# National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of Russia: More than a century in the service of public health protection

# MAIN AREAS OF DEVELOPMENT IN MEDICAL REHABILITATION AND HEALTH RESORT TREATMENT

- medical care
- science
- education
- testing and assessment of natural therapeutic resources
- organizational and methodological development
- digital transformation
- procurement, accounting and management of resources
- a customer-centerd culture
- human resources

3

# HISTORY OF THE DEVELOPMENT OF HEALTH RESORT TREATMENT

## The reign of Peter I, 18th century

1714: Russia's first health resort – 'Marcial Waters' in Karelia.

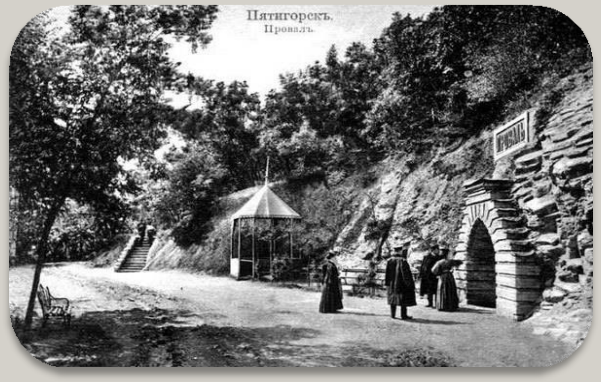
1717: a decree was issued 'On the Exploration of Mineral Waters in Russia', which led to the exploration of the Caucasus (The Five Mountains region).



## The Imperial Period (19th – early 20th centuries)

1803: Alexander I signed a rescript recognizing the national importance of the Caucasian Mineral Waters.

The second half of the 19th century: Crimea (Livadia, Yalta) was recognized as the best place for the treatment of tuberculosis.




## The Soviet era – 'Holiday resorts for the working people'

1919: Lenin signed the decree 'On Health Resorts of National Importance', thereby nationalizing all health resorts.

1920s–1930s: large-scale construction of sanatorium palaces. Balneology was given scientific recognition.



# HISTORY OF NMRC RB OF THE MINISTRY OF HEALTH OF RUSSIA

1921-1926

CENTRAL RESORT CLINIC



1926-1958

STATE CENTRAL INSTITUTE OF BALNEOLOGY

1958-1988

CENTRAL RESEARCH INSTITUTE OF BALNEOLOGY AND PHYSIOTHERAPY

1988-2005

ALL-UNION SCIENTIFIC CENTRE FOR MEDICAL REHABILITATION AND PHYSICAL THERAPY

2005-2011

RUSSIAN SCIENTIFIC CENTRE FOR REHABILITATION MEDICINE AND BALNEOLOGY



2011-2017

RUSSIAN SCIENTIFIC CENTRE FOR MEDICAL REHABILITATION AND BALNEOLOGY



**since 2017**

**NATIONAL MEDICAL RESEARCH CENTER FOR REHABILITATION AND BALNEOLOGY**



# NMRC RB OF THE MINISTRY OF HEALTH OF RUSSIA

MEDICAL REHABILITATION, STAGES 2, 3



Scientific and Clinical Centre
32 Novy Arbat, Moscow,
**267** beds



Yudino Medical and Rehabilitation Clinical Centre, Moscow reg., **330** beds

HEALTH-RESORT TREATMENT

MEDICAL REHABILITATION, STAGE 2



Kavkaz Sanatorium, Kislovodsk
**240** beds



Rossiya Sanatorium, Yessentuki
**410** beds



Vulan Health-Resort Complex, Gelendzhik **325** beds



I.M. Sechenov Sanatorium
Yessentuki
**235 beds**



Gorny Vozdukh Sanatorium
Zheleznovodsk **497** beds



Kurortnaya Bolnitsa Medical Rehabilitation and Clinical Center Kislovodsk **106** beds

# NMRC RB of the Ministry of Health of Russia

**More than 2300 beds**

**1400 beds** for health-resort treatment

**850 beds** for medical rehabilitation

**46 700** treated patients per year

**106 units of high-tech medical equipment**

**More than 300 doctors and 600 nursing staff**

Research Department:6 research units, a cell technology laboratory

82,5% of treated patients in 2025 from other Russian regions



Centre for Testing and Expertise of Natural Therapeutic Resources Department for the Development of Educational Activities. 9 Borisoglebsky Lane, Moscow.

