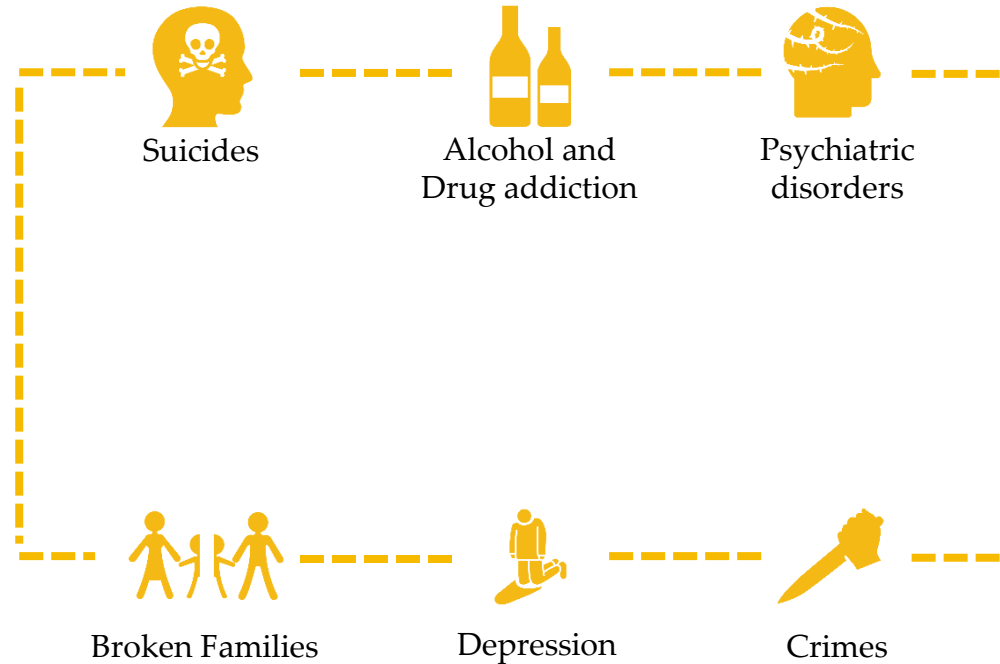


Comprehensive medical and  
psychological rehabilitation for  
military and civilian patients at  
the Aurum Medical Center





# Since 2014, the problem of post-traumatic syndrome is one of the largest in Ukraine and abroad



**40%**  
participants of the  
war in the East  
Ukraine has  
experienced PTSD or  
other disorders\*

\*According to unofficial data

Active participation in the comprehensive solution of this problem in teamwork with specialists, other rehabilitation centers, NGOs and foreign specialists are the main task of the center



# General concept of post-traumatic care:



## Traumatization

Trauma from the Greek TRAUMA is a violation of integrity.

Trauma is one of the key problems of human existence in modern society. Trauma stops people so much that they lose interest in the present future, in their souls they remain in the present past.

**Due to the injury, a problem arises:**

- Physical integrity
- Mental stability
- Psychophysical interaction in
- Body



## Hospital care

- Save lives, stabilize the work of vital organ systems
- Physical integrity comes first
- Quality care and professional interaction of hospital staff are important



## Rehabilitation

- Rehabilitate — Ability of Regeneration
- Support for physical functional activity.
- Stabilization of psychoemotional state.
- New value consciousness.
- Creation of a surrounding environment free from violence.





# History of the beginning:

- From the first days of Russia's full-scale military aggression on the territory of Ukraine, we have been there for you
- Kyiv, Chernihiv, Bucha, Zaporizhzhia, Mykolaiv, Kherson, Kramatorsk
- Military & Civilian
- Medicines, medical instruments, food, clothes, warm clothes, hygiene products, equipment for the military
- We Feel Pain and Need
- We understand how to help





## Goal of the project:



Comprehensive rehabilitation assistance to military and civilians who suffered as a result of the military aggression of the russian federation in Ukraine, using proven modern European and own author's rehabilitation methods

