

Ecellence in Healthcare at Techirghiol

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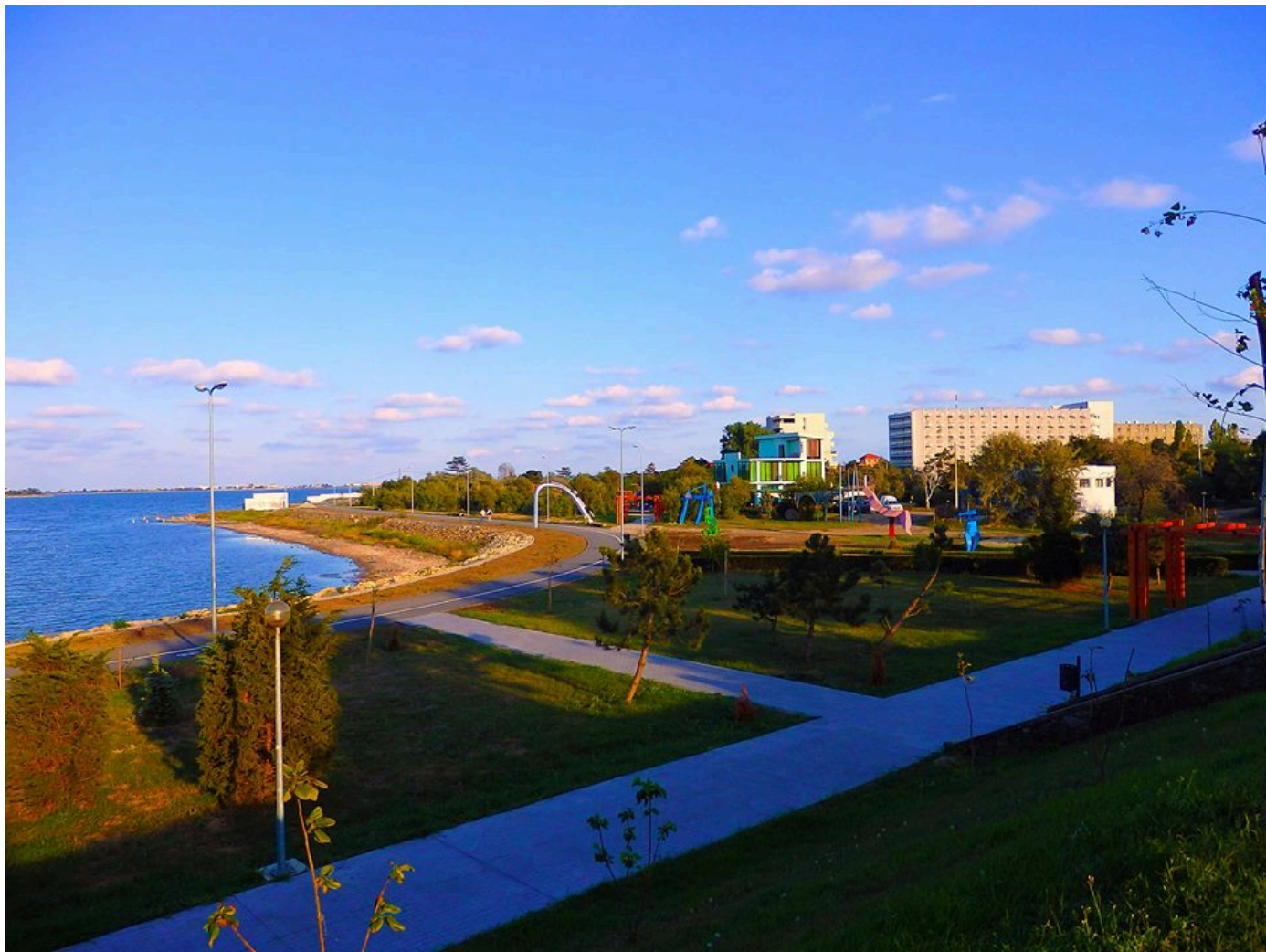






















- Why excellence at Techirghiol? It is rather simple: because we enjoy special spa conditions, a proper material basis. Due to rational investment Techirghiol Resort could become a point of reference in Europe.
- We have the model of the Center of Excellence in Health and Tourism; started a few years ago; it is a concept that supports the incoming tourism, the healthcare one, as well as the educational tourism. It was initiated by Doctor Ionuț Leahu, keeping very high standards, and it aims to offer integrated dental services for adults and children, as well as attractive tourist offers.

