

## ОРГАНИЗАЦИЯ ЗАНЯТИЙ ПО ОСНОВАМ ТАКТИЧЕСКОЙ МЕДИЦИНЫ С ГРАЖДАНАМИ ОРЕНБУРГСКОЙ ОБЛАСТИ, ПРИЗВАННЫМИ НА ВОЕННУЮ СЛУЖБУ В РАМКАХ ПРОВЕДЕНИЯ ЧАСТИЧНОЙ МОБИЛИЗАЦИИ

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**Резюме.** Цель исследования – проанализировать проведение практических занятий по основам тактической медицины с гражданами, призванными на военную службу в рамках частичной мобилизации.

**Материалы и методы исследования.** В ходе проведения практических занятий по основам тактической медицины были использованы: аптечки индивидуальные медицинские – АИМ-3С, плащ-палатки, лямки санитарные, подручные средства. Занятия включали в себя обучение: приемам наложения кровоостанавливающего жгута при наружных кровотечениях; способам иммобилизации конечностей при их повреждении; выполнению протившоковых мероприятий; наложению повязок на рану и порядку эвакуации раненых в безопасную зону. Все практические занятия проводились в полевых условиях.

**Результаты исследования и их анализ.** Занятия с гражданами, призванными на военную службу в рамках частичной мобилизации, проводились на полигоне учебного центра, ответственного за комплектование воинской части территориальной обороны. Военнослужащие получили необходимые навыки по оказанию первой помощи в порядке само- и взаимопомощи в красной, желтой и зеленой зонах опасности. Были отработаны различные приемы эвакуации раненых в безопасную зону. Программа обучения выполнена полностью, цель занятий – достигнута.

**Ключевые слова:** военнослужащие, зоны опасности, мероприятия первой помощи, Оренбургская область, состояние здоровья, тактическая медицина, угрожающие жизни состояния, частичная мобилизация, эвакуация раненых

**Конфликт интересов.** Авторы статьи подтверждают отсутствие конфликта интересов

**Для цитирования:** Кузьмин С.А., Григорьева Л.К. Организация занятий по основам тактической медицины с гражданами Оренбургской области, призванными на военную службу в рамках проведения частичной мобилизации // Медицина катастроф. 2022. №4. С.50-52. <https://doi.org/10.33266/2070-1004-2022-4-50-52>

## ORGANIZATION OF TRAINING IN THE BASICS OF TACTICAL MEDICINE WITH CITIZENS OF THE ORENBURG REGION CALLED UP FOR MILITARY SERVICE AS PART OF PARTIAL MOBILIZATION

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**Summary.** The aim of the study is to analyze practical training in the basics of tactical medicine with citizens called up for military service in the framework of partial mobilization.

**Materials and research methods.** In the course of practical classes on the basics of tactical medicine were used: individual medical kits – AIM-3S, cloak tents, sanitary straps, improvised means. The exercises included training in: methods of applying a tourniquet for external bleeding; ways of immobilizing limbs if they are injured; performing anti-shock measures; applying bandages on a wound and the order of evacuation of wounded to a safe area. All practical exercises were conducted in the field conditions.

**Study results and their analysis.** Classes with citizens called up for military service as part of partial mobilization were conducted on the training range of the training center responsible for manning the military unit of territorial defense. The servicemen learned necessary skills of first aid in self- and mutual aid modes in the red, yellow and green danger zones. Various methods of evacuating wounded to a safe zone were practiced. The training program was executed completely, learning goal was achieved.

**Key words:** danger zones, evacuation of wounded, first aid measures, health conditions, life-threatening conditions, Orenburg region, partial mobilization, servicemen, tactical medicine

**Conflict of interest.** The authors declare no conflict of interest

**For citation:** Kuzmin S.A., Grigorieva L.K. Kuzmin S.A., Grigorieva L.K. Organization of Training in the Basics of Tactical Medicine with Citizens of the Orenburg Region Called Up for Military Service as Part of Partial Mobilization. *Meditsina Katastrof = Disaster Medicine*. 2022;4:50-52 (In Russ.). <https://doi.org/10.33266/2070-1004-2022-4-50-52>

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**Introduction**

Tactical medicine is a set of medical and tactical measures for providing first aid to the wounded, carried out directly on the battlefield and during medical evacuation to the hospital. These activities are carried out as an element of self- and mutual aid and provide for elimination of life-threatening conditions and maintenance of vital body functions during medical evacuation [1].

First-aid measures are simple and can easily be performed by servicemen after appropriate practical training [2].

Assistance to the wounded consists in choosing an optimal combination of first-aid measures, depends on the tactical situation on the battlefield and includes: search for the wounded; temporary stop of external bleeding; in the absence of breathing and circulation — ensuring artificial respiration and performing closed heart massage; bandaging the wound; immobilization of the wounded limb using simple means; administration of analgesics; removal of the wounded to a safe area [3].

Tactical medicine distinguishes 3 danger zones: red, yellow and green. In each zone — depending on the level of danger — a wounded person is given all the necessary assistance in accordance with the approved algorithm of actions in the situation [4].

**The aim of the study** is to analyze practical training in the basics of tactical medicine with citizens called up for military service within the framework of partial mobilization.