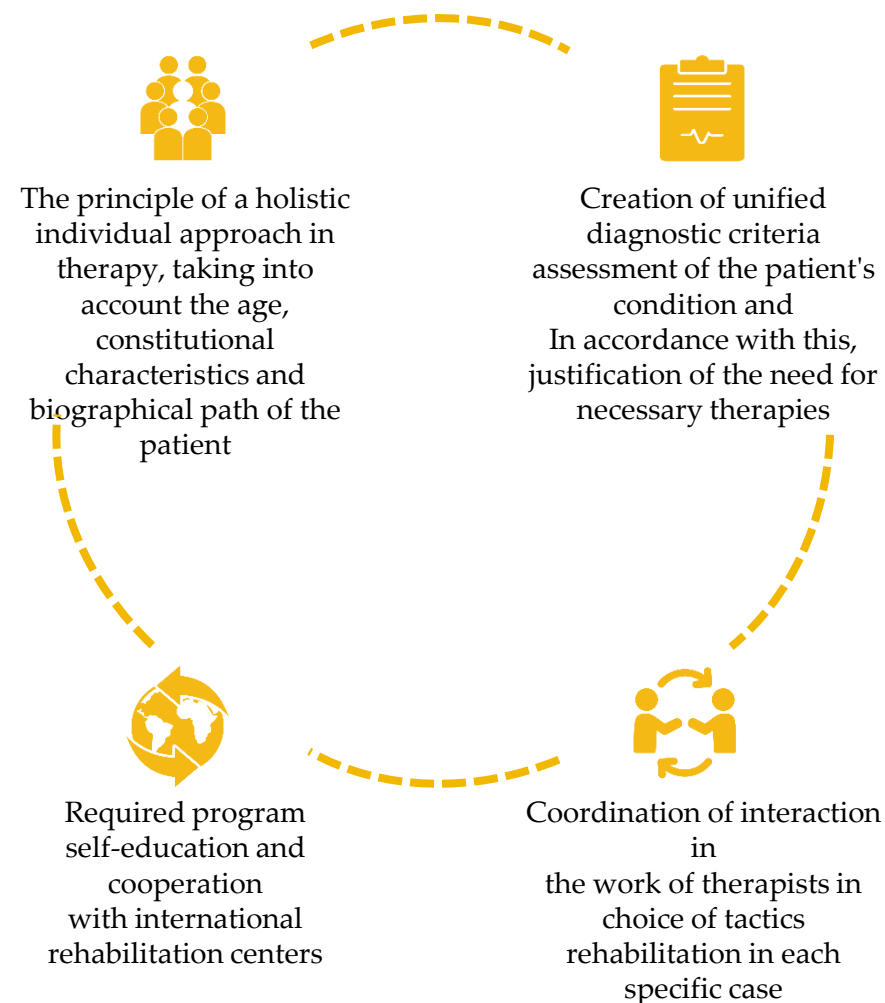


# The concept of the therapeutic component of rehabilitation

**In the conditions of war, the work of the center will be based on the use of methods, the effectiveness of which has been confirmed by international and national experience of their practical use**

**The emphasis in the work will be based on:**

- the use of proven therapies
- introduction of new approaches based on the latest developments of specialists
- development of new types of therapy according to the results obtained in the process of rehabilitation at the center

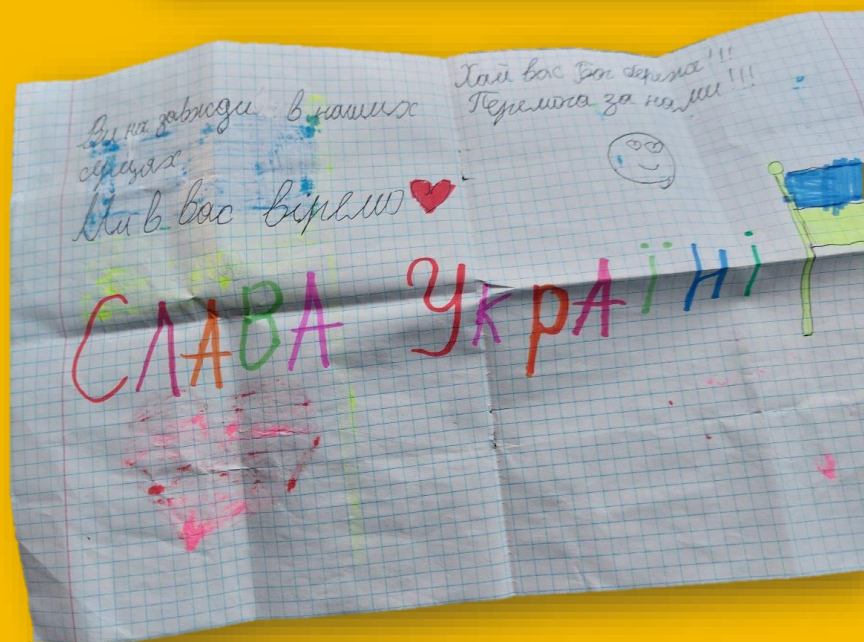






## Uniqueness of the center:

The center's activities are aimed at restoring not only the physical and psychological state, but also at reassessing the meaning of life and establishing a new value consciousness in the modern world.



