

XI International Congress "Health Resort Treatment"

On May 29–30, 2025, Moscow hosted the XI International Congress "Health Resort Treatment" — a key event in the development of Russia's health resort complex, bringing together chief external experts on health resort treatment, scientists, representatives of clinical centers, as well as managers and experts in practical rehabilitation medicine.

The event was held with the support and direct participation of the Ministry of Health of the Russian Federation, in accordance with the Plan of Scientific and Practical Events of the Russian Ministry of Health for 2025.

The Congress discussed modern approaches, best practices and innovative solutions in the sphere of health resort treatment, as well as strategic development of the industry in the context of national priorities and global trends. The program covered the issues of improving the quality and accessibility of medical and health services, digitalization of the industry, introduction of new technologies and formation of modern infrastructure standards.

The Congress programme was organized around invited speakers, who are recognized experts or hold management positions and play a key role in implementing significant changes in the spa industry. Over the course of two busy days, the event welcomed 191 speakers, including chief external experts in health resort treatment, specialists from scientific and clinical centers of the Ministry of Health of Russia, managers and specialists in practical rehabilitation medicine, and representatives of departmental medicine in the health resort complex of the constituent entities of Russia.

A key part of the Congress was the meeting of the specialized commission of the Ministry of Health of Russia. This meeting defined the main vectors in the development of the health resort industry in the Russian Federation.

Among the events of the Congress were panel discussions and master classes at 20 scientific and practical sections, a ceremonial signing of a cooperation agreement between the National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of Russia and the Scientific and Practical Center for Balneology of the Federation of Trade Unions of the Republic of Uzbekistan, an official ceremony of awarding specialists with letters of thanks from the Ministry of Health of Russia for their contribution to the development of the health resort industry, a specialized exhibition of physiotherapeutic devices and rehabilitation equipment.

The Congress participants positively responded to the opportunity of feedback from experts, speakers, involvement of all delegates in the activities of the Congress.

Among the guests of honor at the Congress were Mikhail Murashko, Minister of Health of the Russian Federation, Evgeny Kamkin, Deputy Minister of Health of the Russian Federation, and Zhanna Chefranova, First Deputy Chairman of the Federation Council Committee on Social Policy, member of the State Duma Committee on Health Protection, Head of the Expert Council on Improving Medical Rehabilitation and Health Resort Treatment, Mikhail Kizyev, Director of the Department for Organization of

Medical Care and Health Resort Management of the Ministry of Health of the Russian Federation, Ekaterina Karakulina, Deputy Director of the Department for Organization of Medical Care and Health Resort Management of the Ministry of Health of Russia, Badluyev Darzha, Acting Director General of the Federal Scientific and Clinical Center for Medical Rehabilitation and Balneology of the Federal Medical and Biological Agency Elena Gameyeva, Chief External Expert in Health Resort Treatment of the Ministry of Health of the Russian Federation, Chief Physician of Vulan Health Resort Complex — a Scientific and Clinical Branch of National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of Russia, Mikhail Nikitin, Chief External Expert in Medical Rehabilitation of the Ministry of Health of the Russian Federation, Head of the Research Center for Medical Rehabilitation of the Federal Center of Brain Research and Neurotechnologies of FMBA of Russia, Galina Ivanova, Chief External Expert in Medical Prevention of the Ministry of Health of Russia, Head of the Department of Strategic Planning and Implementation of Technologies of the National Medical Research Center for Therapy and Preventive Medicine of the Ministry of Health of Russia, Lyubov Drozdova, Director of the Department for Liaison with State Authorities of Turizm Corporation. RF., JSC, Mikhail Sheldunov.

In his address, the Minister of Health Mikhail Murashko outlined the key areas of work of the health resort complex of the Russian Federation and noted that health resort treatment is an integral component of health care and one of the main ways to maintain and improve health, as well as rehabilitation of patients.

"According to the register of the state resort fund, 252 territories in the country are recognized as health and recreation areas, and our task is to develop them. The crucial objective is, among other things, to reach new standards of providing both medical care and services", Mikhail Murashko, Head of the Russian Ministry of Health, said.

Mikhail Murashko emphasized the importance of every health resort institution ensuring the creation of an accessible environment for all categories of citizens.

"Patients with amputations, people in wheelchairs and many other categories of citizens who need additional equipped premises and medical rooms, including the use of specialized treatment methods for those people, all this should be part of our practice as a norm of providing medical care", the Minister stressed.

"Our today's event is being held in the year of the launch of new national projects, when the vectors of healthcare development for the medium term are defined. The peculiarity of our Congress is the elaboration of thematic initiatives for the contribution of the health resort complex to the achievement of national development goals of the country."

The expert community, chief external experts, heads of organizations and all participants and guests of the Congress are to discuss topics of great importance. The primary ones are the opportunities presented by health resort treatment for the enhancement of life expectancy among the nation's citizens, along with mechanisms aimed at optimizing the accessibility

and quality of health resort services for all age and gender demographics within the population. In the context of ensuring technological leadership, Russia will have to work out approaches to the development of new technologies and health solutions for health resort treatment, which is impossible without professional medical and scientific work, the formation and development of scientific schools, resorts, attracting and retaining young scientists and practitioners in the industry”, — Natalia Zubareva, Director of the National Medical Research Center for Rehabilitation and Balneology of the Ministry of Health of Russia, said in her address.

“During the Congress, we are going to discuss the current issues of improving the health resort sector in our country, including the creation of a unified register of the health resorts pool, bringing the resources and facilities of sanatoria up to modern standards, conducting scientific research, and developing the educational system for medical professionals. By holding the Congress with international participation, we can emphasize the importance of exchanging experience and best practices in the field of health resort treatment. This will improve the domestic healthcare system, introduce innovative treatment and rehabilitation methods, and ensure that the population receives a high-level assistance and services”, — Zhanna Chefranova, First Deputy Chairman of the Federation Council Committee on Social Policy, noted in her speech.

While, Mikhail Kizeyev, Head of the Expert Council on Improving Medical Rehabilitation and Health Resort Treatment, said: *“Today, the health resort industry is living through good times. We are saying at every level that this is indeed a stage of a new strategic development. National goals, national projects have been announced. And, of course, here, health resort treatment has a very significant impact on all these indicators, from prevention to very serious treatment. And I am, of course, doubly pleased that the legislators have made very big promising steps in the program of state guarantees for 2025. The approaches to including health resort treatment in the state guarantees program have already been defined. It’s an unprecedented decision at the highest level.”*

According to official statistics, the Congress was attended by 714 specialists from 106 cities of 58 constituent entities of the Russian Federation and 8 countries: Belarus, Georgia, Egypt, Kazakhstan, Russia, USA, Tajikistan and South Ossetia.

The Congress has undoubtedly become a prominent platform for discussing strategic initiatives, pressing issues and scientific achievements in the establishment of new standards, development of innovative treatment and rehabilitation methods, strengthening interregional ties and enhancing the strategic role of health resort institutions in the Russian healthcare system.