

**REPORT**  
**on the results of the pilot testing of the project**  
**«Medical tubular bandages containing camel hair «LEONARDA»,**  
**at the site of a Separate structural unit – the Russian**  
**Gerontological Scientific and Clinical Center» Federal State Budgetary Educational**  
**Institution of Higher Education «Russian Research Medical University named after N.I.**  
**Pirogov»**  
**of the Ministry of Health of the Russian Federation**

Moscow

«16» September 2020

**1. The list of persons who participated in the evaluation of the results of the pilot testing:**

- Abroskin Olga Vladimirovna, Deputy Head of the Federal Center for Coordination of Activities of the Subjects of the Russian Federation for the development of the organization of medical care in the "geriatrics" profile of the OSP RGNCC FGAOU at the N.I. Pirogov RNIMU of the Ministry of Health of the Russian Federation.
- Tsareva Irina Vladimirovna is the chief nurse of the OSP RGNCC FGAOU at the N.I. Pirogov RNIMU of the Ministry of Health of the Russian Federation.

**2. General information:**

*2.1. Information about the pilot testing project:*

Medical tubular woolen bandage containing camel hair, brand «LEONARDA»

*Description of the pilot testing object:*

Medical tubular woolen bandages "LEONARDA" (RU No. FSR 2010/08307) are sewn (stitched) one-piece contour products, including cone-shaped (belts, knee pads and shin bands) containing camel hair.

The solution is designed to provide massage and warming effects on the skin, which promotes blood flow to the sore spot, relieves pain syndrome and is used for the prevention and treatment of complex therapy of chronic and acute diseases of the pelvic organs and lumbar spine, lower extremities: arthrosis, arthritis, rheumatism, pyelonephritis, prostatitis, cystitis, sciatica; effective for the prevention of colds, genitourinary system, stretching of muscles and tendons.

*2.2. Location of the pilot testing:*

The pilot testing is carried out at the site of a separate structural subdivision of the Russian Gerontological Scientific and Clinical Center of the Federal State Autonomous Educational Institution of Higher Education "Russian National Research Medical University named after N.I. Pirogov" of the Ministry of Health of the Russian Federation (hereinafter - OSP RGNCC FGAOU IN RNIMU named after N.I. Pirogov of the Ministry of Health of the Russian Federation), located at the address: 16 Pay Leonova str., Moscow, 129226.

### *2.3. Grounds for conducting pilot testing of the Project:*

A trilateral cooperation Agreement within the framework of conducting pilot testing of the innovative solution "Medical tubular bandages containing camel wool "LEONARDA" dated 07/02/2020 No. 13 between GBU "Moscow Innovation Agency", OSP RGNCC FGAOU IN RNIMU named after N.I. Pirogov of the Ministry of Health of the Russian Federation and LLC "LEONARDA-SERVICE".

Methodology for conducting and evaluating the results of the pilot testing of the project "Medical tubular bandages containing camel hair "LEONARDA" at the site of the OSP RGNCC FGAOU at the N.I. Pirogov RNIMU of the Ministry of Health of the Russian Federation.

### *2.4. The timing of the pilot testing of the Project: 15.07.2020 - 15.09.2020*

### *2.5. Conditions for conducting pilot testing of the Project:*

The main objectives of the institution's activities are to conduct fundamental and applied scientific research in the field of studying the mechanisms of aging and developing effective means of preventing and slowing down the aging process; providing specialized, including high-tech medical care to patients.

## **3. The purpose of the pilot testing of the Project:**

is to determine the effectiveness of the product in the real conditions of a medical institution;

identification of characteristics that require product refinement to achieve maximum results;

analysis of the prospects for scaling the product in specialized medical institutions of the city of Moscow.

## **4. Applied methods for evaluating the results of the pilot testing of the Project:**

4.1 Interviewing patients (115 people) about the experience of using the product « Medical tubular bandages containing camel hair «LEONARDA»:

- a) collecting information on the timing and frequency of operation of the product;
- b) evaluation of the comfort of using the product;
- c) assessment of the effects of the product on improving the condition (well-being);

4.2 A survey of medical personnel (9 people) on the effectiveness of the product « Medical tubular bandages containing camel hair «LEONARDA» in the complex therapy of diseases.

