



MEDICAL

TBILISI STATE MEDICAL UNIVERSITY

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Have a happy New Year! May the New Year be a great year with progress, countless achievements in scientific and practical activities, consistent success, health and well-being for all of you.

I want to wish you all - students and Professors, researchers and health care professionals, administration, our numerous fans and partners who are contributing to the development of Tbilisi State Medical University to have a prosperous and healthy New Year! Success of our university is the achievement and personal success of each of you, resulting from our joint team work.

Actually, the New Year is the time to summarize. If we look back over the past year, we have every reason to be proud of our achievements.

Last year we had a serious progress. We have implemented many projects and many promises have been fulfilled. Special attention was paid to the rehabilitation and technical equipping of study environment, the development of University Clinics and the infrastructure as a whole.

The strategic goal of Tbilisi State Medical University is the continuous improvement of teaching quality, preserving the reputation of

Tbilisi State Medical University as a traditional and distinguished center of medical education in accordance with the highest standards as in Georgia as - international arena.

Our university undergoes progressive transformations /reforms that are visible. These transformations are aimed at developing and implementing a new model of medical education in accordance with European standards. In the future, the outcome of these revolutionary changes will be felt more clearly!

I would like to express my thankfulness to everyone who has contributed to these achievements!

Nowadays, TSMU is considered as the most demanded higher medical schools in Georgia, where 8596 undergraduate, as well as Master's and Doctoral students receive education, among them 2300 students are from 64 countries worldwide.

TSMU has signed a bilateral cooperation agreement with around 100 leading Universities, University Clinics and Scientific-Research Institutions from 40 countries worldwide, on the basis of which students and staff exchange programs are being successfully implemented. TSMU successfully runs International programs such as: American MD program at the Faculty of

Medicine together with Emory University School of Medicine (Atlanta, USA); Joint International Bachelor's Program in "Public Health Management and Health Policy" with UniMan "Academy of International Management and Performance" (France); Georgian-Austrian Bachelor of Nursing program - with the Western Education Centre (AZW).

Every year, Professors and leading specialists from the universities of the USA, EU countries, UK, Turkey and Israel visit our university to deliver lectures for TSMU students and specialists.

The complete modernization of the Clinical Skills Center was carried out at TSMU. The center was moved to a new space that fully responds to modern requirements. In addition to education in clinical skills, evaluation of practical skills by using an objective structured clinical examination (OSCE) is carried out on the base of the TSMU Clinical Skills Center.

Five times in succession, Tbilisi State Medical University (TSMU) was named as the winner in the nomination - "Promoting Access to Public Information in Georgia".

Education is one of the priorities of the country! Our first and most important task is strong support for

continuation of efforts to raise academic standards at the University. The university will also try to provide students with all the necessary conditions for achieving success and identifying their opportunities.

Next year, special attention will still be paid to the quality of academic teaching; we will make every effort to improve our learning environment, information and teaching technology, material and technical base.

We will promote and support professional development of academic and administrative staff, with a special attention to academic honesty, quality of lecturing and working in small groups.

The new, modern methods of teaching and evaluation will be implemented, which, in addition to the knowledge of the facts, will help students to develop clinical skills. Intellectual achievements of the University will become accessible not only for its students and professors, but for patients and the public at large.

Innovations and creative skills or creativity will be encouraged. There is another important value, without which all other conditions will be very difficult to achieve - mutual respect and good honest cooperation.

The University is ready to cooperate with all local and international organizations to carry out its mission. In addition, according to the needs of the country and society within our capabilities we are ready to provide various types of information, consultation, diagnostic, research, rehabilitation and treatment measures and participate in the process aimed at improving population health.

Youth gives a reason for great pride. I wish You fruitful student years, becoming highly skilled specialists and meet the expectations, the university the whole country and the society rely on You. We are facing objective and serious challenges, but I am confident that we will be able to cope with them step by step, by hardworking and, more importantly, love for the university and profession.

PROFESSOR
ZURAB VADACHKORIA
RECTOR



Rector of Tbilisi State Medical University was awarded the “Honorary Professor of the Academic Union Oxford”

On December 19, 2017, at the Traditional Grand-Scale Annual Gathering of Oxford Academic Elite organized by the Educational Management Academy in the UK, for significant contribution made to medicine and especially to educational management, activities in the field of scientific-research and promotion of the role and efficiency of higher education in social progress of modern society, Prof. Zurab Vadachkoria, Rector of Tbilisi State Medical University was awarded the “Honorary Professor of Oxford Academic Union”.