- We enjoy the benefits of Directive 24/2011/EU on transnational healthcare. It states that the citizens from the European Union area have the right to choose and receive care in the public or private healthcare system, anywhere within the 27 Member States. It is an encouraging legal framework for us, the managers of a spa healthcare institution; that enjoys a wonderful natural therapeutic potential, unique in Europe. The Techirghiol Lake and the associated silt represent these resources.
- At the moment, the sanatorium offers curative and medical recovery services, especially for musculoskeletal disorders. These represent a public health issue not only in Romania, but in all the areas that have the morbidity characteristics of economically developed countries. In our institution, the traditional approach combines preventive, curative and recuperative treatment with spa tourism.

- In the current year, at the Recuperation and Spa Sanatorium at Techirghiol, we have emphasized the credibility of the touristic destination by means of participating at touristic fares in Dubai, in Bucharest. No less important, we took part in the debate initiated by the MEP Claudia Țapardel in Bruxelles. We have constantly emphasized the uniqueness of the therapeutic factors that we enjoy, and the quality of our services. We emphasize the activity of the research center that we support with the help of our medical team with the motto Excellence in Healthcare.
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- One cannot as yet speak of a coherent national strategy for the development of the medical touristic segment; the classification norms for the treatment basis are still adjusting to the market demands. Nevertheless, one has to take into consideration that Romania enjoys a complex and complete legislation; that conforms to the European legislative requirements.









- What are the means to implement the requirements of Excellence in Healthcare at Techirghiol?
- The interests of the patients to be central among our priorities. The Minister of Health Voiculescu once said: “In Romania, of all the participants in the healthcare system, the patient has the most vulnerable position. His/her interests need to be defended from a central position, not from that of a simple observer that is called to participate in a conference to make us look good”.
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- The creation at SBRT of a special position of patient representative, at least on a voluntary basis, as it exists in various countries under various labels. For example, according to the American Medical Association, a health navigator “offers personalized guidance for the patients as they move through the medical system. The health navigators can have medical, legal, financial or administrative background. Some of them have themselves faced medical challenges and want to help at their turn”.
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- 3. The incoming; that is the receptor tourism, means bringing in foreign tourists. It is a way to implement the most lucrative form of tourism; that can fully benefit Romania. The incoming is a form of service export; that is, integrated services, at the highest quality standards. It is about promoting the touristic destination Techirghiol abroad and the money come in the country, brought in by the foreign patient-tourists. This form of tourism should become a national priority. In order to be a national priority, it should become a shared subject among all the public and private institutions that have a stake on the issue.





- 4. Personalised treatment in 'vintage' format. The spa treatment with natural therapeutic factors is a wide practice in many Romanians spas. Nevertheless, it is not easy to promote and explain the particularities of the treatment that we offer in our sanatorium; it is not impossible, though. In order to sell premium products we have to take into consideration the whole spa tradition that Romania enjoys, a science that has been acknowledged at the European level in various periods. We need to reconsider the research results that have been obtained by the pioneers of this domain.

