

## NATALIA MITROFANOVNA POPOVA – SCIENTIST AND HEALTHCARE ORGANIZER: CONTRIBUTION TO THE DEVELOPMENT OF PUBLIC HEALTH AND MEDICAL EDUCATION

**Resume.** This article presents the academic and professional development of N.M. Popova, Doctor of Medical Sciences and Professor at the Izhevsk State Medical University. It examines her contributions to the development of public health, the organization of regional public health programs, the development of research areas in adolescent health and nursing management, and her role in the modernization of medical education and international cooperation.

**Key words:** *public health, healthcare organization, adolescent health, medical education, regional programs, Udmurt Republic.*

In February 2026, Doctor of Medical Sciences, Professor Natalia Mitrofanovna Popova, a scientist, educator, and healthcare organizer, one of the initiators and active participants in the development of the international activities of Izhevsk State Medical University, celebrates her 75th birthday.

After graduating from high school with a silver medal in 1968, Natalya Mitrofanovna entered the Faculty of General Medicine at the Izhevsk State Medical Institute. Since graduating in 1974, her professional career has been inextricably linked with the Department of Social Hygiene and Healthcare Organization, later renamed the Department of Public Health and Healthcare.

Her path from senior laboratory assistant to department head reflects a consistent scientific and professional development. In 1977, she became an assistant professor, in 1992, an associate professor, in 2006, and from 2010 to 2025, she headed the department, preserving and developing its scientific traditions during a period of significant transformation in the healthcare system and medical education.

Her PhD dissertation (1991), devoted to a comprehensive study of the causes and factors of injuries in rural areas, was conducted as part of the regional «Health» program. The work was distinctly practice-oriented: organizational decisions based on the research contributed to the creation of inter-district trauma centers and the improvement of preventive activities in the region.

Her doctoral dissertation (2006), «A Comprehensive Characterization of Adolescent Health (Based on the Udmurt Republic Model),» made a significant contribution to the development of scientific research in public health. The work proposed systemic management approaches to disease control and the promotion of healthy lifestyles among adolescents. Practical recommendations were reflected in the activities of the national «Health» project, including the medical examination of children and adolescents in 2011–2012.

Seven candidate dissertations have been defended under N.M. Popova's supervision. She is the author of over 600 scientific papers, co-author of encyclopedic publications on the history of medicine in Udmurtia, and an active participant in the preparation of state reports on the health of the region's population.

Developing higher nursing education is a key focus of her work. For 16 years, she headed the Faculty of Higher Nursing Education, training approximately 400 specialists – nursing managers – for healthcare organizations in several regions of Russia.

Natalia Mitrofanovna has made a significant contribution to the development of international cooperation. Since 2006, joint educational and scientific projects have been implemented with



the Samarkand State Medical University. She has presented papers at international conferences, facilitated academic mobility, and facilitated the exchange of methodological materials.

Natalia Mitrofanovna is one of the organizers of the international scientific and practical journal «Health, Demography, Ecology of the Finno-Ugric Peoples», deputy editor-in-chief.

Preserving the medical school's historical legacy occupies a special place in Professor N.M. Popova's work. Since 1980, she has been an active member of the Izhevsk State Medical Academy's Council of Veterans and heads the Council's historical section, consistently shaping the university's scientific history.

Under her leadership, the Academy's history museum operates not only as an archival center but also as a space for the professional identity of future doctors. A significant cultural and educational project was the creation of a gallery of painted portraits of the Academy's outstanding scientists. The gallery has become a symbol of the continuity of scientific generations and respect for service to medicine.

The exhibition of the portrait of Professor A.M. Shamsiev, Rector of the Samarkand State Medical University, Honorary Academician of the Izhevsk State Medical Academy, and currently Director of the Samarkand Scientific Center for Pediatric Surgery, has particular symbolic significance.

High professionalism, scientific integrity, managerial competence, dedication to the profession, and respect for the history of Russian medicine have earned Natalia Mitrofanovna a well-deserved reputation far beyond the borders of the Udmurt Republic.

Her life is an example of service to science, education and people.

***From the editors:***

**The editorial board of INNOVATIVE SURGERY ON THE SILK ROAD congratulates Professor Natalia Mitrofanovna Popova on her 75th birthday and expresses deep gratitude for her contribution to the development of science, medical education, and international cooperation.**

**We wish you good health, professional longevity, and continued success in strengthening scientific ties between the countries of the Eurasian region.**

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