At the summit of Academic Union Oxford, where participated the representatives of the Club of Rectors of Europe and academic elite from 55 countries, Prof. Zurab Vadachkoria was awarded ceremonially the Diploma of Oxford Academic Union and all the attributes to the title.

The title of Honorary Professor of Oxford Academic Union was established by the Academic Union, Oxford and Educa-

tional Management Academy with the support of Club of Rectors of Europe and International Socrates Committee. This honorary title is awarded for special contribution to the social and intellectual progress of the modern society and development of integration in the fields of science, culture, and education in all spheres of human activity. The titles are awarded to outstanding scientists, distinguished teachers, successful leaders of institutions, organizations and enterprises of any form of property, famous public and political leaders, cultural workers, and diplomats.

The title of the “Honorary Professor of Oxford Academic Union” is a great privilege that will maintain the strengthening of international ties of Tbilisi State Medical University, implementation of joint projects with other members of the Academic Union, University Academic Staff as well as development of cooperation with Educational Institutions of the EU and Great Britain.

Tbilisi State Medical University - the Leader in Teaching International Students!

The number of International students in Georgia increased by 50%, one of the reasons for which is the project - “Study in Georgia”, initiated by the Ministry of Education and Science of Georgia. Within the framework of the project, the Universities of Georgia participated in five international exhibitions aimed at developing educational potential and economic sustainability of Georgia. Tbilisi State Medical University has one of the leading positions in terms of teaching foreign students, where educational programs (English language) have been functioning for 21

years. Currently, more than 2300 citizens from 65 countries study at Tbilisi State Medical University, among them are the students from Asia, Africa, the EU countries and the United States. Every year more and more foreign students want to enter the Tbilisi State Medical University, despite the tuition fees, which is the highest in the country and the region and is similar to Eastern European countries. The reason for this is the international recognition of the university diploma, high quality of teaching and highly qualified staff.

Tbilisi State Medical University - the Leader in Teaching International Students!



TSMU Students Self Government Union organized the introductory -meeting for the first year international students of TSMU. The purpose of the meeting was introducing them to TSMU student's life and encourage them to be actively involved in it. The representatives of the Department of Overseas Students Education and the Office of Students and Alumni Relations of TSMU were invited to the meeting:

David Topuria – Head of Department of Overseas Students Education;

Levan benashvili – Deputy Head of Department of Overseas Students Education;

Giga Sordia – Head of the Office of Students and Alumni Relations;

They wished successful academic years to the first year international students and noted that in case of necessity, these Departments and Offices are always available to every student. Giorgi Mikadze President of Students' Self-Government Union, Tharaka Dunuwila and Sabari Sharan - the representatives of International Affairs Direction for Students self-government introduced the detailed structure of the university self governance body to international students of TSMU and called for their active involvement in the student life. The audience expressed great interest in sports activities. TSMU Students self-government union expects special activities from new international students.



Georgian-Indian Day of Ophthalmology in TSMU



The joint International Scientific and Educational Conference - “Georgian-Indian Day of Ophthalmology in Georgia” organized by the “Clear Vision LLC”, Exclusive Distributor of “Appasamy” and TSMU Institute of Postgraduate Medical Education and Continuous Professional Development was held at Tbilisi State Medical University. The audience was welcomed by Associate Professor Zaza Bokhua, Director TSMU Institute of Postgraduate Medical Education and Continuous Professional Development, and Professor Merab Dvali Head of TSMU Department of Eye Diseases. In the conference participated the famous Professors from India: Vice President of All India Ophthalmological society: Natarajan Sundarman (Aditya Jyot Eye Hospital, Mumbai, India), Paneer Selvam (Arasan Eye Hospital, Erode,

India), Arulmozhi Varman (Uma Eya Clinic, Chennai, India) and Georgian Ophthalmologists: Nikoloz Labauri (Eye Clinic “Davinci”), Giorgi Petriashvili, MD, PhD (“Aversi Clinic”), Professor Merab Dvali (TSMU Department of Ophthalmology). Professor Merab Dvali noted that this conference is very important for development of ophthalmology in Georgia. All guests participating in the conference were well-known and famous ophthalmologists. According to Prof. Merab Dvali - “Professor Natarajan has an innovative school, where 4 doctors from Georgia upgraded their qualification. These relationships are of utmost importance. Our residents in India are allowed to perform the surgical manipulations and have some surgical practice. But in Georgia, only after completion of the residency program the graduate are allowed to perform surgeries. From this point of view, the experience gained in Indian hospitals is very important for our residents. We do hope that our collaboration in educational and scientific fields will develop in the future as well”. Prof. Natarajan gave a very positive assessment to the celebration of the Georgian-Indian Ophthalmology Day in Georgia. He expressed his gratitude to the author of the idea, Professor Merab Dvali and Tbilisi State Medical University for the important initiative.

