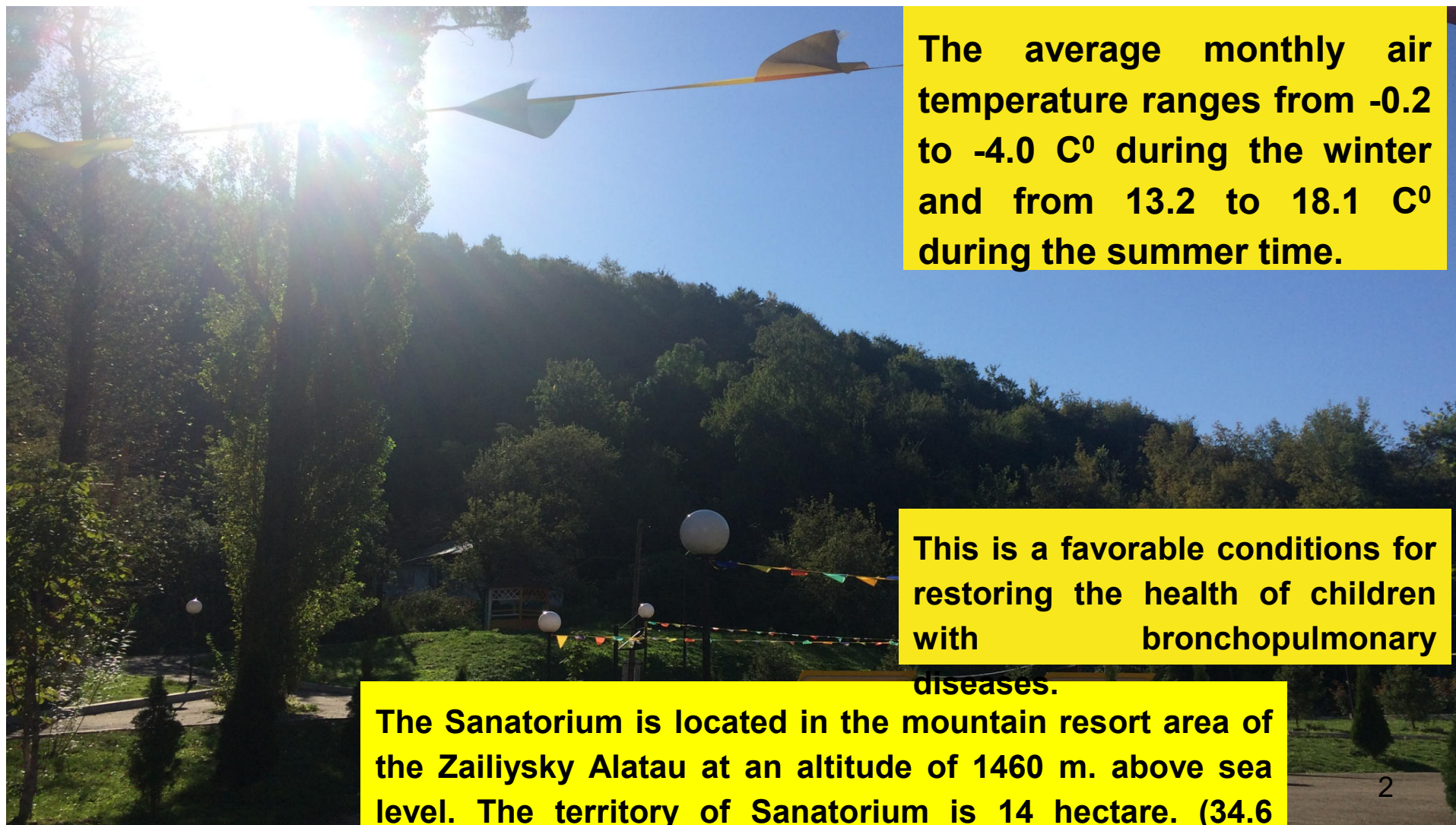




Republican Children's Clinical Sanatorium "Alatau"



Director: Musaeva K.K.

