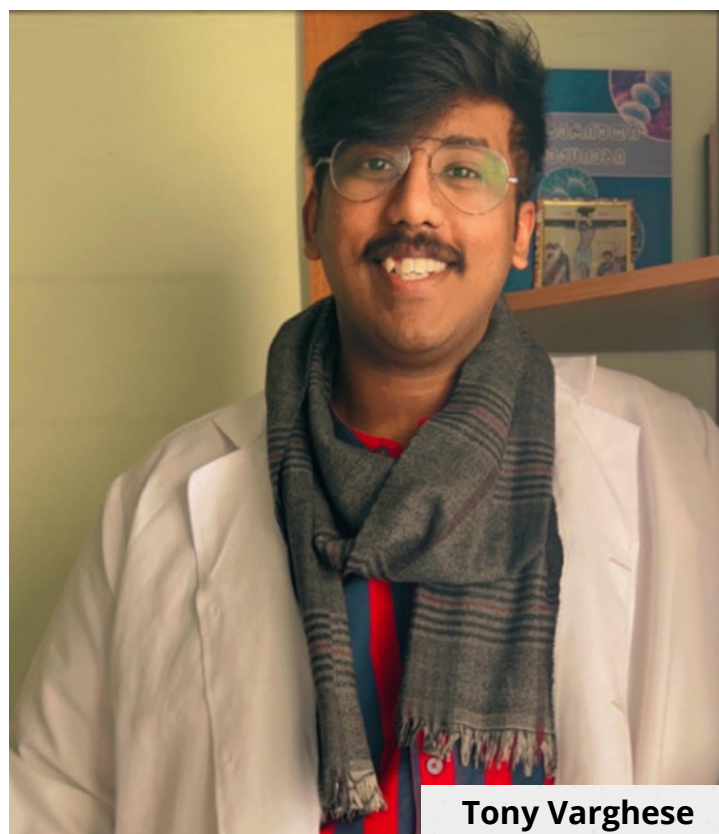
I did not have a mind to sign up for this in the first place, seeing people so desperately waiting for help is something that I should see my whole life, why start now? But I decided to go anyway. When I stepped into the room I heard laughter, from a beautiful lady called Tiko, she was dressed in Pink.

Our supervisor Ms. Lana quickly stood up and offered me a seat, I sat down and I saw a lady sitting beside me, She colored her hair red, was wearing a beautiful red jacket, and had a pretty pink Rose in her hands, my gaze quickly went to the speakers sitting up front, where I saw a picture of three ladies behind them that read “შენ ხარ ლამაზი, შენ ხარ ძლიერი და შენ ყველაფერი შეგიძლია!”



They told about their experiences discovering something in their mammograms and biopsies, where they were shattered for a moment. Society keeps deeming that “Cancer is the end word” but these ladies showed me that “The show has not even begun.” The places where they needed support and care from their doctor, to reassure them that they are going to overcome, they did not get it. They survived it on their own, they did it themselves, as one of the fighters I saw remarked “I am a survivor of the war in 2008, this is nothing to me, I can survive this too”.

Things that happened there were all against my expectations. Where I expected weak, desperate, and helpless people, I saw warriors. Strong, able-minded warriors who laugh at their enemy, their story is truly inspirational to me as a person who is going to be a doctor one day. I know what story I will say when I see a patient with Breast Cancer come in front of me. I know that they are an inspiration to 1000s of women across the globe, an inspiration to humankind. Their laughs were contagious because I was standing amongst the warriors.



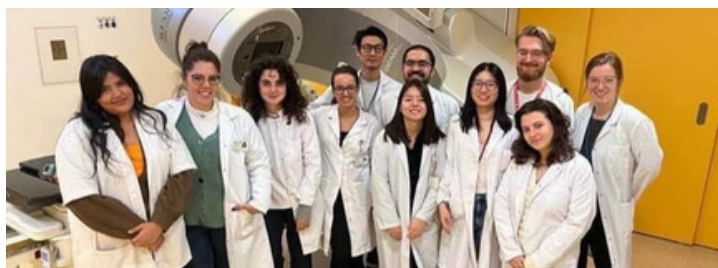
Tony Varghese

BLOGS

► An important stage of my life

I am Lika, a fifth-year student at the Tbilisi Medical Academy. I am on a one-semester exchange program at Masaryk University in the Czech Republic. Such an experience is not the first for me, at the end of the first year I had the opportunity to get to know the Lithuanian medical system outside the country, and to see various important procedures up close. This experience was very interesting and exciting for me as a first-year student. Although I will probably always remember that one month, the experience here is unlike any other experience in my life. The last years of the medical university turned out to be more interesting for me, I think I am not an exception and I am grateful that I have to spend such an important semester at Masaryk University.