The International Conference - “Georgian-German Relations, from Past to the Future”



The Extraordinary and Plenipotentiary Ambassador of the Federal Republic of Germany to Georgia H.E. Dr. Heike Peitsch

On September 18-19, 2017, within the Anniversary of Georgia-Germany Friendship, the International Conference - “Georgian-German Relations, from Past to the Future” was held at Tbilisi State Medical University. The Conference was dedicated to the Tbilisi State Medical University's close, multilateral and fruitful cooperation developed with German universities and clinics.

It should be emphasized the great contributions of German as well as Georgian doctors and Professors working in Germany, made to our country. Every year with their support the students and young specialists of Tbilisi State Medical University are passing training courses in Germany that is of great importance in terms of their professional growth; German professors regularly and selflessly are working in Georgia in the following directions: delivering lectures, conducting master classes, providing surgeries and medical consultations.

The opening ceremony was attended by the Extraordinary and Plenipotentiary Ambassador of the Federal Republic of Germany to Georgia H.E. Dr. Heike Peitsch.

The audience was addressed and welcomed by Professor Zurab Vadachkoria, Rector of Tbilisi State Medical University. According to the Rector, “2017 was a year of exceptional proud and great respect in terms of Georgia-Germany friendship-cooperation. On the one hand, we are celebrating the 200th anniversary of the first Germans' settlement in Georgia, and on the other hand, 25 years since Germany first recognized Georgia's inde-

pendence and established diplomatic relations with our country. It should be noted that the German Embassy was the first Embassy opened in independent Georgia. It is not accidental, that the theme of the Conference, held at Tbilisi State Medical University, was - “Georgian-German Relations, From Past to Future”. It should be noted that an important contributions to Georgian-German relations was made by the leading universities of Germany and Georgia, and among them the special place is assigned to Tbilisi State Medical University. Since 2012 TSMU launched and still runs the program that considers invitation of foreign Professors. Within the frames of the project, foreign leading Professors paid approximately 350 visits to Tbilisi State Medical University and among them 80 - by German Professors. 21 German professors were awarded the title of Honorary Doctor of TSMU for the contribution to the development of Tbilisi State Medical University and Georgian medicine as a whole”.

After the Rector the audience was welcomed by: the Extraordinary and Plenipotentiary Ambassadors of the Federal Republic of Germany to Georgia H.E. Dr. Heike Peitsch; Professor Nino Abralava, Head of TSMU Center of Foreign Languages, Honorary Doctor of TSMU, Professor Dr. Michael Lentze (Germany); Honorary Doctor of TSMU Prof. Dr. Thomas Eichhorn (Germany); Honorary Doctor of TSMU Prof. Dr. Florian Löhle (Germany), TSMU Professor Ramaz Shengelia (Georgia).]

The presentation of a bilingual (Georgian-German) documentary film, reflecting the 200-year relationship between the two countries Georgia and Germany in the historic context, was arranged at TSMU. The film was produced by “Pulse TV” on the order of TSMU.

On the second day of the conference Professor Khatuna Todadze, Vice-Rector of Tbilisi State Medical University addressed the audience with a welcoming speech: “Our two-day conference is dedicated to the fruitful cooperation developed with the German universities and University clinics. The development of international relations is one of our priorities, as it gives the opportunities to the students to be trained and involved in the educational process of the Universities of different countries. This makes the level of teaching in the university as well as the level of medicine in Georgia even higher”.

The German delegation at Tbilisi State Medical University

On November 24-27, 2017, the German delegation including: Dr. George Grigolia, MD, PhD Honorary Doctor of Tbilisi State Medical University and Chief Doctor of Surgery Department at University Clinic (Furstenfeldbruck) of Ludwig-Maximilian University (Munich, Germany); Prof. Reinhold Lang Head of General and Visceral Surgery Department at Weilheim Clinic; Prof. Fritz Spelsberg, Head of General and Visceral Surgery Department at Furstenfeldbruck Clinic; Prof. Georgios Meimarakis, Head of Vascular Surgery Department of Landshut Clinic; Privatdozent Florian Weiss Head of Anesthesiology Department at Furstenfeldbruck Clinic, Mr. Thomas Lipman Manager of Weilheim and Schongau University Clinics and Ms. Andrea Jochher – Weiss, Governor of Weilheim and Schongau Regions (Germany) paid the visit to Tbilisi State Medical University.