**Materials and methods of research.** In the course of practical lessons on the basics of tactical medicine were used: individual first-aid kits — AIM-3S; cloak tents; sanitary straps; improvised means. The exercises included training in: methods of applying a tourniquet for external bleeding; ways of immobilizing limbs if they are injured; performing anti-shock measures, bandaging on the wound and order of evacuation of wounded to a safe area. All practical exercises were conducted in the field conditions.

**Results of the study and their analysis.** Based on federal laws of Russian Federation: "On defense", "On mobilization preparation and mobilization in Russian Federation", "On military duty and military service" the President of Russian Federation V.V. Putin issued a Decree "On declaration of partial mobilization in Russian Federation".

From September 21 to October 28, 2022, the country went through partial mobilization and conscription of citizens of the Russian Federation<sup>1-4</sup>.

The Ministry of Defense of the Russian Federation determined the number of conscripted citizens with the status of a contract serviceman for each region. During the period of partial mobilization, there were special grounds for dismissal of contract servicemen from military service — due to age, health condition, or due to imprisonment.

All citizens called up during the partial mobilization were sent to the training centers of the Russian Ministry of Defense to conduct practical training in military occupational specialties and combat readiness as part of units — platoon, company, battalion.

One of the main elements of combat training is practical training in the basics of tactical medicine.

From October 17 till November 4, 2022, the staff of the Chair of Disaster Medicine of Orenburg State Medical University conducted training on the basics of tactical medicine with citizens called up during partial mobilization to the military unit of territorial defense.

Soldiers arrived for practical training as part of a platoon. Five training points were organized.

The first training point covered basic life-sustaining measures in the first aid process. Soldiers learned how to recognize and monitor the main signs of life, which are consciousness, breathing and pulse. Because the pulse can be difficult to detect in critical conditions due to low blood pressure, advice was given on how to look for other signs of circulation, such as breathing, coughing and movement.

During the sessions, attention was paid to the general order of actions in critical situations. It was noted that in any situation, if it seems critical and the injured person's condition is severe, it is necessary to urgently assess and subsequently to keep under control 5 parameters: safety, consciousness, breathing, breathing and circulation.

For assessing safety — own, of those present and of the wounded — and for assessing consciousness and airway opening — no more than 15 s were given.

On an estimation of breathing with the use of the following method: I see — the thorax rises or does not rise; I hear or do not hear sound of breathing; I feel or do not feel movement of exhaled air — no more than

<sup>1</sup> On Defense: Federal Law of the Russian Federation of May 31, 1996, No. 61-FZ

<sup>2</sup> On mobilization training and mobilization in the Russian Federation: Federal Law of the Russian Federation of February 26, 1997 No. 31-FZ

<sup>3</sup> On Military Duty and Military Service: Federal Law of the Russian Federation of March 28, 1998, No. 53-FZ

<sup>4</sup> On Declaring Partial Mobilization in the Russian Federation: Presidential Decree No. 647 of September 21, 2022

10 seconds were given. Also the technique of artificial respiration by the method "mouth-to-mouth" which is used at signs of insufficient breathing or its absence was practiced.

Soldiers were familiarized with the signs of sudden cardiac arrest, including the following symptoms: sudden sharp pallor, loss of consciousness, disappearance of the pulse on the carotid arteries, cessation of breathing or the appearance of rare convulsive breaths.

Further, the algorithm of actions in sudden cardiac arrest and technique of cardiopulmonary resuscitation (CPR) were discussed in detail. It was noted that the signs of effectiveness of CPR were: appearance of a pulse, reduction of blue coloring of the skin, constriction of the pupils and recovery of consciousness.

At the second training point we taught the techniques of tourniquet application in case of massive external bleeding. Soldiers had to clearly understand that tourniquet is applied in the following cases: when it is impossible to stop bleeding by other methods; in long compression syndrome (LCS); when a limb is non-viable — at its complete or partial amputation. The total period for which a tourniquet may be applied should not exceed two hours. A note should be left indicating the date and time the tourniquet was applied and marking the time the tourniquet was applied on the forehead of the wounded person.

Classes at the third station focused on the rules of bandaging using an individual wound dressing bag and limb immobilization techniques with improvised equipment. Soldiers also learned how to use a syringe tube of painkillers administered to injured personnel to

prevent traumatic shock when wounds and injuries are extensive.

At the fourth training area there was a training session for evacuating wounded from the battlefield. It was necessary to approach the wounded by crawling or short runs. We practiced techniques of carrying the wounded on hands and evacuating them to a safe zone: on the side, on the back, on a cloak tent, with the help of a sanitary strap and with the help of improvised means.

The fifth training area was divided into red, yellow and green danger zones. In each danger zone, the soldiers demonstrated the skills and abilities they had acquired in first aid in a self- and self-help manner specifically and performed the evacuation of simulated wounded.

### Conclusion

1. The organization of training of servicemen called up in the course of partial mobilization in the Russian Federation in the basics of tactical medicine with the involvement of faculty members and clinical residents of the Orenburg State Medical University of the Russian Ministry of Health Care received a high evaluation from the command of the military unit of territorial defense.

2. All training was conducted in the field with the use of individual medical equipment and improvised means.

3. Each soldier practiced techniques of first aid to the wounded on the battlefield in the order of self- and mutual aid and methods of their subsequent evacuation to a safe zone.

4. The training program is fully implemented, the purpose of the exercise is achieved.

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