More about us on our You Tube channel:

<https://www.youtube.com/watch?v=wc8NDpoWYeE>



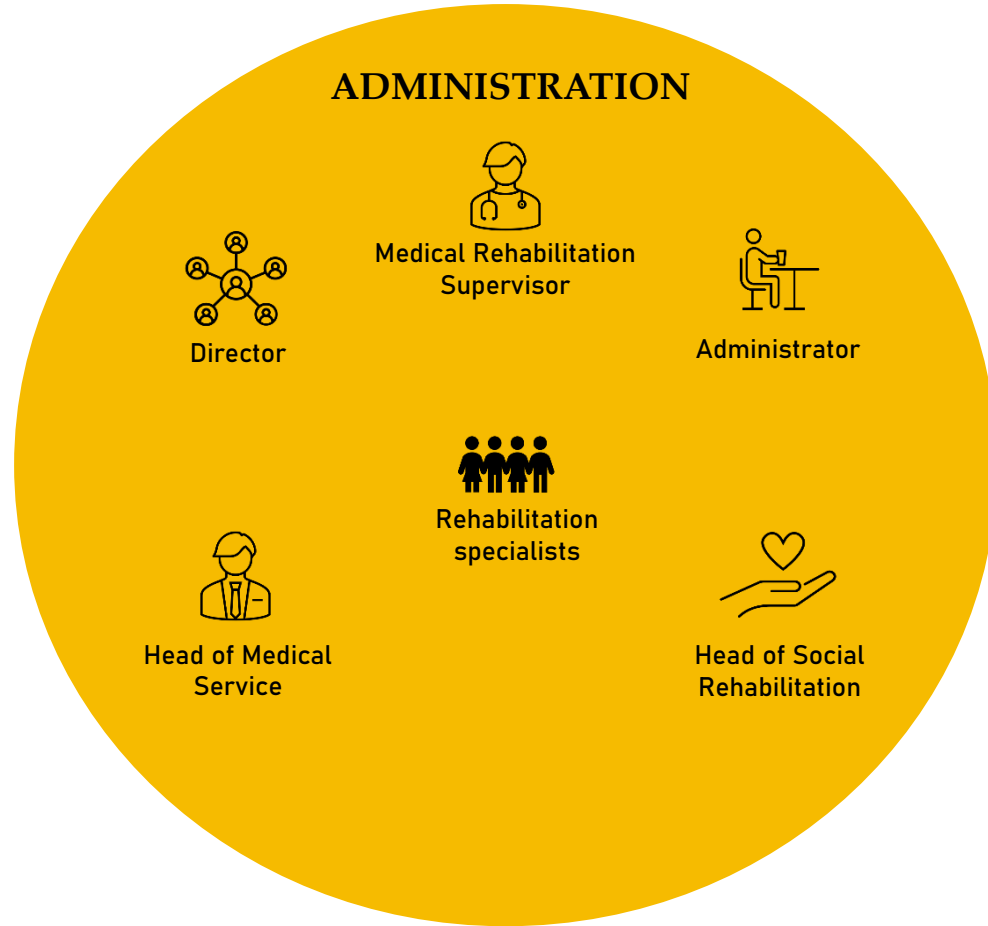
## Technical characteristics of the center:

- The center is located in the city of Kyiv at the address: st. Riznitskaya, 11. Room area: 125 m<sup>2</sup>
- Designed for simultaneous outpatient rehabilitation of up to 20 patients
- A team of rehabilitation specialists and doctors by specialization has been formed
- The center is equipped with equipment for rehabilitation procedures





# Structure of the center:



## Direction of medical rehabilitation:

- Physiotherapist's office
- Treatment room: oil-dispersion baths, rhythmic oil rubbing, therapeutic massage
- Psychotherapeutic room
- Art therapy room