Within the framework of the visit, German professors delivered lectures and “hands on” training in Sonography and suturing technique / habits for students and residents of Tbilisi State Medical University.

It should be emphasized that since 2013, on the Dr. George Grigolia's initiative, German Professors: Reinhold Lang, Georgios Meimarakis, Florian Weiss and Fritz Spelsberg have been organizing training courses for TSMU students

and residents in the University Clinics of Germany (students are provided free accommodation and scholarship). The project was built on bilateral cooperation. These training courses provide the students with the opportunity to work independently and be trained in different disciplines. It is noteworthy that the number of students participating in this project increases annually. According to the German professors, high level of education, discipline and motivation of TSMU students and residents serve as the basis for the above-mentioned.

On 27th of November, the meeting was attended by: Vice Rectors of Tbilisi State Medical University; Professor Khatuna Todadze, Professor Rima Beriashvili and Associate Professor Irakli Kokhreizde, Associate Professor Zaza Bokhua, Director of TSMU Institute of Postgraduate Medical Education and Continuous Professional Development; Irina Kapetivadze Head of International Affairs Department and Tamar Stepanishvili Head of Public Relations and Protocol Service Department.

Professor Zurab Vadachkoria, Rector of TSMU, expressed his thankfulness to the guests for long-term fruitful cooperation and friendship with TSMU. The meeting was very important for both Tbilisi State Medical University and German guests. They set future plans of cooperation.

WHITE COAT CEREMONY 2017

5 Year Anniversary and Welcome the 5th Admission of Students



Welcoming events for the incoming class are always filled with joy and celebration. Traditional events, marking students' transition from high school to medical society are highlighted by the White Coat Ceremony. On September 20th White Coat Ceremony 2017 of American MD Program was held at Tbilisi State Medical University.

During the ceremony the Rector of Tbilisi State Medical University, Professor Zurab Vadachkoria, faculty and administrative staff of TSMU and distinguished guests, Ian C Kelly - His Excellency United States Ambassador to Georgia and David Sergeenko, Ministry of Labour Health and Social Affairs of Georgia coated new students with medical coats as a symbol of their entrance into the medical profession. American MD Program has established special award for the persons contributed to US MD Program. On this year's White Coat Ceremony the first person who got the honor was LT. Col. Mark Hartel, the Director of WRAMRU Georgia, MD.

White Coat Ceremony 2017 was significant as the program celebrated the 5-year anniversary and

welcomed the 5th admission of students to the American MD Program. 2017 also marked 25 years of US-Georgia Diplomatic Relationship and 25 years of Emory University and Georgia relationship initiated in August 1992 by Dr. Ken Walker of Emory University.

The American MD Program is a new medical curriculum established at Tbilisi State Medical University in collaboration with Emory University School of Medicine. The goal of the program is to make a modern American medical education program available in Georgia in order to graduate globally competitive medical professionals. To achieve this goal, Emory University School



of Medicine provides its own medical curriculum and methodological assistance to Tbilisi State Medical University. Students of the American MD Program have an unique opportunity to participate in clinical workshops, exchange programs and clinical trainings at Emory University. Early introduction to clinical medicine, professional motivation and professional development are some of the unique features of the American MD Program.



4 WEEK CERTIFICATE PROGRAMS AT EMORY

"Summer at Emory" and "Winter at Emory" - 4 week certificate program at Emory university is a course specially designed for the students of the American MD Program of TSMU. The Course introduces participants to US medical education, health care system and medical services. Highlight of this program is an opportunity to experience clinical activities at the bedside of the patient with the peer students and residents from Emory University School of Medicine.

Every year 20-40 American MD Program students attend "Summer at Emory" and "Winter at Emory" Programs in Atlanta, Georgia, USA.

Program was first introduced in August 2013 and repeats every year since, thus, became a tradition for the second year students.



"DAVIT KALMAKHELIDZE (Student of US MD PROGRAM, Class of 2022):

"Winter at Emory" exposed us to the American health-care system and showed us the way physicians work in the US. This is what we are getting ready for so it was a really useful trip.

Grady hospital is one of the biggest public hospitals in the US thus it is very diverse in the sense of people as well as medical conditions. For that reason, we were brought into contact with many different diseases which was very impressive. Personally I was the part of the ID (Infectious Disease), IR (Interventional Radiology) and Internal Medicine teams so I saw and experienced quite a lot. Although we were first year students, team members perceived us as the full members of the team and discussed every detail in the presence of us. We were amazed at how flawlessly those teams worked everyday.