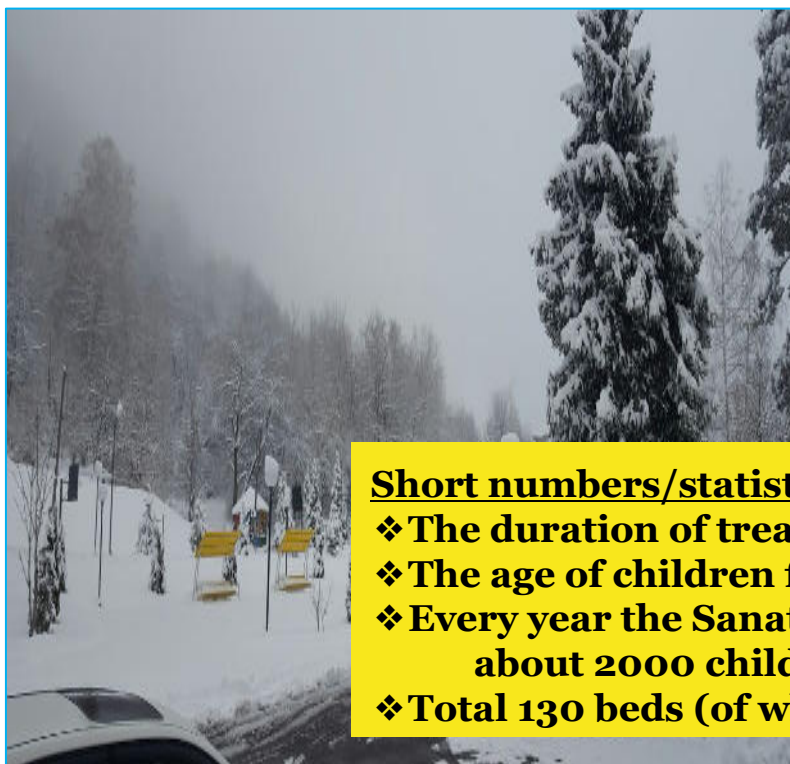


The average monthly air temperature ranges from -0.2 to -4.0 C⁰ during the winter and from 13.2 to 18.1 C⁰ during the summer time.

This is a favorable conditions for restoring the health of children with bronchopulmonary diseases.

The Sanatorium is located in the mountain resort area of the Zailiysky Alatau at an altitude of 1460 m. above sea level. The territory of Sanatorium is 14 hectare. (34.6

Children's sanatorium “Alatau” is a sanatorium of the Republican significance, where children are recovering their health all year round. Children will come from all regions of Kazakhstan for free.



Short numbers/statistics:

- ❖ The duration of treatment is 21 days.
- ❖ The age of children from 3 to 14 years.
- ❖ Every year the Sanatorium is visited by about 2000 children.
- ❖ Total 130 beds (of which 110 are free).



Statistics: children

80% of children come from rural and remote areas of Kazakhstan. The overwhelming majority of them are children from large families, low-income families and from ecologically unfavorable regions of the country.



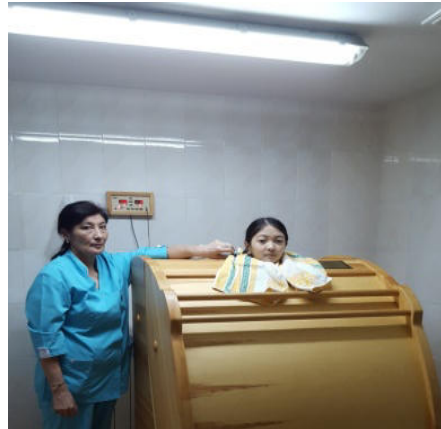
The conditions created for children allows the Sanatorium to effectively adapt children to the conditions of mountain climate and new social conditions.

Disease statistics

№	Nosological forms	Total patients			
		2015	%	2016	%
1	Bronchial asthma	544	37.4%	625	39.7%
2	Bronchitis	859	59.0%	914	58.0%
3	Reconvalescence of bronchopneumonia	53	3.6%	36	2.3%
Total		1456		1575	

Sanatorium services: Health recovery.