# INNOVATIVE AND HIGH-TECH EQUIPMENT









- transcranial magnetic stimulation;
- VR technology;
- robotic mechanotherapy with biofeedback;
- physiotherapy technologies, etc.












# All clinical centers are equipped with facilities for physiotherapy treatments such as balneotherapy, peloid therapy and climatotherapy

Wells containing drinking mineral water and brine in the center of Moscow and Moscow region. Mineral water (Vladimirskaya, Yessentuki, Narzan and Slavyanovskaya) at 5 branches located in Stavropol Territory



Imported therapeutic mud (Lake Tambukan and Lake Medvezhye)



Therapeutic climate



# SCIENTIFIC RESEARCH AT NMRC RB OF THE MINISTRY OF HEALTH OF RUSSIA

## Research performance indicators for 2015–2026

**42** research projects have been implemented

**25** clinical trial protocols have been approved

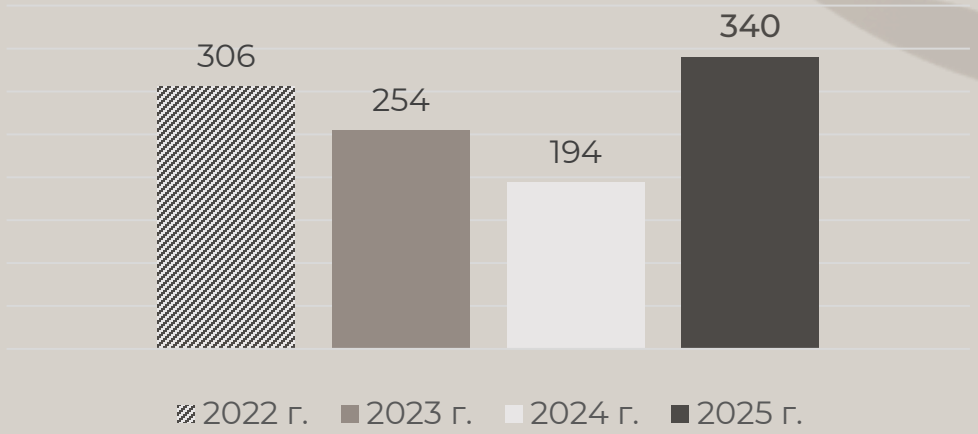
more than **120** patents for inventions

**3000** research papers published

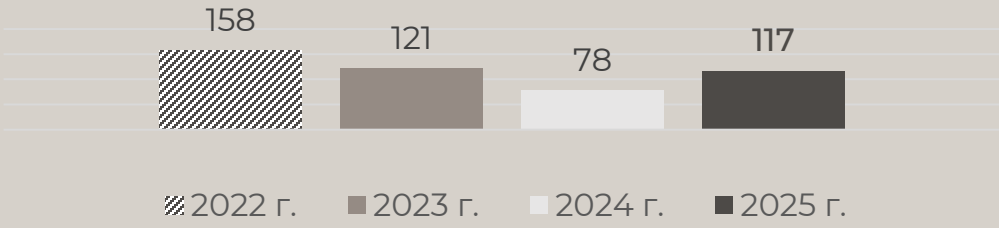
**960** publications in journals indexed in Scopus or WoS

**1460** publications in journals included in the list of the Higher Attestation Commission

**Total number of research publications**




**Number of publications in journals indexed in Scopus and WoS**



## DISSERTATION COUNCIL OF NMRC RB OF THE MINISTRY OF HEALTH OF RUSSIA

Dissertation Council in Speciality 3.1.33: Restorative Medicine, Sports Medicine, Exercise Therapy, Balneology and Physiotherapy, and Medical and Social Rehabilitation (Medical and Biological Sciences):

**26**
theses defended(4 doctoral theses and 22 PhD theses)
**40**
theses currently in progress(8 doctoral theses and 32 PhD theses)