## **5. Employees involved:**

Medical staff (doctors and nurses) of the departments of geriatric cardiology, geriatric neurology, geriatric therapy, gynecology, urology, orthopedic and physiotherapy departments, Department of Anesthesiology and Intensive Care of the OSP RGNCC of the Federal State Budgetary Educational Institution of the Russian National Medical University named after N.I. Pirogov of the Ministry of Health of the Russian Federation.

## **6. The results of the pilot testing of the Project:**

### *6.1. Conclusion on compliance with the declared characteristics of the tested Project.*

In order to evaluate the effectiveness of the product, a survey was conducted on the Site of patients using bandages for various purposes, namely: belts, knee pads and shin bands. The products were used for different periods of time (on average from 10 to 20 days) and with different frequency (more than 94% used the product daily).

#### - Belt

When using belts containing camel hair, 97.8% of patients noted that the product has a warming effect, and 85%, in addition to warming, noted a pronounced massage effect.

93.7% estimated a noticeable improvement in their condition when wearing the belt, more than half of them noted an improvement already when using it during the first week of use.

All 100% of the respondents noted that the product is very comfortable to wear, there is no excessive friction and pressure. The product fits gently to the body without causing irritation, on the contrary - from the first day there is a constant warming effect, minimizing pain is noticeable.

All respondents will use the product in the future and will recommend the product to others as effective.

#### - Knee pads

When using knee pads containing camel hair, 93% of patients noted that the product has a warming effect, and 83% noted a pronounced massage effect in addition to warming.

96% rated a noticeable improvement in their condition when wearing a knee pad, more than 88% of them noted an improvement already when using during the first week of use.

All 100% of the respondents noted that the product is comfortable to wear, there is no excessive friction and pressure. The product has a soft enveloping effect, feels very light, does not restrict movement and does not create discomfort in the sock. The interviewed patients from among those who tested the product will use the product in the future and will recommend the product to others as effective.

#### - Shin brace

When using shin bands containing camel hair, 97% of patients noted that the product has a warming effect, and 94% noted a pronounced massage effect in addition to warming.

98% estimated a noticeable improvement in their condition when wearing a shin brace, noted an improvement already when used during the first week of use.

The interviewed patients noted that the product is comfortable to wear, does not squeeze the limbs, and has a pronounced warming effect.

Patients who have tested the product will continue to use the product in the future and will recommend the product to others as effective.

All products (belts, knee pads, shin bands) containing camel hair were used in combination with complex methods of treating patients.

During the testing of the products, medical workers noted an improvement in the quality of life of patients from the first day of wearing the products, improved motor activity and mood of patients, and the absence of discomfort.

The medical staff certifies that the products are very convenient to use. They were easy to dress, comfortable to wear and were effectively used by patients as elements of warming underwear in everyday clothes. When the wool fibers of the products interact with the skin, they have a warming and massage effect, as a result of which blood circulation improves in patients and pain syndrome is significantly reduced.

#### *6.2. The possibility of further use of the technology in the city of Moscow.*

We recommend scaling up an innovative solution in specialized institutions of the city of Moscow and providing citizens who are included in the social and medical support program of Moscow.

#### **7. Comments and suggestions:**

No. The product parameters stated by the manufacturer have been fully confirmed.

#### **8. Conclusion:**

The use of therapeutic warming products "LEONARDA" (RU No. FSR 2010/08307) (belts, knee pads, shin bands) containing camel hair in complex therapy, treatment and prevention of diseases of the pelvic organs, lumbar spine and lower extremities reduces the risk of complications of the disease and facilitates the course of chronic forms of the disease.

The warming and massage effect is achieved due to the innovative technological possibility of knitting and various types of wool yarn in composition (type of wool, length and tone of wool fibers), allows for the interaction of specially selected wool fibers with the skin and thereby not only provide a higher level of medical care, but also significantly improve the quality the lives of patients.

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