An important component of Sanatorium rehabilitation is hydro and thermo therapy: therapeutic baths, various types of showers (vichy, sharko, circular, rain, vortex, etc.), sauna (dosed thermotherapy) and fitobarrel.

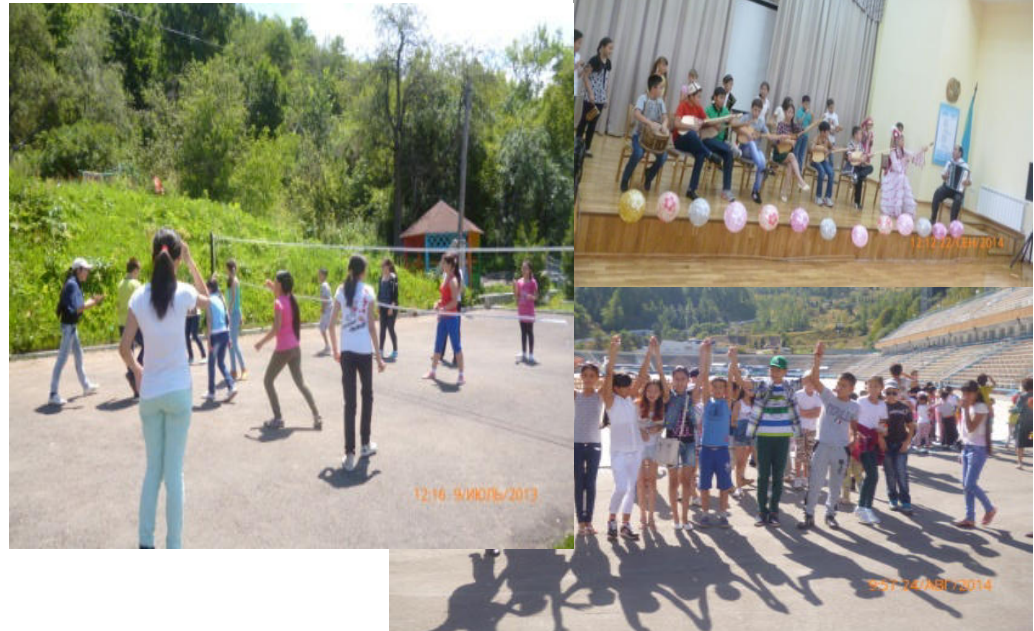


Sanatorium services: Social adaptation.

During the visit in the children's schedule are included cultural and team-building activities. The cultural events are held, in the playroom in the evening, children play board games.

For children of preschool children, a separate class is organized with Montessori therapy modules. Additionally, Sanatorium organize excursions around the city of Almaty, visiting museums, exhibitions and other attractions. Sanatorium allows parents to stay during all the period of child's residence.

Child psychologist is also actively participates in all of the activities.



Sanatorium services: Education

A qualified pedagogical team works at the Sanatorium. Educational and upbringing work is closely connected with medical treatment.

In purpose of children's continuity of education process, the Sanatoriums is providing the basic school subjects including:

- ❖ Mathematics
- ❖ Local languages
- ❖ English languages
- ❖ Litriture



Health recovery by using

In the Sanatorium shungite is used in the form of shungit baths, appliques, electrophoresis shungit solution, barefoot shungit.

Studies of schungit have shown that direct contact of the stone with the human body provides relief from pain and a number of diseases. Especially good effect is observed in diseases of the musculoskeletal system, with skin diseases, contributes to faster healing of cuts and so on.



Children with

Since 2014 children with leukemia enter the Sanatorium in the period between chemotherapy. In 2014 - improved 160, 2015 - 319, 2016 - 467 children.

Children are with one of the parents. For them, conditions for living together and medical services are created separately from other children.

The children are provided with oncologists and psychologists.



Results

№	Results of treatment	2015 year		2016 year	
		Children	%	Children	%
1	With the improvement	1566	99.81%	1652	99.88%
2	With deterioration	-	-	2	0.12%
3	Without change	3	0.19%		

The effect of health-improving measures estimated using spirometry, peak fluorometry, pulse oximetry, as well as conventional methods of functional diagnostics: kete index, dynamometry, vegetative index (kerdo), etc.

Thank you for your attention!