## Direction of social rehabilitation:

- Group Therapy Unit
- Department of Legal Aid and Employment



## Specialization of the center:

- Post-traumatic stress disorder (PTSD) caused by the consequences of the military aggression of the Russian Federation in Ukraine with the following disorders:
  - Increased irritability
  - Unjustified outbursts of anger and aggression
  - Hysterical states
  - Feelings of emptiness, apathy, depression
  - Suicidal thoughts
  - Rejection of reality, feelings of detachment from loved ones, hopelessness about the future
  - Sleep disorders
- Neurocirculatory disorders
- Diseases of the spine and joints with pain syndrome
- Postoperative assistance in normalizing the function of the musculoskeletal system
- Functional disorders of the gastrointestinal tract



## Scope of medical and rehabilitation services of the center:

- Conducting an initial, staged and final rehabilitation examination by a physiotherapist, psychotherapist and rehabilitation specialists – members of an interdisciplinary rehabilitation team
- Formation of a rehabilitation diagnosis, drawing up an individual rehabilitation therapy plan
- Providing psychological assistance
- Consultation of the patient by doctors of other specialties
- Referral of the patient to other healthcare facilities/units to provide him/her, if necessary, with specialized medical care



- Referral of the patient, if indicated, for laboratory and/or instrumental examinations in accordance with industry standards in the field of health care
- Organization of training of the patient/caregivers on the specifics of care, prevention of possible complications and compliance with recommendations at all stages of care
- Conducting group therapy in order to adapt patients to social life in a changed environment.

# The concept of rehabilitation therapy of the center:

Combination of teleological and syncretic approaches in rehabilitation therapy based on the theory of solutogenesis





# Treatment methods:

## Individual work with a physiotherapist:

Recommendations for maintaining a daily regimen and dietary nutrition, drug therapy taking into account post-hospital therapeutic recommendations: pharmacological synthetic drugs, herbal medicine, homeopathy

01

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## Individual work with a psychologist, psychotherapist

02

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Group therapy aimed at finding a meaningful, motivational orientation in life, social adaptation, and the formation of a new value consciousness

03

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# Therapeutic and rehabilitation procedures carried out by doctors and other specialists of the center:

- ✧ Pharmacupuncture
- ✧ Therapeutic massage, manual therapy of the spine
- ✧ Kinesiotherapy
- ✧ Post-isometric relaxation
- ✧ Osteopathy
- ✧ Oil-dispersion baths
- ✧ Rhythmic rubbing of therapeutic ointments, oils
- ✧ Apparatus pressotherapy
- ✧ Vacuum Massage
- ✧ Therapeutic Exercise
- ✧ Art therapy





# Algorithm of patient rehabilitation:



Consultation with a physiotherapist



Consultation with a psychologist,  
psychotherapist



Consultation of specialists of the center  
- establishment of an individual  
rehabilitation therapy plan and its  
implementation in the center, taking  
into account the needs and  
characteristics of the patient's condition



Control-fixation (entering data into  
the patient's rehabilitation card) of  
the patient's condition in the  
dynamics of therapy 1 time per  
week to find out the prognosis and  
effectiveness of the rehabilitation  
assistance provided, if necessary,  
correction of the rehabilitation  
program



The basic rehabilitation period is 4-5 weeks (an approximate individual rehabilitation card of the patient is attached), in the future, depending on the patient's condition and needs, support is established and recommended individually.





## Research activities of the center:

Based on the results of the rehabilitation measures, statistical reports are drawn up and analyzed for compliance of the actual results with expectations on the basis of subjective and objective data from examinations and questionnaires of patients.

In particular, before the start of rehabilitation and upon completion of the basic course (basic rehabilitation period), the patient fills out a questionnaire developed by the center's specialists, which allows to determine the psychophysical state of the patient and his own motivational factors of social activity.

The questionnaire will help to assess the effectiveness of the center's work and can be used in research activities in cooperation with both domestic and international scientific institutions and therapeutic institutes.

On this basis, it is planned to create a research unit of the center in order to develop general recommendations for the rehabilitation of patients using the center's methods.