This trip gave me a motivation and a goal to do my best here to be able to continue my studies in the US where I can become a truly professional medical practitioner."

ANA GOGOLASHVILI (Student of US MD PROGRAM, Class of 2022):

"7A at 7:00 AM" was what I heard on the phone. Naturally, I was a bit nervous that morning as I had to see a completely new world at Grady Memorial Hospital. I was there on time and was waiting for my team to come. When I first started studying at TSMU on American MD Program I knew that I would get a chance to see American healthcare system. However, I couldn't have imagined how important and unbelievable this experience would be. For one month I was part of a close-knit team and was exposed to many interesting cases. Even on my longest and most exhausting On-Call days, I felt the joy of being a student-doctor. However, the most exciting part for me was to observe the doctor-patient relationship and how the history-taking plays a vital role in the future treatment. On top of these, residents and Emory students were more than helpful with explaining the medical conditions and giving me some advice about my future.

Becoming a physician requires full commitment and a lot of hard work. "Winter at Emory" gave me the chance to gain new experience and get a huge motivation to pursue a career in medicine. I will try to do my best and achieve this goal.

In conclusion, I would like to thank the US MD Program for this indescribable opportunity and tell the future

medical students that they have a rather difficult but exciting path ahead of them."

TAMAR TSENERADZE (Student of US MD PROGRAM, Class of 2022)

"For centuries physicians have been one of the most respected members of the society. From childhood my dream was to become a part of this community. With hard work and my family's support I chose this long but amazing path to become a doctor.

In my first year of medical university I was given a huge opportunity to work with one of the most professional and intelligent doctors and realize what being a doctor really feels like. I want to say that My dream came true. Emory - worldwide hospital gave me this chance to observe and see, what it takes to be a good doctor. This period became the most important and unforgettable part of my life. Besides, it was not easy to be a part of these collaboration, while time was passing our motivation was increasing and we were eager to stay there.

Experience that changed my view of life.

Emory is the place where I got how hard it is to be a doctor and what you need to become good one."

LUKA ABASHISHVILI (Student of US MD PROGRAM, Class of 2022):

"If anyone wants to have a chance to get to know American health care system, observe it, communicate with patients and have a great experience in USA, than "trip to EMORY" is the best opportunity, which is provided by AMERICAN MD PROGRAM-TSMU.

Before going to Atlanta I was not 100% sure whether I really wanted to be a doctor or not. Nevertheless, during my staying there I realized that this is a profession I want to be throughout my life. Watching professional and extremely experienced doctors such as Kenneth Walker and Michael Lubin gave me a huge motivation to work hard and dedicate my life to medicine.

This one month is unforgettable for me, especially Grady Memorial Hospital, where I had a great chance to see patients with many different and rare diseases. Fortunately, residents payed a lot of attention to us and answered every question we had. I also want to say thank to US MD program, TSMU and special thank to Archil Dindilashvili, who did everything our trip to be as comfortable as possible.

Winter at EMORY had radically changed my idea about what being a professional doctor means."

Director of Emory University Clerkship Program, Dr. Jennifer Goedken visited Tbilisi State Medical University

On December 1st Jennifer Goedken, MD and a Director of Student Clerkship Programs of Emory University School of Medicine visited Tbilisi State Medical University.

Professor Goedken was introduced to American MD Program clerkship curriculum. During her visit Goedken met with faculty and students and residents of TSMU at Chachava Clinic, one of the sites for the US MD clerkship. She spent time with the current clerkship students who shared with her their opinion at being the first group of students through the new curriculum.

Professor Goedken also met with Eka Ekaladze, Director of American MD Program. They reviewed the curriculum together and discussed the ways to optimize the clerkship period including the possibility of a dedicated orientation to the clerkship years. The week at Tbilisi ended in a meeting with the Rector of TSMU, Professor Zurab Vadachkoria, heads of US MD Program: Vice-rector of TSMU, Professor Rima Beriashvili and Archil Dindilashvili and all the clerkship directors. Jennifer Goedken shared her observation with the professors and invited lecturers: Irma

Tchokhoniidze, Gia Tomadze, Givi Javashvili, Eka Chkhonia, Nikoloz Kintraia, Nino Tevzadze, Raya Chyorny, Sophio Tamazashvili and Tamar Kasradze. They had a chance to discuss their individual challenges.