# SCIENTIFIC JOURNALS

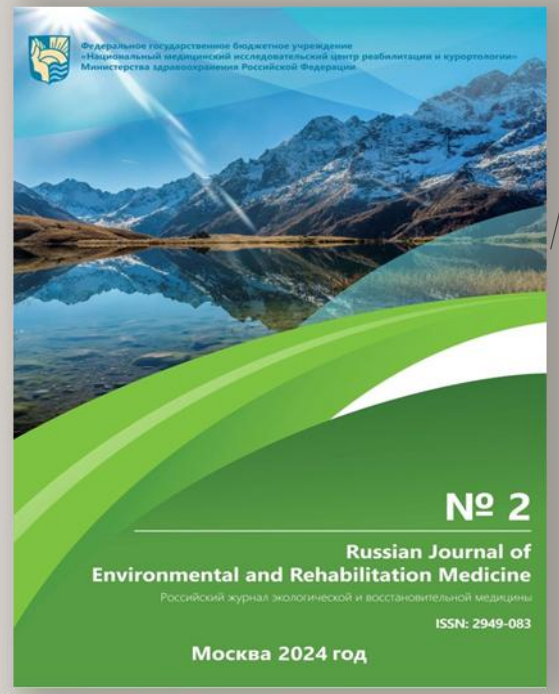
Published since 2002.




It is included in the Higher Attestation Commission (VAK) list and in the international databases: Scopus® (Q4), Google Scholar, DOAJ, SherpaRomeo, Ulrich's Periodicals Directory (Ulrichsweb)

The founding publisher is NMRC RB of the Ministry of Health of Russia

6 issues annually




Published since 2012.

RUSSIAN JOURNAL OF ENVIRONMENTAL AND REHABILITATION MEDICINE

# EDUCATIONAL ACTIVITY IN NMRC RB OF THE RUSSIAN MINISTRY OF HEALTH

- **DEPARTMENT OF RESTORATIVE MEDICINE, PHYSICAL THERAPY, AND MEDICAL REHABILITATION**
- **DEPARTMENT OF HEALTHCARE ORGANIZATION, MANAGEMENT, AND ECONOMICS**

Training of highly qualified professionals in Residency Programs in the following specialities:

**Exercise Therapy and Sports Medicine**
**Physical Therapy**
**Neurology**

Program duration -2 years

**Training of research staff through postgraduate study and through competitive selection** for a research discipline
**3.1.33 Rehabilitation medicine, sports medicine, exercise therapy, balneology and physical therapy, medical and social rehabilitation**
(medical sciences/biological sciences)

Program duration– 3 years

Professional retraining programs lasting up to 540 hours (more than 9 programs annually)

Restorative medicine, physical medicine, and rehabilitation medicine(for physicians)

**NEW**

Public health and healthcare organization(for heads of healthcare institutions)

# CENTRE FOR TESTING AND EXPERTISE OF NATURAL THERAPEUTIC RESOURCES

NTR test protocols: **902**

including:
- waters (including mineral waters and saline solutions): **635**
- Therapeutic muds: **267**

Balneological and special medical opinions: **304**

including:
- mineral waters: **231**
- therapeutic muds: **37**
- therapeutic climate: **36**


АТТЕСТАТ АККРЕДИТАЦИИ
RA.RU.21OT29
ГОСТ ISO/IEC 17025-2019

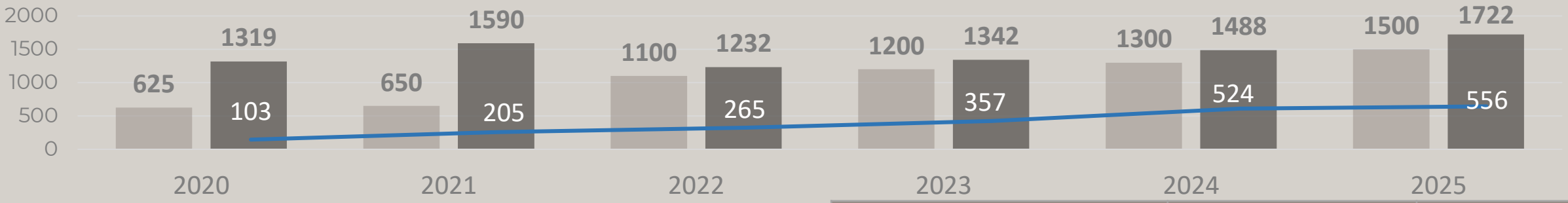
- - Effective 01.09.2024, the preparation and issuance of special medical opinions are carried out in accordance with Russian Federation Government Resolution No. 681 of 27.05.2024 “On the Preparation and Issuance of Special Medical Opinion” and based on the list of nosologies set forth in Order No. 143n of the Ministry of Health of Russia of March 27, 2024, “On the Approval of the Classification of Natural Therapeutic Resources Specified in Paragraph 2 of Article 2_1 of Federal Law No. 26-FZ of February 23, 1995, No. 26-FZ “On Natural Therapeutic Resources, Therapeutic and Recreational Areas, and Resorts,” their characteristics, and the list of medical indications and contraindications for health resort treatment and medical rehabilitation using such natural therapeutic resources”