## Features of the center:

- Teamwork. Interaction of the center's specialists in the choice of therapy methods
- In therapy, the emphasis is on the therapist's direct contact with the patient's body ("manual work"). This helps the patient to feel trusted and supported through the warmth of the therapist's hands and improves the effect of the treatment procedures. This technique is especially important in cases where metal fragments remain in the patient's body after injuries, which limits the possibilities of using hardware therapy
- Drug therapy includes the full range of possibilities of modern medicine, namely: chemically synthesized medicines, herbal medicine, homeopathy + recommendations of diet and daily regimen
- Research activities are carried out in the medical, demographic and legal fields
- International cooperation with specialists from Germany, Austria, Czech Republic, Switzerland, Holland, Lithuania
- Partnership with business structures and cultural communities of Ukraine, Poland, Germany



## Practical activities of the center:

➤ Patient's Name, Age	➤ Status, rank of serviceman, non-confidential	➤ Patient's complaints at the time of contacting the center	➤ The therapeutic procedures applied
Alekper, 60 years old	Volunteer of the territorial defense of Kyiv. Works as part of the air defense of Kyiv. Rank - soldier.	Symptoms include coldness in the extremities, inflammation of the joints (wrists, knees, and ankles), neck anemia, spasms in the muscles of the back, headaches, interrupted sleep at night, and a tendency toward depressive states.	Manual therapy of the spine, pharmacopuncture, osteopathy, Jungebadtherapy. Rhythmic rubbing of oils/ointments into the kidneys and back. Work with a psychologist. Drug therapy as prescribed by a doctor (received the medication free of charge).
Eugene, 53 years old	He has been a participant in hostilities since 2014. He commanded the battalion in the battles in the East of Ukraine (Bakhmut, Sloviansk). Disabled war veteran of the 2nd group. Now he is in military service. Rank - Captain. He is waiting to be sent to the front line.	Cold in the extremities, inflammation of the joints (upper hands, limbs, knees and ankles), anemia of the neck, spasms of the back muscles, headache, interrupted night sleep; prone to depressive states	Manual therapy of the spine, pharmacopuncture, osteopathy, Jungebadtherapy. Rhythmic rubbing of oils/ointments into the legs and Knee. Work with a psychologist. Drug therapy for doctor's prescription (received medication free of charge).



➤ Patient's Name, Age	➤ Status, rank of serviceman, non-confidential	➤ Patient's complaints at the time of contacting the center	➤ The therapeutic procedures applied
Valery, 47 years old	He has been a participant in hostilities since 2014. He was demobilized for health reasons (after being wounded). Rank - soldier.	High blood pressure, palpitations, stabbing pain in the heart, decreased vision, headache, tremors in the hands, spasm in the cervicothoracic spine, heartburn, heaviness in the stomach, numbness of the right lower limb	Manual therapy of the spine, pharmacopuncture, osteopathy, Jungebadtherapy. Rhythmic rubbing of oils/ointments into the area of the heart and in the epigastrium. Work with a psychologist. Drug therapy as prescribed by a doctor (received the medication free of charge).
Volodymyr, 45 years old	During the Revolution of Dignity, he was seriously wounded on the Maidan. He has been a participant in hostilities since 2014. As a territorial defense volunteer, he took participation in the defense of Kyiv from the first days of the full-scale invasion. Currently, he is serving in the ranks of the territorial defense of Kyiv. Rank - Senior	Postoperative acute back pain (vertebral lumbar spine), arthrosis of the knee and shoulder joints with pain, dizziness, headache	Manual therapy of the spine and shoulder joints, pharmacopuncture, osteopathy. Drug therapy as prescribed by a doctor (received the medication free of charge).  Planned: ungebad therapy, rhythmic rubbing of oils/ointments in the joints and lumbar region.





➤ Patient's Name, Age	➤ Status, rank of serviceman, non-confidential	➤ Patient's complaints at the time of contacting the center	➤ The therapeutic procedures applied
Vitaliy, 43 years old	He has been a participant in hostilities since 2014. Tactical Medic (provided "at zero" medical assistance to the wounded fighters). He is currently in military service. Helps in training of medics before being sent to the front line.	Pain in the back, lumbar spine and shoulder Joints; numbness in the extremities, headache.	Manual therapy of the spine and joints, pharmacopuncture, Osteopathy. Drug therapy as prescribed by a doctor (received medication for free).
Oleksii, 52 years old	He has been a participant in hostilities since 2014. At the present time He is in military service. Rank: Senior Sergeant.	Postoperative condition, pain in the knees (mainly in the right one), high blood pressure, dizziness, headache, tinnitus, heartburn, dry mouth, heaviness in the stomach, constipation, interrupted sleep, anxiety, tendency to depressive state..	Manual therapy of the back, knees, pharmacopuncture, osteopathy, jungebad therapy. Rhythmic rubbing of oils/ointments in the knee area and epigastrium. Work with a psychologist. Drug therapy as prescribed by a doctor (received medication free of charge).