Jennifer Goedken: "I had the pleasure of attending the white coat ceremony for the incoming TSMU US MD class in September 2016. It was on that visit that I was introduced to Nick Kintraia, an esteemed colleague in Ob/Gyn and the person identified to be the clerkship director for the new US MD program. Then in June of this year, I hosted Dr. Kintraia and his associate, Sophia Tamazashvili at Emory. They were introduced to our clerkship curriculum, clinical sites and evaluation processes. I was more than happy when they then invited me to visit during their inaugural clerkship rotation. During my week visit, I was able to meet with enthusiastic faculty and residents at Chachava clinic, one of the sites for the clerkship. I also had a chance to tour and spend time with Dr. David Gagua at his beautiful new clinic, another one of the clinical sites. My colleagues at both sites shared the struggles and successes of integrating students into their busy



clinical practices. Then I met with the current clerkship students who shared with me their appreciation, as well as frustration, at being the first group of students through this new and exciting curriculum. I met with the fearless leader of the program, Dr. Eka Ekaladze. She and I reviewed the curriculum together discussing ways to optimize the clerkship period including the possibility of a dedicated orientation to the clerkship years. The week ended in a meeting with all the clerkship directors where I shared my observations with them."

GUEST SPEAKERS OF USMD

"I was honored to have the opportunity to interact with the students at TSMU. Although our interaction was brief, I was impressed by the level of interest and intelligence of the students. I look forward to interacting more with them and in forming a long lasting relationship with TSMU", - Doctor Washington said.

Michael A. Washington, PhD (Major, U.S. Army Medical Service Corps, U.S. Army Medical Research Unit - Georgia) met students of American MD Program. Lecture topic was Antimicrobial Resistance. Lively discussions with American MD Program Students and Michael A. Washington continued after the end of the lecture.

Upon completion of his MS degree, Dr. Washington joined the department of infectious diseases at Roche Molecular Systems where he served in the Global Viral Surveillance Program from 2001 to 2003 and participated in surveillance activities relating to HCV and HIV molecular diagnostics.

From 2013 to 2016, he was assigned to the department of clinical investigation at Tripler Army Medical Center as chief of microbiology research. In this capacity, Dr. Washington established a molecular microbiology laboratory, initiated an antimicrobial drug resistance program, and served as a member of the scientific review committee. He was also selected to serve as the first Army micro-



biologist to man the joint United States forces Korea portal and integrated threat recognition laboratory in Seoul.

Dr. Washington has delivered lectures on clinical microbiology, molecular diagnostics and biodefense to U.S. Army 68K phase II students and MEDCEN staff, has served as an instructor in the WRAIR Operational Clinical Infectious disease course, and has published several peer-reviewed articles in the fields of genetics, microbiology and biodefense.

MAJ Michael A. Washington is currently assigned as microbiologist and portfolio manager at the Richard G. Lugar Center for Public Health Research in Tbilisi, Georgia. American MD Program has successful partnership with the above Research Center. In 2016 Tbilisi State Medical University and the Lugar Center for Public Health Research in Georgia signed the agreement which provides the US MD students with the research opportunities during discovery phase of the program.

AMERICAN MD PROGRAM AT TSMU IS ONE OF THE PREMIER COURSES IN MEDICINE



"Joining the US MD PROGRAM has most definitely been one of the best decisions I have made in my life. I think this program has been very enriching in terms of education and academia. The atmosphere created by the professors and the students aid is successful."

ANASHWARA BALAGO-PAL
USMD Batch of 2023

"No doubt, the American MD Program is definitely one of the premier courses in medicine. I'm fortunate to be a part of this amazing learning journey. At Tbilisi State Medical University, we share a very healthy and dedicated environment comprising of professors and students committed to excel in the teaching-learning process. As the adage goes, "Well begun is half done", in fact, the USMD course reflects this truth right from the onset of the curriculum. I wish everyone who has made the bold and right decision to join this venture, great success in the forthcoming years."

Reshma Mikky Shaji
USMD Batch of 2023



"The best part of American MD Program is the way they organize everything. Not just that they ask for our feedbacks, but makes great effort in improving it as well. It is definitely getting better as each semester goes by. I'll be always thankful to the course for guiding me in becoming a good doctor!"

ANALI RAMESH
USMD Batch of 2021



"HOME AWAY FROM HOME"

Although being away from home is a challenging task, every international student enrolled here chose that option over staying in their respective home countries and pursuing their education. From the last moment they saw the tear stained faces of their parents, every moment after has been a first.