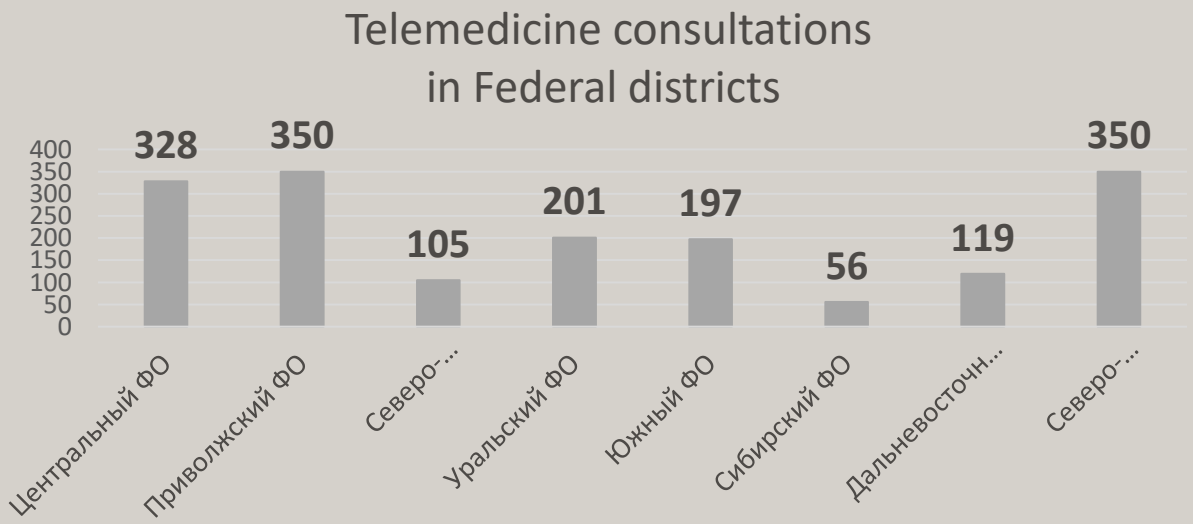
**The NMRC RB of Ministry of Health of Russia is accredited as a testing laboratory that meets the requirements of GOST ISO/IEC 17025-2019**