➤ Patient's Name, Age	➤ Status, rank of serviceman, non-confidential	➤ Patient's complaints at the time of contacting the center	➤ The therapeutic procedures applied
Vitaliy, 43 years old	Battalion Commander, Lieutenant Colonel. Got heavy wounded in the battles for the city of Vuhledar (December 2022). He is currently under treatment.	Postoperative condition (gunshot shrapnel wounds to the upper limbs), condition after amputation of finger phalanges, contusion, digestive disorders, headache, sleep problems/insomnia, depressive state.	Received a doctor's consultation. Drug therapy as prescribed (received medication for free). Further actions depend on the psychophysical state. Currently, distance therapy (does not reside in Kyiv). A follow-up consultation with the doctor is scheduled in 10 days.
Igor, 43 years old	Participant in hostilities since 2014. He was wounded several times, with the last injury received on the Bakhmut direction. Due to his health condition, he is currently serving in a military unit in Bila Tserkva. Rank: Soldier.	Recovery after injury (gunshot penetrating wound of soft tissues on the right lateral surface of the abdominal cavity), numbness in the lower limbs, swelling of the knees, cramps in the lower limbs, pain in the foot of the right lower limb, high blood pressure, headache, sleep disturbances (insomnia), depressive state.	Manual therapy for the spine, knees, pharmacopuncture, osteopathy, Jungbald therapy. Rhythmic rubbing of oils/ointments in the knee and epigastric region. Working with a psychologist. Drug therapy as prescribed by the doctor (received medication for free).



<b>➤ Patient's Name, Age</b>	<b>➤ Status, rank of serviceman, non-confidential</b>	<b>➤ Patient's complaints at the time of contacting the center</b>	<b>➤ The therapeutic procedures applied</b>
Ivan, 45 years old	Participant in hostilities since 2014. Was demobilized, but is currently undergoing a military medical commission for mobilization.	Lumbosacral sciatica, anemia in the upper extremities, dizziness.	Received a doctor's consultation with a prescribed therapy. Manual therapy for the spine, pharmacopuncture, osteopathy. Pharmacological therapy as prescribed (received medication for free). Currently undergoing distance therapy (does not reside in Kyiv). Further actions depend on the decision of the Medical-Labor Expert Commission.
Andriy, 33 years old	Participant in combat since 2014. Rank – staff sergeant. War veteran with a disability of the 3rd group. Currently working as a military training instructor in Eastern Ukraine (Kramatorsk).	The consequences of mine-explosive trauma manifest as burns on the lower limbs, torso, and back; postoperative condition of the right knee joint, headache, chest pain, back pain, swelling of the knee, and pain in the knee during walking (right limb).	Received a doctor's consultation with a prescription for therapy. Manual therapy for the spine and knee, development of the knee joint using post-isometric relaxation method, pharmacopuncture, osteopathy. Pharmacological therapy as prescribed (received medications free of charge).



## Our Team



**Yevhen Volchenko**

Founder of the Center,  
Candidate of Psychological  
Sciences, physiotherapist,  
certified psychotherapist IFAPA



**Andriy Bakhmach**

Co-founder of the Center, Head of  
the Attorneys' Association, Legal  
Aid, Social Adaptation



**Natalia Dmytrieva**

Director of the Center,  
military volunteer



**Andriy Korzh**

Candidate of Medical  
Sciences, Head of the  
Medical Service of the  
Center



**Tamara Blekot**

Practical Psychologist,  
IFAPA Certified  
Psychotherapist



**Dar'ya Maslo**

Physical rehabilitator,  
specialist in "Oil-dispersion  
baths"



**Snizhana Shcherbakova**

Doctor, specialist in "Body-  
oriented therapy"

# Partners who have already joined our project:

