Dr. Nikita Romashko - Chief Dental Advisor for the Department of Health Care and Doping Control of Sochi 2014

By Dental Tribune MEA

Dr. Nikita Romashko, in the past century I graduated from the Moscow Medical Stomatological Institute - a leading dental school of the former USSR. Since then I have gone from intern to the head of a large dental clinic. Besides treating patients, I did a lot of organizing work, collaborated with insurance and assistance companies and acted as a business development advisor.

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Could you introduce yourself to the readers of Dental Tribune and your experience as an Oral Surgeon?

Dr. Nikita Romashko: I was able to participate in many big projects, which are important not just for the dental industry, but for dentistry itself. I was fortunate to be an eyewitness of some major events and also it was very important for me to go beyond the Olympic Games, has Sochi had an impact on you? Sure! Olympic Games are unique events and also it was the first Winter Olympics in my country. I was very happy to be part of it. Despite the hard work we managed to organize a successful event. I was fortunate to be an eyewitness of some major sporting events as the Football Championship Final, the Biathlon World Cup finals, major hockey tournaments and the Olympic emotions I cannot convey even in my native language.

Dr. Nikita Romashko

What were the challenges and achievements during your experience in Sochi?

Dr. Nikita Romashko: There were 3 Olympic Villages separated from each other by dozens kilometers. Each village had its own clinic and each clinic had a dental department including 3 operatories in the coastal village, 2 in the mountain village and 1 in the endurance village.

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As I mentioned, we took care not only of athletes, but also the workforce. In fact, we had to take responsibility for more than 10,000 people - more or less the population of a small town. The number of visits were a record 10,000, more or less the population of a small town.

How did you manage the responsibilities? Did this include controlling during the Sochi Olympics?

Dr. Nikita Romashko: In the Department of Health Care and Doping Control of the Olympic Villages, volunteers and 900 of which the athletes were present every day during the games and training sessions. Of course, it was a difficult job but thanks to the coordinated work, enthusiasm and devotion of the entire dental team we complied the mission whilst receiving excellent feedback from athletes, team physicians and officials.

How did you manage prevention and what were the preventive measures you took during the Olympic Games?

Dr. Nikita Romashko: Prevention - is a long process that cannot be implemented for 2 weeks. Our task was to show the importance of prevention to athletes. In London 2012 and Sochi 2014 Games an Athletes Survey was carried out supported by Procter & Gamble, which showed the athletes' understanding of the importance of dental health and the link between oral health and training and performance results. Secondly, it was important to show in practice that prevention - is not just an abstract concept, it is a set of certain deeds, both individually and dental professionals assisted, which does improve and maintain oral health. Athletes received welcome packs containing dental care appliances by Procter & Gamble, clinics had brushes and pastes, which were distributed among athletes. Besides the hygiene products, Procter & Gamble took care of the patient's education by providing demonstration models for oral hygiene instructions and brochures about the main dental diseases. For me it is very encouraging that more than 100 athlete visits were exclusively related to professional hygiene and checkups.

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