# FUNCTIONS OF THE NATIONAL MEDICAL RESEARCH CENTRE

## Telemedicine consultations

**Total number of external events – 257**

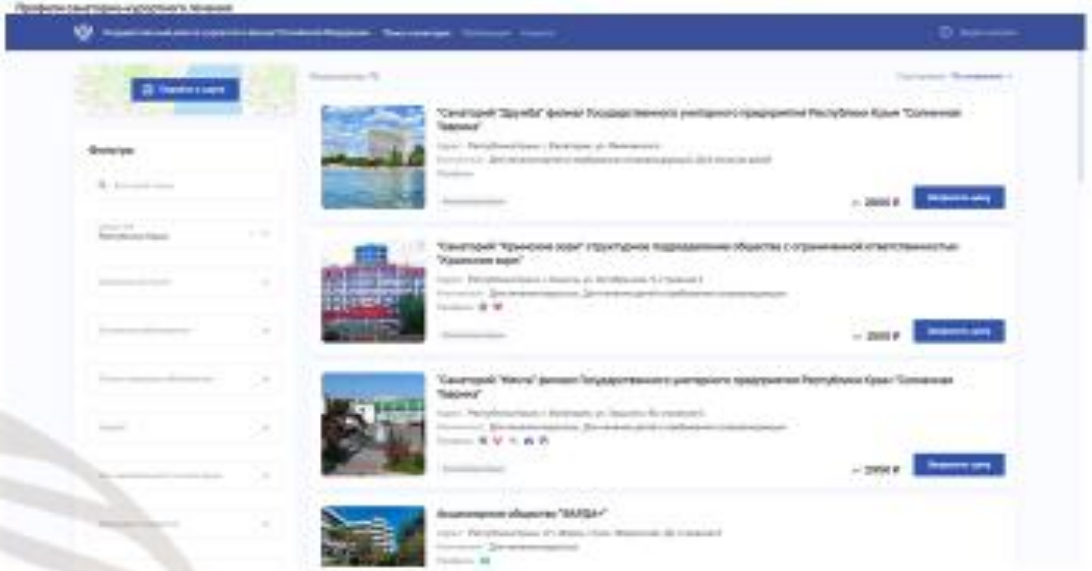



| Description/type | Number of consultations | Share, % |
|---|---|---|
| Number of video conferences held | 677 | 39,7 |
| Health resort treatment | 500 | 29,3% |
| Medical rehabilitation | 1222 | 70,9% |
| Positive decisions regarding admission to NMRC RB following a consultation | 556 | 33,2% |
| TOTAL | 1722 | |

# Russian Resort Facilities State Register





Establishment and maintenance of a unified state database containing information regarding the resort facilities

**1 537**
natural therapeutic resources

**1 638**
medical organizations

over **500**
thousand visitors

# The history of international cooperation with FEMTEC



**1981:** Establishment of contacts between Vasily Mikhailovich Bogolyubov, Director of the Central Research Institute of Balneology and Physiotherapy, and Professor Solimene of the University of Milan.

**2019:** signing of a Memorandum of Understanding on cooperation in the fields of medical rehabilitation, rehabilitation medicine and balneology. Joint projects: research into natural therapeutic resources, the Covidrehab telemedicine platform, and publishing activities.