I had a very pleasant experience with the lecturers. I cannot fail to mention their kindness towards international students. We rarely had confusion and uncertainty, because they were ready to answer all questions or help us clarify unclear issues. Also, it is appreciated that they allowed us to communicate with the patients, we examined them many times and collected the anamnesis independently, which we collected in the next presentation and presented to the group. This allowed us to be actively involved in the learning process, even though we did not have daily assessments or surveys in any of the subjects. The language barrier should also have been an important obstacle, I mean the Czech language when communicating with patients, however, we never faced such discomfort, they took into account our situation and recommended such patients with whom we could speak in English.



It is very inspiring for their love and commitment to the work. Since we were graduate students, they often asked us what field we were going to choose, and where we were thinking of continuing our studies and gave us honest advice about their fields. I think this attitude and sharing their experiences has reduced a lot of confusion in me. Agree, it is very difficult to take such a step when you have to connect your life to one small stream when the choice is so diverse.

The assessment system is very different, which caused a lot of confusion for me, but the coordinators here were very prompt in providing information and helping us solve problems. I think the Georgian assessment system is much more comfortable for me, although the Masaryk University system has many positives: it is healthier, I mean that grading is very stressful, you don't have to pass the exam immediately after finishing the subject, each subject has a practical and theoretical part, practical and lecture part Time and credits are separated, emphasizing that they are equally important and exciting.

Finally, what gave me the greatest pleasure was the opportunity to travel to many European countries. I think traveling is the best way to get education and experience. Since the study schedule was very comfortable, we had time to visit different cities. I think Brno is second to none because it is a comfortable, safe, and quiet city, the seasons change beautifully, and it is the best environment for a student.

Different kind of New Year



Kiyoshi Yamashita – “Nagaoka Fireworks”, 1950

Post-Corona times

Another year is coming to an end. Time to contemplate over the past year, introspect, self-reflect, and (re)-assess. In other words, go inwards. And when the final minutes tick on the clock before midnight, it is time to celebrate! The most notable sign of this celebration is the fireworks.

Let's not forget that since 2020, this is the first New Year the world is stepping into without corona-related restrictions. What a relief! Finally, everything is open, museums, theaters, restaurants, clubs, and cafes; we can hug each other, visit each other's homes, attend concerts and events, we are full of joy. In a parallel mode, it is with fear that I anticipate what will happen on the 31st of December in the Tbilisi sky.

All manifestations of post-corona, New Year-related joy are “valid” of course, but let's rewind a little and focus on the then-freshly imposed quarantine in 2020. Remember, how the world halted, and how we all were discussing loudly, or murmuring silently to ourselves “what it all meant”? What is Corona teaching us? Is the planet caging us, humans, in our homes while it really is starting to “breathe”? Remember calculations, assessments, and research done on the quality of air, which drastically improved after we, humans, ceased our carbon footprint on the earth. How we were concluding that consumerism is “extra”; in an epiphany, we silently agreed with each other that “less is (really) more”. We promised ourselves to be more considerate towards our surroundings and humbler, consume less, and celebrate with less impact on our planet.

Fireworks, health, and environment

Fireworks generate air pollutants and damage the environment. Their colors come from the chemicals which after burning turn into particles and gaseous pollutants. The fact that air pollution is a “silent killer”, as the United Nations framed it, is no news anymore. Air pollution affects 100% of the population, from unborn babies to the elderly, and causes more deaths than HIV/AIDS and malaria together. Even in cities with relatively low air pollution levels, people's health gets affected. That was the main finding of my study, which examined the association of air pollutants with exacerbations and hospitalizations due to Asthma and Chronic Obstructive Pulmonary Disease (COPD)*. Study results have demonstrated that an increase even with a 10 microgram per cubic meter in pollution levels, specifically in Nitrogen Dioxide, was associated with an 11% of the increase in hospitalizations due to these two diseases in Berlin, a city where air pollution levels were well below European regulatory limit values.

Fireworks also cause traumas, only in the U.S. in 2021, there were an estimated 1,500 emergency department-treated injuries associated with firecrackers, and 1,100 cases were the result of the sparklers. But that's not only it, animals are especially affected-fireworks damage their hearing abilities and cause fear, which eventually leads to death. In addition, it is well known that polluted air with gases and particles, similarly affects the health endpoints of animals and birds as of humans.

Mindful way forward

We need to be more cautious. In Tbilisi, there are fewer monitoring stations for air pollution than in “western cities”. We are bothered by crazy traffic jams and excess cars in the streets. On many days, pollutant levels surpass the limit values.

We complain and worry about our health and the health of our children. Yet, when it comes to celebrations, weddings, and New Year, we forget that each of us can contribute to and preserve our environment. Maybe this time we can be different?

Maka Maglakelidze – Head of Institutional Culture Development Department

* <https://pubmed.ncbi.nlm.nih.gov/35307034/>