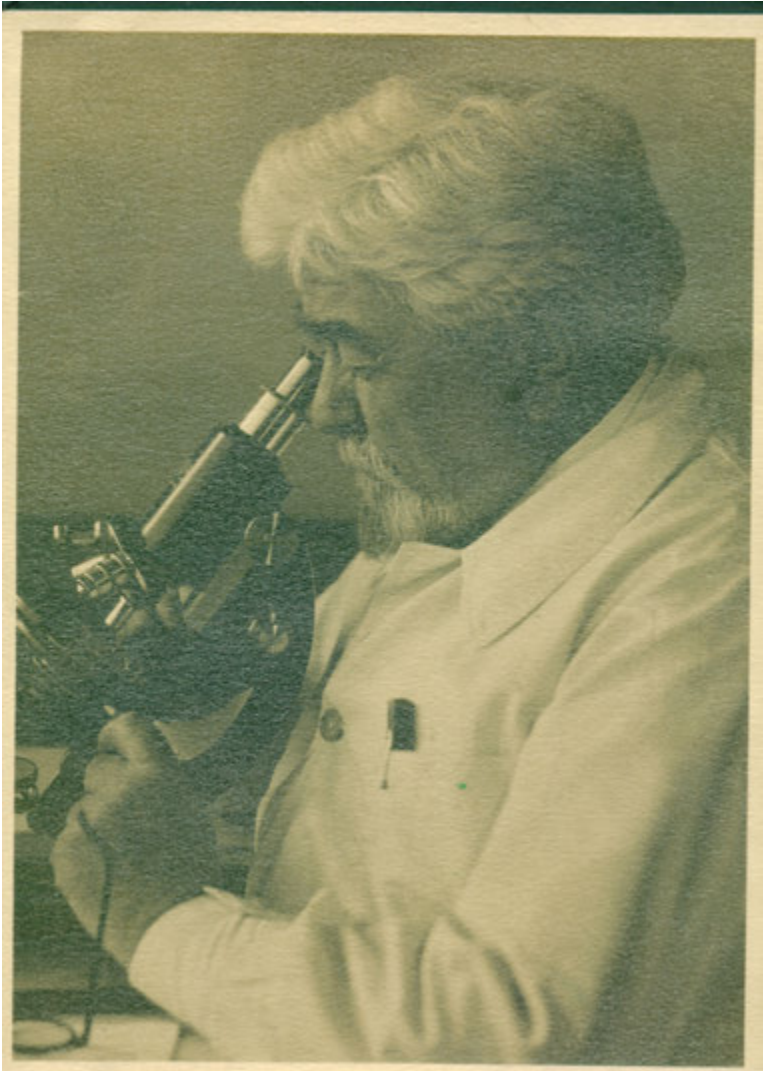


- It is not to be forgotten that among the first objects that represented Romania at the Universal Fair in Paris more than one hundred years ago was a silt recipient from Techirghiol and some bottles of mineral waters. The legacy of Ana Aslan and her capacity to bring in foreign tourists needs to be valued as well.

- This image reborn and reshaped will be the key to success. We have therapeutic spas with a good reputation, but they need not be confused with clinical hospitals. We need to help them be and remain health touristic sanatoria. The funds from the Ministry of Health need to be directed primarily towards these sanatoria, because they generate income that returns in the public circuit.
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- When it comes to legacies, I evoke the fact that in 1911 the famous surgeon Victor Gomoiu was appointed as Head of Techirghiol Sanatorium. One can imagine what he found in this place, less than 20 years from the setting up of the institution. Victor Gomoiu started the research on the radioactivity of Lake Techirghiol, using boxes of photographic plates suspended on top of the water, then at 25, 50, 100 centimeters in the water; last but not least he continues on the slit and inside the muddy structure. He no longer submersed the sick in the silt, because there were having leftover of sea shells that were irritating the wounds. He built wooden vans. He sifted the silt with a hollow coil, with vapors that would stir the silt. For the recently wounded patients he used the cold silt, while for the ones with ancient wounds the warm silt vaporised from below. The patient was sitting above, on a simple stripped bad, taking no direct contact with the silt. The doctor was changing the therapeutic mud after each patient.
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- Another pioneer of our spa system and director of the Techirghiol Sanatorium for more than four decades was Doctor Ion Tătăranu. He was especially interested in rheumatic problems. He had as well good lab knowledge as former assistant at the Cantacuzino Institute. He became as well the head of the research lab of the Sanatorium; that enjoyed all necessary equipment for biochemical research. This lab was a branch of the Bucharest Spa Institute, Professor Anibal Teohari. The spa treatment for rheumatic diseases was not regarded as a separate issue from the other medical treatments, but closely linked with one another. “Through their scientific harmonization we reached good therapeutic results”.
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- There are numerous researches conducted by Romanian spa specialists in various stages of the long life of the Sanatorium. These pioneers not only started this profession in Romania, but created numerous medical procedures, as a result of their minute research. They have been validated by the health improvement of the patients, and on the long run by the successful reintegration of the patients in the society. This is the capital that we enjoy today and that we can promote in the same integrated concept of excellence in healthcare. Moreover, our patients enjoy personalized therapies, carefully monitored by specialized doctors.