The first thing that I experienced when I landed at Tbilisi International Airport was the cold October breeze, a refreshing change of pace after the long haul flight. Personally for me, experiencing winter was a definite first. So the whole process of choosing winter-appropriate outfits that'd keep me warm was task that I thoroughly enjoyed.

So weather. The weather was and is one of the main things to adjust to when landing in Tbilisi during winter months. Coming from Asia, personally I have never experienced winter or even anything remotely as cold as this. Since all my life, I lived in a tropical country and even during holidays we visited more beaches and Asian destinations. Therefore, I made it a point to keep myself healthy, and be prepared for the approaching cold. This for me mainly meant mental endurance. Though strength of the mind against the cold is important, thick strong jackets, gloves and scarfs has done the trick in a more effective manner. Luckily, I came prepared with both the clothes and the strong will of the mind.

Also, I suppose the fact that I actually enjoyed the cold (even though ironically I had never experienced it before) helped my body and mind cope with the winter chills. Being away from home, I missed my family but I was also equally excited about living in a new country for the first time, away from the sheltered care of my loved ones. Embarking in a new chapter in my life and embracing the finger-numbing cold was all part of the journey.

One tip that did keep me afloat through the settling in period was not having many expectations of how things should be. I have to credit this to my mom, who thought it'd better to send her daughter away to a distant land with realistic visuals of how situations might be at college rather than high lofty hopes. Therefore (thanks to her) I had virtually had very little expectations or standards. Now, although I can see where that sounds pessimistic, I can vouch for this "low expectations" technique. If I had Googled and compared my everyday life in Tbilisi to that, I'd definitely be setting myself up for disappointment; because life does not turn out to be how the internet makes it sound lie. I held only one certainty: that I wanted to pursue medicine as

a career and with that, everything else became secondary.

From the food, to the clothes, to the general mannerisms of the public, culture shock comes in all forms. Coming from a Singaporean Indian family, we always had a variety of spicy food set up (emphasis on spicy!!!). However, Georgian cuisine very often lacks the spice that Asian cuisine embraces and also happens to be one thing that I end up craving every other day.

Speaking of food, this is where almost every college student ends up feeling like an amateur culinary chef. Whipping up dishes from their home countries and improving their skills is a requirement. Though, however much you try to avoid junk food, you might end up finding yourself at the closest Dunkin Donuts or Wendy's. A largely unhealthy choice but after a long day of classes and extracurricular activities, fast food would present itself like golden escape. Cooking becomes a chore and you find ways to save time. For most people that I know, cooking is a shared responsibility between roommates, takes the stress off cooking for a single person everyday. (If only we had cooking shortcut classes for college students.)

Now, insert roommates. People that you might have known before coming to Tbilisi, or most of the time, you might not have. These are the ones you have to adjust to, the ones who could end up being your best friends or your worst enemies. People management somehow ends up being one of the greatest lessons you learn at college.

Away from the comfort of home and family, your friends here slowly become your family. It takes time, open interaction, friendly conversations with many people but believe me, you will find your own kind. People who resonate at the same frequency as you; who carry similar ideals as you. Humans are shaped by experiences of their individual lives, so finding your group of friends who understand you for the person you are can be hard. Push on; college is full of diversity and students who come from different walks of life.

The community spirit in which TSMU thrives in is one thing that I truly appreciate and have grown to adore. In my upcoming uni life, I believe new experiences are to be embraced where the good is to be celebrated and the unpleasant to set a standard as lessons for the future. Although it has only been about six months since I landed in Tbilisi, it really has come to feel like my home away from home.

JENNIFER PRINCE
FACULTY OF MEDICINE,
5 TH SEMESTER

Tbilisi State Medical University Joined Charity Action to Help Individuals with Autism Spectrum Disorders (ASDs)



The Tbilisi State Medical University joined the charity action "I'm here" to help individuals with Autism Spectrum Disorders (ASDs). Actually, the project has been launched not that much of time, but gathered a large team of like-minded people

already. The amount received from the charity action will be transferred to the Autism Research and Support Foundation and used for the construction of the Autism Research and Support National Center.

This center will be oriented on developing care services for beneficiaries as well as promoting professional and functional abilities of adults. The campaign also serves to disseminate information on autism in society and social integration of individuals with Autism. With this action, Tbilisi State Medical University calls on and encourages the community to get involved in the project - buy a sticker "I am here to help" and donate some money for construction of the rehabilitation center for children with autism spectrum disorders (ASD). Lets do good and do our best together!

