

KONOVALOV—RUSSIA

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terms, hoping not to face any problems the next day.

We left and went back to the hotel. I do want to mention that we continued to work (talking, writing down and discussing the next steps to be taken) all of the time during the entire week.

Before the day was over we had one more person to meet. A gentleman named Evgenie Zharkin, a local successful businessman who owns a marketing and advertisement company. Dr. Durrett and I had a short (an hour or so) meeting with him down at the hotel lounge. We discussed a few issues, what Chiropractic is and his possible personal involvement in the project. After he left, we were done for that day. It was way past midnight.

TUESDAY

We got up and had breakfast around 8 am. After the meal we went back to the room and continued our work. We discussed all sorts of issues. We talked about the exact contract details, both between the Chiropractic Diplomatic Corps and St. Elizabeth Hospital as well as with myself.

A few hours later we had a guest, a Brazilian born American chiropractor who had recently sold his practice in California and who visits Russia on a frequent schedule. It was the very first time that we all met, so we spent some time introducing ourselves and introducing him to the project. All I can say is that he was very impressed and offered his help.

Later we had another guest come and meet with us, Larisa Berdnakova, a friend of Dr. Durrett's who is a successful businesswoman in St. Petersburg. She is trained as a MD, but does not practice medicine now. She is very interested in Chiropractic care being a drug-free alternative of health care and offered her help in any way that she could. It seemed to me that almost everybody we met offered their help and had some suggestions on helping with the developing of Chiropractic in Russia.

In the evening we worked on translating the "WHO Guidelines on Basic Training and Safety in Chiropractic," a newly issued document that we intend on using as one of the primary levers in establishing chiropractic as a separate profession in the health care system of the Russian Federation. We needed the translation of the document for a meeting the following day. We worked on it into the wee hours of the morning.

This has a story of its own. We tried to find "little Russian letter stickers" to put in this new computer in order to be able to type in the Russian language, but everywhere we went, they either simply "didn't have any" or "just sold the last ones." So all we could do at this point was to copy and paste Russian letters from already existing translations to the new version of the document.

It was very difficult and confusing, but funny at the same time. We had to use a few previously computer-completed versions of early drafts of the document and make up a Russian sounding copy of the final one. As I have mentioned before, it was hard and funny at the same time.

WEDNESDAY

That morning we had a very impor-



Dr. Tetrault, Dr. Durrett and myself with friends helping in the project: Natasha Grygoreiva (L) and Larisa Berdnakova, MD.

tant meeting with Drs. Petrov and Blinikov, director and associate director of the International Department of St. Petersburg Government Public Health Committee.

We discussed the exact steps to be taken in order for me to get licensed and be able to practice as a chiropractor there as well as the future of this project. We spent a few hours together and after that we had a better idea of the next steps and also the difficulties that we will most likely encounter.

Next, we visited Evgenie's Zharkin's office. We met the staff and held a brief lecture and consultation on Chiropractic. They all were very interested and promised to become my patients in the near future.

THURSDAY

After breakfast and a few "brief" hours of work at the hotel we went to the bank. We planned on opening a local bank account. An hour or so later Dr. Tetrault was a new customer of the Bank of St. Petersburg. All that was possible thanks to the assistance of Elena Kroutovskja, another local who was previously with the Public Health Committee and continues assisting with the project.



Dr. Michael Tetrault at the Bank of St. Petersburg shows off his new bank account.

From the bank we went to IKEA to buy a "few" items for the new office. There we had lunch or dinner and spent close to 4 hours shopping. We picked up necessary things to make the office more "warm and welcoming" for future patients. That is something that most

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About the Speaker

Dr. Dwight Whynot is a successful private practitioner in Johnson City, Tennessee. A graduate of Logan College with a bachelor's degree from Dalhousie University, Nova Scotia, Dr. Whynot has presented before chiropractic and non-chiropractic groups with great success. He most recently spoke to a group of medical doctors at a symposium in St. Petersburg, Russia. He participated in the World Congress of Pain in Sydney in 2005 and was an invited luncheon speaker before top researchers of the world at the International Whiplash Trauma Congress in Portland, Oregon. Dr. Whynot's research papers have been accepted for presentation at the International Symposium in Madrid, Spain and the International Pain Congress in Glasgow, Scotland in 2008.

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