

# The Scent of the Muliyan River (Booye Jooye Muliyan): Report of an Educational Trip

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Booye Jooye Muliyan ayad hamī-Yaade yaar-e mehraban aayad hamī,

*“The scent of the Muliyan River can be smelt / The memories of a kind friend can be recalled”, Rudaki, Iranian- Tajik Poet, 9<sup>th</sup> Century AD*

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In October 2024, an Iranian educational nephrology team visited Tajikistan to participate in a continuous medical education (CME) course. This report represents the results of their trip from their perspective.

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On Sunday, 20<sup>th</sup> Oct. 2024, a team of four Iranian nephrologists visited Dushanbe, the capital of Tajikistan, to offer a one-week course of nephrology training, in response to the invitation of the Ministry of Health and Social Protection of Population of the Republic of Tajikistan and on behalf of the Iranian Society of Nephrology (IrSN).

Iran is situated in the Middle East, at the northern edge of the Persian Gulf and the Sea of Oman with a rich and unique cultural and social heritage.<sup>1</sup>

Tajikistan, a Persian-speaking country, is a landlocked country lying in the heart of Central Asia.<sup>2</sup> Tajikistan was a part of the former Soviet Union for almost seven decades, and after the breakdown of the Soviet Union, a new era of collaboration was commenced between Iran and Tajikistan. In addition to the collaborations between Iranian Internists and transplant surgeons, established in the early 2010s, the first common educational nephrology course was held in Dushanbe, Tajikistan, in the

context of the World Kidney Day, on March 10<sup>th</sup>, 2016 by a group from the IrSN (Figure 1). During this short course, the educational needs of the local nephrologists were assessed, and subsequently, a two-day continuous medical education (CME) course covering the main adult and pediatric nephrology topics was held in February 2018 (Figure 2). This course was presented as a part of the educational programs of the International Society of Nephrology (ISN), by nephrologists from Iran, and in collaboration with nephrologists from Russia and the Republic of Georgia.<sup>3</sup> During

the past few years, nephrologists from Dushanbe traveled to Iran through ISN fellowship programs of 1 to 12-month period duration and also for participation in Iranian local and international medical congresses.<sup>4</sup>

In the current program, the educational group consisted of two adult and two pediatric nephrologists from academic staff of different Iranian Medical Universities (the authors), (Figures 3, 4).

This group arrived at Dushanbe and was welcomed by the Head nephrologist of the Republic



**Figure 1.** Photo of the 2016 Educational Trip of the Iranian Nephrology Team to Tajikistan. Prof. Behrooz Broumand, Prof. Hasan Otoukesh, and Prof. Shahrzad Ossareh are shown behind the School Children, celebrating World Kidney Day 2016



**Figure 2.** Photo of the 2018 ISN CME course run by Prof. Shahrzad Ossareh (4th person from the left) and her collaborating colleagues from Iran (Dr. Samaneh Hashemi), Russia (Prof. Elena Zakharova) and Georgia (Prof. Irma Tchokhnelidze)



**Figure 3.** Dr. Pournasiri and Dr. Jafari Sarouei (the 4<sup>th</sup> and the 2<sup>nd</sup> person from the left), among the staff of the dialysis unit, Istiklol Hospital, Dushanbe, Tajikistan



**Figure 4.** Dr. Shayanpour, Dr. Emadzadeh, and Dr. Gadaev, (the 4<sup>th</sup>, the 5<sup>th</sup>, and the 6<sup>th</sup> persons from the right), among the staff of the Department of Nephrology, Shefobakhsh-Qarehbala Hospital, Dushanbe, Tajikistan

of Tajikistan, Dr. Saidmukhtor Gadaev. The course started on Monday, 21 Oct. 2024, in two separate hospitals in Dushanbe, i.e., Shefobakhsh-Qarehbala and Istiklol hospitals, for adult and pediatric nephrology, respectively.

The educational sessions started each morning with clinical grand rounds in the wards, followed by patient visits in the outpatient clinics of the specified hospitals. In the afternoons, these sessions continued with conferences covering

various topics in adult and pediatric nephrology, as detailed below.

### ADULT NEPHROLOGY

Acute Kidney Injury, Chronic Kidney Disease, Kidney Replacement Therapy, Glomerulopathies, Systemic Hypertension, Urinary Tract Infections, Physiologic Adaptations of Kidney and Blood Circulation in Pregnancy, and Hypertensive Disorders of Pregnancy.



## PEDIATRIC NEPHROLOGY

The Principles of Fluid Therapy, The Principles of Fluid Therapy in Critically Ill Situations, Acid and Base Disorders, Diagnostic Approach to Hyponatremia and its Management, Hypertension Crisis, Glomerulopathies, and Acute Kidney Injury.

In addition to the nephrologists, internists, and pediatricians of Dushanbe, several clinicians from different cities of Tajikistan, including Khujand and Kulob, took part in these sessions. Many medical staff from other parts of Tajikistan also participated in these meetings via videoconferencing.

The team visited the different clinical wards, including general and nephrology wards and the transplantation unit of Dushanbe, located inside the Istiklol hospital, and shared their ideas with the medical staff of this department, including the internists and the surgeons.

On Friday morning of 25 Oct. Mr. Jamoliddin Abdullozoda, the Minister of Health and Social Protection of Population of the Republic of Tajikistan, invited the Iranian team to his office. He welcomed the team and emphasized on the need for further collaborations between Iran and Tajikistan in the fields of health and medical education. The group also shared their points of view regarding the situation of nephrology in Tajikistan, with emphasis on the need for continued medical education and leverage of theoretical and clinical knowledge of the Tajik nephrologists. The team also mentioned the need for involvement of more nephrologists in performing kidney biopsy and implementing the appropriate therapeutic regimens according to kidney pathology results. Both sides insisted on improving the collaboration between the two countries regarding education in medicine.

Overall, the Iranian group summarizes the results of this one-week trip as follows:

Tajikistan has high potential capabilities for development in nephrology area, the main cornerstone of which is the presence of a large number of enthusiastic medical students, residents, and attending physicians, especially the young generation. It also seems that the health authorities of Tajikistan are highly interested in the progression of nephrology field, among other areas of medicine and health in their country, however they confront some obstacles that the group tries to overcome with the following suggestions:

1. Providing adequate training for medical

professionals and pathologists to conduct and study kidney biopsies.

2. Increasing the length of study in the fields of internal medicine, pediatrics, and nephrology, in the context of residency and fellowship programs
3. Strengthening the educational hospitals of Tajikistan with English written resources.
4. Empowerment of medical insurance so that the patients will be able to use the advanced medical services

Overall, the group hopes that the ongoing collaborations between the two countries as continuous medical education programs would improve the nephrology knowledge and practice in both countries, serving as a noteworthy model for other countries in the region and other parts of the world.

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