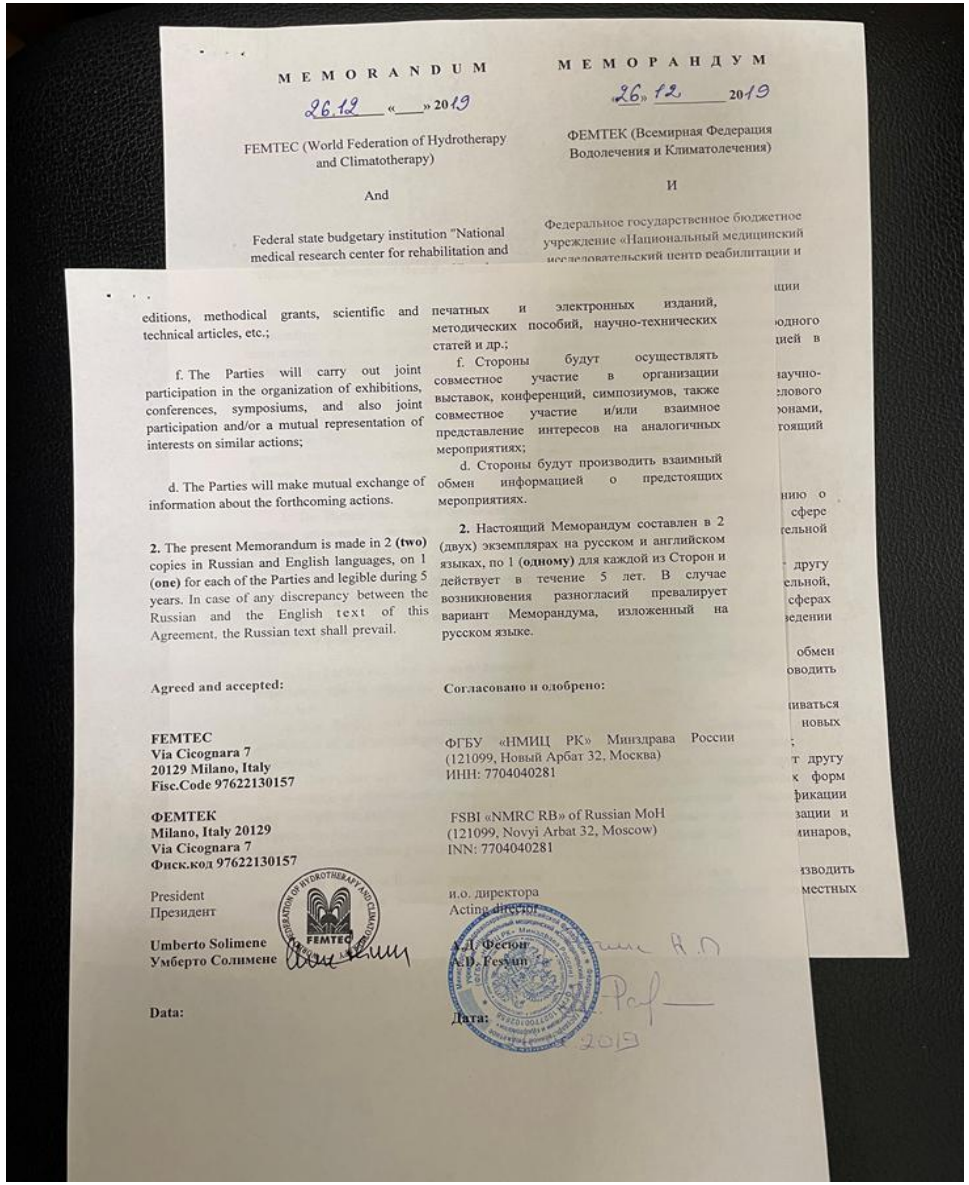


**18–19 March 2015:** joint organization of the First International Congress “Health-Resort Treatment”, Moscow.

**2016–2023:** co-organizers of congresses

**2017:** National Medical Research Centre for Rehabilitation and Balneology of the Russian Ministry of Health took part in the FEMTEC Conference "Thermal Clusters: Status, Proposals and Strategies for Healthcare and Local Development", 15–20 October 2017.

# Agreements for Partnerships: Built on the Past, Driving the Future



M E M O R A N D U M

26.12 «___» 2019

FEMTEC (World Federation of Hydrotherapy and Climatotherapy)

And

Federal state budgetary institution "National medical research center for rehabilitation and

editions, methodical grants, scientific and technical articles, etc.;

f. The Parties will carry out joint participation in the organization of exhibitions, conferences, symposiums, and also joint participation and/or a mutual representation of interests on similar actions;

d. The Parties will make mutual exchange of information about the forthcoming actions.

**2.** The present Memorandum is made in 2 **(two)** copies in Russian and English languages, on 1 **(one)** for each of the Parties and legible during 5 years. In case of any discrepancy between the Russian and the English text of this Agreement, the Russian text shall prevail.

**Agreed and accepted:**

**FEMTEC**
**Via Cicognara 7**
**20129 Milano, Italy**
**Fisc.Code 97622130157**

**ФЕМТЕК**
**Milano, Italy 20129**
**Via Cicognara 7**
**Фиск.код 97622130157**

President
Президент

**Umberto Solimene**
**Умберто Солимене**

**Data:**

М Е М О Р А Н Д У М

26.12 2019

ФЕМТЕК (Всемирная Федерация Водолечения и Климатолечения)

И

Федеральное государственное бюджетное учреждение «Национальный медицинский

печатных и электронных изданий, методических пособий, научно-технических статей и др.;

f. Стороны будут осуществлять совместное участие в организации выставок, конференций, симпозиумов, также совместное участие и/или взаимное представление интересов на аналогичных мероприятиях;

d. Стороны будут производить взаимный обмен информацией о предстоящих мероприятиях.

**2.** Настоящий Меморандум составлен в 2 (двух) экземплярах на русском и английском языках, по 1 **(одному)** для каждой из Сторон и действует в течение 5 лет. В случае возникновения разногласий превалирует вариант Меморандума, изложенный на русском языке.