- Within our Sanatorium we have a research center under the auspices of Ovidius University of Constanța, given that many of our doctors are as well professors of the University. This center is focused on the research of natural resources a) climate, mineral waters, mud, water resources exploration, special spa equipment, and so on b) experimental spa and c) clinical spa, and the role of spa treatment in functional recovery.
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- The results of the research are published in our on scientific magazine, Techirghiol, in bilingual format, in order to be known and distributed in as many places as possible. Moreover, in the scientific committee there are names from the elite European medical researchers in the field; that had the opportunity to know us is various scientific reunions and have constantly appreciated our efforts.

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- 6. We started the organization of specific professional development programs that aim at increasing the performance of the specialists, followed by quality evaluations and certifications. In this way, the personnel is motivated to participate in the “Excellence in Healthcare” Project that we launched one year ago that we apply starting this season. Our managerial vision is to become a center of excellence in public health and spa management at the national level.
- It needs to be said that in 1951 we had the first law that classified the spa institutions, delimiting the ones for leisure from the ones for treatment in order to properly set the sanatorium system in Romania. This law introduced as well the preliminary filtering of the patients before being sent to a specialized sanatorium. Nowadays this preliminary screening is no longer compulsory.

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- 7. The family doctors should take over the responsibility of recommending the patients a certain spa sanatorium. In order to build this beneficial collaboration with the family doctors we organized several debates, but our effort is completely inefficient if they are not coordinated at the national level, by means of central institutions that would know the specificity of each resort. The family doctors are the ones that know the full health condition of their patients and they are able to properly recommend a certain spa sanatorium accordingly, and not just a leisure leave. Moreover, specialized screening is needed that would accompany the family doctor recommendation according to the specific health condition of each patient, for whom the family doctor is morally responsible.
- In other words, excellence in healthcare starts with the family doctors.

- 8. We appointed Mr. Vasile Moldoveanu ambassador of spa tourism for Techirghiol, the fourth great opera singer of the world; that was born in Constanța and presently lives in Switzerland. He is the one that promotes the wealth of Techirghiol by all possible means, all over the world.





Șanse egale la învățătură dar și excelență în sănătate

- Am lăsat la urmă să vorbesc despre un segment din activitatea noastră cotidiană unde am implementat de peste un an excelența, ca blazon al muncii cadrelor medicale și a pedagogilor, a tuturor celor care asigură recuperarea copiilor bolnavi în sistem de integrare școlară.
- Mai întâi a fost sanatoriul pentru copii bolnavi, apoi acesta a căpătat și o extensie pentru adulți. Așa că tradiția terapiei cu factori naturali începută în urmă cu un secol se continuă și astăzi.

Sanatoriul Eforiei s'a deschis după cum am spus în anul 1899, sub administrațiunea D-lor Efori M. Cantacuzino Al. Ghika și D-r. Florea Teodorescu.

Inaugurarea s'a făcut la 4 Iulie de către D-l Director I. Romniceanu, însoțit de D-nii Al. Gălășescu, și D-rul N. Sadoveanu, numit medic al Sanatoriului. La 5 Iulie a sosit prima serie de copii compusă din 22 băieți și 15 fete, copii bolnavi din toate unghiurile țării, și a căror părinți, auzind de înființarea Sanatoriului, făcuse prealabil cerere la Eforie spre a li se admite copii în cura acestui stabiliment.

În primul an al deschiderii au fost căutați la Sanatoriu 110, copii din cari 54 fete și 56 băieți, atinși cea mai mare parte de diferitele manifestări ale scrofulo-tuberculozei.

Sanatoriul a fost închis în ziua de 4 Octombrie, iar copii au venit aci împărțiți în 3 serii, stând fiecare serie aproximativ o lună de zile.