LOVING SOMEONE WITH ALZHEIMER'S DISEASE

Loving a person is easy- we do it every day. We love our parents for how they support up through everything, we love our siblings for the healthy rivalry they are, we love our friends for literally being through thick and thin with us, we love our peers for their constructive criticism, we even love strangers for how they exchange hellos. You see, loving a person is easy because it's not the physical form, the colour, the race or the religion you're loving- you love them for their personalities. So, what if I asked a question- what if I asked you if you could love a person who has lost their personality?

With Alzheimer's you notice how every memory becomes as distant and faint as the last light of day, you watch the most ordinary objects become strangers to the patient, you see your grandmother forgetting your name, and you see how no one no longer knows what's real and what's only an illusion. A patient with Alzheimer's come with increased demands. You become their eyes and their ears and you walk around with an extra memory because they can no longer remember if they had their meals or took their medication. You become two people living in one body- and sometimes you might even feel like this other person is sucking the life out of you while stealing all your time and energy. They no longer know anything about the world, they no longer know you... and how do you love someone in spite of all of this?

It's easier said than done but people with Alzheimer's once had the same fears that you do now- they were afraid of failing an exam, they

were nervous about talking in front of a crowd, they were afraid of being judged... so the last thing you should do is to judge them for the inevitable situation they've been put in. They don't like having a faulty memory any more than you do, so don't carry them like a burden upon your shoulders. They might not remember but they bring along their own worries too... They loved you, loved someone else... so love them just the same, like you'd want to be if you were the one who could no longer remember which way to turn to go back home.

Alzheimer's is a time warp, and if you love someone with Alzheimer's you'd find yourself skipping decades- you'd be a five year old and a fifty year old, both at the same time. If you love someone with Alzheimer's your life wouldn't be the easiest, but look at that person again- your grandmother, your mother, your neighbour, your favourite teacher- look at the innocence that this disease brings back, how their eyes shine when they talk about their childhood crushes, reliving all those special moments all over again, watch them grow younger in their minds, and watch them giving you new definitions even if they can't recognize you anymore. Love them for who they're striving to be, for who they still hold on to even when they don't know who they are anymore. Because when you love someone with Alzheimer's disease, you're letting yourself love someone who doesn't know how to love themselves.

SITHY ZULAIHA ZUHAIR
MEDICAL FACULTY
10 TH SEMESTER

Amateur International Student Festival – "MASK 2017" was solemnly closed



On December 11, 1717, Amateur International Student Festival – "MASK 2017" was solemnly closed. The event was attended by theater groups of different Universities of Georgia, student theaters from Iran and Ukraine. The closing ceremony was opened by Natia Gujabidze, Associate Professor of Tbilisi State Medical University and Amateur Director and Head of the of the University Theatrical Group - "Hygia". She thanked the members of the participant theater groups, theater directors, Rector of TSMU, TSMU administration, and everyone who contributed to the development of the festival. According to Natia Gujabidze Festival is getting bigger and better every year, student groups are growing and professionally improving. According to Prof. Zurab Vadachkoria, Rector of Tbilisi State Medical University – "University is proud, that the idea - to establish and host such a large-scale event, was born at Tbilisi State Medical University. TSMU Administration will make every effort to stand beside and support the advanced innovations

and or ideas". Opening envelopes, the jury members announced Festival winners:

- For the best woman's episodic role - Masho Kvinikhadze (Tbilisi State Medical University);
- For the best man's episodic role - Nikoloz Dvali (Tbilisi State Medical University);
- For the best woman's minor role – Salome Abesalashvili (Tbilisi State Medical University);
- For the best man's minor role – Basto Gagua (Caucasus University);
- For the best woman's comedy role - Tamar Bogveli (Tbilisi State Medical University);
- For the best men's comedic role - Tornike Tarielashvili (Batumi Shota Rustaveli State University);
- For the best woman's dramatic role - Ani Bobokhidze (Caucasus University);
- For the best man's dramatic role – Gaga Kachiuri (Georgian National University)
- For the best woman's role - Tina Yuvenstar (Iran University of Economic Sciences);
- Favorite face of Tbilisi Municipal Department of Education, Sport and Youth - David Petriashvili (International Black Sea University);
- For the best man's main role - Alexey Yatsuta (National Agricultural University of Ukraine);
- The main "distinguished face" of the festival "Mask 2017" - Katerina Tabakova (National Agricultural University of Ukraine)

· Favorite face of the participants of the Festival "MASAK-2017"- Nino Nishnianidze (Georgian National University).

Tbilisi State Medical University congratulates all the winners with success in their creative activities!