**Согласовано и одобрено:**

ФГБУ «НМИЦ РК» Минздрава России
(121099, Новый Арбат 32, Москва)
ИНН: 7704040281

FSBI «NMRC RB» of Russian MoH
(121099, Novyi Arbat 32, Moscow)
INN: 7704040281

и.о. директора
Acting director

**А.Д. Фесюн**
**A.D. Fesyun**

**Дата:**

2019

**26.12.2019**

**18.09.2026**



# INTERNATIONAL COOPERATION

## Memoranda and Agreements.

- **11 active agreements** on scientific and practical cooperation with peer institutions in other countries;
- MOU with **FEMTEC**, **the World Federation of Hydrotherapy and Climatotherapy**: New draft prepared.
- Discussions are underway to conclude a Memorandum of Understanding (MOU) with the **Italian Association of Balneology.**

## Establishment of a Centre for Traditional Medicine

- Business visit by Yiling Hospital Management Group and the administration of the Boao Lecheng International Medical Tourism Pilot Zone, PRC, **13.03.2026;**
- A cooperation agreement with the Beijing Municipal Administration of Traditional Chinese Medicine, signed on **30.06.2026;**
- Visit of Shanghai University of Traditional Chinese Medicine to deliver training seminars, **10–12.08.2026;**
- Development of traditional, complementary and integrative medicine amongst the BRICS member states.



## Main areas of cooperation

- *promoting medical rehabilitation, health resort treatments, and wellness programs;*
- *collaborating with international organizations to harmonize standards for health resort treatments and showcase Russian expertise on a global scale;*
- *designing and developing joint scientific research projects;*
- *developing and integrating comprehensive medical rehabilitation and health resort programs in clinical practice, including the use of natural therapeutic resources;*
- *training, retraining, and advancing the professional development of medical staff;*
- *organizing pilot projects to incorporate traditional medicine into modern medical rehabilitation and health resort treatment programs, followed by an effectiveness evaluation;*
- *enhancing medical tourism and boosting the export of medical services within health resort treatment and medical rehabilitation.*

# INTERNATIONAL COOPERATION

International scientific and practical events organized by NMRC RB of the Russian Ministry of Health, 2026.

**IX International Congress "Balneotherapy in Health Resort Treatment and Medical Rehabilitation Programmes", dedicated to World Water Day, 19-20 March, 2026.**

The Congress was attended by 700 experts from 97 cities, 52 regions of the Russian Federation, and 9 countries: Belarus, Italy, Kazakhstan, Cuba, Portugal, Russia, Tajikistan, Uzbekistan, and Switzerland.

**XII International Congress "Health Resort Treatment", 21-22 May, 2026.**

The Congress was attended by 1,300 experts from 113 cities in Russia and from 8 countries: Belarus, Kazakhstan, Uzbekistan, Bulgaria, Romania, Iran, China, and India.

**The 1st Russian Congress with international participation "Healthy Diet – a Path to National Health", 23-24 September, 2026.**

A total of 3,052 people took part in the congress, including representatives from 7 countries. During the event, the Board (Collegium) of the Russian Ministry of Health convened. The congress participants toured the sanatoriums that operate as branches of the NMRC RB.






# VOLUME OF MEDICAL SERVICES PROVIDED TO FOREIGN PATIENTS AT THE NMRC RB OF THE RUSSIAN MINISTRY OF HEALTH IN 2024–2025.

## Countries with the highest number of citizens treated at the NMRC RB of the Russian Ministry of Health in 2025

**CIS countries**

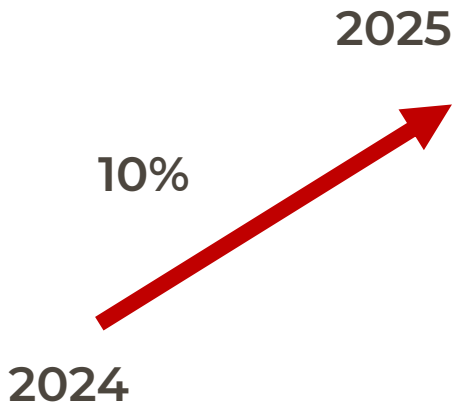
Azerbaijan
Kazakhstan
Belarus
Kyrgyzstan
Tajikistan
Uzbekistan
Moldova

**Organization of Islamic Cooperation**

Afghanistan
Bangladesh
Bahrain
Iran
Iraq
Libya
Syria
Thailand
Turkey

**Countries of the far abroad**

Bosnia and Herzegovina
Virgin Islands
Germany
Greece
Israel
Ireland
China
Romania
Poland
Serbia
Japan



# Thank you for your attention!

Natalia Chaurskaya-Solimene,
Director of the Department of International Relations at FEMTEC
natmo@mail.ru
+7 916 193 01 91