Salutări din Techirghiol



Albert Baer



Copiii plucând la plajă și camionul care transportă pe cei ce nu pot umbla.



Salutări din Techirghiol și Movilă.

- Sanatoriul balnear și de recuperare Techirghiol are astăzi o secție spital de recuperare neuropsihomotorie pentru cei mici, cu 180 de paturi, un personal medical calificat și devotat și date fiind perioadele de internare, o școală în adevăratul sens al cuvântului: cu profesori, manual, clase și note.
- Copiilor bolnavi li se prescriu proceduri cu împachetări cu nămol și băi pentru diverse afecțiuni neurologice, electroterapie și kinetoterapie, post traumatice, malformații congenitale, scolioze sau după intervenții ortopedico-chirurgicale.
- Școala Gimnazială Specială Sanatoriu Techirghiol, aflată sub coordonarea Centrului Școlar pentru Educație Incluzivă Albatros din Constanța beneficiază de cadre didactice calificate, care asigură continuitatea procesului de învățământ la nivelul fiecărei clase, ce s-ar fi întrerupt dacă copiii ar fi fost incluși doar în programul de recuperare medical.
- Școala Gimnazială Specială aparținând Sanatoriului Techirghiol dispune de opt săli de clasă, un cabinet de asistență psihologică și terapie logopedică, unul de informatică și bibliotecă și o sală pentru grădiniță.

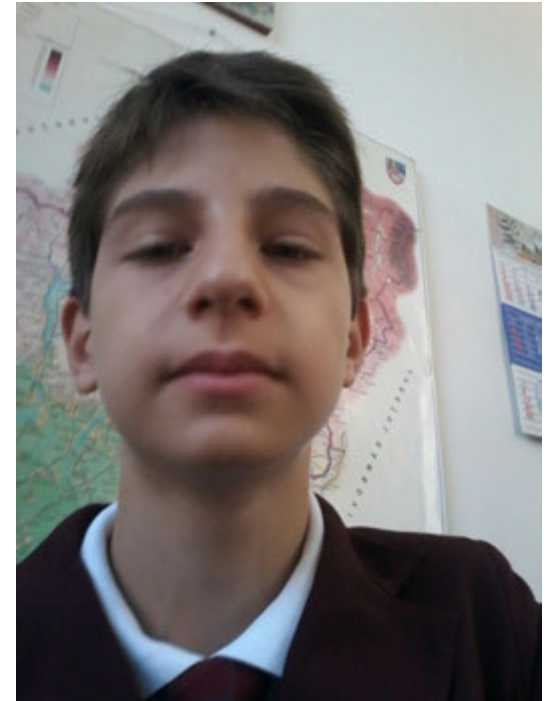


Povești adevărate

- La doi ani jumătate, Andrei Timofte din Buzău a făcut un AVC urmat de o paralizie completă pe partea stângă: gura, mâna și piciorul nu-l mai ascultau. Disperați, părinții l-au dus de urgență la Spitalul Bogdan Arseni din București. Andrei a fost preluat de prof dr Ciurea Vlad, de dr neurochirurg Tasca, o echipă de mari specialiști și din acel moment a început calvarul tratamentelor.
- La 5 ani a venit prima dată la sanatoriul pentru copii de la Techirghiol. Procedurile aplicate aici îi încurajează pe părinți să insiste, să aștepte semnele vindecării.

Andrei este astăzi în clasa a VI la Colegiul Național "I.L. Caragiale" Ploiești, la o clasă de elită.

- Este olimpic, participă la olimpiadele de matematică, fizică, biologie, geografie, în țară și în străinătate. Face sport, îi place fotbalul. Medicii apreciază că în acest moment este recuperat 80%, rămânându-l doar o formă ușoară de pareză pe partea stângă.
- Vine anual la Techirghiol și are o mare încredere în specialiștii de aici, cărora le datorează o mare parte din recuperarea sa.



- De ce excelență la Techirghiol? Simplu: Avem resurse balneare deosebite, bază materială acceptabilă, iar în urma unor investiții raționale stațiunea Techirghiol ar putea deveni punct de referință în Europa.
- Povestea noastră continuă...